

If you are having trouble paying your rent and/or other bills, please don't ignore the situation. Free, friendly and professional help and support is available via CAP, Sutton. [www.capuk.org](http://www.capuk.org)

CAP offers three key services, **all free of charge**.

**If you need help with debts**, speaking with creditors, making arrangements to repay debt etc. the CAP service "The Debt Centre" can help you. Please visit their website [www.capuk.org](http://www.capuk.org)

CAP also offers a "**drop in**" **service** every Tuesday at their office between 12:30pm – 2pm, with light refreshments, again free of charge. The office is located above the Tazza Coffee Shop in the High Street, Sutton.

CAP also runs a **Job Club**. If you are out of work and need a bit of support finding new employment, CAP may be able to assist. They offer an 8 week course which covers many subjects to help get you "work ready". Topics such as building confidence, CV writing, interview skills, volunteering are all covered on the course.

CAP provides **Money Management** courses which are useful to everyone who finds that their income is changing and they need a little help and support. Take a look at what courses are available in your area by visiting their website [www.capuk.org](http://www.capuk.org)