



Specialist residential support for women with substance misuse needs who are experiencing domestic abuse

*"It is like winning the lottery but better. I feel like being here has given me my life back and has provided me with life skills."* - Resident

**The Nest** offers a secure, trauma-informed space for women experiencing domestic abuse and substance use challenges.

Delivered by Next Chapter, we provide a compassionate, structured environment to help residents rebuild their lives with safety, stability, and support.

## Specialist Recovery Support

We offer a tailored recovery programme, including one-to-one and group therapy sessions to help women process trauma and build resilience.

Our team provides education and support around domestic abuse, helping residents understand their experiences and regain control of their future. For those in need of medical support, we facilitate ambulatory detox in partnership with Essex STaRS, ensuring a safe transition into recovery. Peer mentoring and resettlement services further empower residents to move forward with confidence.

## Holistic Wellbeing Activities

Recovery is about more than just therapy, it's about rediscovering joy and purpose. Residents engage in creative activities like art and gardening, alongside nature-based recovery programmes that promote mindfulness and connection. Physical wellbeing is supported through yoga, self-defence, and fitness sessions, while Walk & Talk therapy provides a relaxed space for reflection and growth.



## Within the Nest:

9 self-contained flatlets in a homely environment

Communal lounge, garden, therapy spaces & 24/7 staff support

Regular art and wellbeing sessions during recovery

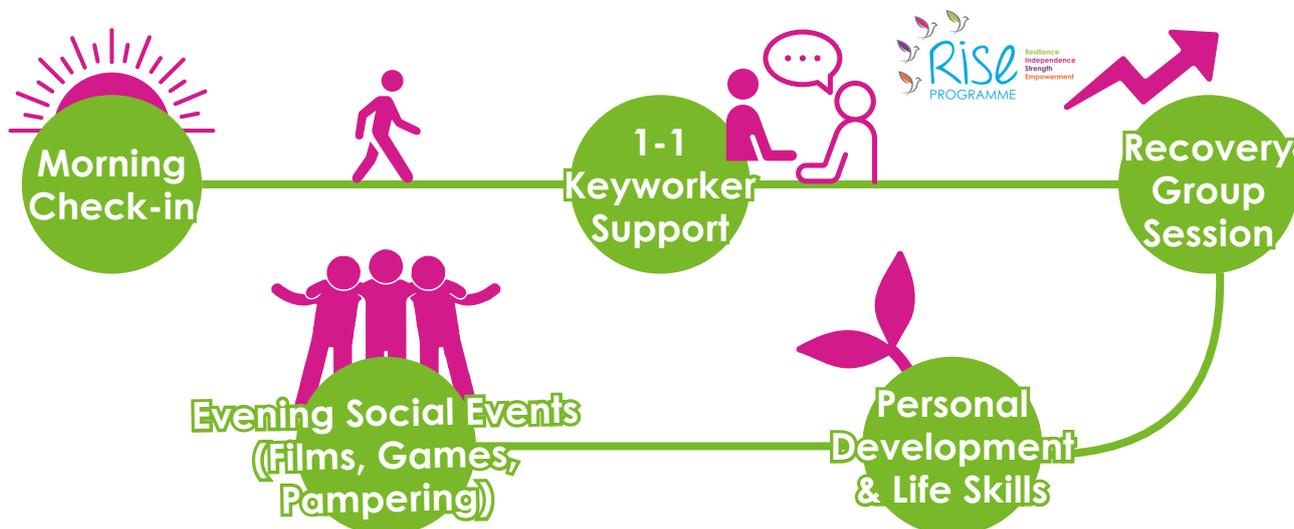
A coordinated community response to support

*"I never imagined I could get to where I am now – I've realised I am worth more than what I had settled for previously."*

"Without The Nest, I wouldn't be here today. They saved my life."

## A Typical Day at The Nest

All residents are given a personalised timetable for their stay at The Nest. In addition to allocated free and phone time during the day, a typical day at The Nest looks like:



## Support to suit the survivor

Alongside our life-changing services, we offer recovery-focused activities that support healing, wellbeing, and personal growth, helping residents rebuild confidence in a safe, supportive environment.

These include;



- Recovery Support: One-to-one counselling, relapse prevention, and group therapy (RISE, Freedom).
- Domestic Abuse Support: Education, awareness, and trauma-informed sessions.
- Medical Assistance: Ambulatory detox in partnership with Essex STaRS.
- Wellbeing & Activities: Art, gardening, nature-based recovery, dance (Be More Dandelion), and creative workshops.
- Fitness & Movement: Yoga, self-defence, Cage Fitness, and Walk & Talk sessions.
- Community & Skills Building: Volunteering, life skills training (budgeting, cookery, social skills), and peer mentoring.
- Ongoing Recovery: Mutual aid support, Essex Recovery Foundation access (events, peer support, and walk & talk groups).

**Call Us - 01206 500585**  
**nest.thenextchapter.org.uk**