



Coming to the CAP Job Club was a light at the end of the tunnel. It's not just about helping you get a job – it's about the whole of you. You receive comfort, love, food and friendship.

Lucy, Volunteer



The CAP Job Club made me realise I'm not worthless and I do deserve to be here. It gave me the confidence to get back out there and be strong for my family.

Clare, Charity shop manager

CAP  
JOB  
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## With you on your job seeking journey

Join a friendly community and gain skills to step confidently into employment.

Book your free place by contacting:

[traceycarter@caplifeskills.org](mailto:traceycarter@caplifeskills.org)  
or 07719 189528

More about your local CAP Job Club

Project St Thomas  
52 St Thomas' Road  
Spalding  
PE11 2XX

CAP  
JOB  
CLUBS

## With you on your job seeking journey

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[capjobclubs.org](http://capjobclubs.org)

**always hope.**

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Find your nearest course  
[capjobclubs.org](http://capjobclubs.org)

christians  
against  
poverty  
**CAP**

# Gain the skills to step confidently into employment



## What is a CAP Job Club?

Your local CAP Job Club is a friendly place where you will receive practical help as you seek employment. It's a relaxed environment with the chance to meet other jobseekers, get support and gain the tools you need to find work. Oh, and it's completely free!



## How do I know if a CAP Job Club is for me?

Whether you've been unemployed for a short time, several years, or you've never worked before, we'll help you create a plan that works.

At your CAP Job Club, you'll receive a unique mix of a practical course, one-to-one coaching and a supportive community to help you throughout your jobseeking journey. Everyone is welcome to join this friendly community.



## How will a CAP Job Club be different from other things I've been to?

All of our CAP Job Clubs are run by trained volunteers who understand the challenges you face when looking for work and who really want you to succeed. As well as having the support of your fellow group members, a friendly Job Club Coach will work with you one-to-one as you aim to achieve your personal goals.



## Community

We know how hard it can be to stay motivated when you are searching for work, especially when you're on your own. That's why we've designed every CAP Job Club to be a relaxed place where you'll meet other people in similar situations, who understand what you're going through and will support and encourage you along the way.



## Course

We'll also help to equip you with the practical tools you need to find work. Our eight-session course walks members through each step of the job hunting process – from identifying your strengths and skills, right through to writing a great CV and learning how to succeed in an interview.



## Coaching

You'll have the opportunity to gain one-to-one informal support from a dedicated Job Club Coach. They'll spend time helping you to set goals, identify any areas you're struggling with, and tackle them head on.



## Connecting

CAP Job Clubs can also provide you with valuable opportunities to connect with local employers who can offer advice and even work experience. Past members have said they found it useful to hear first-hand from employers about what they are looking for in a candidate.

Some have even gone on to find work through these new contacts.



## Congratulations

Every week we celebrate with people around the UK who have found work, volunteering and training opportunities through our CAP Job Clubs – you could be one of them. Whatever stage you're at in your jobseeking journey, why not see how together we can maximise your potential and help you step confidently into employment?