

Mayday Trust in Bedfordshire

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

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

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.

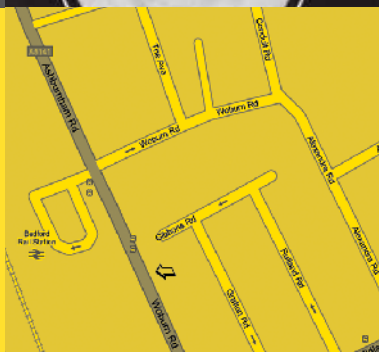
For further information please visit our website, email us at enquiries@maydaytrust.org.uk or call us on 01788 568176



Bedford

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

01234 347061



Bedford Bedfordshire



Mayday Trust
75-77 Albert Street
Rugby
Warwickshire
CV21 2SN
01788 568176



INVESTOR IN PEOPLE

www.maydaytrust.org.uk

Mayday Trust is a charity and company limited by guarantee, registered in England and Wales. Charity Registration Number 1035524 Company Registration Number 2911222



Mayday Trust 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 or support in developing those skills.

Every client has a key-worker who helps them to develop their own Support Plan. Clients meet with their key-worker for regular 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.



Support and activities

Life-skills training is adapted to suit the needs of each client but typically includes Literacy, Money Management and Cookery together with other essential living skills.

In addition to our core life-skills training, Mayday schemes offer a wide range of therapeutic workshops and activities. Schemes offer a variety of groups including: Aerobics, Art, Conservation, Creative Writing, Cycling, DIY Skills, Fishing, IT, Music and Sewing. These programmes help our clients to develop new interests, build confidence and improve social skills.

Where appropriate, staff operate in-house support groups ranging from Alcohol Misuse to Healthy Eating to Mother & Baby Clubs. Through these groups, clients are able to share experiences and work together to develop independence.

The Trust also works alongside local agencies to offer specialist treatments and support services.

“ Mayday offers the chance to rebuild your life through on-going support in a homely environment ”



Referrals include:

- ✓ Mental health referrals
- ✓ Social Services referrals
- ✓ Probation Service referrals

The communal kitchen and lounge provide a meeting place for organised and informal activities

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, which operates across two sites, provides support for 17 clients with private bedrooms and shared facilities.

Therapeutic Activities and Support

We understand that in order to make positive changes, we support our clients 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 Big Breakfast Club. We also provide three communal meals a week.

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, or to request an application form, please contact us on 01234 347061

