

Kick Start

Promotional information

What is Kick Start?

Kick Start is our response to the needs we know will exist in communities all over the UK as a result of the coronavirus (COVID-19) pandemic. It is designed to equip local churches to easily help people get their lives moving along following the impact of the crisis.

Covering areas such as job searching and living well on a budget, Kick Start also acknowledges the emotional impact of what we're all living through. With that in mind, sessions on dealing with worry and coping with loss also feature.

Kick Start consists of a flexible menu of nine video sessions. It's a pint-sized powerhouse – succinct yet potent in its ability to help people find their footing in a mid- and post-pandemic world. The entire resource will be available to all churches for free via download.

Kick Start is a foundational product, designed to give a solid base on which people can then rebuild the areas of their lives that need attention. We've also included some resources to help churches facilitate conversations about faith and invite people, where appropriate, to engage in other church or community activities.

Who is Kick Start for?

Kick Start is for anyone who may be feeling a little overwhelmed and wanting to get the wheels moving on their life again, especially if they find themselves in a situation they never expected to be in following the coronavirus pandemic.

Covering topics such as job searching and living well on a budget, Kick Start provides a practical toolkit of tips and techniques to begin to make positive steps forward. We're also aware of the emotional impact that life can have, so you'll also find sessions on dealing with worry and coping with loss.

Kick Start promotional information

Kick Start is a free resource aimed at helping churches respond to the needs in their community as a result of the coronavirus pandemic. Once a church has signed up, they can access all nine sessions and decide which are most relevant to use in their local community.

CAP has produced the resources for churches; churches will promote them to their communities.

How to use Kick Start

Once a church has signed up for Kick Start, they will have access to the nine sessions as well as facilitator guides, evangelism top tips and a technical guide.

It's a pick-and-mix menu: all nine sessions can be used, or a church can select whichever ones they feel are most relevant for the local needs of their community. We suggest a minimum of three sessions are run with a group of attendees as this helps the facilitator to build a relationship and connection with individuals. The resources also include tips on introducing faith into the conversation or inviting someone to engage with other church or community activities.

We don't recommend the sessions are simply sent to someone to watch independently. These resources are best used in a small group setting (video or in person, maintaining all current coronavirus guidelines at the time of use) where relationships can be formed and the right support given.

Kick Start promotional resources will be provided along with guidance and tips for promoting a service, allowing churches to advertise their sessions locally and share them with their congregation.

Promotional materials

Facebook post - Please copy and paste

CAP's launched a brand new product called Kick Start and we're really excited about it!

It's a FREE resource to help churches respond to local needs thrown up by the global pandemic.

- It fits in with community work your church is doing or is an accessible first response for a church looking to start community outreach.
- You can choose from 9 bitesize sessions packed with practical tips on things like job searching and dealing with worry and loss.
- It helps to spark conversations and meet the needs in your community.

If you're a church leader, sign up here: capuk.org/kickstart

Twitter post - Please copy and paste

CAP's launched a great new product - Kick Start!

Kick Start is a FREE pick-and-mix resource for UK churches, packed full of practical advice, from job searching skills to dealing with worry & loss. Church leaders - sign up to access the great content: capuk.org/kickstart

Videos

[Short promotional video](#) - View Online

[Short promotional video](#) - Download

[Long promotional video](#) - View Online

[Long promotional video](#) - Download

Image

Please click [here](#) to download the Kick Start promotional image.

Email content - Please copy and paste

Dear [name],

Kick Start - bitesize sessions to help people in your community move forward in life

None of us could have predicted the impact of a global pandemic on our everyday lives, but we serve a steadfast God who remains certain when nothing else feels as though it is. As his Church, we can truly make a difference in our communities right now.

That's why we're excited to let you know about Kick Start - a gift from our friends at Christians Against Poverty (CAP) that equips churches to help people get their lives moving again following the crisis.

Pulling together nine bitesize sessions that can be delivered via video platforms, Kick Start opens up conversations and gives practical tips on job searching, money management, habits that harm and the emotional challenges of worry and loss. Tips on how to introduce faith into the conversations are also included.

We know the Church has already led the way in local communities in responding to the needs around them over the last few months, and we hope these new resources from CAP will help you continue to do that in a practical and Christ-centred way.

Kick Start is free, downloadable and easy to use.

Simply sign up [here](#) to access and you're ready to get going.

Endorsements

"I'm thrilled to see the Kick Start resources that CAP have developed to help the local church meet the very felt needs of those in their communities right now. The UK church must take the lead in helping people with the worries and anxieties around unemployment, finances, mental health and bereavement that millions are facing as a result of this pandemic, whilst continuing to proclaim the good news of Jesus Christ. Kick Start will enable those conversations to happen"

Most Rev and Rt Hon Justin Welby, Archbishop of Canterbury

"I was so thrilled to see how CAP have put together these 9 sessions covering such topical issues, and we will definitely be praying that this has such an impact across our nation"

Sarah Jackson, CEO - Church Revitalisation Trust

"I am grateful to CAP for the practical manner in which you are equipping churches for the recovery phase as we emerge from the COVID crisis"

Paul Harcourt, National Leader, New Wine England

"Kick Start is exactly what we need as we seek to support our friends and neighbours through increasingly difficult times. We are concerned that a great many will be negatively affected as the long term impact of COVID-19 washes through into our community, and the Kick Start resources will allow us to get alongside them with practical advice and support that will give hope and help them 'Kick Start' their comebacks. Huge thanks to CAP for offering this resource free of charge, and in a format that will allow us to offer it both face to face and digitally, allowing us to reach the most people we can. This is a Godsend to small churches like ours, and we look forward to putting it into practice at the earliest opportunity"

Rob Anderson, Leader, The Stable Church, High Barnet

"What a brilliant resource Kick Start is. If the gospel isn't good news practically then it's not good news! Kickstart is a brilliant free resource helping us to be good news in words and deeds - I wholeheartedly endorse it".

Mark Greenwood, National Evangelist, Elim