



Frequently Asked Questions

Who do you support?

We support women in a safe residential setting who are 18 years and over who are victims of domestic abuse and require abstinence based support with substance use.

Where is The Nest?

The Nest is located in North East Essex in a quiet residential street within walking distance of the local GP surgery, pharmacy and town centre. So that we can keep our location as safe as possible the exact location is only disclosed once a referral has been accepted.

What can I expect when I arrive?

The Nest offers you a safe and cosy female only environment dedicated to ensure you feel secure and cared for in a respectful, homely and supportive way, free from judgement and discrimination. You will be given a warm welcome and introduced to your keyworker and the team.

The Nest has 9 single rooms, a cosy communal lounge with a large TV, a communal laundry area and spacious garden. There are purpose built spaces for groups and activities as well as a dedicated office for the team that are supporting you.

We understand that arriving at The Nest can be a worrying time and we will give you the time and space to settle in, supporting you one step at a time.

How will I get there?

We can support you to access rail or coach travel to the Nest and will arrange for a taxi to get you to our door.

What will I do every day?

The Nest offers a tailored and structured recovery programme of support based on individual need. We work on an abstinence based therapeutic community model designed for female victims of domestic abuse, delivered by an experienced and passionate team.

Our team understand the impact of trauma on individuals and work hard to create a safe environment to walk along side you so that you feel empowered to make informed choices about our own recovery.

We provide a mixture of one to one and group therapy sessions, alongside education, support and holistic wellbeing activities all designed to support your recovery. There is a set timetable that includes compulsory activities as well as those that are optional, as well as some free time of course. We work with you to develop healthy habits for your future success.

What about my medication?

Please bring any existing medication in the original prescribed boxes, along with any prescriptions you have.

Medication will be stored securely in a locker that is dedicated to you.

What should I bring with me?

Please bring essential personal belongings, medication and ID documentation if you have it.

Do you have a garden?

We have a secluded garden with outdoor gym equipment, tables and chairs, a smoking shelter, a BBQ area and a garden room for activities.

What are the rooms like?

All our flatlets are self contained with their own kitchenette, and most have an en suite bathroom. The rooms are cosy and well equipped and have a bed, a wardrobe, and chest of drawers for your clothes, a small table and chair and a Smart TV.

What activities are available to me?

We try to offer a variety of activities to suit everyone, including art and crafts, gardening, growing your own produce, singing, fitness based classes, yoga, and nature based activities.

These activities run alongside the more practical activities such as budgeting, cooking and IT skills.

We also facilitate many activities off site such as the cinema, bowling, theatre, and days out to the beach.

What about support for my family

We recognise that what you are going through also affects your families. Whether you already have good relationships with them or wish to reach out to them we can support with this. We will also support family members to support you if that is something you would like.

Will I need to change GP?

We will support you to register with our local GP.

How long will I stay?

We believe that a stay of six months will give you the best opportunity to complete a full programme of support, but everyone is different, and we will work with you to agree what you need and recommend an appropriate approach.

Are there rules to follow?

There are rules that must be adhered to while staying at The Nest. You will be asked to sign a licence agreement, and the rules have been developed for your safety and success in recovery.

The rules will be carefully explained to you as part of the referral process.