



At my CAP Job Club, I was comfortable and came to realise that I wasn't actually in isolation; there are others in the same situation. I know my Job Coach will give me ongoing support. I definitely recommend CAP Job Clubs.

- Audrey



I'd been out of work for six years and lost my confidence and motivation. CAP Job Clubs helped me with my CV and interview skills, and built my confidence back up. After the course, I went for an interview and got the job. I felt like I had reached Cloud Nine!

- Craig

When you're unemployed, you feel worthless. You need someone to guide you to get back out there and start to live again. The JobCentre referred me to a CAP Job Club and they made me feel so warm and welcome. Everyone was so friendly and ready to help.

-Christine



CALL FREE ON 0800 328 0006

Step towards employment

CAP are serious, highly professional, deeply committed and, above all, they will treat you as a human being of infinite value, who just needs some help to find your own way forward.

Justin Welby,
Archbishop of Canterbury
and CAP's patron



With your local CAP Job Club, you will join other jobseekers once a week and be supported by our trained coaches in taking practical steps towards employment.

'When other people believe in you, it helps you to believe in yourself. CAP Job Clubs are friendly, fun and enjoyable. You really feel cared about as a person.'

Jude



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Step towards employment

Friendly, practical support to help you step confidently into employment



capjobclubs.org

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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.

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

Whether you've been unemployed for a short time, several years, or you are yet to enter employment, we will help you to create a plan that works.

Our unique mix of a practical course, one-to-one coaching and a supportive group mean that you will find the support you need at a CAP Job Club. Whoever you are, you'll be welcomed as part of your job club family.

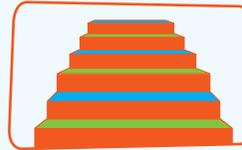
How will a CAP Job Club be different from other things I've been to?

All of our CAP Job Clubs are run by trained volunteers who understand the challenges you are facing when looking for work and who really want you to succeed. You will not only have group support, but your CAP Job Club Coach will spend time helping you 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 CAP Job Clubs to be a relaxed place where you'll meet other people in similar situations, who understand what you are going through and will support and encourage you along the way.



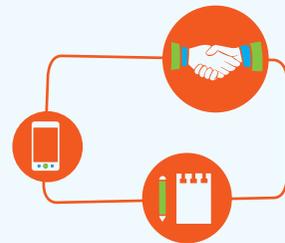
Course

We will also help to equip you with the practical tools you need to find work. Our eight-session course will walk you 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 will have the opportunity to gain one-to-one informal support from a dedicated CAP Job Club Coach. They will spend time helping you to set goals, and to identify and tackle any areas you are struggling with.



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 that they found it useful to hear first hand from employers to find out what they are looking for in a candidate. Some have even gone on to find work through these new contacts.



Congratulations!

Every week we are celebrating with people around the UK who are finding employment through our CAP Job Clubs - you could be one of them. Whatever stage you are up to along the process, why not see how CAP Job Clubs can help you maximise your potential and step into employment?

