



Christians Against Poverty Debt Centre, in partnership with Dereham Baptist Church

Five tips for the Summer holidays



- 1) Make a plan. Create a budget and decide how much money you want to spend, find cost effective activities to do
- 2) Check out church and community activities, often free or low cost
- 3) Have a clear out, recycling, reusing or selling unwanted items
- 4) Make the most of the outdoors - parks, beaches, walks or picnics
- 5) Use what you have around the house - den building with cushions and duvets, dressing up for a fashion show



At CAP, we see the balance that many people have to strike between providing for their family and avoiding falling into unmanageable debt, and we know that this is getting increasingly difficult. We have appointments available locally, phone 0800 328 0006 to arrange.

There's a wide range of information and support services to be found online at moneyhelper.org.uk.

A Money Coaching Course is planned to start in October. Find out more at:

<https://capuk.org/get-help/money-coaching>

Our debt services are free, and available for those living in Dereham and the surrounding villages. There are other centres in Norfolk and across the UK.

For free debt help phone 0800 328 0006. Visit capuk.org for more info