



A guide to
doing something
extraordinary.



The Princess Royal Trust
for Carers

Because Caring Never Stops

Leaving a legacy
in your Will.

Ordinary people. Extraordinary lives.



Help us give carers a brighter future

Since 1991, The Princess Royal Trust for Carers has provided daily support, advice and financial assistance to over 400,000 carers through our unique network of 144 Carers' Centres across the UK.

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 six million carers, around one tenth of the population, and 175,000 of these are children.

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

Carers' Centres

Through our network of Carers' Centres we offer financial advice, counselling, information, practical support and training. We work with GPs and hospitals to find hidden carers who are struggling alone.

Emotional support

Caring can be incredibly isolating. Discussion groups at our Carers' Centres 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. Our work has significantly raised the profile of carers and highlighted the need for more help and recognition for what they do.

Grants for carers

We offer financial aid from our young carers grants, hardship relief grants and carers' break fund.

Lucy's story.

Lucy*, 17, cares for her mum, Elaine*, 42, who suffers from multiple sclerosis and depression.

"Growing up I always knew that my mum was different. When I visited my friends' houses, I'd be amazed to see their mums walking about, cleaning and cooking us tea. It wasn't until I was a little bit older that I realised that most mums do actually walk, clean and cook. My mum just happened to be special. She has multiple sclerosis.

My parents split up when I was 11 and my dad moved away. Suddenly he was no longer my mum's main carer and it was up to me. There was no-one to wake me up for school in the morning, cook me dinner or wash my clothes. I had to go to school in the day and run a house by night.

Sometimes it can be tough, especially when I want to just crash on the sofa and watch TV, but my mum needs me to help her to the toilet or get her a cup of tea.

I joined my local young carers service a few years ago and made lots of friends who understand what it's like to be a young carer. I enjoy the weekend activities and I have a support worker who I can talk to if I'm feeling stressed out."

Your legacy will help carers like Lucy to continue providing such vital support and assistance for their loved ones. Paying for much needed equipment, and developing Carers' Centres.

More than 2.3 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.

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

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, this means it is exempt from tax, so it 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 six million carers.

■ There are over 6 million carers in the UK.

■ It is estimated that carers in the UK save the Government up to £87 billion each year by providing unpaid care in their own homes.


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 The Princess Royal Trust for Carers, 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.





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.

Here are just a few of the areas your legacy gift could 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 Carers' Centres by providing training, advocacy and specialist services. It would also allow us to work with local centres and social services so that more carers can access advice, information and support locally.



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 a solicitor specialising in estate and probate law 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 or www.lawscot.org.uk

Before you talk to any solicitor, 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

Amending your Will.

If you already have a Will, updating it to include a gift to The Princess Royal Trust for Carers 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.

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 The Princess Royal Trust for Carers.

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 The Princess Royal Trust for Carers in my Will.

I am considering remembering The Princess Royal Trust for Carers in my Will.

Thank you.

Please return this form via our FREEPOST address.

FREEPOST RRRY-JLXK-GZCG
The Legacy Team
The Princess Royal Trust for Carers
14 Bourne Court
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Because caring never stops.



For more information please contact our Legacy Team by:

email at legacy@carers.org
visit our website www.carers.org/legacy
or call 0844 800 4361

Or you can contact:

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Thank you.



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