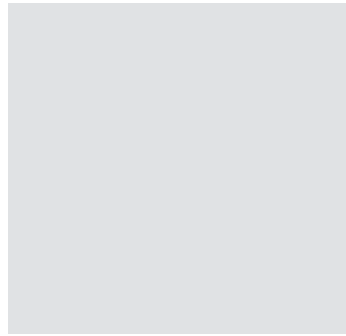


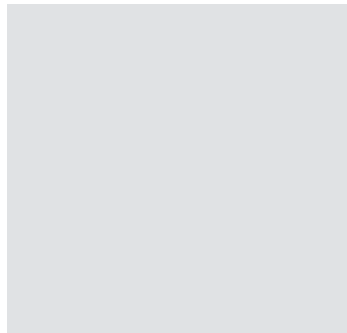
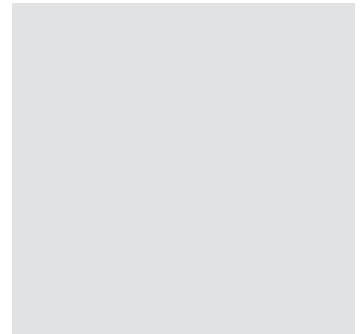
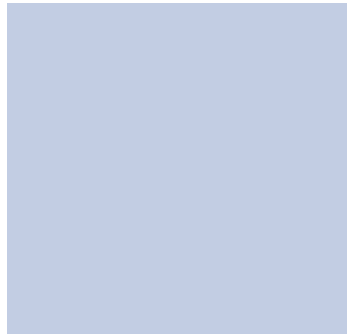


Annual Report  
2007/08

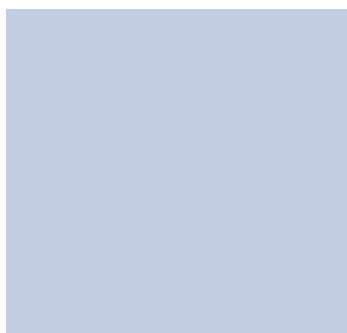




When I was about to give up Mayday Trust gave me the incentive to carry on. I now have hope for the future



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### Board of Trustees

Chris Holman, Chairman  
Anne Conrad, Vice Chair  
Jim Arnold  
Bill McFarland  
Lyn Stacey

### Registered Office


75-77 Albert Street  
Rugby  
Warwickshire  
CV21 2SN

Website: [www.maydaytrust.org.uk](http://www.maydaytrust.org.uk)  
Email: [enquiries@maydaytrust.org.uk](mailto:enquiries@maydaytrust.org.uk)

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



## Our History

1976	Mayday Trust founders Michael Varah and Jim Higgins spotted a link between re-offending and homelessness in Rugby. The pair eventually found an appropriate property and set up their first 'hostel'.	
1979	Rugby Mayday Trust registered as a charity providing support for ex-offenders with Brian Lomax as its first Chief Executive.	
1983	Mayday Trust began supporting homeless people in Leamington Spa.	
1984	Rugby Borough Council offered the Trust 18 flats, which became the Mayday Independence Project; the Rugby Hostel scheme opened later that year with both projects focussing on providing support for ex-offenders.  The Trust changed its focus to include all homeless people with special support needs.	
1986	Accommodation schemes opened in Bedford, Northampton and Wellingborough with the Sands, a Care Home for adults with epilepsy and learning difficulties, opening in Warwickshire.	
1991	Leighton Buzzard, the Trust's largest scheme opened.	
1993	The Daventry scheme opened.	
1994	Mayday Trust became a Company Limited by Guarantee.	
1995	A second project opened in Leamington Spa.	
1998	A Northamptonshire women's scheme, the smallest scheme, opened in Long Buckby.	
1999	Awarded Investors in People recognition and renamed Mayday Trust.	
2000	Awarded the double tick disability symbol.	
2004	The Janus scheme opened to provide short-term accommodation for homeless young families and pregnant women in Wellingborough. The Long Buckby scheme closed due to lack of funding.	
2005	Future Tracks (formerly The Sands) moved into self-contained flats in Rugby.	
2007	Two-year refurbishment of Wellingborough scheme completed and Phase 1 Refurbishment gets underway at Northampton.  Wellingborough and Janus schemes combined to provide the best level of provision to both service users and stakeholders.  The Trust undergoes a major re-structure programme resulting in the creation of 'clusters' and the introduction of Regional Managers.  'Steady State' three year contracts agreed with Supporting People for Warwickshire and Northamptonshire	
2008	Mayday Trust withdraws from the Janus Scheme and returns the management of the properties to the Borough Council of Wellingborough.	

## Mayday Trust

We are a registered charity offering over 30 years experience in the field of Supported Housing. The charity provides accommodation and specialist life-skills training for vulnerable adults.

Mayday Trust service users come from a variety of backgrounds and include individuals made homeless through family breakdown, ex-offenders, pregnant women, adolescents leaving care, people with moderate learning difficulties or recurring mental health problems, victims of abuse, young mothers and people with substance misuse issues.

### Property Owners and Stakeholders

Mayday Trust manages a series of Housing schemes across Warwickshire, Northamptonshire and Bedfordshire. The charity works in partnership with Core Funders, Local Authorities, Registered Social Landlords and Private Landlords. The Trust's partnering agencies include:

- Midland Heart
- Jephson Housing Association
- LHA – ASRA
- Orbit Housing Association
- Supporting People
- Warwickshire County Council
- Rugby Borough Council
- Warwick District Council
- Northamptonshire County Council
- Northampton Borough Council
- Daventry District Council
- Wellingborough Borough Council
- Bedfordshire County Council
- South Bedfordshire District Council
- Bedford Borough Council

Clients are usually referred through another statutory or voluntary organisation. Mayday Trust also receives self-referrals.

### Our Services

Support is tailored to the needs of each client and typically includes literacy, money management and cookery. In addition to its core life-skills training, the charity operates a wide range of confidence-building activities ranging from aerobics to conservation.

When service users feel ready to live on their own Mayday Trust helps them progress into mainstream independent accommodation.

Our aim is to provide practical advice, support and guidance through structured key-working, tailored to the individual's identified needs, to develop their ability to live independently and sustain current and future housing.

Caroline Ward, Chief Executive, helps out at a card-making workshop at William Wallsgrove House as part of her 'Day at the Deep End' spending the day as a Project Worker.



Residents at Kilgour Court enjoy the sunshine.



## Chris Holman Chairman



This annual review is a testament to the quality of our services, the quality of our staff, our reputation and the ability of Mayday Trust to adapt to the changes of the strategic environment in which we operate.

We have had a challenging and successful year and the Trustees of Mayday Trust would like to thank all

supporters, stakeholders, staff and volunteers who have enabled us to carry out our primary task of supporting vulnerable people to maximise their opportunity for independence.

Our new Senior Management Team is proving very effective. The restructuring, implemented in Autumn 2007 is now well established and coupled with the revised staff training programme, is delivering the improvements in service and business management that were intended, as well as continuing to deliver the best possible outcomes for our service users, as testimonials elsewhere in this report confirm.

We have appointed two new Board Trustees, Lyn Stacey and Jim Arnold and a Visiting Representative, Gordon Armstrong. Further Trustee recruitment is planned for 2008/09, with the aim of increasing the Board of Trustees from five to eight.

We have had a challenging and successful year and the Trustees of Mayday Trust would like to thank all supporters, stakeholders, staff and volunteers who have enabled us to carry out our primary task of supporting vulnerable people to maximise their opportunity for independence.

As an organisation we have been, and will continue to be, stretched. The constant changes in funding and regulation, coupled with our desire to maintain our commitment to longer-term support services, mean we have had to work harder to deliver these services. We are only able to do this because we invest in relationships that enable us to empower our employees, build partnerships, share skills and knowledge and put our service users at the forefront of our business strategy.

## Caroline Ward Chief Executive Officer



At the time of writing this Report I have been in post for 18 months and so much has changed at Mayday Trust. Gill Jackson has been appointed as Head of Corporate Services and Stuart Sullivan as Head of Operations and Property Services.

The Trust underwent a restructuring programme in 2007 to reflect funding streams and its business model. This resulted in a small number of redundancies and provided opportunities for existing employees to consider other roles within the Trust. Schemes have been grouped under Regional Managers – John Atkins for Warwickshire, Paul Smedley for Bedfordshire and Hamir Jesa for Northamptonshire. This structure ensures that best practice can be shared, a consistent approach in supporting service users is adopted and communication is improved.

The Mayday Trust web site was launched in 2007, with the intranet system set to go live in the near future. Both of which will improve our external and internal communication.

We have delivered against the 2007/2008 Business Plan and are working on the 2008/2009 Business Plan and 2008-2011 Corporate Plan. We have also implemented a Full Cost Recovery Business Model, which equips Mayday Trust to competitively tender for new business.

A personal highlight for the 2007/2008 financial year was spending a day at the Leamington and Leighton Buzzard schemes as a Project Worker. I thoroughly enjoyed both days and plan 'back to the floor' days at all schemes during the 2008/2009 financial year.

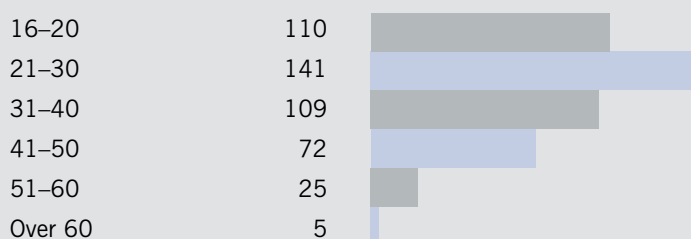
We are in a competitive market and there is no room for complacency. We will be looking to strengthen Mayday Trust's USP (unique selling point) which is to provide support to diverse service user groups.

The last 12 months of transition have been challenging for the board, management, staff and service users. Lessons learned from the last 12 months have put Mayday Trust in a stronger position, to enable opportunities to be explored with partners, agencies and funders.

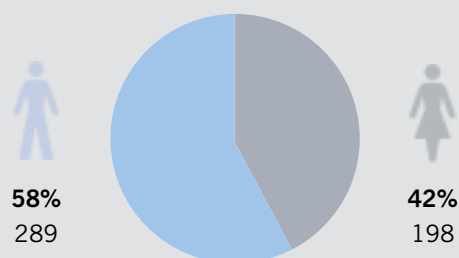
## Client Statistics

In 2007/08 Mayday Trust assisted 487 service users and welcomed 267 new residents into our schemes (this is down on 06/07's figure of 518 due to the termination of Janus towards the end of the financial year. A further drop will be noticeable in 08/09 when we have our first full year without Janus). We have continued to offer outreach and support to former service users, many of whom remain in regular contact with Mayday Trust staff for years after moving on.

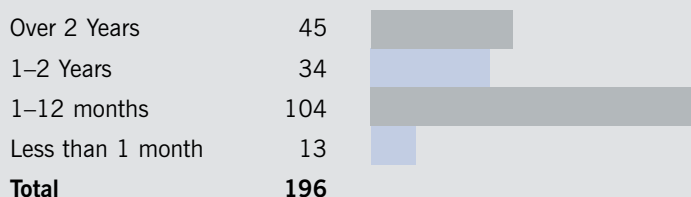
### Age Range



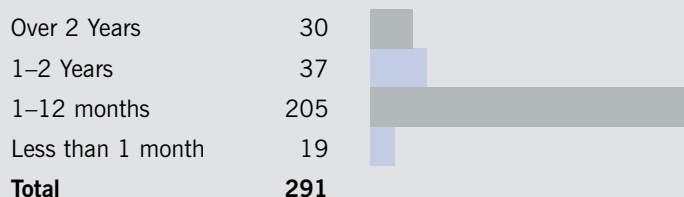
### Gender



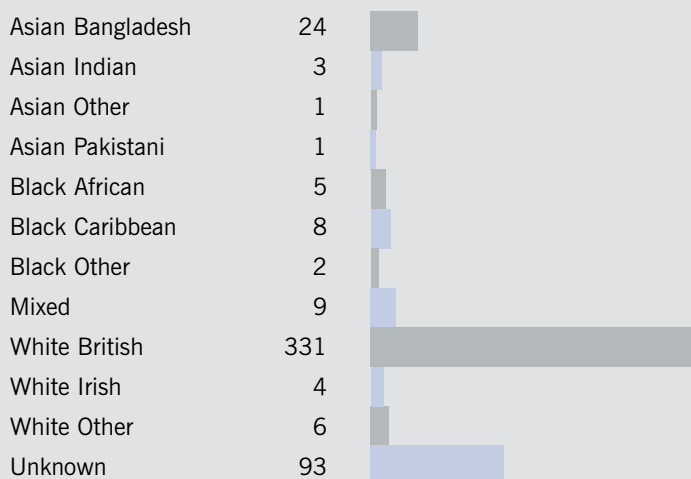
### Average Length of Stay (current)



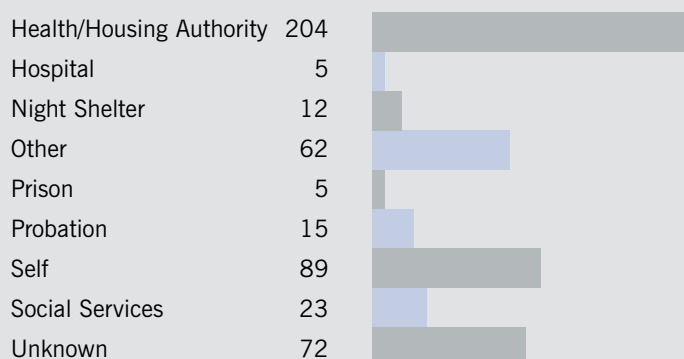
### Average Length of Stay (moving on 2007/08)

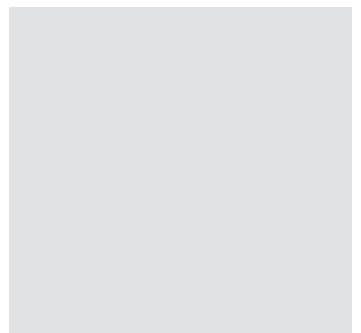
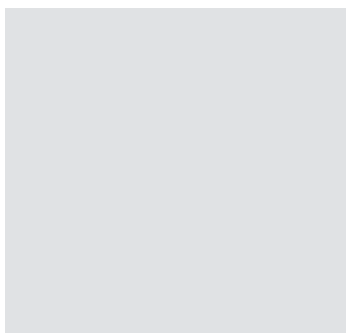
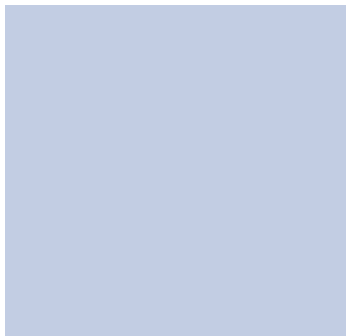
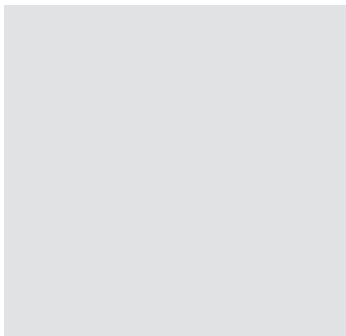
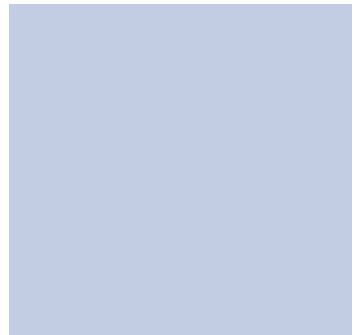
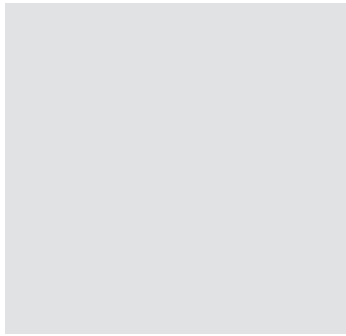


### Ethnicity



### Where we Receive our Referrals





## Warwickshire Cluster

Mayday Trust operates 3 schemes in Warwickshire, delivering services in Rugby, Leamington and Warwick and supporting a range of residents, including generic homeless with support needs, teenage parents, people with epilepsy and those with learning difficulties. Having been established in Rugby, Mayday Trust has a long history of providing services to vulnerable adults in Warwickshire. Recently all services in Warwickshire have been reviewed by the main funders, Supporting People, achieving excellent results with performance in the top quartile of service providers. Working in partnership with many agencies in Warwickshire the Trust is exploring new opportunities to expand its services in order to support more vulnerable adults across the county.

### Ashwood Court, Rugby

In November 2007 Jenny Johns was appointed Scheme Manager and with a new team around her has facilitated the move into independent living for several longstanding service users and the consequent opportunity to introduce new service users into the Scheme. A programme of flat refurbishment is almost complete and in line with the mission statement the standard of accommodation is now comparable with any in the supported housing sector. The Ashwood Court team has been pro-active in establishing a number of recreation and training initiatives, including a Resource Centre incorporating an IT suite and various groups e.g the popular Breakfast and Lunch clubs which endeavour to provide service users with ideas on healthy eating within a tight budget. A new system of allocations to the Scheme has been established, which involves an initial drop-in system and greater emphasis on stakeholder participation. Negotiations are taking place with Rugby Borough Council to secure a nomination protocol which, if successful, will assist in streamlining the referral system, minimise voids and ensure service users in need of supported housing are signposted accurately. As well as the operation of Ashwood Court the team is keen to widen its horizons and has identified a need within Rugby for an Emergency Hostel.

### Leamington

Anne Forde was promoted to Scheme Manager in September 2007 and has instilled a pro-active, 'can do' culture empowering staff and service users alike. One of the dispersed houses at Rugby Road was re-furbished and there are plans to do likewise at William Wallsgrove House. The Leamington team has introduced several service user-led initiatives to work alongside the aim of ensuring daily activities for all residents. The Resident's Committee, is an integral part of the consultation process within the Scheme and is seen as vital to its work within the current legislation. Groups include the Brunch Club, Knitting Circle, Book Club and Gardening Group. An initiative recently introduced recognises the achievements of service users, who can be rewarded by receiving the 'Resident of the Month' award. The team seeks to involve stakeholders at every turn and has forged

a robust liaison with Warwick District Council Housing Department. Initial talks are being held to investigate the opportunity of managing an Emergency hostel scheme in partnership with the local authority.

### Mayday House / Lennon Court / Outreach, Rugby

In September 2007 Jodi Klaus was appointed as Scheme Manager. The team has been keen to foster good relations with stakeholders, including service user's families. Several service users receive 'Extra Care' funding via Adult Health, enabling staff the capacity to allocate more time to those considered more vulnerable. The team has joined forces with the Resident's Committee to drive forward a number of training and recreation initiatives, including Education, Art and Brunch club. Such groups have encouraged and established lasting friendships amongst our client group at both locations. The Outreach scheme, housing between four and six service users in Rugby Borough Council accommodation, managed by Mayday Trust, provides an opportunity for service users to 'test the water' before allocation of an independent tenancy.

Residents admire artwork on display at Rugby Art Gallery & Museum. Pieces of art were submitted by residents from all schemes. Photo by Rugby Advertiser.



## Tina



Hi, my name is Tina.

I have lived at Lennon Court for nearly a year. Before I moved here I lived with my parents, I couldn't budget, couldn't use the washing machines and needed help with cooking in case I burnt myself.

I enjoy living at Mayday the staff are brilliant, kind, funny and always help me.

I think I have done brilliant since I moved out of my house and the staff tell me the same.

I have bought new clothes that are bright colours not dull grey, blue and black like I wore at home because I get help with my shopping.

I can use the washing machine and I cook meals for the friends I have made here.

I go out lots more and have lots more friends and socialise lots more than when I was at home with things that staff organised.

I enjoy living at Mayday and I'm happy at how independent I am now and want to stay here for a long time.

*I like living here,  
safe and happy*

## Flo Manu, Project Worker

Tina is one of our newer residents. Joining in October 2007 she has seen tremendous changes and improvements in her life gaining a lot in terms of confidence and life skills. Before Tina moved, she relied heavily on her parents to do every day tasks. This made her a bit unsure about leaving home.

One of Tina's strengths is constantly engaging in support and taking on board the advice given, making her one of our most successful residents. Tina is now able to manage her own finances, maintain her tenancy, extend her social networks, empower herself and achieve positive outcomes on her support plan.

I find working with Tina challenging and look forward to applying new strategies for each action plan. On the other hand, the thanks I get from Tina is very rewarding and motivates me to work harder.



## Vicci

Hi my name is Vicci and I came to Mayday Trust at the end of October 2007. I was 3 months pregnant and homeless having just left a volatile relationship with my baby's father. I was fearful as to what my future held. I came for an interview at Mayday and it was not long until I had a phone call telling me they had a place for me I then moved in to Mayday on the 5th November 2007.

Initially I had some problems with my ex-partner. Mayday has helped me loads with these problems, they were there for me when I needed them and listened to me when I needed someone to talk to. I am very grateful for their help, everything started to get better, my life started to get back to normal. I have since completed a course at Connexions in Leamington Spa, it was called Fast Forward. I have now had my baby and am a lot happier and coping really well. Mayday helped me do this, I am really looking forward to moving on to my own place and watching my little boy grow up. Thank you.

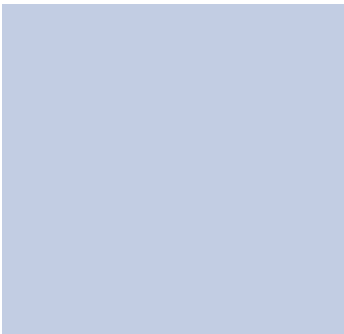
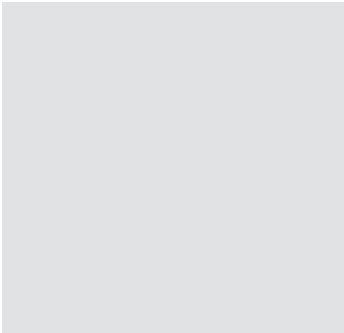
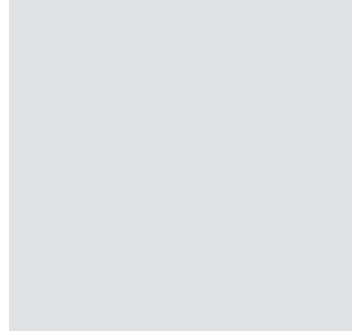
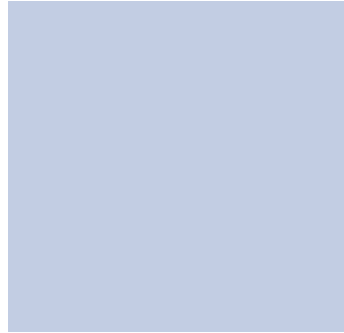
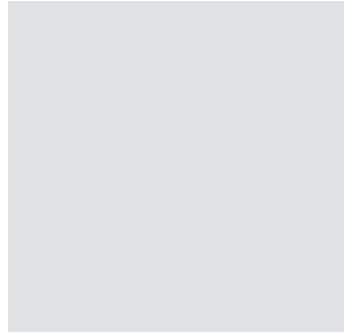
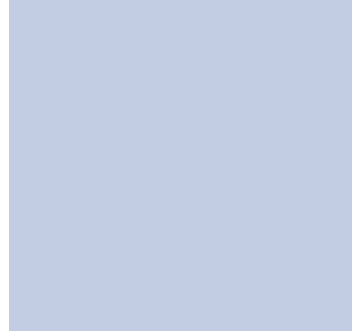
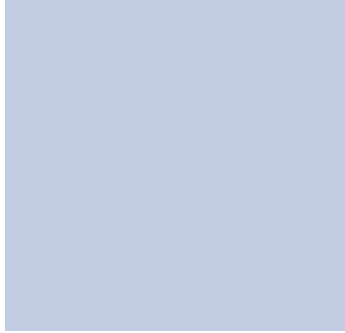
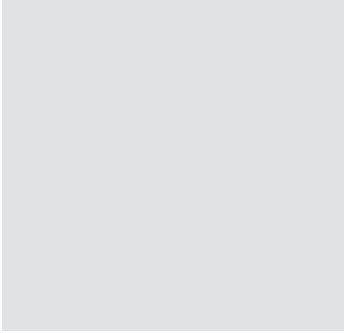
*Be it a roof over your  
head or a complete  
change of lifestyle  
Mayday's door is open  
to you.*



**Lisa Warrington, Project Worker**

When Vicci came to us she was 19 years old and pregnant, she had been living with the baby's father but had to leave due to him being violent towards her. Vicci felt that she needed support with parenting, budgeting, cooking and gaining access into college.

After moving in Vicci experienced problems with her ex-partner trying to contact her, she became anxious and worried about this but with support she was able to get a Harassment Order against him. Vicci has since come a long way, she has shown great maturity in coping with the baby and is enjoying being a mum. Vicci also completed a college course and attended Surestart. Vicci's budgeting skills have really improved and she is now preparing to move on by saving money for her future.



## Bedfordshire Cluster

Mayday Trust operates 2 schemes in Bedfordshire, in Leighton Buzzard and Bedford. Both schemes provide support for vulnerable adults, with Bedford focusing on those with support needs associated to mental health issues. With both schemes providing excellent services, Mayday Trust's next step is to ensure that it not only continuously improves services, but also reviews the properties from which those services are provided thus ensuring that it meets the current and future needs of residents with quality accommodation. Work is underway with partner agencies to review the current provision and consider options for the future.

### Leighton Buzzard

A friendly supportive atmosphere is encouraged at Kilgour Court. All service users have their own lockable bedroom and share a bathroom, kitchen and lounge with two others. There are also two single self-contained flats as well as communal rooms which are used for meetings and recreational purposes.

Residents are encouraged to be as independent as possible with each person responsible for their own bills, shopping and cleaning. Help and guidance are always available until service users are confident to take on these and other skills.

Staff offer a wide range of support, including life and social skills training. Service users are encouraged to become involved in outside pursuits such as Day Centres, Art Groups and College/Training Courses. Counselling is offered by local and national counselling services. Often residents need to be involved with other agencies for extra support; this can be arranged as part of their support plan. Partner organisations such as CAN, that specialise in advice and support for such issues as drug and alcohol addiction and include, for example, acupuncture, contribute to the development of support plans. Staff have regular contact with service users and a key-worker system is in operation.

Many service users have had very damaging experiences so need the opportunity and time to work through these before developing the capacity to be independent. Although Kilgour Court is a large scheme (36 beds) staff make every effort to respond to individual needs.

There is a wide range of activities involving residents from Kilgour Court and the wider community. A new greenhouse is being well utilised. The kitchen offers cooking as an activity every weekday and one of the highlights this year was being joined in the kitchen by Andrew Selous, MP for South West Bedfordshire who enjoyed a delicious lunch at the scheme. There is a literacy group, provided by a local partner organisation, that meets once a week with achievements leading to a recognised qualification. The art group produced a wide range of excellent art. Caroline Ward, Chief Executive has participated in many of these activities as she joined staff at the Scheme for a 'Day at the Deep End'.

Popular activities also include the Walking Group, Conservation, Bike Riding, Film Club and Games Club.

### Bedford

Stephen Ross House provides a stepping-stone into the community for people with severe and enduring Mental Health needs. Service users are referred through the Community Mental Health Teams, Social Services or other Supported Housing projects in the area.

Service users are encouraged to become involved in outside therapeutic and learning activities such as Renaissance Employment Project, Day Resource Centres and Art and Social Groups. Education is encouraged through training courses.

The staff team offers a wide range of support including social skills training, independent living skills and budgeting. These key skills enable service users to move on successfully and maintain tenancies in the community. Advice and information are offered on a wide range of subjects, including mental health, drugs and alcohol, benefit entitlement, accessing other services, medication, college, training courses and employment.

Service users are participating in a range of activities. Over the last year these have included Art Groups, Card Making, Walking Groups, Swimming, Cooking, Gardening and Bingo.

As part of her 'Day at the Deep End' at Kilgour Court, Caroline Ward helped to serve the lunch made by and for residents at their Lunch Club.



### Stephen



Before coming to Stephen Ross House I was sofa surfing, spending nights at the local Nightshelter and sleeping rough where ever I could get my head down. I had a problem with alcohol and was drinking everyday. I was vulnerable to being abused by people who would take my benefits leaving me with no money. I have an alcohol problem but I also have a Mental Health problem and epilepsy. I have schizophrenia for which I need regular medication, but my chaotic lifestyle means that I went for periods of time without it because my Community Psychiatric Nurse (CPN) could not find me when sleeping rough causing me to relapse. My CPN suggested that I apply to Stephen Ross House for somewhere to live, I had to have an interview with the staff before I came and I soon moved in.

The staff support and encourage me with every aspect of my life. I feel more secure in myself, I am cooking and cleaning for myself. I even manage to hang on to my benefits as staff come with me to the post office. I am able to manage my finances and buy my own food which I keep safely in my room. I still have issues with alcohol but I have managed to abstain for about 8 weeks now, it is really difficult as cheap alcohol is available in every shop. I went to the James Kingham Project for one to one alcohol counselling. This was really helpful to me because it gave me the chance to explore why I was drinking and the amounts. I also participate in a gardening group every week this help me with the social side of life.

My CPN can also get hold of me when I need to have my medication, the staff inform me when he is coming and I always make sure I am in. I have my own belongings and place that I can call home I used to have a dirty rucksack with my entire life in it.

My hopes for the future are to build a more comfortable life for myself and to stop drinking entirely. I would like my own flat but I know I have some way to go before this happens and with the support and guidance of the staff I know it will happen. I would like to contact members of my family who I have not seen for many years and build bridges.

### Cara Passfield, Scheme Manager

Stephen was referred to us by his CPN as he was homeless and his lifestyle erratic. He is an educated man speaking 5 languages, with a dry sense of humour and he gets on well with most people. Stephen has been with us for just over a year, during this time we have encouraged and supported him to address his alcohol misuse issues, engage on a regular basis with the Community Mental Health Team and his CPN, learn to manage his medication and to look at his daily activities. Stephen goes to a weekly gardening group and drop in session with the Assertive Outreach Team (AOT). He has attended one to one counselling to address his alcohol misuse. He is currently dry and hopes to remain this way.

With the correct encouragement and support I have no doubt that Stephen will be able to maintain a tenancy of his own in the future.



## Stacy & Kayleigh

### Stacy

I moved to Kilgour Court in August 2007. I was coming off a methadone program and was an alcoholic. I was in a probation hostel and needed more support than they could offer.

Staff helped me to achieve goals that I never thought I could get again. They helped me regain contact with my children, attend an alcohol group which helped me to realise how much my drinking was out of control and encouraged me to keep busy by doing voluntary work. I completed my community service and I am nearing the end of my probation order. Staff here are great and I have learned to trust people again. I didn't understand when I first moved in, I thought they were interfering but as the months went by I learned to trust them and gained a good relationship with them. They do a great job and I am grateful for the help and support I received from them. My partner Kayleigh and I helped each other and have made good progress. We now have our own flat and are living independently.

### Kayleigh

My name is Kayleigh, I was drinking every day, in trouble with the Police and heading down the wrong road. I was hanging around with the wrong sort of people and started to experiment with drugs. I then moved to Kilgour Court. At first I didn't change my life. I drank more and got into trouble. I was put on probation and received a final written warning from staff for my behaviour. I had to change, I had nowhere else to live! I completed my probation and when staff told me I would be nominated for my own accommodation in 2008 I couldn't believe it, my own flat!

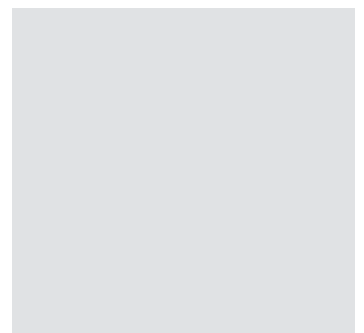
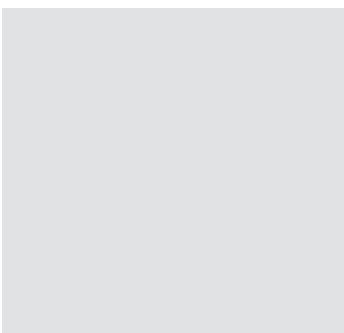
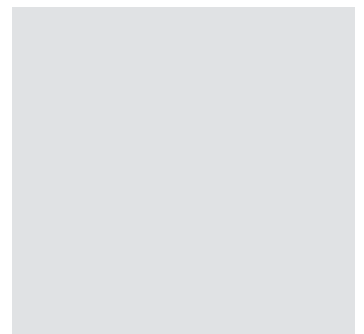
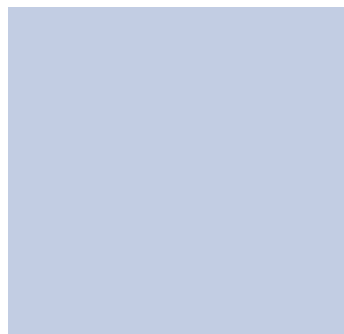
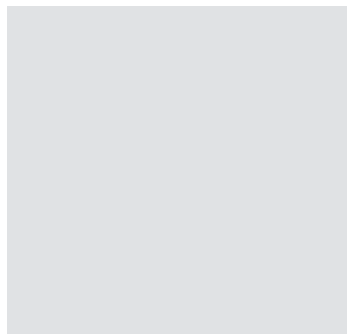
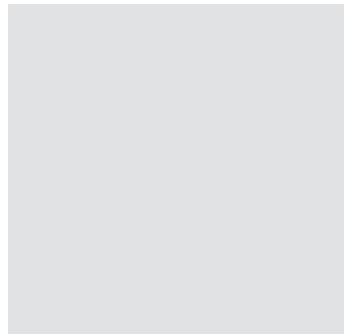
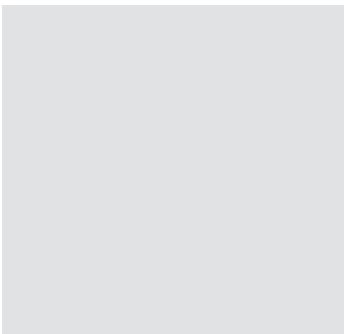
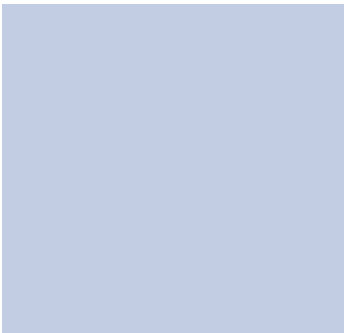
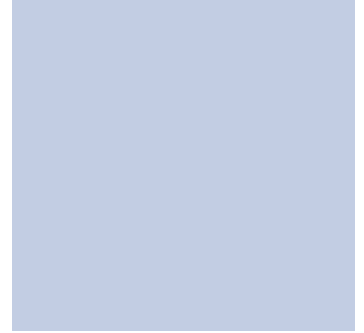
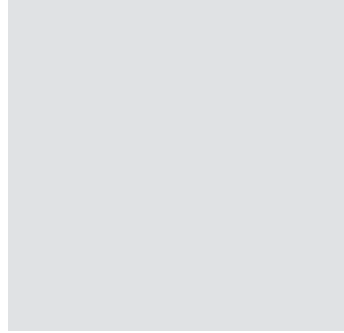
I began to change a few months after Stacy moved in, she lived next door and we became a couple. She later moved into my flat. I stopped drinking, got my forklift truck licence, helped staff and stopped smoking. I also got a job. I couldn't have done any of this without the help and support from the staff at Kilgour Court, thank you.



### Julie Bailey, Scheme Manager

When Stacy moved in, she had lots of problems. Being older, however, she realised that she could make the most of the support we had to offer and she began to make changes. She was a good influence on Kayleigh and when they became a couple they supported each other.

I always found both girls to be very respectful towards me. We took a gamble and with the right support it paid off. They both have a great future to look forward to, they will never forget their time with us and it is great that they are so positive.



## Northamptonshire Cluster

Mayday Trust operates 3 schemes in Northamptonshire, in Daventry, Northampton and Wellingborough. All services cater for vulnerable adults with support needs, including those with moderate mental health issues, substance abuse problems and also ex-offenders. All Northamptonshire schemes have recently undergone a major review of systems in order to improve performance, which has been borne out by excellent Supporting People Reviews. Discussions are currently underway in Northamptonshire, with partner organisations, to deliver new services to more vulnerable adults in the county.

### Northampton

Following initial comments from service users and in conjunction with them a number of initiatives were undertaken:

- Introduction of 'Broadmead Broadsheet' - a monthly newsletter with service user participation
- A number of residents took part in a series of community learning groups e.g. Computing and Cookery
- Refurbishment of eight kitchens, upgrading of shower rooms and redecoration of communal halls, stairs and landings
- Introduction of on-site recycling facilities
- Six (two of which had been long-term) service users were successfully moved on to their own tenancies.

The annual ten pin bowling event took place at Sixfields Leisure Centre in Northampton, with over sixty attendees from across the Trust (service users and staff). Teams competed for the winner's trophy which was won by the A-Team from Lennon Court, Rugby.

### Wellingborough

Two service users from the Scheme who were also involved with the Prince's Trust approached the scheme looking for a specific project. Following discussion it was decided to develop the garden for the communal benefit of the Scheme. A concept including a number of different features was created and the project was funded from contributions from the Princes Trust, Mayday Trust and Leicester Housing Association/ ASRA - Greater London Housing Association. The project will require further work which will be achieved through the Prince's Trust 'team challenge' program.

As part of ongoing support to service users and in order to ensure effective engagement with outside support agencies negotiations took place for them to provide drop in surgeries in the communal lounge on a regular basis. The following agencies and workshops are providing these services:

- 'Off the Hook' drop-ins on Fridays
- Wellingborough Substance Misuse sessions on Thursdays
- Careers Advice drop in has attended the Scheme
- Stop smoking workshop.

### Daventry

Over the past twelve months service users have been involved in gardening at two of the properties used as 'move on's'. This has allowed them to supplement their income by producing their own vegetables and herbs as well as improving their diets.

At one move-on property, residents expressed a desire to be involved in decorating the lounge and kitchen – with spectacular results, after Mayday Trust provided the materials.

During the year we have seen 37 service users come and go. Many moving into their own tenancies with the Council or various housing associations. One moved on to University studying Computer and Business Studies; two rebuilt bridges with their families and moved back into the family home and one returned to Mayday Trust after a successful rehabilitation programme before taking up a private tenancy and starting a full time job.

The Scheme received a visit from Tim Boswell, MP for Daventry who was accompanied by Chris Heaton-Harris, MEP for the East Midlands – both enjoyed interacting with service users and hearing about their experiences of trying to find work.

Daventry Scheme Manager Nick Jenkins chats to MP Tim Boswell about the personalised support offered by Mayday Trust.



### Iain



I have been living at Bassetts Court since May 2001.

I was sleeping rough and heard of Mayday Trust through the Daylight Centre. It was a low point in my life as I had become an alcoholic and been thrown out of the flat I shared with my long term partner. I was also suffering from anxiety and depression.

I got a flat at Bassetts Court, which was a relief as I had somewhere to call home again and did not have to try to find somewhere safe to sleep.

I have seen a lot of changes in my time at Bassetts Court, which have mostly been for the good. The staff have tried to help me with my drinking habit but like most addicts I did not want to help myself. This all changed last July when I woke up and realised I had a problem and asked for help from the staff.

With the support from staff I decided to detox myself. This went really well and I have not touched a drink since. This has left me with the hidden problems that the alcohol had been covering up. This was agoraphobia/anxiety and depression. With help I have been addressing these issues through my GP and have made massive improvements in my well being.

*I would like to move out of here one day and am working hard towards this aim with my key worker.*

### Alan Hurst, Project Worker

I have known Iain for 2 years from the first day he has proved that he has a wealth of information from sports to current affairs.

Since Iain has stopped drinking he joins in group conversations here at Bassetts Court on Fridays with Off the Hook which he would not have done before. He handles responsibility very well and is pleased to be asked to do things and take part in project activities

Iain is doing very well and still working with Mind and Wellingborough Substance Misuse service and our support here at Bassetts Court.



## Owen

I came to Broadmead Court in January 2003 following referral from the Community Mental Health Unit as I had severe mental health issues.

I joined in the activities that Broadmead Court provided and I especially liked the art group. I have over the years submitted artwork into the art exhibitions that Mayday Trust would put on at different locations each year.

I would like to think that I am very artistic and my brother and I have been commissioned by an American Company to design tee-shirts with funny adult themes.

Last year I developed a problem with one of my eyes. It was discovered that I had been bitten by a spider it nearly resulted in me losing my eye. Fortunately I recovered from this, not long after I found myself a privately rented flat and moved out into the community where I live very successfully today.

I made a lot of friends within Broadmead Court and I am still in touch with them now.

I do try and come back to the Scheme when they have functions and will always say without the help and understanding of the staff I would not be where I am now which is happy and living as part of a community.

Mayday Trust has  
boosted my confidence  
and helped me to live  
independently



Mary White, Project Worker

I worked with Owen for only a short while. Owen had severe mental health problems and sometimes he found life difficult to cope with. He occasionally found it very difficult to cope with going out especially if the journey meant going over bridges. Owen would attend the art group and he was a very talented artist.

Owen developed a problem with his eye and I supported him with his visits to the eye clinic as Owen found it difficult at that time to go out on his own.

I am pleased to say that after the many years that Owen lived at Broadmead Court he is now living successfully in the community. Owen comes back to Broadmead when we have social functions

### Head of Operations & Property Services Stuart Sullivan



This year, my first at Mayday Trust, has been interesting and eventful with a lot of change within the charity.

Operationally, we have restructured to create a flatter organisational structure, enabling us to operate consistently, as well as preparing us for the future and the challenges we face. We have retained many

excellent members of staff as well as recruiting new staff of a very high calibre, enriching the organisation. The Relief Team, a group of three employees who provide cover to all schemes across the Trust in times of staff shortages, has proved invaluable during this time of change. They have also provided support across all Schemes by sharing best-practice for the benefit of our service users.

**We have retained many excellent members of staff as well as recruiting new staff of a very high calibre, enriching the organisation.**

Mayday has implemented a number of initiatives, including Management Standards, a review of Health and Safety management, Performance Management and Scheme Business Plans. In terms of communication both up and down the management structure we have ensured we are operating both professionally and effectively. Service users have been central to our improvements, becoming involved in recruitment, feeding into policy reviews and providing feedback on services in a number of ways. A new 'Resident's Handbook' has also been developed to assist service users in settling into their new homes.

We have reviewed the Trust's Property Strategy and are currently exploring opportunities with regard to future premises. The aim is to ensure that not only are the services we provide of a high quality but also the premises from which we provide them. We will work with landlords and partners to ensure we meet these aims.

As a significant amount of the Trust's income derives from a Supporting People Grant it is reassuring that all but one of our 8 contracts have been renewed in the past year, with increases totalling over £90k per annum. This provides reassurance for the next 2-3 years and reinforces the fact that we are recognised as providing high quality and cost effective services to support vulnerable adults.

New business opportunities have been pursued and potential partnership opportunities explored. The future in terms of continuing to provide support to vulnerable adults through our existing schemes, as well as diversifying into new areas, both geographically and in terms of further services, is promising and Mayday Trust will seek to work with appropriate agencies to expand our work.

I look forward to continuing to move Mayday Trust forward over the forthcoming year and building upon our already strong reputation.

#### Looking Forward

As we prepare for the 2008/2009 financial year, the key activities will be:-

- Proactively engaging with our service users and stakeholders
- Continuing to provide an excellent service to our service users
- Proactively seeking opportunities to grow and diversify the business
- 2008-2011 Corporate Plan
- 2008/2009 Business Plan
- Developing strategic alliances with partner organisations
- Launching the Mayday Trust Intranet

We are all proud of what Mayday Trust has achieved and will continue to build on these achievements.

The Head Office Team, from left to right Lesley Downham, Kiran Sandhu, Gill Jackson, Caroline Ward, Jayshree Parmar and Lisa Carroll.



## Financial Information for the year ended 31st March 2008

### INCOMING RESOURCES

	£
Local Authority/Social Services Funding	162,583
Accommodation Receipts	1,517,630
Supporting People	1,016,943
Donations and Fundraising	45,210
Sundry Income	31,256
Investment Income	28,639

**TOTAL** **2,802,261**

### RESOURCES EXPENDED

Costs of furtherance of charitable objects	2,680,171
Exceptional refurbishment costs and costs following restructure	382,537
Governance costs	33,859
Cost of generating funds	6,778

**TOTAL** **3,103,345**

**NET OUTGOING RESOURCES FOR THE YEAR** **(301,084)**

### OTHER RECOGNISED GAINS AND LOSSES

Unrealised gains on revaluation of tangible fixed assets	79,625
Realised gains on disposal of current asset investment	5,000
Unrealised and realised gains on investments	(21,497)

**TOTAL** **63,128**

**MOVEMENT IN FUNDS RELATING TO YEAR** **(237,956)**

**NET MOVEMENT IN GENERAL FUND IN YEAR** **(154,457)**

### Report of the Independent Auditors

The summary financial information set out above is the responsibility of the trustees. Our responsibility is to report our opinion as to whether the information is consistent with the Statement of Financial Activities contained within the full financial statements.

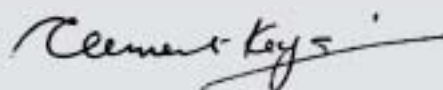
In our opinion, the 'Summary Financial Information for the year ended 31 March 2008' is consistent with the Statement of Financial Activities of Mayday Trust for the year ended 31 March 2008.

The above summary of income and expenditure may not contain sufficient information for a full understanding of the financial affairs of the charity and does not constitute the statutory accounts of the charity which were adopted on 1st September 2008 and have received an unqualified audit report.

Copies of the statutory accounts can be obtained from the Company Secretary and a copy will be filed with the Charity Commission.



**C Holman**  
Chairman of Mayday Trust



**39/40 Calthorpe Road**  
**Edgbaston**  
**Birmingham**  
**B15 1TS**

**CLEMENT KEYS**  
**Chartered Accountants**  
**Registered Auditors**  
**1st September 2008**

## Michael Varah & Jim Higgins Award for Excellence



Michael Varah

During the late 1970s Michael Varah noticed the lack of accommodation in Rugby for homeless ex-offenders and those who felt abandoned by society. He was involved in the Probation Volunteer Group and together with the Chairman of that group, Jim Higgins, opened a hostel in the town. That 'hostel' was really the start of Mayday Trust and now, almost 30 years on, Mayday Trust has grown and currently has eight schemes across three counties supporting over 200 people each year.



Jim Higgins

Over the past year the Trust decided that it would like to reward its most outstanding service users by offering them financial support to achieve their vocational goal. This could include a contribution towards training costs, practical help to gain

employment or support to set up a new business venture. The intention is that, through rewarding an individual's personal commitment to turn their life around, others will be inspired to aim higher.

The intention is that, through rewarding an individual's personal commitment to turn their life around, others will be inspired to aim higher.

We are extremely pleased that The Michael Varah Memorial Fund has agreed to commit £500 per annum for 3 years towards funding vocational training or employment tools to help service users enter the workplace. Mayday Trust will be matching this funding with a further £500 per annum. The scheme will be launched in Summer 2008 with representatives from the Varah family, the Higgins family, Mayday Trust itself and local voluntary sector organisation Warwickshire Community and Voluntary Action.

Mayday Trust holds its AGM in November and the intention is that the Michael Varah and Jim Higgins Award for Excellence will be given to the successful applicant (s) on that occasion. Our Trustees feel that an Award for Excellence is a wonderful way to continue their legacy and make a very real difference to vulnerable adults supported by Mayday Trust.

## Focus on Volunteering

Mayday Trust has always encouraged the use of volunteers and this year has proved why doing so is beneficial to our service users, staff and the volunteers themselves.

Service users at Lennon Court benefitted from a group of Rugby School pupils who attended the scheme each Wednesday afternoon during term-time to befriend them. They organised a number of activities most noticeably a 'Ready, Steady, Cook' style event to help the group to improve their confidence in the kitchen. It has been so successful that a further group of students will be continuing the good work in the next academic year.

A number of individuals helped out at Leighton Buzzard over the year with activities including Music Sessions, Gardening and IT. Volunteers also helped out at specific events; helping to erect the new shed and assisting the Cookery Group to prepare Christmas Dinner for the Scheme. Some even came along for a specific event like helping to erect the new shed and preparing Christmas Dinner for service users.

The scheme in Wellingborough was very fortunate in being approached by the Prince's Trust who provided a group of volunteers to help develop the garden which includes a mural, a vegetable garden, a pond and a barbeque – all valuable resources designed to make the scheme more homely for all.

If you would like to volunteer at Mayday Trust please contact Kiran Sandhu, HR Assistant, Head Office, 75, Albert Street, Rugby, CV21 7SN or at [kiran.sandhu@maydaytrust.org.uk](mailto:kiran.sandhu@maydaytrust.org.uk).

Bassetts Court residents and Prince's Trust volunteers join forces to admire their achievements in the garden. Photo by LHA-ASRA.



## Our Supporters

Mayday Trust would like to thank the many trusts, organisations and individuals who have supported us throughout 2007/08. Financial and in-kind contributions have enabled Mayday Trust to improve the quality of accommodation, support and activities for all our service users.

### Funders for year 2007/08

The 29th May 1961 Charitable Trust	LHA ASRA Group
Mr Malcolm Adcock	Liebenrood Charitable Trust
All Saints Church, Leighton Buzzard	Lutterworth Christmas Fund
Association of Dunstable Charities	Mr and Mrs Mansbridge
Badby School	Mary Bassett Lower School, Leighton Buzzard
Mrs Bailey	The Maud Elkington Charitable Trust
Bedford Borough Council	Mrs Patricia Maxfield
Mrs Betty Batt	The Michael Varah Memorial Fund
The Billington Lands Charity	Ms Leanne Miles
Mr Maurice Blackman	The Nancy Bateman Charitable Trust
The Borough Council of Wellingborough	Newnham School
The C A Rookes Charitable Trust	The Order of Women Freemasons – Grand Charitable Trust
Mrs Amanda Carey	Mrs Julie Osborne
Christ Church, Warwick	Miss Ellen Maud Paxton
Mr and Mrs John Clay	Princes Trust, Northamptonshire
CRASH	The Provincial Grand Lodge of Warwickshire
Crisis UK	The Richard Cadbury Charitable Trust
Eastlands School, Rugby	The Rotary Club of the Brickhills
The Eleanor Barton Charitable Trust	Rugby Borough Council
Mr S Ellis	Rugby Bowling Club
Mr and Mrs W Ellis	Rugby Methodist Church
The Ellis Discretionary Trust 2005	Rugby School
EveryClick	Rugby United Reformed Church
The Garfield Weston Foundation	The Sir Edward Boughton Charitable Trust
Mrs Audrey Gillett	St Barnabas Church, Linslade
Mr Les Harrison	St Michael and All Saints Church, Newnham
Mr Owen Hayward	St Nicholas Church, Hockliffe
Helix Lighting	St Peter and St John's Church, Hillmorton
Mr and Mrs C Holman	Ms Leanne Shepherd
House of Industry, Bedford	The Sydney Black Charitable Trust
The J C Seccombe Charitable Trust	Timpson's
Ms J Hughes	Voluntary and Community Action South Bedfordshire
Mr and Mrs Johnson	Mrs Linda Wainscot
Mrs D Johnson	Waitrose
Mr Chris Jones	Warwickshire County Council
Ms Paula Lain	Ms Diane Wing
Leighton Buzzard Methodist Church	Wolseley
Leighton-Linslade Town Council	



## Contact Details

### Head Office

General Enquiries  
[www.maydaytrust.org.uk](http://www.maydaytrust.org.uk)  
[enquiries@maydaytrust.org.uk](mailto:enquiries@maydaytrust.org.uk)

### Mayday Trust

75-77 Albert Street  
Rugby  
Warwickshire  
CV21 2SN  
Tel: 01788 568176  
Fax: 01788 567057

### Bedfordshire

Regional Manager  
Paul Smedley  
[paul.smedley@maydaytrust.org.uk](mailto:paul.smedley@maydaytrust.org.uk)

### Bedford

Stephen Ross House  
1-3 Ashburnham Road  
Bedford  
MK40 1DX  
Tel 1: 01234 347061  
Tel 2: 01234 266063

### Leighton Buzzard

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

### Northamptonshire

Regional Manager  
Hamir Jesa  
[hamir.jesa@maydaytrust.org.uk](mailto:hamir.jesa@maydaytrust.org.uk)

### Daventry

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

### Northampton

4 Broadmead Court  
St Albans Road  
Northampton  
NN3 2RU  
Tel: 01604 415 488

### Wellingborough

33 Bassetts Court  
West Street  
Wellingborough  
NN8 4LZ  
Tel: 01933 227314

### Warwickshire

Regional Manager  
John Atkins  
[john.atkins@maydaytrust.org.uk](mailto:john.atkins@maydaytrust.org.uk)

### Ashwood Court

99 Ashwood Court  
Rounds Gardens  
Rugby  
CV21 2UF  
Tel: 01788 568420

### Lennon Court & Mayday House

The Office, Flat 2  
Lennon Court  
129 Railway Terrace  
Rugby  
CV21 3EY  
Tel: 01788 544680

### Leamington & Warwick

William Wallsgrove House  
26 Lillington Road  
Leamington Spa  
CV32 5YY  
Tel: 01926 435334

