N.E.S.T Delivered Digitally

Educating and Empowering the Forced Migration Community
What is N.E.S.T?

N.E.S.T is a volunteer project run by students at Newcastle University. The project aims to support refugees and asylum seekers in the North East. Typically N.E.S.T runs a daily programme of ESOL and community integration activities which include art, sports and trips.
During Covid-19?

N.E.S.T closed all face to face sessions on the 14th March and will likely reopen in September. For now, N.E.S.T has launched a fully digital programme set to support our existing learners and also to meet additional needs which we can contribute to as part of a regional and international offer to the refugee community.
Education program

Zoom Lessons
Monday to Friday 11am and 4pm and Saturday and Sunday 11am and 1pm

We are currently running two daily ESOL classes on Zoom. As class numbers are usually less than less so far the classes are tailored in content and level to those attending. If numbers increase we will divide lessons based on level and distribute a timetable.

YouTube Live Streams
Monday to Friday 5pm

We are currently running a daily live streamed lesson from our YouTube channel N.E.S.T Beyond Barriers. The lessons can be watched live with comment section answered in real time by volunteers or the video can be watched after the broadcast.
Youth Provision

Children's Bedtime Stories
Tuesdays and Thursdays at 7pm
We will upload a children's story read by our volunteers. The story will be read in English and then Arabic.

Children's Activity Lessons
Saturdays and Sundays at 10am
We will upload a video for children full of different challenges, educational content, arts and craft activities and ideas to get physically active.
Information Sharing

Twice weekly video updates

Monday 9am and Sunday 5pm

We will upload a weekly introduction video in English and Arabic at the start of the week to give an update on N.E.S.T and then at the end of the week to summarise what we got up to.

Weekly News flash

Monday 1pm

We will upload a weekly translated video to give an update on key relevant information which has been shared locally to help keep the refugee community informed.
Wellbeing support

Weekly Challenge Competition
Wednesdays at 9am

Each week we will be uploading a challenge for everyone to try to keep the community together and do something fun at home.

Exercise videos

Fridays at 1pm

We have created a series of exercise workouts which can be done in a small space with no equipment, these will be uploaded weekly.

Virtual N.E.S.T Explore

Saturdays at 9am

We normally run trips around the region but we will now run digital trips around the world via a video upload from our international volunteer base.
In addition

Wellbeing calls

We have contacted learners registered within our database but have some capacity to extend this and can carry out a translated check-up call to individuals who feel they would like this support.

Activity Booster packs

We have received funding to help create activity packs for children who don’t have access to learning/creative resources at home. This are currently being created and will be dispersed in due course.

E Pen Pal Tuition

We have set up a volunteer base to reply to emails about ESOL or other education/learning based queries. Learners will be registered and then can email a student volunteer for one to one support with their learning.
Currently working on Tailored Youth Provision

We are working to develop educational and supportive content for children and teenagers who don't have access to education support from schools. We are currently looking into what and how to deliver this.

Collaborative support

We are able to continue to teach digitally and have an expansive volunteer team but realise many projects are unable to continue their lessons. We are working with a few local projects and are in discussion with various refugee camps to develop networks to expand our programme to learners who want to access it both locally and internationally.
Accessing N.E.S.T

For Learners
Please email nestlearners20@gmail.com

For Professionals, Organisations and Schools to refer
Please email n.e.s.t-referrals@outlook.com

To contact N.E.S.T
Please email nest.union@ncl.ac.uk or ring Bridget Stratford on 07500338126