

Mayday Trust in Northamptonshire

In addition to the Daventry Scheme, Mayday Trust also operates in Wellingborough and Northampton.

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

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

Clients at these schemes include: victims of alcohol & substance misuse, ex-offenders, young people leaving care, mental health referrals and people with moderate learning difficulties. Mayday Trust also operates schemes across Warwickshire and Bedfordshire.

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



Daventry

The Post House
82 Warwick Street
Daventry
Northamptonshire
NN11 4AL
01327 301851



Daventry
Northamptonshire



Mayday Trust
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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.

“ It’s not been an easy time for me recently but, with help from Mayday, I’m turning things around ”



Referrals include:

- ✓ Care leavers
- ✓ Victims of alcohol & substance misuse
- ✓ Ex-offenders
- ✓ Victims of domestic violence
- ✓ Mental health referrals
- ✓ People with moderate learning difficulties
- ✓ Vulnerable young families

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. 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 has recently been refurbished. It offers a welcoming environment for clients to socialise, watch television, read or simply relax on our comfortable new sofas.

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. These can 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, or to request an application form, please contact us on 01327 301851



Clients can enjoy the comfortable surroundings of our newly refurbished communal lounge