

Mayday Trust in Bedfordshire

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

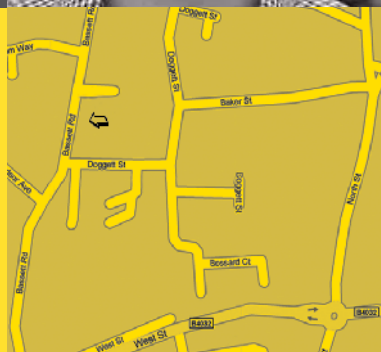
Mayday Trust also operates schemes across Warwickshire and Northamptonshire.

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



Leighton Buzzard

7 Kilgour Court
Bassett Road
Leighton Buzzard
LU7 1AT
01525 852996



Leighton Buzzard 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.

“ Some day soon I’ll be ready to live on my own. Until then I have Mayday”



Referrals include:

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

The weekly Alcohol Group provides in-house support for clients with a history of alcohol misuse problems.

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.

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 groups

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 King Project.

For more information, or to request an application form, please contact us on 01525 852996

