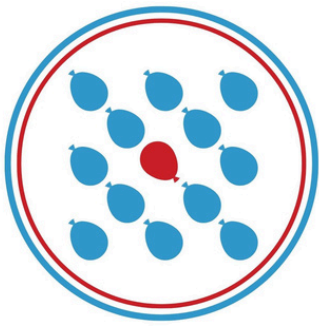




Balloons

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



20 years of making a difference Bella's story...



This month, we were delighted to win a highly commended at the BBC Make A Difference Awards in Devon.

Bella and her mum Charlotte were interviewed as part of the awards, about their experience of working with Balloons following the death of Bella's beloved grandad.

Reflecting on her experience, Bella recalled how the support helped her realise that grief is something many people experience, that difficult emotions are normal, and that talking about feelings can make a real difference.

For Bella's mum, Charlotte, the support offered by Balloons extended beyond the sessions themselves. She really valued having a caring, independent person to talk to during a difficult time, and highlights how everyone's grief journey is unique.

We are incredibly grateful to Bella and Charlotte for sharing their experiences and helping raise awareness of the impact bereavement can have on children and families. Listen to Bella and her Mum on BBC Radio Devon here: [Bella's interview](#)



If you would like to see Bella's wonderful book that she talks about in the interview, please have a look on our website: [Bella's book](#)

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