

CONTACT US

Bereaved children and young people aged 5 to 25 can be referred to us for support by partner agencies and by parents and carers. Young people over the age of 18 can get in touch with us directly to refer themselves.

Please always ring us first so that we can discuss the referral together and answer any questions that you have.

Our telephone number is **01392 826064**. We are not always able to answer immediately, but if you leave a message we will get back to you as quickly as we can.

Our address:

Basepoint Business Centre
Yeoford Way, Marsh Barton
Exeter EX2 8LB

You can also contact the staff team via **email**:

Sara Bennett – CEO

✉ sarabennett@balloonscharity.co.uk

Jo Overton Pitts – Office Systems & Events Manager

✉ admin@balloonscharity.co.uk

Liz Cook – Volunteer Coordinator & Supervisor

✉ lizcook@balloonscharity.co.uk

Donna James – GSW & Agency Trainer

✉ donnajames@balloonscharity.co.uk

BEREAVED CHILDREN & YOUNG PEOPLE OFTEN SAY

“

When will I feel better?

Why did my Mum have to die?

Where has my Dad gone?

I didn't get to say goodbye

I feel really angry

I just feel lonely

Am I to blame?

Will I get sick and die?

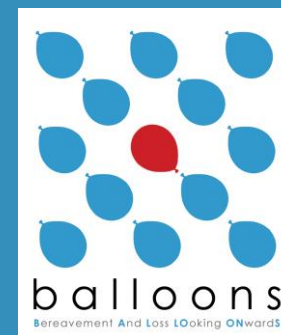
I feel anxious all the time

I'm worried I will forget her

Since Gran died I can't sleep

I just don't feel good about myself anymore

”



Bereavement and Loss Looking Onwards



Pre- and Post-Bereavement Support for
Children, Young People and their
Families in Exeter, Mid and East Devon

Professional Training provider in
Childhood Grief

www.balloonscharity.co.uk



BalloonsCharityDevon



@fund4balloons

Registered incorporated charity number 1158666

WHAT DO WE DO?

- 1 in 29 school children will be bereaved of a parent or sibling – that's one child in every class
- 92% of young people will experience a significant bereavement before the age of 16 years

Balloons provides grief support to children, young people and their families before an expected death, or following the death, of someone significant in their lives. Our aim is to provide comfort, support, guidance and information.

We provide a free 1:1 support service to bereaved children and young people aged 5 – 25.

Our work is carried out by a professional, multi-skilled team of staff and trained volunteers.

After receiving 1:1 support, children and young people can go on to take part in our free activity days, where they meet others in similar situations to them.

WHAT SERVICES DO WE PROVIDE?

- 1:1 grief support for children and young people
- Childhood grief training for organisations working with children and young people
- Pre- and post-bereavement support for families via telephone and email
- Support and advice for professionals and agencies working with bereaved families via telephone and email
- Free activities and events for bereaved children and young people and their families after completion of 1:1 support
- Presentations about our work to local groups

HOW DO WE HELP?

Our vision is that bereaved children and young people should always have somewhere to turn when someone significant in their lives has died.



About 1800 children and young people living in Exeter, Mid & East Devon are experiencing the death of someone close to them at any one time.

Our social objectives are:

- ✓ That death is talked about more openly and the taboo around death is lessened
- ✓ That grieving is seen as a natural process which is part of the human condition
- ✓ That the grief experienced by bereaved children and young people is honoured and respected, and families and communities are better able to support them
- ✓ That bereaved children and young people are more resilient and have enhanced coping strategies



We rely entirely on donations and grants and always welcome fundraising initiatives in the community to support us.

By providing these services, we help to mitigate against the negative outcomes that can be disproportionately experienced by bereaved children and young people.

- At GCSE, bereaved pupils underachieve significantly in comparison to the national average
- Unprocessed and unsupported grief increases the risk of mental health problems and depression
- The incidence of childhood bereavement in youth offenders is up to 10 times higher (41%) than the national average (4%)