



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**

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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