

# Making your promise!



Save and rebuild the lives of stroke survivors, with a gift in your Will.

**Stroke**  
Association

# Every five minutes in the UK a life is shattered, and a family is torn apart, by stroke.

If stroke has affected you or someone you love, you'll know just how devastating it can be. And if you believe too many lives are lost to stroke, too few survivors get the support they need – and stroke simply isn't being taken seriously enough – then help us change the story.

## All it takes is a promise

At the Stroke Association, we're determined to address the injustice around stroke. Our vision is a world where everyone has a fighting chance of surviving stroke and gets the support they need, for as long as they need it, to rebuild their lives.

**If you want that world too – promise it to future generations, with a gift in your Will.**

In this booklet, you'll meet inspirational stroke survivors rebuilding their lives with the help of gifts left in the Wills of people like you. You'll also meet people dedicating their lives to stopping stroke destroying the lives of others.

In the last few pages you'll learn about the role you can play, with a gift in your Will – from the different types of gift you can leave, to how you could make your Will for free.

You can protect future generations from the pain and devastation of stroke. All it takes is a promise.

**To find out more about making  
your promise, read on...**



**Promise a future where every stroke survivor can get the support they need**

**Stroke survivor Amber is the definition of determination. She's fighting hard to rebuild her life after having multiple strokes aged just 19. Amber's story shows why it's vital that we dramatically improve the level of support available to people like her in the future.**

"The doctors said I'd be in a wheelchair for life. So I made a promise to myself – 'I will walk and talk again'.

And I did. People like you helped me, by leaving gifts to the Stroke Association in their Wills. By attending my local communication support group I was able to improve my speech and rebuild my confidence.

But there has to be more support for stroke survivors like me, a dedicated network that can be with us from the moment we have our stroke – and for as long as we need it throughout our recovery.

One thing I know I will do in future is leave the Stroke Association a gift in my Will. If enough of us do that – we could promise a very different world for people affected by stroke in the future."

**A gift in your Will could help more stroke survivors like Amber in the future.**

## Building on a generation's worth of progress...

Since our formation in 1992, gifts in Wills have helped fund some major research and surgical breakthroughs, while playing a vital role in the recovery of hundreds of thousands of stroke survivors.

### Thrombectomy

Thrombectomy is an emergency surgical procedure that removes blood clots from the brain that cause stroke. People who receive the treatment are significantly less likely to have lifelong disabilities after their stroke and could go on to make a full recovery. This new treatment can improve the lives of thousands of people in the UK every year.

### FAST

FAST is used by paramedics and the public across the UK to recognise the signs of stroke. This can get thousands of people every year the treatment they need to save lives and reduce the devastating long-term effects of stroke.

### My Stroke Guide

Local support for stroke survivors varies across the UK. My Stroke Guide is our revolutionary online service available to stroke survivors, wherever they are. It provides free access to trusted information, practical tools and online forums to help people understand stroke, manage its effects and rebuild their lives.



£55  
MILLION

We've invested  
£55m in stroke  
research since 1992

1/3

A third of our annual  
income comes  
from gifts left in  
people's Wills



Every 5 mins,  
someone in the UK  
has a stroke



45% of stroke  
survivors feel  
abandoned when  
they leave hospital

## ...for generations to come

If you make a promise to future generations and leave a gift to the Stroke Association in your Will, you could lay the foundations for the breakthroughs of the future.

// You could help us work even harder to make sure stroke is taken seriously – by governments and the public – so nobody has to go through what so many stroke survivors face today." **Alexis Kolodziej, Executive Director, Locality Impact**

// A gift in your Will could help dramatically increase the types of support available to stroke survivors – helping make sure every stroke survivor has the personal support network they need to recover." **Dawn Farrell, Stroke Association Support Coordinator**

// With your gift, we can fund research that is discovering radical new treatments and support so more people can survive stroke, and the millions of people affected by stroke in the UK can rebuild their lives." **Dr Rubina Ahmed, Research Director**

Will you promise all this to stroke survivors of the future?

# Rebuilding lives young and old

11-year-old Max has been rebuilding his life since his stroke. Thanks to people like you, Max and his mum Michelle have always had the Stroke Association on their side.

One of the stars of our Rebuilding Lives TV campaign, Max had a stroke on his seventh birthday. He explains, "I got a pain in the side of my head. It felt like my brain fell out".

Max is doing what he can to raise awareness of stroke and inspire others in their recovery. Your gift can make sure Max's generation have a fighting chance to survive stroke in the future and rebuild their lives.

**With a gift in your Will, you can make a promise that the support Max needs will always be there for him.**





**Promise a future  
where stroke  
scientists can  
unlock the secrets  
of the brain**

**Dr Anna Kuppuswamy is one of the leading lights among the current generation of stroke scientists. Her work to understand why fatigue can be so devastating to stroke survivors promises to create many paths for future researchers to follow. And much of that is thanks to gifts left in Wills.**

“Gifts left in people’s Wills helped fund my early work looking at fatigue in stroke survivors. And that led to the work I’m doing now – which could open up treatments that deal with the damage stroke causes in the brain.

The potential outcomes are so exciting – but we’re just at the start. The breakthroughs stroke survivors need could be years, even decades away.

As a stroke scientist, I believe gifts in Wills are our best chance to finish this research. I promise to do all I can for stroke survivors during my lifetime. But you could help this work continue far longer, until the day we can treat fatigue in every stroke survivor. All it takes is a promise.”

**A gift in your Will could help fund more research scientists like Anna.**

## How to turn your promise into a gift in your Will to the Stroke Association

**Leaving a gift to the Stroke Association in your Will is the most powerful and meaningful way that you can save lives and keep your promise to be there for future generations of stroke survivors. It can be simple to do and it's the safest way to make sure your money goes to the people and causes you care about after you've gone.**

### Remember to take care of your loved ones first.

Before you include the Stroke Association in your Will, it's important to make sure you provide for any loved ones first. If after doing that there's enough left to include us too, you'll be helping to create a world where many more people survive stroke and can rebuild their lives.

### Making your Will needn't be expensive, it could even be free.

If you are 60 and over, or a stroke survivor aged over 18, you could take part in our Free Will Scheme. We work with solicitors across the UK who will help you make or review your Will free of charge. Simply contact us to find a local participating solicitor.

### You can choose the type of gift that's right for you.

There are three main types of gift that you can leave in your Will, these are explained on the page opposite.

Although any gift you choose to leave the Stroke Association will be gratefully received, it's important to understand the difference between the types of gift and which is right for you.

## We're here to help you

On the next page you'll find the answers to some frequently asked questions but if you'd like more information about leaving a gift in your Will to the Stroke Association, or any aspects of our work and plans for the future, please don't hesitate to get in touch. We would really love to speak with you. You'll find our contact details on the back page of this booklet.

### Three main types of gift that you can leave in your Will

#### Residuary – A percentage of your estate

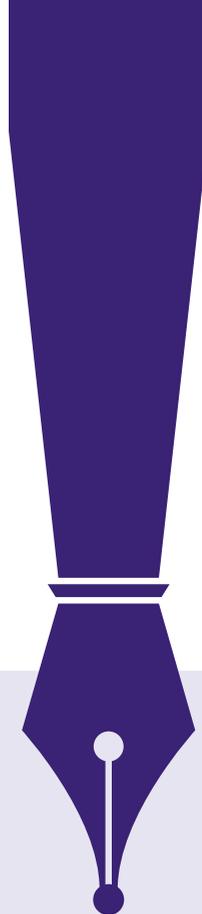
A residuary gift is a share of your estate. It's usually the most beneficial type of gift because, being a percentage of your estate, its value will hold and it won't be affected by inflation.

#### Pecuniary – A specific amount

A pecuniary gift is a specific sum of money that you choose to leave in your Will. The amount you specify remains the same for as long as you live and doesn't rise with inflation.

#### Specific – An item of value

Some people choose to leave a specific item of value in their Will, such as jewellery, valuables or property, that we can sell to raise money.



## Frequently asked questions

### Is making a Will difficult or expensive?

No. It's less complicated and more affordable than many people think. Have a clear plan of your wishes and your solicitor will guide you through the process. Call your preferred solicitor for a quote – a professionally written basic Will generally costs around £200.

### Do I need a solicitor?

We would always recommend using a solicitor, as a professionally drawn-up Will is essential. Should you wish to include a gift to the Stroke Association in your Will, suggested wording can be found at the end of this section.

### What if I don't think I have much to leave?

Any gift left in a Will, big or small, is important to the Stroke Association and we are always very grateful for this generous and kind support.

### Can I decide how the Stroke Association will use my gift?

The Stroke Association needs legacy gifts to support the wide range of life-changing stroke research and support. We would use legacy gifts we receive in the area of the greatest need at the time the funds become available. If there is a particular area of our work you are interested in, we will be happy to discuss your requirements with you before you visit your solicitor.

### I currently support the Stroke Association – why should I leave a gift in my Will?

Remembering the Stroke Association in your Will is just another incredible way to support us. It is also unique and extra special because it's a gift that reveals a cause close your heart, what really matters to you and what you want to achieve.

### How do I leave a gift to the Stroke Association?

There are three important things you should know:

1. Include our full name and address (Stroke Association, 240 City Road, London EC1V 2PR) and our registered charity number (No. 211015). If you simply leave it to 'stroke charity' your entire gift may not reach us.
2. Tell your solicitor what type of gift you want to leave. Your solicitor will then translate your wishes into legal language. You might want to show your solicitor the suggested wording in this booklet.
3. It would be a great help to us if you could let us know about your gift. You don't need to tell us the value but we'd just like to know so that we can thank you properly and keep you in touch with our progress. If you prefer to keep your plans private, that's absolutely fine.

### What if I already have a Will?

If you already have a Will, and would like to add a gift to the Stroke Association, this can be easily done using a Codicil. A Codicil will not change the terms of your current Will, but simply be used to add a new instruction. To make major changes, it is best to draw up a new Will. Your solicitor will be able to advise you as to which is best for your circumstances. If you or your solicitor have any further questions please contact us.

### Can I leave a gift to the Stroke Association if I live in Scotland?

Absolutely – we work across the four nations to help stroke survivors rebuild their lives but your solicitor will be able to advise you on this.

## Some helpful wording for your gift

You may like to use the following suggested wording when making or updating your Will.

'I give to the Stroke Association, registered charity no. 211015, (a share/the whole of my residuary estate/a sum of money/a specific item or property) for its general charitable purposes. I direct that the receipt of the Treasurer or duly authorised officers shall be a sufficient discharge for my Executors'

## Can I change my mind?

Of course – if for any reason your circumstances change, simply contact your solicitor to help you amend your Will in any way you wish.

## If you need us, we'll be here

Whether you're keen to make a promise to future generations now and want to let us know you'll be including a gift in your Will, or you simply want to talk more about the idea – call or email us, we're here to help.

**Phone:** 020 7566 1505

**Email:** [legacy@stroke.org.uk](mailto:legacy@stroke.org.uk)

While we can't give you specific legal advice, we can tell you more about what a gift in your Will could achieve and answer questions to help you make the right decision for you.

## Our promise to you

If you've already decided to include a gift in your Will, or are considering doing so, please accept our most sincere thanks.

We promise that whatever you do, we'll respect your wishes. If you'd like regular updates on our work, events and other ways to get involved, we promise to stay in touch. If you'd prefer that we don't contact you about your gift again, we promise not to.

We promise that, when the time comes, we'll use your gift to help you keep your promise to future generations. So more people can survive stroke and get the support they need to rebuild their lives.

**We promise that anything you tell us will always be in strict confidence – and that we will always understand should you change your mind about your gift at any time.**



**Sylvia made a  
promise with  
a gift in her Will**

**A generation ago, a doctor's secretary named Sylvia had watched stroke destroy the lives of so many people and was determined to make sure we could all live in a world where we're far less likely to lose our lives to stroke.**

Sylvia included a gift to the Stroke Association in her Will. Her generosity helped fund the work that made sure many more of us survive stroke now than did in her lifetime.

Sylvia changed the story for us all. Now it's our turn to change the story for those who'll come after us.

Big or small, every legacy gift left to the Stroke Association will help stroke survivors and their families to rebuild their lives.

Thank you.

When stroke strikes part of your brain shuts down, and so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. Legacies are crucial to rebuilding lives for stroke survivors, making up over a third of our entire income.

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Find out how by calling **020 7566 1505**

Or emailing [legacy@stroke.org.uk](mailto:legacy@stroke.org.uk)

Or visiting [stroke.org.uk/legacy](https://stroke.org.uk/legacy)

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## Rebuilding lives after stroke

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