

## Free group launching in **Burnley** to help people cope with cost of living

Life church offering people in **Burnley** a place on their free course to learn vital skills to stay out of debt

Life Church in **Burnley** is inviting local people to join their free Christians Against Poverty (CAP) Life Skills group starting **Wednesday 18th September 2024**, in a bid to help them budget well, cook healthy meals on a budget and learn new vital skills.



**Anthony Holden**, CAP Life Skills Coach in **Burnley**, says, “We are launching our new Christians Against Poverty Life Skills group to help local families and individuals in our area who are really struggling to manage with all the rising costs right now.

“It can feel like a constant battle when you’re struggling to stay out of debt, eat well and juggle all of the other things life is throwing at you. Struggling financially often makes people feel really isolated and can negatively impact their mental health.”

“That’s why we’re launching the CAP Life Skills course at **Valley Street Community Centre**. We’re here to help anyone who feels they will benefit from joining a friendly group that will help each other through this difficult time and who wants to learn new skills along the way.”

### What is a CAP Life Skills course?

**Anthony** continued, “CAP Life Skills offers a free, friendly and relaxed group where we learn how to cope with rising costs and share tips to help each other through life. Each week we cover different topics, from how to cook healthy meals on a tight budget to ways to save money on things like energy, food and other essentials. We will also look at building healthy relationships and better communication skills.

“We do this over eight free sessions with lunch included, but we hope all those who attend will make friendships that last a lot longer. We also offer one-to-one coaching with a trained Life Skills Coach for members who would like further support.”

Jane\* attended her local CAP Life Skills course. She says, “Life Skills helped me sort out my finances with lots of advice and guidance. I learned how to budget, how to shop well and manage healthy eating, even on a low income.

“My confidence grew week by week. I was tackling things I never thought I could. I have made lots of new friends in the group too.”

The course starts on **Wednesday 18th September 2024** It will then run **weekly for eight sessions**, from **10am to 12.30pm at Valley Street Community Centre**.

To register your free place or to find out more visit <https://lifelancs.org/cap>

**Anthony** says, “Most of all, it will be time to share what works and what doesn’t, both as a group and one-to-one, and to give each other encouragement to do things better. Feel free to get in contact with me for a chat about the group if you’re interested in finding out more.

“It’s completely free and we will give a warm welcome and free lunch to anyone who would like to join us.”

## How to seek help

If you’re struggling with your finances and want to find out more about the help CAP is offering in your local area, visit [capuk.org/help](https://capuk.org/help).

For more information on a wider range of free help available, visit [moneyhelper.org.uk](https://moneyhelper.org.uk).

Christians Against Poverty (CAP) is a UK charity working with over 800 affiliated churches to deliver debt help, budgeting guidance, support to find work, life skills groups and more. Visit [capuk.org](https://capuk.org) to find out more.

CAP is committed to its services being available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

