



FREEDOM
— CENTRE —

OPENING TIMES

Tuesday, Wednesday & Thursday
10.30am – 12.30pm

The Freedom Centre is open to all whether you need food from the Foodbank, a conversation about debt help, or to find out about any of the projects we run as featured overleaf.

We look forward to welcoming you!

www.freedomchurch.uk/freedommatters

Freedom Centre, Unit 6
Greatbridge Business Park
Budds Lane
Romsey SO51 0HA
(opposite Elliotts car park)





If you're feeling weighed down by debt, then we can help. All you have to do begin your journey to becoming debt free is call free on **0800 328 0006** and one of our local Debt Coaches will be in touch!

CAP Job Club is a friendly place where you will get practical help as you seek employment. It's a relaxed environment with the chance to meet other jobseekers and to get support.



It's a revolutionary money management course that teaches people budgeting skills and a simple system that really works. This course will help you to get more in control of your finances.



It gives people the confidence and decision making skills they need to survive life on a low income. We teach people practical money saving techniques.



CAP
LIFE
SKILLS



A Kintsugi Hope Wellbeing Group is a safe and supportive space giving people the opportunity to focus on their emotional and mental wellbeing.

No-one should have to face going hungry. Romsey Foodbank provides nutritionally balanced food support to those living in and around Romsey.



The Community Coaching Programme works on a one-to-one basis supporting participants to nurture the change they want to see, achieve their goals and develop strategies to sustain that change.