



**THE NEST**  
Youth Forum

# What is The Nest?



Empowering and nurturing the community through accessible wellbeing support for young adults, children and families.

The Nest is a Mental Health and Wellbeing hub for Children, Young People and parents/carers.

Our **therapeutic practitioner** support YP 0-25s across Southwark with tailored 1:1 and group therapeutic interventions.

The **Southwark Parenting Circle** is a community-driven initiative focused on bringing together parents in Southwark to foster mutual support, share experiences, and equip individuals with tools for positive parenting.

The Nest's **School Engagement Team** offers free support for young people, parents/carers and teachers in Southwark's schools.



Informative Group Sessions



Art & Music Therapy



Whole Family Support



School Workshops



1:1 Therapy Sessions



Parenting Support



# Our vision and mission

Young people can do more than just receive help or follow rules. They can contribute to community work, help solve problems and make things better locally. This helps them grow personally, get involved in their communities, and feel good about what they do.

## Voice and Representation

We want the voices of young people to be heard and taken into account in matters that affect them directly or indirectly. By creating a space for dialogue and collaboration, our youth forums enable young individuals to advocate for their needs, concerns, and aspirations.

## Empowerment



We provide opportunities for young people to engage in decision-making processes, express their perspectives, and take on leadership roles. Empowered youth are more likely to become proactive members of society who contribute positively to their communities.

## Youth-Led Initiatives

Our youth forum will serve as an incubator for youth-led initiatives and projects that address pressing issues within our communities. By empowering young people to initiate and implement their own ideas, our forum fosters innovation, creativity, and entrepreneurship.

## Skill Development

Opportunities for skill development and personal growth, equipping young people with the tools and experiences they need to thrive in their personal and professional lives. From communication and teamwork to problem-solving and project management.

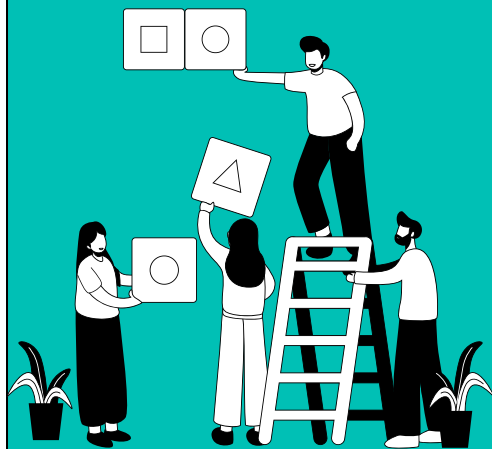




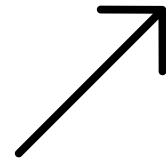
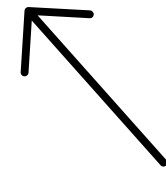
Encouraging increased responsibility for mental well-being among the youth.



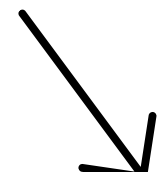
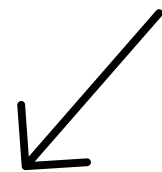
Organizing youth-led events with high participation rates.



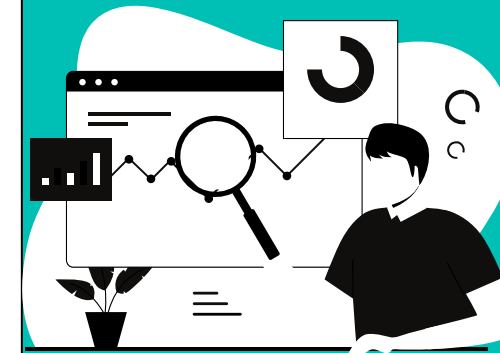
Promoting greater involvement of young people in volunteering efforts.



# Our Goals



Cultivating a vibrant community of young individuals across social media platforms.



Dismantling stigmas surrounding mental health within the youth demographic.



Guaranteeing access to dependable and precise mental health resources for young people.



# Fortnightly



**01**

The youth forum will hold meetings.

**02**


They will be Saturday afternoons, 12:30 - 14:30


**03**

These meeting will act as a debrief for each department.

**04**

The meeting will be used to assign new tasks and raise concerns or suggestions.





# Monthly



**01**

We would have a topic related to mental health and well-being.

**02**


These topics will influence the contents we make, events we hold etc..

**03**

Event for young people to converse and share their stories about that topic.

**04**

Monthly feedback form sent out (WWW, EBI, concerns....)



# Benefits of volunteering

**Career Enhancement:**  
It strengthens resumes and opens doors to job opportunities.

**Networking opportunities:**  
Attend events and network with people in the professional world.

**Personal Fulfilment:**  
Volunteering brings joy and a sense of accomplishment.

**Positive Impact:**  
By volunteering, you're making a tangible difference in your community and beyond.

**Skill Building:**  
Training opportunities allow you to learn and develop new skills.

# Available Roles



Marketing and  
Communications  
Consultant



Event Planner



Mental Health and  
Wellbeing  
Champions



Interview Panel  
Member



Content Creator







Thank you!

<https://thenestsouthwark.org.uk/get-involved/>

Key Contacts

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