

# Mayday Trust in Northamptonshire

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

The Northampton Scheme provides accommodation for 29 clients in a mixture of single and shared flats. All shared accommodation includes private bedrooms with communal facilities.

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.

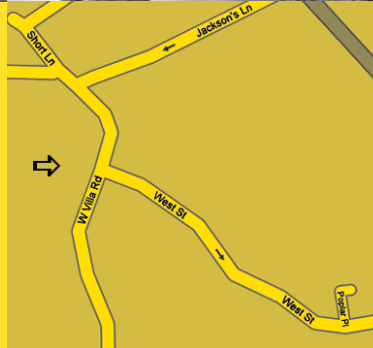
Clients at these schemes include: victims of alcohol & substance misuse, young families, ex-offenders, mental health referrals and people with moderate learning difficulties. Mayday Trust also operates schemes across Warwickshire and Bedfordshire.

For further information please visit our website, email us at [enquiries@maydaytrust.org.uk](mailto:enquiries@maydaytrust.org.uk) or call us on 01788 568176



## Wellingborough

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Wellingborough  
Northamptonshire



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INVESTOR IN PEOPLE

[www.maydaytrust.org.uk](http://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.

“ Mayday staff have supported me and helped me to move on with my life ”



### Referrals include:

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

Support Workers from substance misuse charity 'Off The Hook' host a bi-weekly support group for Mayday Trust residents at Bassetts Court, Wellingborough

## Wellingborough

The Wellingborough Scheme has 31 self-contained flats within a purpose-built property. Bassetts Court, owned by Leicester Housing Association (LHA-ASRA), was refurbished to a high standard in February 2007. All flats are fully furnished and include a fridge, freezer and washing machine. A communal laundry facility 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 local drug and alcohol charity '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, television and communal kitchen.

### 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, or to request an application form, please contact us on 01933 227314

