



**Leighton
Buzzard**



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.

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.

Volunteer-led activities

We have a thriving Volunteer Programme enabling the scheme to offer an extensive range of activities. The skills and experience of our volunteers are a huge asset to the scheme and our clients.

Our activities programme includes cookery groups, gardening, DIY, music, art, literacy, conservation, computer skills, magazine, budgeting workshops, a women's group, acupuncture and a monthly quiz.

Drug and Alcohol support

The scheme run two in-house groups. Clients with a history of substance misuse are required to attend these groups and take an active role in changing behaviour patterns and managing their addiction.

We also work closely with a number of other support agencies including CAN, the Shaw Trust and the James Kingham Project.

For more information please contact us on 01525 852996



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
- ✓ People who have experienced a family breakdown



Mayday Trust in Bedfordshire

Scheme contact details

7 Kilgour Court
Bassett Road
Leighton Buzzard
LU7 1AT

01525 852996

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

Also in Bedfordshire

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

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

We understand that in order to make positive changes, clients at this scheme need to take small steps and achieve steady progress.

The scheme operates across two sites, to support 17 individuals. Clients have private bedrooms with shared communal areas.

Mayday Trust also operates schemes across Warwickshire and Northamptonshire.



Head Office

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

01788 568176

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

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