



at Next Chapter

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

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

We understand that recovery is about more than just therapy – it's about rediscovering joy, purpose, and independence. The Nest provides a residential structured recovery programme, including;

- One-to-one and **group therapy** to help **process trauma** and **build resilience**.
- Domestic abuse **education and support**, helping residents **regain control** of their future.
- Peer mentoring and resettlement services to **empower** residents in their next steps.
- Ambulatory detox where appropriate in partnership with Essex STaRS, ensuring a safe medical transition into **recovery**.
- Specialist addiction recovery support, including in house prescribing clinic provided by **Essex STaRS**.

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

We offer a pathway to long-term stability, helping Women find independence and a life free from abuse and addiction.

75% of our residents go on to long term recovery.

"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."

Resident

"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

FAQs

For Professionals

Who do you support?

We support Women 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, pharmacy and town.

How does funding work?

Essex residents: fully funded for their stay.

Five beds are available for referrals out of Essex – local community drug and alcohol support services and/or adult social care usually have funding arrangements to help people into residential support.

Private residential costs are around £14,850 for 90 days. 6 months is recommended to complete a full programme of support.

Full information and
FAQs available online



For Clients

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.

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.

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 front door.

What activities are available to me?

We 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 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.

What should I bring with me?

Our flatlets are self contained with their own kitchenette. 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.

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

The Next Chapter (East of England) is a registered charity:
registration no.1058295 and company number 2266883.
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nest.thenextchapter.org.uk