

We need your help.

Here's **why...**

It costs more than £6,000 every single week to provide our services. Here's how you can help.



Make a one-off or regular donation
wehearyou.org.uk/donate



Take on a challenge
wehearyou.org.uk/events/



Host an event
wehearyou.org.uk/fundraising



Fundraise at work or school
wehearyou.org.uk/fundraising



Share your story
wehearyou.org.uk/experiences



Join our volunteer team
wehearyou.org.uk/volunteering

fundraising@wehearyou.org.uk

We Hear You works across Bath and North East Somerset, Somerset, Swindon and Wiltshire, providing free emotional support for children and adults affected or bereaved by cancer or any life-threatening condition.

We Hear You (WHY)
14-15 North Parade
Frome
BA11 1AU

info@wehearyou.org.uk
01373 455255



[whywehearyou](https://www.facebook.com/whywehearyou)



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



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



[We Hear You \(WHY\)](https://www.linkedin.com/company/we-hear-you)



[@wehearyoucharity](https://www.tiktok.com/@wehearyoucharity)

wehearyou.org.uk

Registered charity 1156001



why...
we hear you



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For further information, call
01373 455255 or email
info@wehearyou.org.uk

At We Hear You (WHY) we understand that the emotional impact of cancer or a life-threatening condition can be just as significant as the physical effects. And we know the emotional impact on family members, friends and carers is enormous too.

WHY's experienced, specialist counsellors provide a safe space to work through difficult emotions - a space where you can say the unsayable, and ask the unanswerable.

why... is here

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It's okay to ask why...

A life-threatening condition 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, and raise many questions.

why... is free

We Hear You provide free, professional counselling that can help you cope with the challenges you are facing.

'In the course of a few months I had a cancer diagnosis, surgery and a bereavement of my elderly mother. I had no time to process my cancer surgery before the bereavement. My sessions helped me to face what had happened and come to terms with both my surgery and my grief. At first talking was hard, but I was gradually able to open up about my feelings.'

Children and young people

Children and young people can find it difficult to express how they feel when they, or someone close to them, has a life-threatening diagnosis, or has died. This can have long-term effects on behaviour at home and at school.

Young people of all ages can benefit from a safe, supportive environment in which they can explore and express their feelings. Play-based therapy can be particularly helpful with younger children. And our counsellors also offer support and advice to parents/carers.

'The counselling helped me a lot. It felt good to do it. I kind of feel like a new person. I used to get quite stressed out and worry a lot; now I find it easier to deal with difficult situations.'

when you ask **why...** we hear you