

## How can I get the most from NEST?

Everyone is different but young people have told us that these things helped them get the most from the group.

### 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. They can help you.

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

## What do people say about us?

*"I often feel very sad but I feel safe here."*

*"It's easier to talk to people here, it helped me open up."*

*"I was worried about going at first but it has been really helpful, thank you."*



Photo—making memory boxes (before Covid-19)

## For Parents— How can I support my child?

At NEST we have a strict code of confidentiality. We will only share our conversations with people outside of the group if we have consent from the young person involved, or if we are worried that someone is at risk of serious harm.

However, we *always* encourage young people to speak to their parents/carers and other adults they trust—as they are often the best people to support them. You can encourage discussion by asking what theme they have been talking about and what they have made each week.

Please keep us up to date with any changes in your child's circumstances. It is normal for them to become more emotional, or for their behaviour to become more challenging as a result of the things we talk about in group. However, if you are worried about your child please speak to us.

Please support your child to attend each session. It is normal for them to feel worried about coming. Try to reassure them.

If your child cannot attend please let us know at least 2 hours before the session.

## How can I contact you?

You can contact us via email or telephone.  
admin@wiltshiretreehouse.org.uk  
0749 350 9750



## Your virtual NEST group

Grief support  
for children  
and young people  
in Swindon & Wiltshire

Registered  
Charity  
Number:  
1159719



## Who are Wiltshire Treehouse?

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

## What is NEST?

NEST is a group of young people and specially trained adults who come together to talk about death and dying, and the effect it has on us.

NEST is for young people in school years 7 to 13.

## Why am I coming to NEST?

You are coming to NEST because you are ready to talk about the person or people in your life who have died.

You may feel:

Upset  
Angry  
Confused  
Alone  
Guilty  
Low  
Numb  
Worried



Photo—sharing our stories  
(group before Covid-19)

You may feel one or more of these things.  
Or you might feel none of them.

**Whatever you feel—that is OK.**

## Who will be there?

There are adult helpers who will try to make sure you feel comfortable.

There will be other young people in the group who have all 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.

## What will we talk about?

We have 5 main themes—memories, feelings, how we cope, who can help us and the future.

As well as talking  
we make things and do activities.

## Can we meet in person?

At the moment the group meets via video call. This helps to protect all of us from Coronavirus. We will post you a pack so you have everything you need to do the activities.

Red- colour that reminds me of my Nan  
Gold- colour of an item of jewellery i have from my Nan  
Emerald- colour of jewellery i have from my nan  
Green- place i went with my Nan and Grandad (Lydiard park)  
Pink- love i have for my nan  
White- Nan showing me how to cut Grandad's white hair!  
Blue- feeling of sadness  
Yellowy gold- month she was born  
Pink glitter- month she died  
Thanks so much for everything you've done for me i really appreciate it :)



Photo—an activity during a video call

## 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.

But, the more you take part the more you will gain from the group. Young people often say the hardest part is joining the first session, once you've done that it gets easier and most people make friends quickly and easily in the group.

*"It was really hard coming on the first day. I was so nervous. But each week it got easier and it was nice to hear that I wasn't the only person feeling like I do. By the last week we didn't want the group to end. Some of us still stay in touch now."*  
Charlie, who attended NEST

## Will you tell my parent/carer?

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.