



**50 giving stories shared as part of
The Marketors' Trust's 50th Anniversary celebrations in 2026**

No 4: Nai's House: born from loss, built on hope



Dené, known to those who loved her as Nai, struggled with her mental health from a young age. She was a daughter, a sister, a friend and a mother, and she dreamed of becoming a psychotherapist so that she could help others. Despite reaching out to statutory services, she could not find the support she needed. In February 2017, Dené died by suicide. She was 22.

Out of that heartbreak, her mother, Gem Barrett, founded Nai's House, describing it as 'Dené's final gift to all those she would have gone on to help.' Drawing on years of experience in youth work, Gem set out to create the kind of support her daughter had been unable to find.

Nai's House provides holistic mental health support for young people across Oxfordshire, with a particular focus on suicide prevention and self-harm reduction. It offers one-to-one support in warm, non-clinical settings, peer-led advocacy, group programmes, and a 'checking in' service for those stuck on waiting lists, so that no young person is left alone while they wait. Its team is made up of people with their own lived experience of mental ill health, and its belief is a simple one: prevention is better than intervention.

A grant from The Marketors' Trust helped Nai's House build the foundations to keep going and grow. Through a campaign of local print, social media and targeted leafleting, it signed up local people and organisations as regular financial supporters, giving the charity the stability to increase its capacity, reach more young people, and expand vital work including bereavement support for families who, like Gem, have lost someone they love.

It is, in every sense, a lifeline: for young people in their darkest moments, and for the parents and carers walking beside them. And it stands as a quiet, powerful reminder of what one family's love can build.

Website: naishouse.org.uk

How to give

Every gift, at whatever level, helps secure the Trust's grants, awards and care for the next fifty years.

To give, go to: <https://www.marketors.org/the-marketors-trust/support-ways-to-give>

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