

## HELP FOR DEBT

Balancing a budget at home has been tricky for a long time for many people, especially young families, who have been affected by both our government's austerity programme and now the effects of a pandemic. With so many being laid off work at the moment and more to come once furlough ends, debt will be an issue for more and more families.

Sadly, sometimes parents will forego a meal in order for their children to eat or the family will hide when they see bailiffs coming to their door. Despair leads to mental and physical ill-health, making it even more difficult to gain or retain work and to deal with family issues.

The Suffolk Coastal Debt Centre has been helping people out of debt for over a year and a steady stream of people from all walks of life through East Suffolk have taken the initiative to call **0800 328 0006** to seek help with their debts. The Debt Centre was set up to support and offer hope to those people on their journey from debt to freedom.

There are more than 300 CAP Debt Centres in the UK. The Suffolk Coastal Debt Centre covers a wide area, including postcodes IP13 and 17, and has been endorsed by the Coastal Constituency MP, Thérèse Coffey.

CAP itself has won many awards for excellence as a Debt Solution company. A highly skilled head office team deals with creditors and a local team supports people throughout the duration of their journey to becoming debt free, ensuring they are able to live a normal life again, without financial worries. You are in good hands with CAP!

As one of our clients said, after talking with a local debt coach, *'I felt as though a weight was lifted off my shoulders'*, as she realised she was no longer having to deal with financial dilemmas alone.

If you know someone who is struggling with debt or are experiencing it yourself, the very helpful and non-judgmental staff at CAP are on the end of the phone to help you start the journey to becoming debt-free and will put you in touch with the Suffolk Coastal Debt Centre.

As Martin Lewis, Money-Saving Expert, says,  
*'CAP are unsurpassed when it comes to the debt help they give people across the country. There's nothing better to start you on the path to having more money in your pocket.'*

**0800 328 0006** or <https://capuk.org/>

