

# Debt Centre News

May 2026



**Dereham  
Baptist  
Church**

*in partnership with*



# Welcome



Kathryn joins our team from the 1<sup>st</sup> of June, she will be training as a Debt Coach - enabling more clients to be helped with their debts. With a background in education, and an experienced member of our volunteer team we know that she will be fab.

Expanding our centre has only been possible with the financial support of local churches, individuals and grants - THANK YOU

**Auriol Tessier Charitable  
Trust** ★



**Inspiring**  
communities



## As food prices continue to rise we have some tips for saving money:

- 1) Create a food shop budget - try cheaper alternatives and avoid adding extra items into your trolley
- 2) Be aware of yellow labels and special offers - are they really a bargain?
- 3) Check the cost per amount - perhaps bulk buying is cheaper as long as you will use it all
- 4) Check the best before date - will you eat it before it goes to waste?
- 5) Try budget recipes - look online for tasty meal ideas

Our debt services are free, and available for those living in Dereham and the surrounding villages. There are other centres in Norfolk and across the UK.

For free debt help phone 0800 328 0006. Visit [capuk.org](http://capuk.org) for more info