

christians
against
poverty

CAP

life skills

Would you like to manage your money better? Become more confident? Make healthier choices & feel better able to deal with life's challenges? Meet new friends and work towards your own goals on St Mark's popular CAP Life Skills course. Topics include:

Budgeting & money saving tips

Cooking from scratch

Health and wellbeing

Stronger relationships

Getting the best deals

And more...



9 week course—limited places

Breakfast included

Next course starting on:

Thurs 24th September 2026 at
10.00am

At: St Marks Church Hall
Redhouse Lane
Bredbury SK6 1BX

ALL FREE

but Booking Essential

Please contact:

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