



Northampton



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.

Northampton

The Northampton Scheme supports 29 clients in a mixture of single and shared flats. All flats are fully furnished and include a fridge and freezer. Clients also have access to a communal laundry.

Communal Lounge

Our communal lounge provides a meeting place for organised and informal activities.

All clients are encouraged to take part in a range of workshops and activities. Our in-house groups change according to demand but range from: Gardening, Art, Bingo, Cookery Group, a Breakfast Club and a regular Games Afternoon.

We also work closely with a number of local organisations including: The Bridge, N-Step, Assertive Outreach Team, Probation, CAN, Youth Offending Team, Prison Services, Stonham, Bromford, Social Services and Northampton Borough Council.

Residents' Committee

We hold regular Residents Meetings with clients encouraged to get involved by organising, chairing and minute-taking. They are then invited to update staff by attending a scheme Staff Meeting.

For more information please contact us on 01604 415488



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 Northamptonshire

Scheme contact details

Broadmead Court
St Albans Road
Northampton
NN3 2RU

01604 415488

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

Also in Northamptonshire

Mayday Trust operates three additional services across Northamptonshire.

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

The Daventry Scheme has an 11 bedspace house and 3 dispersed properties providing accommodation for a further 8 clients. All properties offer private bedrooms with shared communal areas.

Clients at these schemes include: victims of alcohol & substance misuse, young families, ex-offenders, mental health referrals and people with moderate learning difficulties.

The charity is now piloting a Young People Floating Support Service in Northampton.

Mayday Trust also operates schemes across Warwickshire and Bedfordshire.



Head Office

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