

## CONTACT US

We accept referrals from children, young people and their families, as well as statutory and voluntary organisations.

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Who made my mum ill?  
Why did my baby sister die?  
Where has my dad gone? Am I to  
blame? What happens to  
dead people? Will I ever  
see them again? No one  
listens to me.

[www.balloons-devon.org.uk](http://www.balloons-devon.org.uk)

Working with pre- and  
post-bereaved children,  
young people and their families  
in Exeter, Mid and East Devon.



# WHAT DO WE DO?

**balloons** is a charity that provides support for children, young people and their families, before an expected death, or following the death, of someone significant in their lives.

Our aim is to inform, guide and support them while they manage the impact of that death.

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

We are a free service and we rely entirely on donations and grants.

When will I feel better? How can I say goodbye? I feel like I'm the only person this has happened to. I am afraid I will forget them.



# ARE WE NEEDED?

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

**balloons** can help and will take account of the emotional, spiritual, social, psychological and physical needs of the families and young people they support.

## Children's responses to grief may include:

- Immature behaviour
- Self-destructive behaviour
- Nightmares and disrupted sleep
- Fears of being alone
- Withdrawal from people and activities
- Feelings of confusion / anger / sadness/ depression
- Lack of energy.

## Adult responses to children's grief may include:

- "I just don't know what to say to them."
- "I'm grieving as well."
- "They are too young to understand."
- "It's my job to protect them from the truth."

# SERVICES

- A dedicated phone line and referral service
- Pre- and post-bereavement support and advice for families
- Support and advice for professionals and agencies working with bereaved families
- Training for volunteers
- Training for organisations working with children and young people
- Home visits and group activities
- Loan of resources to families and professionals
- Talks about our service to local groups.

Will I get sick and die? What does alive mean? Why did she leave me? What is the point in living? How can I say my own goodbye?

