



# Balloons

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



## 20 years of making a difference Martha's story...



Hi, my name is Martha and I'm in Year Six.

I'd like to tell you about my Nana Kate and my Grandad Terry. They both died a few years ago, only six months apart. I used to spend lots of time with them.

My grandad taught me to be brave – he was a diver and always went down the waterpark slides headfirst. My Nana, who we called 'Flexible Nana,' was a bit bonkers! She loved gymnastics like me and could still do backbends. She made me pasta all the time, and I ate it every single time she did.

It was really hard when they died. I didn't want to make anyone, especially my dad, more upset, so I kept my feelings to myself. That's why going to Balloons helped so much. My Grief Support Worker, Wendy, never pressured me to talk. We made things together, like memory boxes and jars filled with coloured glitter to remind me of Nana and Grandad.

“After a while, I felt braver talking about them. Now, Dad and I even go to Balloons Activity Days together. I still miss Nana and Grandad, but when we talk about them, we laugh more than we cry.”



With Nana and Grandad

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

Get in touch on [support@balloonscharity.co.uk](mailto:support@balloonscharity.co.uk)

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