

# Yes, I'd like to help more families!



## My contact details:\*

Yes, I'd like a FREE 'Nevertheless' book

Title (circle one) Mr Miss Mrs

First name

Surname

Street

Suburb

City

Postcode

Phone

Email

Where did you get this form?

\*Providing your contact details enables CAP to provide updates and stories by email, phone or mail. You can choose how you want to be contacted and can unsubscribe at any time by emailing fundraising@capnz.org or calling 09 270 0334. View CAP's privacy statement at capnz.org



**Yes, I'd like to be a Life Changer by giving regularly to CAP**

— OR —



I'm already a Life changer and would like to increase my regular gift to:



\$10



\$29



\$46



\$100



Other \$ \_\_\_\_\_

Frequency:



Weekly



Fortnightly



Monthly

## Payment option 1: Direct Debit

I request you, Christians Against Poverty, to arrange for funds to be debited from my nominated bank account according to the amount specified above.

Name of bank

Account name to be debited

Account number

□	□	—	□	□	□	□	□	—	□	□	□	□	□	□	□	□	□	□	□
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Signature

Date

## Payment option 2: I will set up my own regular payment at [capnz.org/donate](https://www.capnz.org/donate) or with an automatic payment via my bank

(Please see overleaf – CAP's bank details are printed on the section you keep)

I plan to start my regular payment on this date:

### Please return to Christians Against Poverty:

Freepost, PO BOX 12041, Penrose, Auckland 1064 P 09 270 0334 E info@capnz.org

W capnz.org CAP is a registered Charitable Trust (CC22349) Donations over \$5 are eligible for tax credits

Releasing  
New Zealanders  
from debt  
and poverty





**“He hugs me now...  
all the time!”**

**Melanie was so burdened by debt, that each day it was a challenge just to get out of bed. If it wasn't for Tayne asking to go to kindly, she'd stay home.**

Tayne picked up on her constant stress.

***“Tayne actually stopped hugging me... for a couple of years.”***

She started looking in all the wrong places to block out the fear and the pain.

***“I had [money lenders] ringing me all the time, knocking at my door... I wasn't in a good space.”***



➔ Paying for essentials was a struggle. Her power got disconnected, and when it came to putting food on the table, unhealthy choices were sometimes the only option.

One day, Melanie courageously called Christians Against Poverty for help.

Life on a CAP budget was hard at first. But soon Melanie had enough to buy healthy food every week! She started to put away savings to pay unexpected bills, like fixing the car.

When Melanie reflects back on the free help she received, she says:

***“Thank you for caring, ‘cos a lot of other people don’t.”***

That care included an invitation from her Debt Help coach to a CAP fish ‘n chip evening at church. It was there that Melanie began the biggest change: reconnecting with Jesus!

***“I always worried about what people think... now I just live my life to please Jesus. It’s freeing... I no longer use alcohol as my coping mechanism. I’ve got Jesus.”***

After receiving CAP’s free help and support for three years, Melanie is now debt free, and set free! She sees the difference in her son, who has renewed confidence, and is doing well at school. And these days...

***“He hugs me now, yeah, all the time!”***



## ♥ Three easy ways to set up a regular gift to CAP

📄 [capnz.org/donate](https://capnz.org/donate)

☎ 09 270 0334

🏦 Bank transfer: please pay Christians Against Poverty, account no. **03-0195-0610289-000**, quoting your first and last names in the reference.