



Balloons

Supporting bereaved children and young people in Exeter, East and Mid Devon



2026 marks 20 years of Balloons supporting bereaved children and young people and we'd love you to help us celebrate by walking (or running!) 20km.

Whether you do it in one go or spread it across a weekend, a month, or the whole year, every step counts. Get your friends, family, or colleagues involved and raise money to help us continue our vital work.

Don't forget to email your walk photos to admin@balloonscharity.co.uk or tag us [#balloonscharitydevon](https://twitter.com/balloonscharitydevon)



Need inspiration? We've picked out some stunning walks across Devon from riverside rambles to coastal climbs. You can find full details at www.explored Devon.info/activities/walk/. Alternatively, you can join us for a group walk at Killerton (contact us for more details).

Walk Highlights by Area

Exeter

- Riverside & Skyline (7km). – Easy paths with city views.
- Countess Wear Loop (8km). – Canal and river walk with historic sights.
- To Killerton (9.6km). – Nature, archaeology, and a National Trust finish.
- Green Circle (11km). – A semi-rural loop around the city.
- City to Coast (13km). – Estuary walk from Exeter Quay to Starcross.

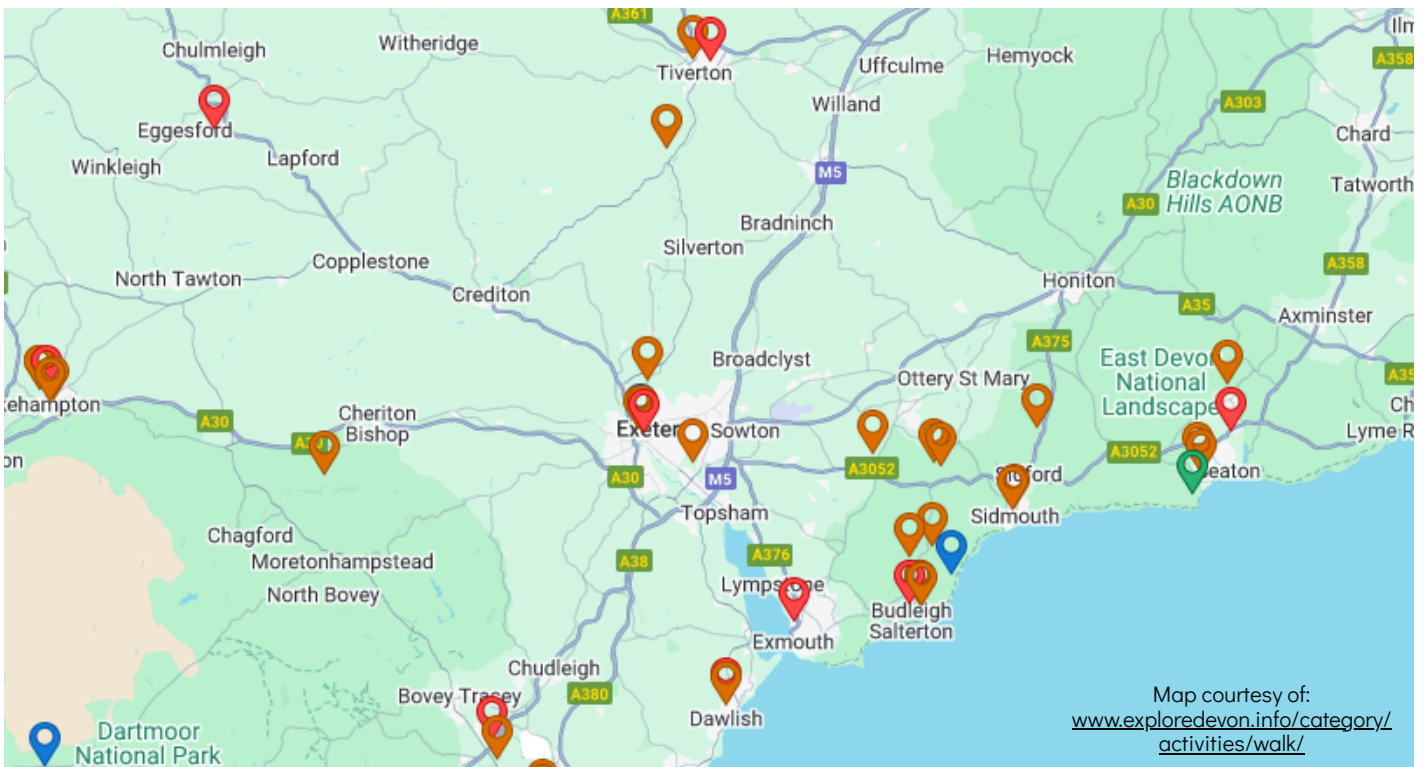
Mid Devon

- Ernest Bassett Walk (5.5km). – A tribute walk around Okehampton.
- Two Museums Walk (8km). – Museum-to-museum via the Tarka Trail.
- Exe marks the spot (6.5km). – Bickleigh to Tiverton along the east bank of the Exe.
- Grand Western Canal (11.2km). – Peaceful towpath route, great for families.
- Teign Gorge & Moor Stones (13.25km). – Scenic loops on Dartmoor.



East Devon

- Budleigh Salterton Estuary (1.6km). – Easy access walks with birdwatching.
- Seaton Wetlands (4km). – Accessible trails with bird hides.
- Newton Poppleford (5km). – Quiet countryside and Otter Valley views.
- Colyton Circle (8km). – A charming loop through valleys and riverside paths.
- Valley, Ridge and Jurassic Coast (9km). – Valley, ridges, and World Heritage coastline.



Ready to step up?

Pick a walk, track your distance, and raise what you can (we can help you set-up a JustGiving page). Whether it's £20 or £200, every pound helps us support grieving children and young people across Devon.

email us: admin@balloonscharity.co.uk



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Help us to be here for the community for the next 20 years!

Balloons was set up in 2006 to support the needs of bereaved children and young people in Exeter, East and Mid Devon and we are absolutely delighted to be entering into our 20th year as a charity!

We are proud to have helped thousands of children, young people, their families and professionals talk about grief.

But our service is still desperately needed. Our work involves:

- Providing one-to-one grief support sessions
- Offering advice, information and training
- Sending-out care packages
- Running group work and activity days

Get in touch for a fundraising pack



01392 982570



admin@balloonscharity.co.uk



Could you get involved?

We run entirely on the generosity of grants and donations. Every pound really does make a difference and enables us to provide much needed bereavement support.

Could you donate today, set up a regular gift or join us in fundraising as part of our 20th celebrations?



Scan here or visit
www.balloonscharity.co.uk

Please remember that we are here for you or someone you know who needs support.

Get in touch on support@balloonscharity.co.uk

Balloons (Devon) | Registered Charity Number: 1158666