

Mayday Trust in Northamptonshire

In addition to the Northampton Scheme, Mayday Trust also operates in Daventry and Wellingborough.

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.

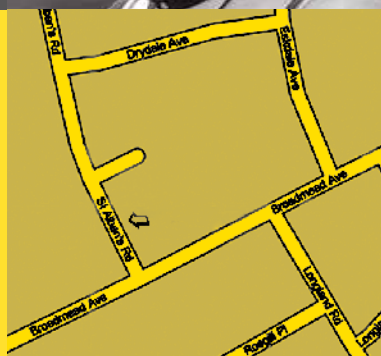
Clients at these schemes include: victims of alcohol & substance misuse, young families, ex-offenders, mental health referrals and people with moderate learning difficulties. Mayday Trust also operates schemes across Warwickshire and Bedfordshire.

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



Northampton

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Northampton
Northamptonshire



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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 days are easier than others but, slowly and with help from Mayday, I’m finding my confidence again”



Referrals include:

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

Cookery Group: Clients and staff produce healthy, low-cost meals in the Communal Kitchen

Northampton

The Northampton Scheme provides accommodation for 29 clients in a mixture of single and shared flats. All flats are fully furnished and include a fridge and freezer. A communal laundry facility is also available.

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 - a mentoring service offering education and training for clients with a history of substance misuse. Activities offered include Boxing, Kick Boxing and Self Defence.

Residents' Committee

We hold regular Residents Meetings which provide clients with an opportunity to have their say. Clients are 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, or to request an application form, please contact us on 01604 415488

