

Charities *checklist*

These organisations provide year-round support for those who need it the most. Whether it's improving the lives of humans or animals, Christmas is a time for giving. Please lend your generous support to one or more of these charities.

Will you leave the gift of a Marie Curie Nurse like Lynne or Bindi in your Will?



IF YOU'VE LOST A LOVED ONE to a terminal illness, you know how important it is for people to spend their last days at home, surrounded by the people they love. That's why a gift left to Marie Curie in your Will, is a gift given with love.

Marie Curie offers free nursing care to people with all terminal illnesses across the UK, as well as support for family and friends. Marie Curie's

nurses generally provide one-to-one nursing care and support overnight in your home, usually for eight or nine hours. In some areas, they also offer care for a shorter period of time, or during the evening or daytime, as well as care at very short notice in a crisis.

Nurse Lynne says: *"I have been a Marie Curie Nurse for 13 years. There have been some sad moments, of course, but lots of laughter too. I've met so many wonderful characters.*

I always remember one gentleman I cared for. His wife didn't want to leave his bedside for a moment but she was completely exhausted. I took

over her husband's care and spoke to her gently to help ease her fears.

Before I left, she turned to me to say, "His last wish is to stay at home and I was scared I couldn't cope. Then you arrived. You gave me strength and you gave him peace. I can't thank you enough."

Marie Curie provides nursing care in partnership with the NHS. They work in most parts of the UK, but the exact service they provide in each area varies according to what support the local NHS trust has decided it needs from Marie Curie.

You can find out more about the care and support we offer in your area, and how to get a Marie Curie



Nurse, by talking to your district nurse or GP. With the UK's ageing population, gifts left in people's Wills could help nurses like me to be there to care for everyone who needs us, far into the future.

Please call 0800 716 146 or search Marie Curie Gifts in Wills to get your free guide.



Marie Curie
palliative, neurological and bereavement support

We are there for you when it matters

AT SUE RYDER WE SUPPORT PEOPLE through the most difficult time of their lives. Our research has found that only one-third of people aged over 55 have spoken to their loved ones about what they want when they die and just 3% have made an advance care plan. Whether you need help starting the conversation with those close to you, or advice on considering your final wishes and preparing for your final days, you'll find all the answers to your questions in our *A Better Death Guide*.

Visit sueryder.org or call 0207 554 5985 for your free copy.



Sue Ryder
palliative, neurological and bereavement support

Give the gift of sight through your Will

BY LEAVING A GIFT in your Will to Orbis you could help save the sight of thousands of people every year. You can support medical volunteers, including the UK's leading eye surgeons, to train local eye care teams in Africa, Asia and Latin America on board the Orbis Flying Eye Hospital, a state-of-the-art ophthalmic teaching hospital on board a customised aircraft.

Our Flying Eye Hospital has visited over 80 countries in the past 37 years. In the next 12 months it is visiting countries such as Ghana, Zambia and Myanmar to give the gift of sight.

After taking care of your loved ones, even a small amount can make a huge impact. A gift in your Will is an amazing way to help blind



and visually impaired people in the developing world to see again.

As well as supporting training on board the Flying Eye Hospital, you will help to train local eye health teams on the ground and treat adults and children in desperate need of eye surgery.

To find out how you can leave a legacy that gives the gift of sight, please call 020 7608 7257 or visit orbis.org.uk/Checklist01 for more information.



Orbis UK (Orbis Charitable Trust) is an affiliate of Orbis International – registered charity number 1061352, company number 3303689

Will you remember the horses at Redwings Horse Sanctuary?

REDWINGS HORSE SANCTUARY BELIEVES THAT every horse, pony, donkey and mule has the right to a happy and healthy life, free of fear and neglect.

Redwings, a registered charity, rescues neglected and abandoned horses and donkeys from all over the country, giving them a safe place to live and providing essential veterinary treatment, rehabilitation and care for the rest of their lives. The charity currently provides daily care for over 1,500 rescued residents, with 700 more living out in happy guardian homes around the UK.

Redwings is 100% funded by public donations and every donation helps the charity provide for horses in need. In addition to giving every



rescued horse the opportunity for lifelong sanctuary care or a home with a loving family, Redwings also has visitor centres in Norfolk, Essex, Warwickshire and Scotland, where visitors have the chance to meet some of its rescued horses and donkeys, hear their stories and find out more about the importance of good equine care and welfare. All are free to enter and open every weekend throughout the year.

Gifts in Wills make up the largest proportion of Redwings' income and help the charity plan for the future. Remembering Redwings in your Will is a wonderful way to support its work and leave a lasting legacy that will help them to help horses and donkeys for generations to come.



To remember Redwings in your Will, email legacies@redwings.co.uk or call 01508 481030.

A gift in your will can make a difference

WHEN (MAJOR) BERNIE BROAD was blown up in an IED explosion in Afghanistan in 2009 he was left with life-changing physical injuries. Bernie spent the next few years being treated at the Defence Medical Rehabilitation Centre, where he spent up to six weeks at a time. He and his wife stayed at SSAFA's Norton House, a home-from-home for injured

serving personnel and their families.

Bernie explains. *"The SSAFA staff are just so friendly, they don't see you as an injury or a problem. As the accommodation is free, my wife and family could stay nearby, so they could support me during my recovery. For me, SSAFA's Norton House became my home."*

Some gifts have the power to change lives long after they've been given.

Have your Will written for free, and leave a life-changing legacy

IT'S SO IMPORTANT TO HAVE an up-to-date Will. It's the only way to ensure your wishes are carried out, and can help make things a little easier for your family and friends at a difficult time. As well as ensuring the security of your loved ones, your Will could also make a huge and life-changing difference to millions of people living with and affected by diabetes.

Diabetes UK offer a free Will-writing service. We'll provide you with a list of solicitors who'll help you write or update your Will and, as part of this process, we ask you to consider leaving a gift to help support our work.

Gifts in Wills fund a significant proportion of our vital work. We've invested millions into diabetes research over the last decade alone, thanks to your donations. With your help, we're getting closer to a cure. Your gift will help us continue to change lives by improving diabetes care, preventing Type 2 diabetes, and funding ground-breaking research into finding a cure.



There is, of course, no obligation to leave a gift to us if you use our service; we understand that loved ones must always come first. But if you do decide to include a gift to us, you'll be leaving a life-changing legacy for future generations.

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

If you're looking for peace of mind, simply get in touch with Diabetes UK at diabetes.org.uk/free-will or call 020 7424 1853.

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136).



Write your Will for free and help provide the guide dogs of the future



YOU NEVER FORGET THE DOGS

you've loved and the precious bond you shared. By writing or updating your Will for free, you can help create that bond for someone who truly needs it. For somebody living with sight loss, the relationship with their guide dog is not only precious but life-changing. Guide dog owner Sally explains: *"With my guide dog Yoko by my side, I can do everything myself. Yoko makes me feel safe and has given me the confidence to walk with my head held high."*

By creating these powerful guide dog partnerships, we can provide a future where every person with sight loss has the confidence and support to live their lives to the full.

You can help us achieve this by leaving Guide Dogs a gift in your Will.

To find out how to write your Will for free, please call 0800 694 0700 or visit guidedogs.org.uk/checklist

Conservation and hope for our planet

A ROCHA IS A NETWORK engaging communities in nature conservation. We work in the UK and 20 other countries across six continents.

Together we protect forests, coasts, wetlands and wildlife by working with local people who depend, as we all do, on healthy ecosystems. We are responding to the environmental crisis with practical projects that make a difference; our message is grounded in the biblical message of hope. Whether it's studying the behaviour and habits of tigers in India or boosting hedgehog populations in the UK, careful science underpins all our projects. Our environmental education programmes encourage an appreciation of nature among people of all ages and of any faith or none, as we work together for the health of our shared home.



Will you join in? Find out more on our website below or please make a donation to support our work at arocha.org/donate



Your legacy is our heroes' future

AT HELP FOR HEROES we believe those who serve our country deserve support when they're wounded. We help veterans and serving members of the British Armed Forces who are suffering from physical or psychological illness to recover and get on with their lives by offering physical, psychological, career, financial and welfare support when they need it. We also support their families.

Gifts in Wills fund a third of our work, providing life-changing recovery services and support to thousands of people across the UK. Veterans like Bob McNab, who began suffering from Post Traumatic Stress Disorder (PTSD) after deployment to Northern Ireland in the 1970s.

Discharged from the Army in 1982 because of his illness, Bob was scared to ask for help. As his life spiralled out of control he shut himself away and turned to alcohol to mask his pain. It wasn't until 2015 that Bob felt able to call us and take the first step on his road to recovery. Now he and his wife, Lesley, are rebuilding their lives.

"Without Help for Heroes I wouldn't be here. I'd have been in the gutter for a while and then

probably a grave. I wouldn't be with my wife, that's for sure. The charity and their supporters have given me my life back.

"My PTSD was triggered over 20 years ago and there will be lads in more than 20 years' time who'll need help. Knowing people want to leave a legacy to help us makes me feel humble and grateful."

If you are a UK taxpayer you can give a 25% extra through Gift Aid. Gift Aid takes the tax relief you would have received on your donation and gives it directly to the Charity without any additional cost to yourself. That means for every £1 you give to us, we receive an extra 25p from HM Revenue and Customs.

For Payroll Giving, donations are taken before tax so the money which would have gone to HMRC comes to Help for Heroes instead.

Choose how you want to support. Be part of the Force for Good.

To learn more about the difference you could make to wounded heroes by leaving a gift to Help for Heroes in your Will, visit h4hweb.com/leavealegacy or call 01725 514965. Every legacy can change a life.



SUPPORT FOR OUR WOUNDED

spinal research

Registered with FUNDRAISING REGULATOR

For more information about leaving a gift in your Will please contact spinalresearch.org/legacy or call 020 7653 8935.

Registered Charity in England and Wales (1151015).



way to give hope to people like Bel, and her family, for the future. With everyone's help we believe paralysis can be beaten.



A gift in your will could give veterans like Bernie, and his family, comfort and hope for the future. Request your free legacy pack today. Contact the legacy team at: ssafa.org.uk/legacypack or call 020 7463 9257.

ssafa the Armed Forces charity