

LIFE SKILLS

Are you struggling to make ends meet?

Is there never enough money at the end of the week?

Come and meet Julie, our Life Skills Manager to learn tips and techniques to make your money go further.

Life Skills is a free, relaxed, community based course where you can learn practical skills in dealing with life's pressures and living on a budget.

Get in touch with Julie to find out more:
info@hopecentral.org.uk 01625 724 133



STARTING

**Tuesday 27th January
1-3pm**

**Lacey Green Pavilion
Clough Avenue SK9 4BU**

www.hopecentral.org.uk
Registered Charity Number 1183290



HOPE
central
BRINGING HOPE. BELIEVING POVERTY

Hope Central's Services

Job Club - Steps to Employment is a free 8 week course which builds self confidence, identifies people's strengths and helps with CV writing skills and interview techniques.

Money Course - Budgeting, saving and spending well are key to becoming financially stable and this free 3 week course provides information about these areas.

Hope Centres - We open our centres each week to provide a welcoming community and a free lunch, as well as craft activities and a warm space.

Debt Centre - Being in debt can be such a huge weight to carry. Our Debt Centre supports people along the journey to becoming debt free.

Life Skills Course - Life Skills is a free 8 week course where practical skills about how to live well on a tight budget are explored.

Displaced People - We support local refugees and displaced people with English lessons and community building.

Food Bank - Hope Central offers a 3 day emergency food parcel on a referral basis from local medical / teaching / Housing Association professionals.

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