

*Your kindness today  
their hope for tomorrow*



**GIVE A REGULAR GIFT  
AND CHANGE  
A CHILD'S LIFE**

 **Balloons**  
Supporting bereaved children  
and young people

Hi,

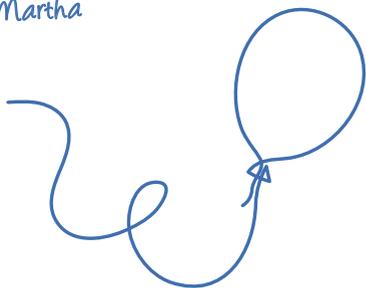
My name is Martha and I'm in Year Six. I'd like to tell you about my Nana Kate and my Granddad Terry. They both died a few years ago, only six months apart.

I used to spend lots of time with them. My granddad 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 Granddad.

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

Martha



My favourite picture of me and my brother with Nana Kate and Granddad Terry

## *Special support for children when they need us most*

When someone you love dies, the impact can be devastating. But when this tragedy happens to a child, still developing intellectually and emotionally, that impact can shape the rest of their life.

That's why Balloons is here. We offer support and community to children and young people across Exeter, East and Mid Devon – giving them vital tools to help cope with their grief as they grow.

Every day, we are asked to support more children throughout our area. We want to be there for every child who needs us – but to do that, we need regular, predictable support.

## *Your kindness today, their lifeline tomorrow*

Our goal is to be there for as many children who need us as possible, when they need us the most. But, we can only do this with regular, predictable income that allows us to plan for the future.

Regular gifts, from special people like you who believe in what we do, enable us to grow our network of highly skilled Grief Support Workers and reach more children and young people at the most vulnerable time in their lives.

This work changes lives. Every year, we support over 150 children in the most vulnerable time of their lives, helping them find ways to cope, rebuild hope and rediscover moments of happiness. Every regular gift helps us reach another young person who feels lost, confused, or alone – like Martha.

Sadly, **1 in 29**  
five to 16 year olds  
has experienced  
the death of a parent  
or sibling – that's  
one child in every  
classroom



# *Your regular gift means children and young people don't have to face grief alone*

## Grief Support Work

When someone significant in a child's life dies, parents or schools often turn to Balloons for help. Whether the child is withdrawing, acting out, or disengaging, our clinical team works to understand what they're struggling with and how they're coping.

Each child then receives a programme of tailored, therapeutic support sessions from our compassionate Grief Support Workers, who travel to schools to give them the time, space, and reassurance they need to explore their emotions safely. We can't take away their pain, but we can ensure no child faces grief alone or carries its weight throughout their life.

**£56**

covers the cost of a one-hour session for a child with a Grief Support Worker in their school

## *Your regular gift could bring light and laughter into a bereaved child's life*

**£102**

could help a child or young person attend an Activity day with their family

### Activity Days

From creative crafting, to museum visits, to zooming around a private race track, our goal with Activity Days is to bring joy back to children as well as their families. Activity Days are an opportunity to see that even though something tragic has happened, it's still okay to have fun.

It's also the chance to see others working through their grief. These days offer time in a safe space alongside others on a similar journey, to talk, laugh and share fun experiences.





£180

could help us provide  
class wide sessions  
following a bereavement  
in a school community



*Your regular gift could give loved ones,  
young adults and professionals vital  
bereavement support*

### Advice and Resources

Talking about death is difficult, and we're here to respond to the emails and calls that arise during a terminal diagnosis or after a sudden loss. Parents and carers often seek guidance on how to share distressing news with children and how to support them through the questions and emotions that follow.

We also support professionals in schools, colleges, and universities who are caring for bereaved students. Our aim is to create a strong, reliable network of support for everyone navigating grief.

## Your regular gift can help a child rebuild their world

All of our support is provided to children, young people and their families free of charge. But, training our Grief Support Workers and enabling them to travel and deliver their life changing sessions costs money.

With regular, predictable income, Balloons can one day be there for every child who needs us. Your kind decision to set up a regular gift today could help us reach more children each year. Here's a few ways your regular gift could be used...

**£6** could pay for a Memory Box for a child like Martha to fill with treasured memories of the loved one they have lost.



**£12** could pay for the materials and books needed to support a child to work creatively to process their grief in a session with a Grief Support Worker.

**£48** is enough to cover the cost of travel around Exeter, East and Mid Devon for a volunteer Grief Support Worker to provide vital support for a child.



*Please, if you can, set up your regular gift today  
- and help a child rebuild their world.*

*Please, if you can,  
set up your regular  
gift today to make a  
lasting difference.*

Scan the QR code below or go to  
[www.balloonscharity.co.uk/  
make-a-donation/](http://www.balloonscharity.co.uk/make-a-donation/)

Choose 'Make a Donation'  
to set up a monthly gift by  
Direct Debit or using your  
debit or credit card.



If you need any help with setting up a  
regular gift, or want to talk to us first,  
please contact  
[fundraising@balloonscharity.co.uk](mailto:fundraising@balloonscharity.co.uk)  
or call 01392 982570

*Thank you*



“

*If I could speak to 13-year-old me, I'd tell her it's ok to talk to someone. To feel what you're feeling. There's no reason to be scared or guarded, there are people who really want to help you. You don't need to do this alone – and although things will never be the same, Balloons is a safe space you can go to start to make things better.*”

Flo

*Thank you*

*your support means we  
can reach more children  
and young people when  
they need us most.*

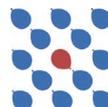
For more stories of how your  
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**01392 982 570**

[fundraising@balloonscharity.co.uk](mailto:fundraising@balloonscharity.co.uk)

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**Balloons**

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and young people