

CAP  
LIFE  
SKILLS



# CAP Life Skills *launch*

Saturday 11th June

11am - 1pm

Oakham Baptist Church

Melton Road, Oakham LE15 6AY

CAP Life Skills is a friendly group that gives people the confidence and decision making skills they need to survive life on a low income

A practical 8 week course with sessions on saving money, health and wellbeing and more.

Community Support.

One-to-one mentoring and coaching.

Join us to find out how CAP Life skills can help you and your organisation.

For further information please contact [jodibowring@caplifeskills.org](mailto:jodibowring@caplifeskills.org)  
or call 07380136180