



CAP
JOB
CLUBS

We believe in your church

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capjobclubs.org

As your church reaches out to your community, you may well meet people who are struggling to find work. They need help to write job applications, to gain confidence in interviews, and to seek out valuable opportunities.

Unemployment can often feel like a relentless cycle of uncertainty and disappointment, affecting both a person's finances and mental health. It's crushing.

By running a CAP Job Club, your church will offer hope and equip people to go out and get that job they've been searching for. Partnering with local churches like yours means that together we can provide practical, emotional and spiritual support that completely changes lives.

Would you consider joining hundreds of churches who are bringing freedom and hope across the UK by running a CAP Job Club?

Rachel Arnold
Head of Church Engagement



Welcome

Included in this guide is everything you need to know about running a CAP Job Club in your church. You'll hear from real people whose lives have been transformed through the service, and get equipped and excited to open a CAP Job Club that brings freedom and hope to your community.

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The problem of unemployment in the UK

The average person who finds work through CAP has experienced at least two years of unemployment. That's at least two years of apparent rejection, exclusion, and having your confidence beaten – often whilst feeling very alone and isolated. It's no wonder many people are left feeling worthless, dejected and without hope.

Too often, jobseekers feel treated like a statistic. Local churches are uniquely placed to restore hope and self-worth, while providing the practical support that will help people step confidently back into work.



1.56m

people in the UK are unemployed.¹



1.4m

children are living in long-term workless households.³

Long-term unemployment is damaging to individuals and communities. It affects mental and physical health, and holds back economic growth.

Department for Work and Pensions (DWP)



28%

of new CAP Debt Help clients in 2020 said unemployment or low income was the primary reason for their debt.²

Why CAP Job Clubs is the answer

A CAP Job Club is designed to equip people with practical tools necessary to find employment, while rebuilding their confidence and self-esteem. The combination of our steps to employment course, one-to-one coaching and a supportive community means that even the long-term unemployed can find work.

When you run a CAP Job Club in your church, you'll be part of a national network that is now officially recommended by the DWP.

Running a CAP Job Club will help your church to:

- ✓ Build a bridge between people in your community and your church.
- ✓ Support people practically to gain the skills and confidence to get back to work.
- ✓ See new people come to know Christ who would have never had the opportunity otherwise.
- ✓ Raise your profile and connect with other organisations in the local area.
- ✓ Demonstrate the love of God and share the gospel in a relevant way.
- ✓ Engage members of your congregation in practical, local mission.

1 | Office for National Statistics, UK Labour Market, April 2017

2 | CAP client Report 2021

3 | Monitoring Poverty and Social Exclusion 2016, Joseph Rowntree Foundation

4 | CAP client Report 2018

How CAP Job Clubs work

A CAP Job Club meets once a week and is run by a trained CAP Job Club Manager from your church. A key part of the club is the steps to employment course, eight interactive sessions that cover practical topics such as CV writing and interviewing techniques to improve employability.

Coaching sessions are then run alongside the course to give members the opportunity to discuss their individual needs in more detail and to set goals for themselves.

All this is set in a friendly, welcoming and inclusive environment that combats isolation and provides members with a taste of the church family.

The format is flexible enough to be run successfully in both small and large churches.



Community

A relaxed place where members meet others in similar situations, who will support and encourage them along the way.

Course

The eight-session course walks members through each step of the job hunting process, from identifying strengths and skills, right through to writing a great CV and learning how to succeed once in employment.

Coaching

One-to-one informal support from a dedicated CAP Job Club Coach. They will spend time helping members to set goals and identify and tackle any areas they are struggling with.

Alfie's story

I'd love to start my own business one day. I've got confidence now that I didn't have before.

Alfie, found work through CAP Job Clubs

'I was out of work and my confidence was in bits. I have a learning disability – I can't read and write well. I didn't have the confidence to go for anything new. Practically it was difficult because I'm a single parent with two boys, so the only time I can work is when they're at school.

I found out about the CAP Job Club from my church. I was actually surprised how nice the people were. They helped me to write out my CV, and there were sessions on interviews and what I needed to do to get back into work. As my confidence grew, I thought I'd nip up to the local football ground and see if they had any jobs going. I got a job there as a steward. I never thought I'd actually be doing something like that.

Since then I've been able to go back to the job club and talk to other groups about my experience. I'm looking for different jobs and doing lots of application forms. I'd love to start my own business one day. I've got confidence now that I didn't have before.



What CAP provides

- All training and materials for running the club, including a comprehensive Job Coach guide to run the course, member workbooks and accompanying DVDs.
- Access to CAP's secure IT and intranet systems, including a CAP email address and access to a unique, bespoke IT system specifically designed for CAP Job Clubs.
- Professional CAP branded materials to promote your service, available from head office.
- Ongoing support for your CAP Job Club Manager from our CAP team, including prayer, reviews and regular visits.
- A CAP Speaker to launch the CAP Job Club at a service in your church.
- The opportunity to join the whole CAP network at our annual conferences across the UK.

The combined practical and emotional support provided by CAP Job Clubs is why the Department of Work and Pensions highly recommends our service. Through CAP Job Clubs, your church can create a community that demonstrates God's love in a practical and relevant way.



Your church will need to:

- Recruit a CAP Job Club Manager who can work/volunteer for six to eight hours a week (hours may be spread across the week and split between managers and coaches). We can help with this process and have already helped churches recruit over 500 volunteers working across our range of services.
- Find a couple of volunteers to assist the Job Club Manager to run the group.
- Have access to a room, a computer with internet and a printer.
- Book a CAP Speaker for a Sunday service, which includes a regular giving ask.
- Cover the cost of £720 a year, or £60 a month, to access all the training, resources and support you need to deliver a Job Club that sees hope restored for lots of people.



Recruiting your team

Your team doesn't need to have detailed knowledge of the topic areas nor any specific qualifications, as CAP provides all the relevant training. They just need to be passionate about seeing people empowered to step into employment. However, they do need to be people who you are happy to have as representatives of your church to the local community. CAP will interview all candidates and have final approval on their suitability.

Your church will need to recruit a CAP Job Club Manager and a CAP Job Club Coach. They must be able to dedicate at least ten hours of work a week between them during the time you are running the course. Their role will be to promote, prepare and run the group. We recommend the course is run twice a year. You can also have one additional coach trained per year at no extra charge, who will be overseen by the CAP Job Club Manager.

CAP Job Club Coaches will need to be:

- Passionate about seeing people gain the confidence and skills to find employment.
- Comfortable and confident working with a wide variety of people.
- Happy to lead discussion-based learning, with comprehensive guides provided by CAP.
- Able to communicate lovingly to people struggling with low self-esteem and confidence.
- Competent using IT.
- Comfortable sharing their own faith.
- Full of compassion, with good character and integrity.

We recommend (wherever possible) to have both a female and male coach trained and available for the course and coaching elements of the group.

Launch talk

Hosting a launch talk is vital to the success of the CAP Job Club in your church. A CAP Speaker will visit your church to inspire your congregation about the CAP Job Club, and motivate people to engage and get involved. The launch talk will also inspire your congregation about the wider work of CAP, giving them an opportunity to pray and offer financial support.

How much does it cost?

We ask for a monthly partnership contribution of £60 paid via Direct Debit. This contribution gives your church access to all the training and resources you need to run a CAP Job Club and change lives in your local community.

It's an opportunity for people within the church to serve – to have a ministry – which is great. It's an opportunity for the church to open its doors to the community, and show God's love through practical action.

Julia, CAP Job Club Manager, Ealing



Next steps

Contact our Church Partnership team to talk through your church's options:

01274 760580 | churchpartnership@capuk.org



A free, short course that makes managing your money simple

This is an ideal resource to teach people inside or outside your church basic budgeting and money management skills. It will help them to save, give more and prevent problem debt.

CAP provides training, course materials (including workbooks and session films), access to our online budgeting tools and support for coaches. If delegates require debt help, they can also access our CAP Money Plus service which provides more in-depth support from head office.

Get in touch with the Church Engagement team to find out more.



One-off online training

For a £15 one-off fee, CAP will train one volunteer from your church to be a CAP Money Coach (£15 per additional person trained) through a half-day online training course. Resources can be purchased through the CAP Money online shop.

Gold bundle

For £20 a month your church can train three coaches each year, with a resource allowance of up to £70 a year and free student, youth and kids bolt-on packs (total bolt-ons value: £100).

budget. save. spend.

christians
against
poverty

CAP

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