



Your 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



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 will be up to 10 young people in each group.

There are adult helpers who will try to make sure you feel comfortable. They will chat with you and offer you a drink.

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.

No one is ever left on their own.

What will we talk about?

We have 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 sand jars (shown in the photo above).



We have snacks half way through the session and often listen to music whilst we talk and work.

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 walking through the door on the first day, 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. 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?

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 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

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
01793 987105 ext 1