



Balloons

**20 YEARS**

**SUPPORTING BEREAVED  
CHILDREN AND  
YOUNG PEOPLE**

**HELP US CELEBRATE  
OUR 20<sup>th</sup> YEAR!**

**FUNDRAISING  
PACK**

We are looking for individuals, schools, businesses, and groups to help fundraise for us, as we celebrate 20 years of supporting bereaved children in Exeter, East, and Mid Devon.

Your fundraising will provide essential bereavement support to children and young people, now and in the future.

### Did you know?



Every 20 minutes, every day, a child is bereaved of a parent.



One in twenty-nine, 5-16 year olds has been bereaved of a parent or sibling - that's a child in every average class.



41% of youth offenders experienced childhood bereavement.

Sources: Childhood Bereavement Network, Child Bereavement UK, Winston's Wish, & The Youth Justice Trust

## Our service is desperately needed. Last year alone, we:

- Directly supported 159 children and young people with one-to-one grief support sessions with our trained Grief Support Workers, giving them space to talk about their loved ones, explore feelings, build memories and look onwards.
- Indirectly supported 220 children through offering advice, information and phone calls to parents/carers and professionals.
- Responded to 680 enquiries from bereaved families and schools/colleges with advice and support.
- Sent out 194 care packages to bereaved children and young people.

Most frequently our work is where someone has died due to illness, but we also support children who have also sadly been affected by sudden death, accidents, and suicide.

"The care package he received prior to his sessions, with the sensory toy, booklet, etc., went a long way to help X feel cared for and supported."  
(Teacher)

Balloons was conceived in 2006 by healthcare professionals addressing the lack of specialist support for children in hospitals and hospices, who were affected by bereavement. After securing seed funding in 2007, the organisation ran a pilot project to provide community support for bereaved children.

Since then, we have expanded, with the support of grants and many wonderful donations from the local community. We were honoured to receive recognition for our work when we were awarded the Queen's Award for Voluntary Service in 2020. We have also been fortunate to gain media attention with notable figures including Olympian Tom Daley, HRH the Duchess of Edinburgh, and Radio 1 DJ Molly King.

Today, Balloons continues to thrive with 6 part-time staff and 46 volunteers; offering telephone support, one-to-one sessions, activity days, group work, and training.

Looking to the future, we want to continue and do even more, but we can't do it without your help!



"I found it difficult at times to be open, but it has been very helpful to understand my emotions and manage my anger." (Young person)

Our charity runs entirely on grants and donations, and we receive no statutory funding. We could not support so many children & young people, their families, and professionals without your help. See how every pound really does make a difference to us:

£6

pays for a Memory Box for a child to decorate and fill with treasured memories of the loved one they have lost. We create over 100 of them each year.

£12

would buy a beautiful new children's book for our library. Books are used by our Grief Support Workers in their sessions with children and young people.

£26

pays for the costs of art, craft and other resources to support a child creatively to process their grief through their grief support sessions.

£48

covers the costs of travel for a volunteer Grief Support Worker to provide grief support sessions for a child. Our support covers Exeter, East and Mid Devon and we see over 150 children a year.

£102

pays for a child to attend an activity day with their family. We run a number of these each year to bring bereaved children and their families together.

£490

covers the costs of posting over 140 care packages to bereaved children and young people, for a year. These contain items such as journals, toys, advice books and self-care items.

£1350

covers the costs of training a new Grief Support Worker, from recruitment, through to selection, screening, DBS checking and the 10-week training course.

# What could you do for our 20<sup>th</sup> birthday?

#balloonscharitydevon

We would love to have as many people as possible involved in our 20<sup>th</sup> birthday celebrations. See how you can celebrate with us! Don't forget to use our hashtag: #balloonscharitydevon

## Join us in our 20 for 20 run or walk

We are challenging our supporters and volunteers to walk or run 20km during our birthday year.

It doesn't have to be in one go. Just keep a record and see how far you can walk or run in a weekend, a month or over the whole birthday year.



Friends and family can support you by sponsoring you every kilometre. If each sponsor gave you £5, you could raise £100! Go to [www.justgiving.com/campaign/balloons20for20](http://www.justgiving.com/campaign/balloons20for20) start your fundraising.

## Collect 20p or 5p coins

Yes, it is as simple as that. Join our 20p/5p challenge by filling empty water bottles with coins and help us reach our target of £20,000.



## Join us at an event

We are planning several events throughout the year to raise money and, by joining us, you can help us help others! We are also always open to volunteers to help us at our events - could you help run a stall or help with venue decorations?

"The sessions have really helped my children process their grief and talking about those we have lost has become more frequent and more easy as a result." (Parent)

# What could you do for our 20<sup>th</sup> birthday?

#balloonscharitydevon

## Set yourself a challenge

Is this the year that you run a marathon, or a half marathon, or get together with some friends for a sponsored event like shaving your head or washing cars at work.

Why not talk to your company about choosing us as their charity partner for the year?



## Organise Your Own Event

Why not go one step further and organise your own event! We are always keen to hear your amazing ideas for fundraising and we would love to support you too, whether by sharing it on our website, in our monthly newsletter or posting it on social media.

## Follow us on social media

Follow us on social media (links on the last page) and share our work with others. The more people who are aware of Balloons, the bigger the impact we can make in the local community.

## Volunteering

If you would be interested in volunteering for Balloons, there are lots of different roles available and maybe this is the year you take up something new. Whether that is training to be one of our Grief Support Workers or joining our fundraising team to give a talk, or collect a donation. We would love to hear from you!



"My greatest joy is when I sit by each child in the last session looking back at everything we've done together! I consider my time volunteering for Balloons as the most worthwhile part of my week!" (Balloons Grief Support Worker)

We are here to support your fundraising in any way we can! This can include:

- talking through your ideas
- helping you with resources
- giving a talk to your company
- talking in a whole School Assembly



Whatever you decide, we'd love to keep in touch with you and with what you are doing.

Drop us a line on [admin@balloonscharity.co.uk](mailto:admin@balloonscharity.co.uk) or  
call 01392 982570 if you would like a print-friendly version of this leaflet

### Follow Us on Social Media

We want to spread the word of our 20 for 20 celebrations.  
Follow our socials, share our mission, and together we can support even  
more bereaved children, young people, and their families.

Facebook - [www.facebook.com/BalloonsCharityDevon](https://www.facebook.com/BalloonsCharityDevon)

Instagram - [www.instagram.com/balloons\\_devon](https://www.instagram.com/balloons_devon)

LinkedIn - [www.linkedin.com/company/balloons-devon/](https://www.linkedin.com/company/balloons-devon/)

**THANK YOU SO MUCH FOR  
YOUR SUPPORT...**

**...LET'S MAKE OUR 20<sup>th</sup>  
YEAR A CELEBRATION TO  
REMEMBER!**