

Call for help: **0800 328 0006**

Weighed down by **debt?**

Free debt counselling in your
community from an award
winning charity



christians
against
poverty

CAP

debt help

We run a CAP Drop In

A friendly and informal chance to talk about your debt - no appointment needed

**Liskeard Food Bank,
Barras Place**

9.30 to Midday on:

Monday 2nd March

Monday 6th April

Monday 4th May

**Café Abundance
St Martin's Church
Centre, Liskeard**

Midday to 1.30pm on:

Friday 7th February

Friday 3rd April

Friday 1st May

**Junk Food Café
Liskeard Methodist
Church Hall**

Midday to 1.30pm:

Friday 21st February

Friday 20th March

Friday 22nd May

Contact: capliskeard@outlook.com OR **07539 473 754**