

# Press Release

31 January 2012



## Mayday Trust gets pedalling thanks to HMP Onley

Local charity Mayday Trust has received 6 refurbished bicycles from HMP Onley. The bikes, which have been refurbished through Onley's Re-Cycle work training programme were donated on Wednesday to Mayday Trust's Ashwood Court supported housing scheme in Rugby.

The bicycles will provide a much-needed means of transport for people looking to access voluntary and paid employment in the local area as well as an opportunity to improve their fitness and wellbeing.

Lesley Phillips, Senior Project Worker said: *"Recently some of our clients have told us about the problems they encounter getting to meetings, interviews and work opportunities – particularly in the more outlying areas of Rugby"*

*"Mayday provides creative and innovative opportunities by working in partnership with local agencies like HMP Onley. We're delighted that Onley has been able to help us promote fitness and assist people get back into work. We would particularly like to thank Justyn Caie for helping to arrange the donation."*

Justyn Caie, Head of Learning & Skills at Onley commented: *"HMP Onley is committed to working closely with our local community as well as national charities and third sector organisations. For many years we have worked with Re-Cycle to refurbish scrap bicycles and wheelchairs for use in the third world. We were approached by the Mayday Trust to see if we can help with the difficulties that clients have with getting to work. Having consulted with Re-Cycle they were keen that we should also assist and allowed some of their bikes to be passed onto the Trust. We are delighted to have been able to assist the Trust and hope that the provision of the bikes will be of benefit to their clients."*

Clients at Ashwood Court Rugby already have a keen interest in keeping fit and regularly make use of the in-house fitness equipment. With the addition of bicycles the scheme will now be able to extend its fitness programme outdoors as well as increasing participants' confidence and motivation. The group are now planning a Bike Club to incorporate planning "bike safaris" and bike maintenance.

Stephen Medicott and Callum McAusland are already looking forward to using the bikes. Stephen said: *"It was very nice of Onley to donate these brill bikes, I am looking forward to using them on a bike ride and keeping fit, and to look for work opportunities"*.

Callum added: *"Its brilliant, I can ask staff for a bike to help me get a job either a Central Park or Crick, cant wait"*.

### About Mayday Trust

Mayday Trust has supported thousands of people for more than thirty years to take control of their lives and live independently. The charity provides the bridge that people often need to get them to the next stage of their life.

Mayday Trust work with and for people from all backgrounds and experiences but who need support to live independently. They work with people who are experiencing mental health problems, eating disorders and homelessness. Anyone can access their services if they consider they want or need help to live independently. They provide a range of support which enables people to take that often huge step to independence. Services offered include individual one to one work as well as advocacy and mentoring, group programmes focusing on life skills for independent living. People coming to Mayday are also supported to volunteer and get involved in Mayday as well as accessing education, employment and training through partnerships and focus on community integration.

Ends

### Editors Notes:

A submitted photograph is provided with this release. Picture caption: Justyn Caie (centre), Head of Learning & Skills at HMP Onley pictured with l-r: Callum McAusland and Stephen Medicott from Mayday Trust's Ashwood Court, Rugby Scheme.

Interviews and photo calls can be arranged on request. For more information please visit [maydaytrust.org.uk](http://maydaytrust.org.uk) or contact Lisa Carroll, Marketing & Communications Manager on 01788 534961 or [communications@maydaytrust.org.uk](mailto:communications@maydaytrust.org.uk)