



Daventry



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.

Daventry

The Daventry Scheme has an 8 bedspace house and 3 dispersed properties providing accommodation for a further 10 clients.

The Post House consists of individual bedsits with communal facilities include a lounge, kitchen, bathrooms and laundry. The move-on houses offer private bedrooms with shared communal areas.

Communal space

The Post House lounge offers a welcoming environment for clients to socialise, watch television, read or simply relax.

We also have a converted stable known as 'The Garden Room' which offers space for one-to-one discussions, group activities and quiet reflection.

Activities

The Scheme offers a range of activities which typically include: a weekly Quiz Night, Bingo and a Women's Group. The scheme also holds gym membership at the local leisure centre.

We run monthly Residents Meetings, providing clients with an opportunity to have their say.

For more information please contact us on 01327 301851



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 Northamptonshire

Scheme contact details

The Post House
82 Warwick Street
Daventry
Northamptonshire
NN11 4AL

01327 301851

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

Also in Northamptonshire

Mayday Trust operates three additional services across Northamptonshire.

The Wellingborough Scheme caters for 31 clients in purpose built, self-contained flats. The scheme also includes a shared communal lounge and kitchen.

The Northampton Scheme provides accommodation for 29 clients in a mixture of single and shared flats. All shared accommodation includes private bedrooms with shared communal areas.

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

The charity is now piloting a Young People Floating Support Service in Northampton.

Mayday Trust also operates schemes across Warwickshire and Bedfordshire.



Head Office

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

01788 568176

www.maydaytrust.org.uk
enquiries@maydaytrust.org.uk

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



INVESTOR IN PEOPLE

