



Wellingborough



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.

Wellingborough

The Wellingborough Scheme has 31 self-contained flats. Bassetts Court was refurbished to a high standard in February 2007. All flats are fully furnished and include a fridge and freezer. A communal laundry is also available.

Clients are encouraged to take part in a range of workshops and activities. Our groups usually include: Literacy, Art, Cookery, a weekly Breakfast Club and a Conservation Group.

We also partner with a local drug and alcohol charity called 'Off the Hook' to host a twice-weekly support group for people with a history of substance misuse.

Communal Lounge

Our communal lounge provides a meeting place for organised and informal activities. The lounge has a pool table and television.

Residents' Committee

We hold regular Residents Meetings which provide clients with an opportunity to have their say. Clients are encouraged to get involved with organising, chairing and minute-taking.

For more information please contact us on 01933 227314



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

Bassetts Court
West Street
Wellingborough
Northamptonshire
NN8 4LZ

01933 227314

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

Also in Northamptonshire

Mayday Trust operates three additional services across Northamptonshire.

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

The Northampton Scheme provides accommodation for 29 clients in a mixture of single and shared flats. All shared accommodation includes 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.



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