

Oxford CAP Centre Newsletter November 2019

Since opening in June 2014 we have now taken on a total of 283 client cases, including 62 families. 47 clients or couples have become debt free.

CAP Head Office has been swamped with more (and more complicated) client cases over the last year or two and has felt the need to enter a period of consolidation rather than growth. The consequent pause for breath from its debt help service has meant that we are focusing this autumn on dealing with our current clients. CAP will reopen its main phonenumber for debt help in the new year and we anticipate that the stream of new clients will begin again in February. At that point we will have the capacity to see 7 new cases a month here in Oxford, more than ever before. At the same time, we are launching CAP Life Skills.

CAP Sundays have been held at a record 9 Oxford church venues, with Cornerstone still to come this year, on December 8th. We are amazed at the readiness of clients to stand at the front of churches and tell their stories, and grateful too to befrienders and others who have shared at these CAP Sundays.

Thanks go too to Peter Guy, James Bloice-Smith and Jenni Williams, who have taken on the role of trustee on behalf of their respective churches, and to all who continue as trustees for our charity.

Events diary

The Oxford CAP Centre had a tent at the **Headington Summer Funday** where two debt clients told their stories.

Client events included **Strolling & Strawberries** in August and a **Games Night** in September. We counted 30 people at our **Jazz Evening** at Headington Baptist on Nov 9th.

The **CAP Money Course** ran in the Mish at St Clement's in September and November and at The Venue with Cowley Church Community. Two new CAP Money Coaches have been trained.

COMING UP
CAP Sunday and Launch of Life Skills at Cornerstone Church, Dec 8th, 10.30 am.
Christmas Hamper packing at the St Clement's Centre, evening of Dec 11th.

Life Skills – judgemental or supportive?

Watch what CAP Life Skills has meant to one participant, a lady from Merseyside who had suffered abuse, isolation and a nervous breakdown.

<https://capuk.org/connect/more/video/344759499>

What excites us about CAP Debt Help?

One of our befrienders, Philip Lockley from St Clement's, writes:

My own experience working with CAP – befriending and gently encouraging those in the process of release from debt – has taught me that captivity and redemption really are the right words to use in relation to CAP's work. God is at work in small and large works of liberation and forgiveness. In today's Britain, getting into debt can often be a "presenting symptom" as doctors might say – of much deeper difficulties in life. CAP's intervention can be the moment a person's story changes. I have found it both a humbling and enriching experience to walk alongside those given the gift to begin again after debt. And I think the process has emboldened me to share the God who forgives and frees, through the things I say and pray.

The CAP Life Skills Course



A friendly group where you'll discover the life skills you need to survive on a low income

CAP Life Skills

Money impacts all areas of our lives: what we can or can't afford, our relationships, what we eat, our health and wellbeing and much more. [CAP Life Skills](#) is a friendly group where participants meet with like-minded people, gain practical skills and discover new ways to live for a brighter future. In the New Year we're bringing it to Oxford for the first time.

What does the Life Skills course involve?

It takes the form of an eight-week course that covers skills such as how to eat well on a budget, and how to make your money go further. It's a coming together of like-minded people to learn practical tools in a supportive setting. Trained CAP coaches Andrew Johnson and Dorcas Herklots will be running the first course from Cornerstone Church in Headington beginning January 23rd.

Podcast

In October Emmanuel Church's podcast *Stepping Out* featured our Centre Manager Andrew Johnson. In an interview with podcast host Tom, Andrew explains what CAP does to help people get themselves out of debt.

Before that, Matt Partridge, Senior Pastor at Emmanuel, outlines the part bringing hope and dignity to the poor plays in church life. "As a community of Christ followers, we have got to own that priority with God and stand in the gap for the poor."

Listen [here](#) or on iTunes.