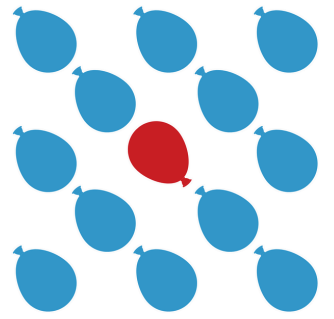




Hospiscare
Caring in the heart of Devon



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

FAMILY DAY

Hospiscare and child bereavement charity Balloons, invite you to a family support day for children, young people, and their families who have been bereaved.

- ✓ a chance to come together, in a supportive environment, with others who have been bereaved.
- ✓ sessions for children on exploring and managing their grief
- ✓ sessions for parents/carers on supporting children, when there has been a bereavement

SATURDAY 21ST FEBRUARY 2026

10.00AM - 1.00PM

SEARLE HOUSE, EXETER, EX2 5JJ

**Places are limited, so please sign up no later than 10th February 2026.
Please read on for more information and how to sign up**

FAMILY DAY

MORE INFORMATION

Who is the day for?

- Children and Young People aged 5 – 16 along with their parent(s)/carer(s).
- Those who had a bereavement over 12 weeks ago
- Although being held at Hospiscare, it is open to any family who have had a bereavement, not just where there is already a connection to Hospiscare.
- Those who haven't already had one-to-one support from Balloons

How will the day run?

- The sessions for children and young people will be run by Balloons. Activities will be done in age groups and will focus on memories, feelings and self-care.
- Parents/Carers will have a separate session on supporting bereaved children in their care run by Hospiscare and Balloons.
- There will be an activity at the end to bring everyone back together and an opportunity to light a candle in memory.

Practical Information

- We will provide refreshments
- Hospiscare is by the hospital in Exeter. Parking is available at, Hospiscare, Searle House, Dryden Road, Exeter, Devon, EX2 5JJ

Signing Up

to sign up please complete this form:

<https://forms.office.com/e/3Ha0q9enJs>

If you have any queries please contact support@balloonscharity.co.uk
or call Balloons on 01392 982570

Balloons registered charity number 1158666