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poverty

CAP
debt help

News Letter

Summer 2025

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Volunteer Outing to Bridgnorth



Our volunteers are very important to us at the Telford Debt Centre and we wanted to bless them and their partners with a day out in the historic town of Bridgnorth with lunch at the lovely Atrium in the High Street. Here is a photo of those who were able to join us on the day. At lunch time the Debt Centre Manager of the Bridgnorth Debt Centre also joined us accompanied by one of his wonderful volunteers.

Here are some reflections from Hugh Burton, (our volunteer debt coach) on the day.

“Bridgnorth is for me more often than not a town on the way to somewhere else - but it's certainly worth a stop-off to explore. Barry, a long-term CAP volunteer, spent much of his childhood growing up there, and on Friday 20th June gave a fascinating guided walk around the town for a dozen or so CAP Telford workers/volunteers/their spouses. Be prepared for plenty of steps and steep streets if you plan to venture there, and meander between Low Town and High Town!

The day was a way to say thank-you to the regular volunteers who give so much time and energy to enable our centre to function and bring hope and life to our clients. It culminated in a welcome stop for food and refreshment at the Atrium in the centre of the town. It was really good to connect with others in the team, as mostly we just work in pairs when we visit our clients. Over lunch we met up with a couple of CAP people from the Bridgnorth team, where Lizzie also works when not working in Telford. They of course face similar challenges to us. Many thanks to Ann for organising the day.”

CAP Team Updates

Central Support Hub

Our Mission, Evangelism and Discipleship Team have been busy gathering stats from the debt centres across the UK recently and have reported that in the last 3 months this many people have, for the first time...

545 Accepted prayer
188 Experienced answered prayer
109 Asked for Prayer for the
214 Expressed curiosity about Christianity for the
138 Heard the gospel, or been to an Evangelistic event
305 Been offered a Bible / Scripture Tract
129 Accessed the wider support of the church
119 Attended a Church social or hospitality event
104 Come along to a Sunday or midweek service
45 Attended Alpha or Exploring faith course
42 Joined a Bible study or small group
33 Volunteered at Church
47 Said YES to following Jesus
30 Recommitted to following Jesus
45 Shared their testimony of faith publicly 15 Been Baptised

Central Support Hub Changes

This has been a season of change for our Central Support Hub in Bradford. New teams have been formed to streamline the organisation and new regional hubs will operate to work alongside local churches and community groups to provide a more focused support in helping our clients in their challenging situations.

Please pray for all the various teams involved in the changes and for wisdom and guidance for the future so that CAP can be more effective in meeting our clients needs. Also for CAP's involvement in networking with major companies to create opportunities to provide greater support for our clients.

Telford Team:

Please pray for our Telford Partnership Team as we work towards becoming a CIO (Charitable Incorporated Organisation). We are so grateful for the members of our team who have been working hard to put this in place and who serve the Telford Debt Centre so faithfully.

If anyone is interested in joining our Trustee Board we would love to hear from you. We are hoping to find trustees who can support us with the following:

Fundraising expertise

Safeguarding expertise

HR & Governance expertise

Operations expertise and extra support with finance expertise.

CAP Telford: Community Connections



We are thankful for opportunities to connect with our local community groups and this year we have been raising awareness of CAP through our presence at the SASA Wellbeing Café 'The Chatterry.' The Chatterry runs from Admaston House and seeks to serve the local community by providing information on support groups as well as a place to relax, unwind and enjoy refreshments.



Lizzie represented CAP at a local medical practice in May. It was a useful forum for good conversations with the GPs and the practice manager as well as patients.



Community Events



We had a CAP table at the Police Open Day on Sunday 22nd June. Despite an hour of torrential rain there was reasonable footfall. I gave out green CAP coloured balloons with CAP cards attached with the CAP helpline number on. We sold one of our books and we had a few good conversations.

Donnington Community Open Day
Saturday 12th April 11am to 2pm.

A warm welcome at the Open Day
We were delighted to attend a recent Open Day, where a delicious lunch was provided for all attendees. The event brought together a variety of agencies and welcomed a steady flow of visitors throughout the day. It was encouraging to see genuine interest in CAP, with many of the public stopping by to let more. Some even requested contact details - either for themselves or on behalf of family members. We hope to see those connections grow into meaningful support.

The day was also a great networking opportunity for Lizzie, who connected with several agencies and discussed the possibility of giving talk to Community groups- spreading the word that help is available.

A special thanks to Vickie, who arrived just in time for lunch with a much appreciated cake that added a sweet touch to the afternoon!

Christine Kemp



United

Hugh, Lizzie and Ann attended the CAP United conference in Peterborough on Wednesday 25th June. The theme was 'Boldness from Jesus for the Mission'. Our CEO Stewart McCulloch gave an inspiring message. It was a great opportunity to meet up with other staff and volunteers from various Debt Centres across the region.



Introductions!



We are delighted to introduce Helen Esslemont, the new CAP Life Skills Manager in Telford. A message from Helen.....

"I have attended Lighthouse Church for 6 years, seeing it develop and grow, as they have increased their services into the local community. Lighthouse offer social groups and activities throughout the week - open to all - and run a Community Grocery serving over 5000 members. It has been my pleasure to introduce 'CAP Life Skills' at Lighthouse, a set of 8 practical workshops designed to equip individuals with essential skills for managing life on a low income - topics include managing finances, cooking on a budget and improving mental wellbeing. We are well into our first set of workshops with attendees reporting improvements all round. The workshops are rooted in Christian values, but you do not need to be a Christian to attend. They are free and open to anyone who wishes to attend. For more information, or to attend, please contact helenesslemont@capuk.org"

New Volunteer - Sheila Jones

Hi everyone

I am a new CAP volunteer working as a 'befriender'.

I live in the Telford area having moved from West Yorkshire in December 2023. I was employed in the Safeguarding Department of West Yorkshire Police before retirement towards the end of that year.

I have a son, daughter in law and two granddaughters aged nine and four still living in West Yorkshire who I naturally miss.

Here in Shropshire I have a daughter son in law and two year old grandson who keep me busy with childcare but I have found I have some time for volunteering.

I attend All Saints Church in Wellington where I've been made very welcome.

I feel very blessed and I look forward to meeting more of my fellow CAP volunteers in the near future.



We have an amazing bunch of volunteers. In May Susanne completed an Ultramarathon. The SheUltra is a special event to raise money for cancer charities and to empower women. Well done Susanne!

Dave Williams completed a marathon row and £12k was raised for Severn Hospice and MND. Well done Dave!

Client Event:

Breadmaking and lunch

On Saturday 22nd March we held our client breadmaking and lunch event. Eight volunteers and 8 clients attended and we enjoyed a morning of chatting and having fun making bread and savouring Marcelle's delicious home-made soup and cakes.

Marcelle led the breadmaking workshop and clients really got stuck in, creating their own loaves which turned out beautifully. We were also shown how to make 'pop' scones which we thoroughly enjoyed with our coffee after lunch.

It was a special time of fellowship with our clients and we are so thankful to have such wonderful volunteers to come alongside them, offer friendship and have a laugh together, this is priceless.

So to all our volunteers out there remember – you are a blessing and we are so grateful for you!



Impacting Lives

This is a note from a thankful client couple who were helped by the Telford Debt Centre.....

"We are very thankful to be part of the CAP family as it has made a great difference in our lives. Our CAP coach Ann Trehern guided us well in the journey to become debt free and she is still helping us.

We feel blessed and at peace in our family as we give all the credit to CAP.

May God bless the CAP family and give them strength to bring happiness in other homes as well.

Thank you"

A&B

Dates for your diary

Saturday 19th July: Fundraiser: Garden Party hosted by Rita and Barry Church (see advert below)

Saturday 16th August: Client summer BBQ at St John's, Muxton from 2pm—4.30pm

Saturday 6th September: Fundraiser: Music Soiree at All Saints Parish Rooms, Wellington. 7pm—9.30pm. Songs from the 50s, 60s and 70s. Tickets £12. Contact Ann Trehern: anntrehern@capuk.org
Finger buffet provided. You are welcome to bring drinks but soft drinks will be available.

Saturday 18th October: Fundraiser: Meal and quiz at Dawley Baptist church. 7pm—9.30pm. More details to follow.

Tuesday 18th November: 10th Anniversary service at All Saints Church, Wellington. 7pm-9pm.

Saturday 6th December: Client Christmas party at Dawley Baptist Church. 12pm-3pm.



CAP Telford Support: YOU can make a difference



Give

We give thanks to all those who have continued to support CAP Telford and to those who have recently begun to contribute.

We are so thankful for you.

P C C All Saints (*spaces between letters is important*)

Sort code: 30-99-27

Account: 00006531

Reference: CAP25

For a Giving Form with Gift Aid declaration, please contact:
lawsonliz@yahoo.co.uk



Volunteer

This work would not be able to happen without the huge contributions from our volunteers in time, commitment and love.

To find out what volunteering opportunities are available for you now, please contact our Debt Centre Manager:

anntrehern@capuk.org



Pray

CAP Telford usually meet to pray on the **1st Thursday** each month 9am-9:30am. You are so welcome to join us.

If you are interested in joining our prayer team or prayer meetings, please contact Ann, Pete, Lizzie, or any of our church partner leaders.

You can either **pray with us** (via zoom or in person), or we can email you our prayer bulletin and you can **pray for us**.



Partner Church

CAP Telford Partnership currently consists of four Partner Churches,. But we would love to expand the Partnership Team to include other Telford Churches.

If you are a Church leader and you are interested in becoming a Partner Church with CAP Telford, then please contact: Ann Trehern, Debt Centre Manager, at: **anntrehern@capuk.org**

Or if you would like to find out more about partnering with CAP generally, or any of the other CAP services, eg. Life Skills and Job Clubs, please contact the CAP head office team:

<https://capuk.org/get-involved>



Money Coaching

The Telford debt centre has a team of six volunteer Money Coaches who are ready to bring money coaching workshops to you.

Could you be a Money Coach with the CAP Telford debt centre? Would you like to host a course at your church or organisation?

If you want to find out anything more about money coaching with the CAP Telford debt centre, please contact Vicky:

vickymuxton@blueyonder.co.uk

Make Referrals

If you, or your organisation, work with vulnerable people who might be in need of CAP debt help or our money coaching service, please contact our debt centre manager (available Wed, Thurs, Fri) on: Ann Trehern - **anntrehern@capuk.org / 07445 185 671**

For debt help, call the Head Office new enquiries team on 0800 328 0006 between 9:30am-4:30pm Mon to Thurs, or 9:30am-3:30pm on Fridays.

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