

1-2-1 Budget Coaching – now available to your clients

Alongside our emergency food provision, we're proud to be working closely with Christians Against Poverty who are now offering **free 1-2-1 Budget Coaching sessions**. These sessions are designed to help people:

- Understand where their money is going
- Build a simple, realistic budget
- Spot small changes that make a big difference
- Feel more in control and less anxious about their finances

This support is **open to anyone**, not just people in crisis or in debt. Many residents simply need a bit of guidance, reassurance, or a clearer plan. The meetings are based conveniently at our foodbank right in the heart of the town centre.

Easy online booking

Clients can book directly using our simple link:

 <https://calendar.app.google/gE5EUf6PidjmBkPx8>

If online booking isn't suitable, you can also contact us directly and I'll arrange a session.

Why this matters

We know that financial pressure is one of the biggest drivers of stress, crisis, and repeat referrals. Budget Coaching helps people build confidence, reduce anxiety, and take practical steps that prevent issues from escalating. It's a gentle, supportive space with no judgement, just someone walking alongside them.

How you can help

Please continue to refer anyone who might benefit, including those who:

- Are struggling to stretch their income
- Are unsure how to manage bills or rising costs
- Need help planning ahead
- Would value someone to talk things through with