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## How your legacy will make a real difference.

Your legacy will help us plan for the future and ensure that our life-changing work with carers continues for years to come. Any amount, large or small, will make a real and lasting difference to the people who rely on our support.

There are 7 million reasons to care, make carers count by leaving a gift in your will, it could help fund:

**£1,000** could assist in providing breaks or short holidays for five carers aimed at combating their stress and isolation.

**£5,000** could help provide 25 carers with vital equipment to support them in their caring role, e.g. washing machines to cope with the extra laundry or specialist play equipment for a child with disabilities.

**£10,000** could send 100 young carers on a weekend respite break to enjoy much-needed time off from their caring role.

**£25,000** could help expand our websites which provide 24-hour advice, information and support to carers of all ages, many of whom feel isolated in their caring role.

**£70,000** could be used to develop carers' services for a region of carer support providers by offering training, advocacy and specialist services. It would also allow us to work with local providers and social services so that more carers can access advice, information and support locally.

## Josh's story

**Josh\*, 11, cares for his mum, Esther\* a former nurse, whose spine was fractured in a tragic accident at work.**

Josh, 11, is one of an estimated 700,000 young carers in the UK. He has been caring for his mum, Esther, a nurse whose spine was fractured in a tragic accident at work.

Their lives were completely changed in a single moment and Josh now provides care for his mum, including helping her to bathe and use the toilet.

Despite Josh's desire to help his mum, fulfilling this role has had a significant impact on his wellbeing and education, and may well have affected his future.

Fortunately, Josh's teacher, made aware of young carers' issues

through our Schools Resource Pack, was able to put Josh in touch with a local young carers service. Although Josh still cares for his mum every day, he now has a chance to put his worries aside.

He especially loves the opportunity to play cricket with other young carers, made possible after we awarded him a grant for equipment.

And knowing he can have fun with other young people who understand what he is going through helps him to cope better with the cruel taunts he gets at school from those who aren't very understanding about his situation.

■ Around 2 million people move in and out of caring situations each year.

■ 3 in 5 people will care for someone at some point in their lives.



\*Please note identities have been changed in the interest of privacy.

**For more information please contact our Legacy Team by:**

email at [legacy@carers.org](mailto:legacy@carers.org) visit our website [www.carers.org/legacy](http://www.carers.org/legacy) or call **0844 800 4361**

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870).



## A guide to doing something extraordinary.

## Leaving a legacy in your Will.



# Ordinary people. Extraordinary lives.



## Leaving a legacy – an extraordinary gift to help ordinary people.

### Help us give carers a brighter future

Carers Trust provides support, information, advice and services for the millions of people caring at home for someone they love. With carers' needs, choices and voices at the heart of everything we do, we work to ensure that the enormous contribution they make to society and to the people they care for is fully recognised, valued and appreciated.

### Who is a carer?

A carer is an ordinary person doing something extraordinary. Each day they put aside their life to help someone unable to manage on their own.

### Caring is not a 9-5 job

It's often a full time job – with no pay, no holidays and no days off. In the UK today there are seven million carers, over one tenth of the population. It's estimated 700,000 of these are young carers.

### Caring is not a lifestyle choice

Becoming a carer can happen to any one of us, at any time. It may be due to physical or mental illness, frailty or disability. In far too many cases, the all-consuming strain of caring leads to severe isolation, ill-health, depression and poverty.

### How we support carers

#### Network Partners

By working with over 200 Network Partners, we offer financial advice, invaluable information, practical support and training. To find your local services visit [www.carers.org/carers-services/find-your-local-service](http://www.carers.org/carers-services/find-your-local-service)

#### Emotional support

Discussion groups at our Carers' Centres and Schemes, and our online forums allow carers to find out about help available and share advice.

#### A voice for carers

We campaign and influence national, regional and local policy for carers. We have significantly raised the profile of carers and highlighted that they need more help and recognition.

#### Grants for carers

We offer financial aid for educational training, hardship relief and carers' breaks.

#### Respite care

From a few precious hours to short holidays, we enable fully trained care workers to take over carers' caring responsibilities and give them a break.

### What is a legacy?

A legacy is a special gift left in your Will which is a crucial source of our funding and plays a significant role in giving carers a brighter future. In addition, because it is a gift to charity, it is exempt from tax, so may reduce the amount of inheritance tax for which your estate is liable.

Writing a Will is essential to enable you to provide for the people and causes you care about. We understand that your loved ones come first. All we ask, is that once you are happy that you have taken care of your family, you consider our work and the vital support it offers to the UK's seven million carers.

### Different kinds of legacies

■ **Pecuniary donation** – a gift of a fixed amount is called a pecuniary donation. It can be index-linked to safeguard its future value against inflation.

■ **Specific donation** – a particular item to be used or sold by Carers Trust, such as shares or artwork.

■ **Residual donation** – once your loved ones have been taken care of, and other bills paid, you can choose to leave all or a share of what is left of your estate.

■ There are over 7 million carers in the UK.

■ The unpaid support that carers provide saves our economy £119 billion each year, that's almost as much as the entire NHS budget.



## Making your Will.



Making a Will is one of the most important things you will ever do. It's the only way to be sure that your loved ones will benefit in accordance with your wishes. It's also far less complicated than you might think. Although it is possible to write a Will by yourself, it is advisable to use either a solicitor specialising in estate and probate law, or a professional Will writing service, as there are various legal formalities you need to follow to make sure that your Will is valid. You may also need legal advice for more complicated matters. You can search for a solicitor by visiting [www.lawsociety.org.uk](http://www.lawsociety.org.uk) or [www.lawscot.org.uk](http://www.lawscot.org.uk). You can search for a professional Willwriting service through The Society of Will Writers [www.willwriters.com](http://www.willwriters.com)

### Amending your Will.

If you already have a Will, updating it to include a gift to Carers Trust is quick and straightforward. A solicitor can draft an amendment, which is called a Codicil, for a minimal cost. Or you can use the Codicil form which you can find on our website or contact us for more information. This will then be kept as an appendix to your original Will.

To find out more about making a Will or if you are interested in a lasting power of attorney please visit [www.carersenterprises.org](http://www.carersenterprises.org)

When considering making a Will it's a good idea to think about the following things:

**YOUR ASSETS** – make a list of everything you own, from property and vehicles to investments, savings and possessions.

**YOUR BENEFICIARIES** – write down the full name and address of the people you intend to include in your Will and what you are leaving them, as well as any charitable legacies.

**YOUR EXECUTORS** – choose someone to carry out your wishes, known as an executor. This should be someone you can trust, such as family, friends or professional advisors.

**YOUR LIABILITIES** – list everything you owe, from mortgages and loans to credit cards.

## What to do next.

Whilst we understand that your Will is a private matter, it would help us greatly to know if you are planning to leave a gift to Carers Trust.

Please let us know your intentions by completing and returning this tear-off form via our **FREEPOST** address.

I would like some more information on leaving a legacy.

Your details

Title:..... First name:.....

Last name:.....

Address:.....

.....

..... Postcode:.....

Telephone number:.....

Email address:.....

I have already left a gift to Carers Trust in my Will.

I am considering remembering Carers Trust in my Will.

**Thank you.**

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