



St Joseph's
Hospice

Make sure
we are always
here for people
when they
need us most

A guide to leaving
a gift in your Will

Why leave a gift in your Will?



“Without St Joseph’s, Gill and I wouldn’t have had those final two weeks together”

After making sure that friends and family are provided for, many people choose to leave a gift to a charity. I am very grateful to the many supporters who have left a gift to St Joseph’s Hospice; it’s thanks to the generosity of our community that we are able to provide excellent end-of-life care.

I have had personal experience of the support St Joseph’s Hospice gives to people. St Joseph’s cared for my late wife, Gill, in her final weeks and I am forever in their debt. Without St Joseph’s, Gill and I wouldn’t have had those final two weeks together of laughter, tears and our family around us. And that’s why I have made a gift in my Will - so that the brilliant nurses can be there for others.

It’s also why, as a Trustee of St Joseph’s Hospice, I am asking you to consider making a gift in your Will too - because without that kind of care, where would we all be?

Mark

Mark Astarita

Trustee of St Joseph’s Hospice

A gift in your Will can help us ensure that patients and their families continue to receive the best emotional support and practical care.



Your gift will change lives

As one of the oldest and largest hospices in Britain, St Joseph's Hospice has been caring for our community for over one hundred years.

Our work helps local people with terminal illness live life to the full.

We understand that providing for family and friends is the first consideration when making a Will. After doing so, many people choose to leave a gift to St Joseph's Hospice; in fact, gifts in Wills provides about 30% of our annual income.

1 in 3 patients in our care is supported thanks to the generosity of friends who leave a gift in their Will.

Remembering us in your Will means we can get closer to our goal of making sure every person has the care and support they need when diagnosed with a terminal illness. Any gift, whether large or small, will make a difference.

Your gift will build a future where every person is treated as an individual.

We pride ourselves on treating every person as unique, with a deep respect for personal beliefs and culture. Your gift will ensure that more people in East London are cared for as they wish to be.

Your gift will bring comfort and dignity.

Meeting the physical, emotional and spiritual needs of those in our care will always be our first priority. Your gift could pay for specialist staff who are dedicated to helping patients manage their symptoms.

Your gift will help more people live to the full, to the end.

Whether it's providing a favourite meal, washing and setting hair in a way that helps someone feel brighter, or making space for extra family members to visit, your gift will help us to provide the little extra comforts that make a tremendous difference during a stay at the Hospice.



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Things to consider when planning your Will

It isn't only older people who need to consider making a Will - anyone who has experienced a life change like buying a property or getting married needs to think about writing, or updating, their Will.

Making a Will is the only way you can make sure your wishes are followed after your death. It's important that you get the help of a solicitor in writing your Will, so that no errors (which can invalidate your Will) are made.

If you've already made a Will, it's easy to add a codicil - an extra section - which explains that you want to make an additional gift. If you plan on including a gift to St Joseph's Hospice, you'll find all the information you need to take to your solicitor on the following pages. Your solicitor will also be able to advise you about the inheritance tax savings you can make as a result of your gift.

Want to talk? We're here to help

If you would like to talk about how your gifts will help St Joseph's Hospice, please call **Melanie Reed**, Head of Individual Giving, on **020 8525 3200**. You can also find out more by visiting www.stjh.org.uk/giftsinwills



*We don't just care for patients,
we also provide support for
friends and family too.*

Eileen's story

When Eileen was diagnosed with throat cancer she lost a lot of weight very quickly and was on the verge of a nervous breakdown. Her doctor suggested that coming to St Joseph's to the Day Hospice may help her.

Despite feeling nervous about visiting a place she connected with dying, Eileen came with a friend for a few weeks and since then never looked back. That was the start of a relationship between her and St Joseph's Hospice that lasted for many years.

Most people only come to the Day Hospice for a short period of time, usually around three months and after that time they are assessed to see if they still need support.

Eileen was told about all of the activities that take place in Finding Space including relaxation classes, the Friday morning Coffee Club and a support group called Share Support and Socialise which she came to for a number of years.

She loved getting out and meeting new people and not being afraid, making lots of new friends and really enjoying the company.



She told us "St Joseph's Hospice has really helped me. It's the best thing since sliced bread. Everyone is so kind and can't do enough for you."

"St Joseph's Hospice has really helped me. It's the best thing since sliced bread."

Far from being nervous about visiting St Joseph's Hospice you really couldn't keep Eileen away. It gave her confidence and was important to her to know that someone, somewhere cared for her and couldn't do enough for her. Eileen spent the last few years of her life really living and enjoyed every minute that she spent at St Joseph's.

What's in a Will?

At first, making a Will can seem daunting, and because of that, it's something that many of us put off. It's important that you make a Will, even if you feel you haven't got much to leave.

Here are a few common terms that people use when considering a Will:

Estate An estate is everything you own. If you own your own home, that will be included as part of your estate, as will the items in your home, any savings you have and your car, for example.

Pecuniary This means a fixed amount of money, e.g. £1,000.

Specific A gift of a particular item, such as jewellery or a painting.

Residuary This refers to a percentage of the remainder of your estate once all your debts and pecuniary legacies have been paid. Many people leave residuary gifts because they are not sure what the value of their estate will be when they die.

Executors Executors are people you choose (usually two to four people) who are responsible for making sure the instructions in your Will are followed. They can also be beneficiaries of your Will. You can choose friends, or family, or a solicitor to be your executor.

Albert's Story

Albert Hunter is 77 and from Newham. When Albert was diagnosed with heart failure, he was referred to St Joseph's Hospice. Despite feeling that hospices were only places in which to die, Albert eventually overcame his worries and joined our Heart Failure Group for support. Five years later, Albert still regularly visits the Hospice for the Group, and for our Doodle Club, which is a regular art workshop.

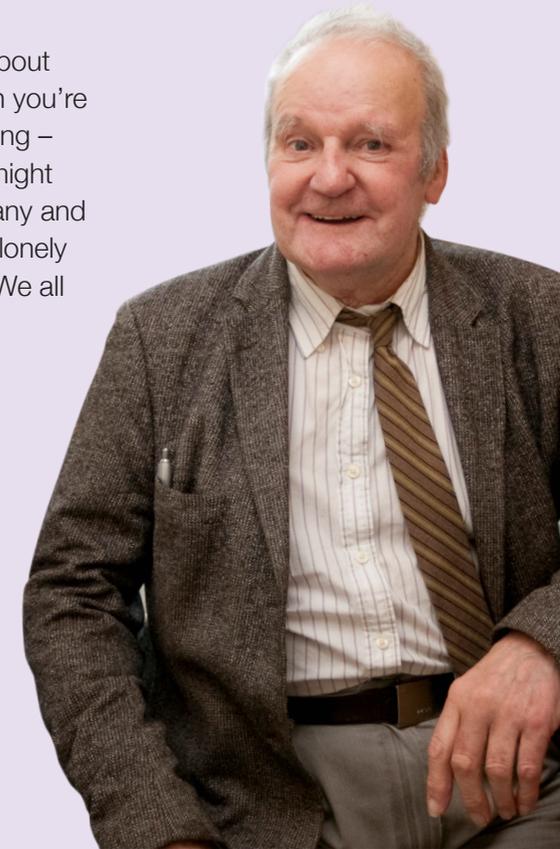
Speaking about the difference that St Joseph's Hospice has made to his life, Albert says fondly...

"I wouldn't be without it now. I was made redundant and I really missed working. I enjoy the company and simply just having a chat. I still attend the Heart Failure Group and come to the coffee mornings every fortnight. I also love Doodle Club where the group make collages together and share and support each other over coffee and cake. It's a real opportunity to share our concerns."

The ability to talk with professionals - or just someone who is going through the same situation as you - can bring tremendous comfort as Albert has discovered: "When I come to St Joseph's Hospice, there's

always someone to talk to. We talk about things that are on our mind and when you're worried about something - like sleeping - there is always someone there who might be able to help. I also love the company and the comradeship. People can get so lonely during the day, being stuck indoors. We all need company."

Albert's first reservation that people only go to a hospice to die has long since passed. Now, he knows that St Joseph's is a place of warmth and companionship; and even joy: "It's not what people think, it's not all about death. We have a really good laugh, especially at Doodle Club and it's great to be doing something with people in a similar situation."



Get help with writing your Will

It is best to get help from a solicitor to write your Will. If you don't have a solicitor, the Law Society can help you find someone suitable in your area. Call them on **020 7242 1222** or visit their website www.thelawsociety.org.uk

Alternatively, St Joseph's Hospice is working with The Goodwill Partnership to offer a discounted Will-writing service. Their team of trained professionals will visit you at home to consult you on your wishes. Your instructions are then passed to a solicitor on their panel to write your Will.

We are an independent charity and all of our services are available completely FREE of charge.

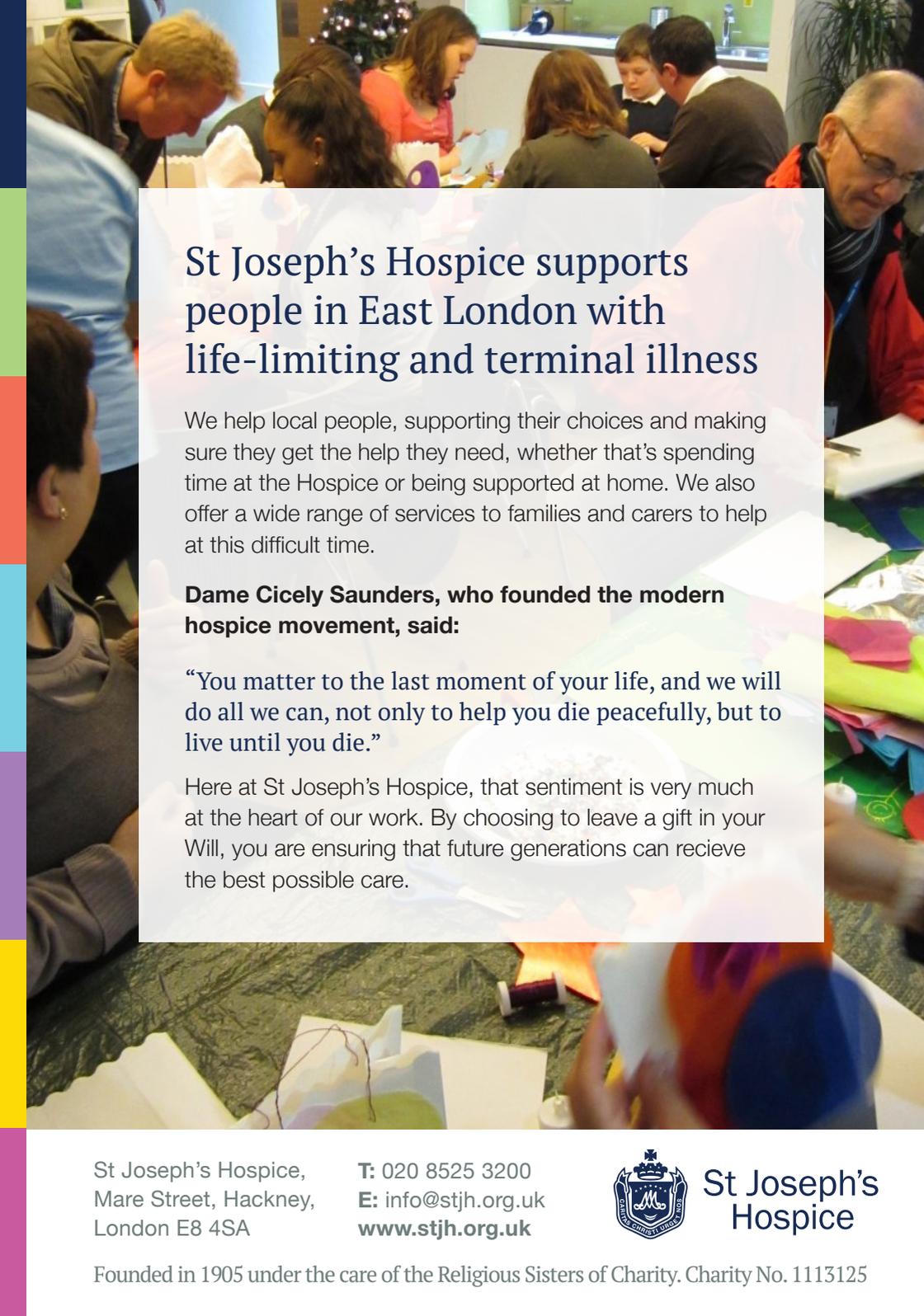
To book an appointment please call The Goodwill Partnership on 0844 669 6148 and quote St Joseph's Hospice.

The cost for a single Will through The Goodwill Partnership is £98 plus VAT (£117.60)

If you decide to leave a gift to St Joseph's Hospice, you'll need to have our details:

St Joseph's Hospice,
Mare Street,
Hackney,
London E8 4SA

Reg charity number 1113125



St Joseph's Hospice supports people in East London with life-limiting and terminal illness

We help local people, supporting their choices and making sure they get the help they need, whether that's spending time at the Hospice or being supported at home. We also offer a wide range of services to families and carers to help at this difficult time.

Dame Cicely Saunders, who founded the modern hospice movement, said:

“You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but to live until you die.”

Here at St Joseph's Hospice, that sentiment is very much at the heart of our work. By choosing to leave a gift in your Will, you are ensuring that future generations can receive the best possible care.

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T: 020 8525 3200
E: info@stjh.org.uk
www.stjh.org.uk



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Founded in 1905 under the care of the Religious Sisters of Charity. Charity No. 1113125