



## **RISCA AREA SERVICES**

### **CAP Job Club**

CAP Job Clubs help jobseekers gain the tools, skills and confidence to step back into employment.

An 8 week course that runs throughout the year.

For more information please contact Linda Hong Risca, CAP Job Club Manager.

Email: [lindi\\_hong@yahoo.co.uk](mailto:lindi_hong@yahoo.co.uk)

Tel: 07498 876691

### **\*Risca CAP Debt Centre covering NP11 and NP10 Postcodes.**

Providing free debt counselling through community-based home visits to lift people out of debt and poverty.

For more information contact John Pinkstone, Centre Manager, Risca CAP Debt Centre.

Email: [johnpinkstone@capuk.org](mailto:johnpinkstone@capuk.org)

Tel: 07549 900288

Potential clients refer themselves using the details below.

**Call free on 0800 328 0006**

**Or online at [www.capuk.org/gethelp](http://www.capuk.org/gethelp)**

CAP is authorised and regulated by the Financial Conduct Authority. Registration number: 413528

\*The Risca Churches Group are Agapé Community Church, Risca, Moriah Baptist Church Risca and Bethesda Baptist Church Rogerstone

### **CAP Release Group**

CAP Release Groups exist to support people who want to stop their habits such as smoking, drinking, gambling, drugs or internet addictions.

An 8 week course that runs throughout the year.

For more information please contact Jon Rowlands, CAP Release group Manager

Email: [jonrowlands@capreleasegroups.org](mailto:jonrowlands@capreleasegroups.org)

Tel: 07836 608085

### **CAP Money Course**

A basic budgeting course that helps people to better manage their money.

A 3 week course that runs throughout the year.

For more information please contact Hannah Pinkstone, CAP Money Course Manager.

Email: [shortstraw82@gmail.com](mailto:shortstraw82@gmail.com)

Tel: 07766 495684

**All our services are completely free of charge and are available for everyone regardless of their religious beliefs, race, nationality, age, gender, marital status, sexual orientation or disability.**