

why...

we hear you

Providing emotional support to patients, families, friends and carers who have been touched by cancer or other life threatening conditions.

Fundraising for us



When you ask **why...** we hear you.

we hear you

01373 455 255 wehearyou.org.uk



We Hear You



@WHYwehearyou



About **why...**

At **We Hear You** we understand that cancer and life threatening conditions can be overwhelming. They can leave people feeling numb, isolated and terrified and can seem too big to cope with. We provide a safe space where people can say the unsayable and ask the unanswerable.

When you ask **why...** we hear you.

We Hear You works across Bath and North East Somerset, Somerset and Wiltshire providing emotional support to patients, families, friends and carers who have been touched by cancer or any other life threatening condition. We work with children, young people and adults. Many of the people who use our service describe it as a lifeline.

'My husband got all the support and I just continued to hold on to my feelings which was hard. Being heard without anyone judging me made me stronger and I was able to walk taller.'

From a client who cared for her husband for 12 years.

Organise an event for us

Get inspired

Dawn

'I was invited to attend a coffee morning for We Hear You. I knew I couldn't be there but I felt compelled to play a part. That evening I thought wow - I work with 12 men who love cakes and buy from a van outside a lot! So I printed off a poster, did three days of baking and we raised lots! It was great fun with a very happy workforce at the end of it.'



Nic



'My sister, my mum and I threw a coffee morning for WHY recently. Why? We are lucky to have a local charity who

do so much to support people locally. And let's face it, who doesn't like to eat cake? As well as selling coffee and tea we had LOADS of cake for sale for people to take home. We had homemade jams for sale, raffle prizes and other games. We even cut flowers from the garden and sold posies!'

Leona
(Marston Foods)

'Last year we chose WHY as one of our charities of the year and have so far raised money by throwing ourselves out of planes, taking part in marathons, cycle rides and assault course challenges, plus WI talks, bingo nights and quiz nights. It has been - really good team building for us and a great way to feel that we are giving something back.'

Hannah

'Myself and Carly wanted to use talents as burlesque performers to help raise funds for this exceptional charity, having both lost loved ones to cancer. The event itself was amazing and the generosity of the town overwhelming. It was great to have someone from the fundraising team at WHY there too, supporting our event.'

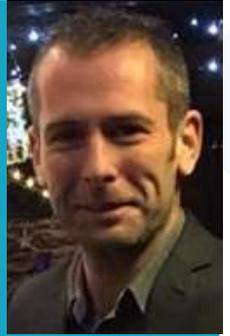
Lisa

'If I do a quiz night I usually have a bottle raffle as everyone has a spare bottle in their cupboards. Quiz nights can seem like a lot to organise but they are the best way to raise larger amounts. You can get quiz questions off the internet and once you find a hall (lots of scout huts hire for little money) you just need someone to ask the questions and count the scores - again my friends, family and work colleagues want a fun night out and are happy to contribute as it's a fantastic cause.'

I have asked my local fish and chip shop to deliver food on the evening which I have pre-ordered and added into the cost per person to take part.'

Graeme

'Every third Thursday of the month The White Hart does a quiz to raise money. There is also a cash prize for the winning team! We find this a great way to not only raise money for charity but to meet new people. We occasionally do a charity bingo night which is great fun for all and always packs the place out and creates a fun, joyous atmosphere.'





A-Z list of events

- Abseil
- Afternoon tea
- Auction
- Barn dance
- Birthday presents
- Book sale
- Cake sale
- Car wash
- Cabaret or comedy night
- Darts tournament
- Dinner party
- Duck race
- Easter egg hunt
- Expeditions
- Fancy dress at work/school
- Flash mob
- Film evening
- Garden party
- Golf day
- Halloween party
- Head shave
- It's a knockout
- Iron for your friends
- Jailbreak
- Jumble sale
- Karaoke night
- Knitting
- Ladies evening
- Mini Olympics
- Mufti day
- Nearly new sale
- Odd-job challenge
- Open gardens
- Plant sale
- Penalty shoot out
- Quiz night
- Race night
- Raffle
- Ramble
- Swimathon
- Skydiving
- Sponsored silence
- Talent competition
- Treasure hunt
- Underwear party
- Vehicle rally
- Walks
- Waxing
- Wine tasting
- Xmas fayre
- Xmas card donations
- Yoga marathon
- Zodiac evening
- Zumbathon





Challenge yourself

Signing up to take part in one of our challenge events might be the best thing you ever do. The buzz you get on completing your challenge is like no other and you are likely to make friends along the way.

To find details of our challenge events go to www.wehearyou.org.uk/events or if you have found your own please let us know you are taking part by emailing fundraising@wehearyou.org.uk.

Dot and Karl

'I persuaded Karl to come with me to China to walk the Great Wall to fundraise for We Hear You. As the date of our departure grew nearer, I realised I must have been a loon. I now have the desire to do as many challenges as I can possibly do before age defies me. I have met people who will become friends for life and people who I found inspirational. But the challenges I faced on this trek are nothing compared to the challenges people with serious illness face every day. My admiration is for these people. To everyone who supported us during our fundraising year, we thank you from the bottom of our hearts.'

Tanya

'Skydiving for We Hear You was definitely the highlight of last year. I was astounded by everyone's support and donations, felt a great sense of achievement and forged lovely new friendships with some of the people I jumped with that day!'

Emily

'As a family we have done a number of things to fundraise: some have been challenging, some pleasurable, some outright terrifying! I have run several half marathons and a marathon. Last year I completed a 100-mile cycle ride even though a few months before I couldn't ride a bike. At 10 years old my daughter had 10 inches of her hair cut off and raised just over £1,000. We've had cake sales and clothes swaps and my eldest daughter has done a skydive.'

We think that the best way to raise money is to do things that give you joy, challenge you and help you make wonderful memories.'

Julie

'I ran the Bath Half Marathon for We Hear You as everybody's lives have been touched by cancer and it's a local charity that is well known for its good work. The atmosphere on the day was amazing and I really enjoyed it. Crossing the finish line was a real achievement, knowing I was raising money for such a good cause. My advice to anyone is don't be scared just do it.'

Arthur

'Arthur completed the 5km Monster Race on a very cold wet day. Arthur felt really happy that he managed to do the race and in his words "it was really awesome". Arthur decided to do it in aid of WHY after his great grandmother died in February. He hopes that people who are sad because someone they love has died will have someone to talk to about it. We think Arthur is amazing!'



Fundraising made simple

Once you have decided how you want to fundraise for **We Hear You**, we want to make sure you have the support and resources you need.

Follow our four easy steps to help make sure your fundraising event is a success

1 Sponsorship

Set up an online fundraising page, either for sponsorship or donations for your event. It's quick and easy to share through social media.

Set up a text-to-give code. This will give you a unique code people can use to donate to your cause by text message. Text the code to your contact list on the day of your event.

Use a paper sponsor form. We can provide these for you and they can be distributed through your workplace, your local pub or gym.

Prompt people to add Gift Aid to your online page or by adding their donation to a sponsorship form. You can get Gift Aid declaration forms from the team at **We Hear You**. Gift Aid allows us to claim an extra 25p for every £1 you raise.

2 Spread the word

People need to know what you're doing, so tell the world.

Use social media to share with people, create an event page and update people with your progress.

Use the local media to promote your event. Get in touch with the local newspaper or try to get local radio or television interested in your event. Invite them along on the day if appropriate and don't forget to ask if they can send a photographer along.

Tell your family, friends, colleagues and email contacts. Use local noticeboards, newsletters or internal websites. People will be keen to hear your news and follow your progress.

Don't forget to say thank you and update people on how much you have raised.

Tip

'Set up some healthy competition in the workplace – baking, growing something, or an inter-office sports day have all helped raise money and added some fun to our day.'

Tip

'I asked my contacts and local businesses to donate something to a raffle. Adding a raffle to the event really boosted the total on the night.'

3 Keep it safe and legal

Think your fundraising through and stay safe. Some types of events, such as raffles or public collections may need special permissions or licences.

Keep cash safe and secure. We recommend that it is counted and checked by two people.

For more information on safety guidelines and keeping your event legal contact one of the team or check out our website.

Tip

'Fundraising can seem a bit daunting but I have found asking friends and family to help really works.'

Tip

'Don't forget to ask if your employer offers a match funding scheme at your place of work. Lots of places will match each £1 you raise.'

4 Paying in your money

We have a number of ways in which you can pay in the money you have raised. All donations made through online fundraising pages will be paid directly to us, along with any Gift Aid.

Give us a call on 01373 455255 or email fundraising@wehearyou.org.uk to chat to the team about how much you have raised and the best way to make a payment. It's also a great opportunity for us to thank you for all your hard work.

Get in touch

We are here to help you fundraise every step of the way. Get in touch with the team at fundraising@wehearyou.org.uk or call the office on 01373 455255 to discuss your fundraising ideas and how we can help.



THANK YOU

The money you raise can make a huge difference to the lives of people living with cancer or another life threatening condition.

Your donations go a long way at We Hear You and we are grateful for your support.

'Once you can talk to someone it's like a massive burden has been lifted. I don't think it necessarily heals it but I think you start to learn how to live with it.'

'The main thing was to just have someone there to listen to me. It was great to have somewhere to escape to from the hospital to go and talk about what was going on.'

Resources

Whether you need t-shirts, running vests, collection tins or banners, we can provide you with a set of resources to add some sparkle to your event. We can send you our logo to add to promotional items and we have a blank poster template that you can download.

We also have a wide variety of merchandise you can buy to wear on the day or to sell at your event such as hoodies, bags and t-shirts.

Cover photograph:
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**Cancer
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