



Guildford CAP Centre

Newsletter – October 2024



Deficit budgets: The cost to stay alive

In early September, CAP released their latest report **Deficit Budgets: The cost to stay alive**, which shines a light on the brutal reality that over 11 million people are now trying to live off a budget that isn't enough to meet their essential needs. I know that you, like me, find it just as heartbreaking to see people accessing our services and yet still struggling with a budget that simply won't balance, despite our and their best efforts. Isolation, disempowerment, deteriorating mental wellbeing and physical health are all highlighted as awful impacts of a deficit budget – and many here in Guildford need the hope, love and care that CAP, working with churches such as yours, can provide. Please do take a look at the report using the link included below and join me in praying that God will be at work in the lives of our clients. Yours in Christ, Helen.

<https://bynder.capuk.org/m/3b0abab6da421a86/original/Deficit-budgets-The-cost-to-stay-alive.pdf>

Prayer and Praise

- ♥ Praise God for the couple that have been able to go debt free over the summer.
- ♥ Praise God for the client who received a very unexpected answer to prayer that has enabled her to pay off debts and make a new start.
- ♥ Please pray for a couple of clients who are keen to come along to church but struggle with anxiety which makes coming out difficult.
- ♥ Please praise God for a client who has finally been able to have life changing surgery and is now feeling well enough to progress dealing with her debts after long delays.
- ♥ An older client is in real need of rehoming, but her debts are making this difficult so please pray that a solution can be found.
- ♥ Another young couple also have similar housing issues so please pray that they can get on the housing list and a suitable property is made available.
- ♥ Please do pray for several of our clients with long term physical and mental health issues which impact their ability to work, and also their ability to engage with CAP.
- ♥ We are working with a single mum who is struggling to balance her budget with an irregular income, pray that God would provide the reliable salary that she needs.
- ♥ The new CAP Job Club, Money Coaching and Life Skills courses are starting up so do pray for the team and all those that attend.
- ♥ Finally, please pray that the Lord will provide the additional befrienders we need to support the work in Guildford over the coming months. Please do get in touch if you would like to know more about what this would involve!

If you would like to join the Guildford CAP Centre **prayer team** please email Sally at sally.staniforth@aol.com. Prayer requests are also sent out by email. Prayer meetings will be held at Emmanuel Church, Shepherds Lane, usually on the first Monday of each month at 7.30pm. The next prayer meeting is on Monday 9th September.

How to contact Helen, Nick and Ann

For debt help email guildford@capuk.org or call 07823 608863 (Helen)
 (The freephone number to book an appointment for debt help is **0800 328 0006**)
 For the Job Club email nickwalden@capjobclubs.org or call 07432 515410
 For Life Skills and Money Coaching email annmather@caplifefskills.org 07311 827828