

Help us to make a difference

There are so many fun and exciting ways to support We Hear You.

Make a donation

Make a personal regular or one-off donation or set up a dedicated fund in memory of a loved one.

To donate please visit wehearyou.org.uk

Challenge yourself to an event

Whether you want to run a marathon, climb Kilimanjaro, cycle from London to Paris or sky dive we can help you do something amazing that you will never forget, whilst raising money for those who need our support.

Organise an event for us

Throw a coffee morning, have a tea party with friends or coordinate a bucket collection. Have a fancy dress day at work, a car boot sale or organise a clothes swap.

Volunteer for us

Volunteers provide us with essential support. There are many ways in which you can volunteer and use your skills to help us reach more people.

Corporate giving

There are many ways local businesses can support our work, take us on as charity of the year, encourage your employees to donate through payroll giving, organise a fundraising event or donate goods and services.

Support us through your school

Schools are a great place to raise money for a cause you care about, whether it be through a dress down day, cake sales or sponsored events.

For more ideas contact the fundraising team at fundraising@wehearyou.org.uk

t: 01373 455 255

wehearyou.org.uk

We Hear You works across Bath and North East Somerset, Somerset and Wiltshire providing emotional support to anyone who has been touched by cancer or any other life threatening condition in a variety of locations.

Why...

First Floor
Frome Town Hall
Christchurch Street West
Frome, Somerset
BA11 1EB

e: info@wehearyou.org.uk
t: 01373 455 255

 facebook.com/whywehearyou

 [@whywehearyou](https://twitter.com/whywehearyou)

 [@why_wehearyou](https://www.instagram.com/why_wehearyou)

wehearyou.org.uk

Registered charity number 1156001



t: 01373 455 255

wehearyou.org.uk

25th Anniversary
why...

we hear you

Registered
Charity No. 1156001

With you for the long run



"My husband got all the support, I just continued to hold onto all my feelings and tried to carry on with my life, which was hard."

For further information,
call 01373 455 255 or visit
wehearyou.org.uk

At We Hear You we understand that cancer and life threatening conditions can be overwhelming. Your situation can leave you feeling numb, isolated and terrified and can seem too big to cope with.

At **We Hear You** 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 in a variety of locations.

why... is it often so hard to find your way or to make sense of the situation you find yourself in? **why...** are there so many unanswered questions?

It's OK to ask **why...** serious illness can have a profound and far reaching impact on your life. Whether it's you, your partner, a family member or a friend who is affected, it can trigger painful and distressing feelings. **We Hear You** supports by providing free, professional counselling to help you cope with the challenges you are facing.

'Being heard without anyone judging me made me stronger and I was able to walk taller. I stopped worrying about what everyone else needed. It was really important.'

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

why... when a diagnosis or bereavement of someone close to us; a parent, sibling, close relative or friend occurs children and young people feel confused, angry or frightened.

why... because children often find it difficult to express how they feel. This can have dramatic and long term effects on behaviour at home and at school.

Young people of all ages can benefit from having a safe, supportive environment in which they can explore and express their feelings. Play therapy can be particularly helpful in enabling younger children to work through difficult emotions.

Our therapists work with children and young people to help them to find ways of moving forward. We also offer support and advice to parents/carers.