

Help us to make a difference

It costs more than £5,000 a week to provide our service and we receive no central government funding. Could you help us do it?



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Share your story with us:
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 and Wiltshire, providing emotional support for children and adults affected by cancer or any life threatening condition.

We Hear You (WHY)
First Floor
Frome Town Hall
Christchurch Street West
Frome BA11 1EB

info@wehearyou.org.uk
01373 455255



whywehearyou



@whywehearyou



@why_wehearyou



We Hear You (WHY)

wehearyou.org.uk

Registered charity 1156001



why...

we hear you

**Cancer
Counselling**



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

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At We Hear You 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.

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

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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...** 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. We Hear You provide free, professional counselling to 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 often 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 in enabling younger children to work through difficult emotions. Our counsellors also offer support and advice to parents/carers.

'I felt 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, I now find it a lot easier to deal with difficult situations.'