

# Maddie's Story...

Maddie was 11 when her Dad died.  
“I was finding it hard to concentrate at school and I felt anxious. I was withdrawing at home and I couldn't speak about my Dad.”



Maddie attended the NEST bereavement support programme and was able to take part in creative activities to help her remember her Dad and express her feelings.

*“By taking part in NEST I've learnt how to cope when things get bad. I now feel privileged to be a volunteer, and enjoy helping other young people.”*

“Taking part in the programme helped me to open up about my Dad. The programme gave me a safe place to talk, which really helped me. The activities helped me to express how I felt.”

On the programme Maddie met other young people who had also been

bereaved, helping her to understand her feelings were normal, & other's felt them too.



“It helped to meet other people in a similar situation and I realised I wasn't the only person this had happened to.”

Maddie now volunteers with the charity and is studying Health & Social Care at college.  
Maddie has come on an incredible journey. She is a credit to herself & family, channelling her grief and difficult experiences to the benefit of others.

