



# NEST Programme Leaflet

Registered Charity 1159719

Members of:



## Who are Wiltshire Treehouse?

We help children and young people who have experienced the death of someone important.

## What is the NEST Programme?

NEST is where small groups of young people come together to get help with their grief.



Grief is a natural response to the death of someone special. When we experience grief we can have a range of thoughts and feelings, and it can affect us physically too.

Grief can feel different for everyone.

Young people tell us that the NEST programme helps them with their grief.

## Where and when is NEST held?

The Swindon NEST is for people in school years 7-13. It runs across 6 Monday evenings in West Swindon.

Trowbridge NEST is for people in school years 6 - 11. It takes place over 6 Wednesday evenings in the Trowbridge area.

The dates for the programmes vary but we often run them 2-3 times a year.

## Who will be there?

There will be up to 12 young people in each group.

There are adult helpers who will help you during the programme.

The other young people in the group will have experienced the death of someone important to them too.

Although everyone's experience is different it is likely that you will find one or more people in the group who you can relate to in some way. This can really help if you are feeling alone or different to your friends.

Young people tell us it can be helpful to meet people who "Get it".

## What do people do at NEST?

We do activities around 5 main themes:

1. Memories
2. Feelings
3. How we cope
4. Who can help us
5. The future



As well as talking we make and do lots of things, like making memory salt jars (shown in the photo above).

We have snacks half way through the session.

## Will I have to talk?

No, you don't have to talk. We do expect everyone to listen to each other respectfully, but if you'd rather not talk about your own experience that is ok. You may still find ways to help yourself by listening to others.

People often say the hardest part is walking through the door on the first day, once you've done that it gets easier.

"It was really hard coming on the first day. I was so nervous. The adult came over and showed me where I could make a name badge and asked if I wanted a drink. Once we were all sat down and got talking it got easier. By the last week we didn't want to leave. Some of us still stay in touch now."

Charlie, who attended NEST

## Will you tell my parent/carer what I talk about?

At NEST we have a strict code of confidentiality.

This means that we don't share our conversations with people outside of the group unless we are worried that someone is at risk of getting hurt.

So we won't tell anyone—including parents, carers or school - unless we have to. If we need to do this we will always try to talk to you about this first.

## How can I get the most from NEST?

Everyone is different but young people have told us that these things helped them at NEST.

### Come every week

Meet other people who know what it's like when someone important dies

Try to talk to others when you can

Talk about what you've been doing at group with adults you trust, like parents, carers or school.

Remember that whatever you feel is ok - you can't compare yourself to others



## For Parents/Carers - How can I support my child?

- Reassure them that it is normal to feel worried about coming to a programme like NEST, but that there will be people who can help them feel safe and that taking part can help them in the long run.
- Help them to remember the person who has died
- Reassure them it's ok to ask questions
- Answer questions about the death honestly, in an age appropriate way
- Help them to express their feelings
- Reassure them that their feelings are normal

## For Parents - How can I book NEST for my child?

Firstly talk with your child and check that they want to take part. Then please contact us using the details below:

**Email:** [admin@wiltshiretreehouse.org.uk](mailto:admin@wiltshiretreehouse.org.uk)

**Phone:** (01793) 987105

**Website:** [www.wiltshiretreehouse.org.uk](http://www.wiltshiretreehouse.org.uk)

Our NEST programme is free. We also offer 1 to 1 support for a fee. If you would like more information about 1 to 1 support please ask us.

## Could you help?

As a charity we depend upon fundraising, donations and volunteers to keep providing our services.

We have opportunities to volunteer for adults and young people within our programme delivery, or as Charity Champions or Trustees.

You could also get involved by fundraising as individuals, groups, schools or businesses, just head to our website and look at our Volunteer & Fundraising pages.

Any amount can help, from £1 to £1,000. So if you can, we ask you to consider donating.



Just follow our QR code that will lead you to our PayPal donate page.