

# Leamington & Warwick



### 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.

### Leamington & Warwick

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

William Wallsgrove House consists of individual bedsits with shared bathrooms and kitchens, with the exception of one completely self contained flat.

The move-on houses provide each client with their own bedroom and shared communal areas.

Our groups include: Art, Cookery, Gardening, DIY and our weekly Film Club. The Scheme also runs a Mother and Baby Club, providing an opportunity for our new mums to meet and share experiences.

#### Residents' committee

Recently one of our committee members wrote a user-friendly review of the Privacy and Confidentiality Policy which is now distributed to new clients as part of our Residents Handbook.

#### Weekly 'drop in'

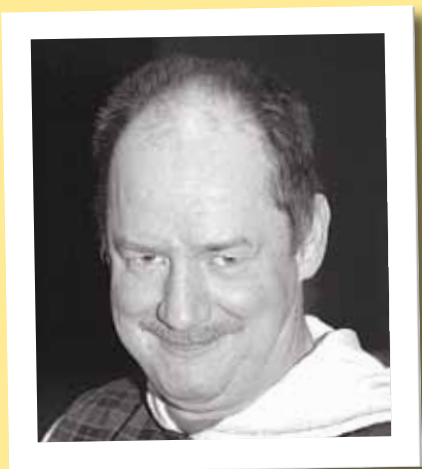
Every Friday morning we operate a 'drop in' for prospective clients. Staff hold an informal 'chat' about the service we offer.

For more information please contact us on 01926 435334



#### 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
- ✓ People recovering from eating disorders



# Mayday Trust in Warwickshire

## Scheme contact details

William Wallsgrove House  
26 Lillington Road  
Leamington Spa  
Warwickshire  
CV32 5YY

01926 435334

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

## Also in Warwickshire

In addition to the Leamington & Warwick Scheme, Mayday Trust also operates two schemes in Rugby.

Ashwood Court, Rugby provides accommodation for 30 clients. Each flat has either one or two bedrooms, with shared communal areas. Ashwood Court's client type is similar to the Leamington & Warwick 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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