



Bedford



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.

Bedford

The Bedford Scheme offers specialist support for adults with complex Mental Health problems. Typically referrals receive support from their local Community Mental Health Team and/or Social Services.

The scheme operates across two sites, to provide support for 17 clients with private bedrooms and shared facilities.

Therapeutic Support

We understand that in order to make positive changes our clients need to take small steps and achieve steady progress. We work closely with a wide range of organisations to develop a personalised support network for each client.

Everyone is encouraged to take part in a range of workshops and activities. Our in-house groups change according to demand but range from: Bingo, Card Making, Film Night and a Breakfast Club.

Residents' Committee

We hold regular Residents Meetings which provide clients with an opportunity to have their say. Clients are encouraged to chair meetings. Raffle prizes and lunch are also provided for participants.

For more information please contact us on 01234 347061



Clients include:

- ✓ People recovering from mental health issues
- ✓ Mental health referrals
- ✓ Social Services referrals
- ✓ Probation Service referrals



Mayday Trust in Bedfordshire

Scheme contact details

Stephen Ross House
1 – 3 Ashburnham Road
Bedford
MK40 1DX

01234 347061

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

Also in Bedfordshire

In addition to the Bedford Scheme, Mayday Trust also operates a housing scheme in Leighton Buzzard.

The Leighton Buzzard Scheme provides accommodation for 36 clients. Each flat caters for up to three individuals with private bedrooms and shared facilities. A communal laundry is also available.

Leighton Buzzard run two in-house groups which clients with substance misuse are required to attend.

Clients at Leighton Buzzard include: victims of alcohol & substance misuse, young families, ex-offenders, mental health referrals and people with moderate learning difficulties.

Mayday Trust also operates schemes across Warwickshire and Northamptonshire.



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