

## CAP Release Group

Many of us wrestle with giving up habits that are costing us both financially and emotionally.

Now, a local church has partnered with UK charity Christians Against Poverty (CAP), to help with issues like smoking, gambling or alcoholism.

Rosemary Beal-Preston, from Church on the Heath, explains that a small team from the church has been trained by the charity.

“In our local community, we meet people struggling with dependencies of one kind or another and that’s why we wanted to get trained to offer this new, confidential, free service.

“This course has already seen great successes elsewhere and we’re confident it will help to support people who want to stop.

“It might be smoking, shopping, drinking, gambling, internet addictions – there are many different temptations that once might have brought us comfort, or were fun for a while, but have started to mess up our health, our finances or our relationships.”

She adds, “We know it’s so hard to give up on your own, so we’ll be doing this in a small group setting, where everyone is in the same situation and can support and encourage one another – a bit of an instant cheer squad!”

The free course is inspired by the tried-and-tested 12-steps format and lasts eight weeks.

Christians Against Poverty is a charity which began 21 years ago offering debt counselling through a church network. In recent years, it has branched out to tackle the causes of poverty and has launched life skills courses, job clubs and release groups right across the UK. To sign up for the 8 week course on Tuesdays, starting 30 May contact Rosemary at [rosemarybeal-preston@capuk.org](mailto:rosemarybeal-preston@capuk.org) or phone 07935 678419

Anyone wanting to find out more is invited to an awareness evening on 23 May at 7.30pm at Church on the Heath, Fleet.