

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 NEST?

"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."



For Parents— How can I book this programme for my child?

Please visit www.wiltshiretreehouse.org.uk and fill out the WILTSHIRE TREEHOUSE REFERRAL FORM on our home page.

A member of our team will then be in touch to talk about what might help your child, including this programme.

If you feel like your child needs help with a bereavement, but you are not sure if this programme would be helpful, then please complete the form. A member of the team can then talk to you about what might help.

How else can I support my child?

- Answer questions openly and honestly
- Reassure them it's ok to ask questions
- Help them to remember the person who has died
- Help them to express their feelings
- Reassure them that their feelings are normal
- 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.

Please get in touch if you would like further advice on supporting your child with their grief.

Made possible with
funding from



NEST

Bereavement Support Programme

For school years 6 -11

A leaflet for young people & parents/carers

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 6 to 11. It takes place over 6 Wednesday evenings in the Southwick area of Trowbridge.

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 or different to your friends. Young people tell us it can be helpful to meet people who "Get it".

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.

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.