

Ashwood Court Rugby



Mayday Trust provides specialised support, life-skills training and accommodation for vulnerable adults

What is Mayday Trust?

Mayday Trust is a UK registered charity which provides specialised support, life-skills training and accommodation for vulnerable adults. We support people who find it difficult to manage everyday living and need help to develop those skills.

Every Mayday Trust client has a key-worker who helps them to develop their own unique Support Plan.

Clients meet regularly with their key-worker for one-to-one sessions, support and advice. This can include help to fill in forms,

accessing healthcare, benefits claims, advice about training and employment opportunities and emotional support.

Life-skills training

Our life-skills training is adapted to suit each individual but typically includes Literacy, Money Management and Cookery together with other essential living skills.

Where appropriate, staff operate in-house groups ranging from Alcohol Misuse to Healthy Eating to Mother & Baby Clubs.

We work with a variety of local agencies to help clients access a range of specialist treatments and support services.

Our ROMS (Residents of Mayday Speak) Forum gives clients a voice and provides an opportunity to influence policies and decision making within the Trust.

Workshops and activities

In addition to our core life-skills training, Mayday schemes offer a wide range of therapeutic workshops and activities including: Aerobics, Art, Conservation, Creative Writing, Cycling, DIY Skills, Fishing, IT, Music and Sewing.

Ashwood Court

The Ashwood Court Scheme provides accommodation for 27 clients in a mixture of single and shared flats. All flats are fully furnished and include a fridge and freezer. A communal laundry is also available.

The scheme also has a move-on property, catering for a further 3 people. The move-on house provides each client with their own bedroom and shared communal areas.

Communal lounge

Our communal lounge and IT suite offer a venue for organised and informal activities.

Everyone is encouraged to take part in a range of workshops and activities. These groups change according to demand but typically include: Art Club, Cookery Group, Breakfast Club, Film Club, Mum's and Babies Club and a weekly social event known as the 'Wednesday Club'.

Weekly 'drop in' for prospective clients

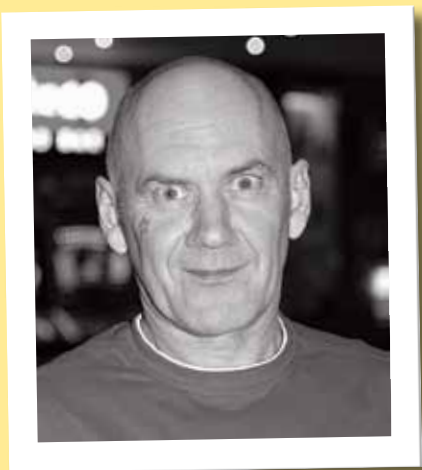
Every Friday morning we operate a 'drop in' for prospective clients. Staff hold an informal 'chat' about the service we offer. Staff can help you complete the application form if you need support to do this.

For more information please contact us on 01788 568420



Clients include:

- ✓ People who are homeless
- ✓ Care leavers
- ✓ Victims of alcohol & substance misuse
- ✓ Ex-offenders
- ✓ Victims of domestic violence
- ✓ People recovering from mental health issues
- ✓ People with moderate learning difficulties
- ✓ Vulnerable young families
- ✓ People who have experienced a family breakdown



Mayday Trust in Warwickshire

Scheme contact details

99 Ashwood Court
Rounds Gardens
Rugby
Warwickshire
CV21 2UF

01788 568420

Application and Referral Forms can be provided or downloaded from our website.

Also in Warwickshire

Mayday Trust operates two further schemes in Warwickshire.

The Leamington & Warwick Scheme has an 11 bedspace house and 5 dispersed properties catering for a further 15 clients.

All shared accommodation includes private bedrooms with communal facilities. Leamington & Warwick's client type is similar to the Ashwood Court Scheme.

Mayday House, Rugby offers support towards independent living for clients with Learning Disabilities and/or Epilepsy.

The scheme provides support for 27 clients with accommodation and support tailored to the need of each client.

Mayday Trust also operates schemes across Northamptonshire and Bedfordshire.



Head Office

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Charity Registration 1035524
Company Registration 2911222



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