

South East Cancer Help Centre

# Your Gift in Wills Guide



Helping People Cope with Cancer



Help us  
to help  
others

A gift in your Will would provide:

- Counselling
- Complementary Therapies
- Group Activities
- Support Groups





"The SECHC is a wonderful place that offers comfort, friendship and support."

A gift of £5,000 provides  
12 months support for  
5 new Members.

## Thank you so much for your interest in supporting our services for people with, or affected by cancer with a gift in your Will

The South East Cancer Help Centre (SECHC) has been operating in Purley since 1983. Anyone who joins the Centre would have the opportunity to take part in any of the services we offer.

Our services include individual Counselling, together with therapies such as Hypnotherapy, Reiki, Aromatherapy and activities such as Yoga, Pilates, Arts and Crafts. There are various support groups including ovarian, bowel, prostate, or breast cancer.

SECHC has local NHS recognition but does not receive any government funding. We therefore depend entirely on donations from legacies, trusts, local organisations, businesses, and individuals.

Gifts from legacies are essential for us to continue to fund our services and increase the number of people whose mental health and well-being we can support.

We understand that your family and loved ones must always come first. A gift in your Will to SECHC is a wonderful way to help care for others who will need support in the future.

A woman with long brown hair is smiling and holding two young children. The child on the left is a girl with blonde hair, wearing a blue shirt, and is laughing with her mouth open while looking at a tablet. The child on the right is a girl with blonde hair, wearing a white shirt with heart patterns and blue overalls, also laughing with her mouth open. They are sitting on a couch in a bright, sunlit room with a window in the background.

Each year we typically:

- Receive 250 new members,
- Provide 4430 one-to-one counselling or therapy sessions,
- Provide 689 group sessions,
- Provide 30 different services.

### **Why write a Will?**

Writing a Will and keeping it updated gives you peace of mind. It is the only way that you can be sure that what happens to your property, money and personal possessions after you die is aligned with your wishes.

When a person dies without leaving a valid Will what happens to their Estate is decided by law under intestacy rules which may mean their possessions are not dealt with in the way they would have chosen.

### **How to leave a Legacy gift**

Creating or amending a Will to include a gift to SECHC is an important decision, but it doesn't have to be complicated or expensive.

### **Creating a new Will**

We recommend that you should talk to a solicitor or professional Will writer if you either want to update or make a new Will. Executors should also be appointed to ensure that your estate is administered according to your instructions. In the first instance you may wish to make an appointment to talk to a professional advisor at SECHC for which there is no charge.

### **Amending or updating an existing Will**

If you already have a Will, you can simply update it by adding some special wording to your Will. This is called a codicil. Your solicitor can easily add this to your existing Will.

It's a good idea to review your Will from time to time or when circumstances change to check that it still truly reflects your wishes.



## Leaving a gift in your Will is a wonderful way to continue your support for the work we do

There are different types of Gifts in Wills, the three main types being:

### **Residuary**

A residuary gift is a share of your estate - a percentage of what is left after any taxes or costs have been subtracted. This can be any percentage you want and keeps pace with inflation so does not lose its value.

### **Pecuniary**

A pecuniary gift is a fixed amount of money. You can choose any amount you like but may want to consider reviewing it occasionally as the value may change over time due to inflation.

### **Specific**

These are particular items in your personal possessions such as property, antiques, stocks and shares or jewellery. This type of gift should be named in the Will. SECHC would then sell it for the best possible price.

A photograph of a man with dark hair, wearing a grey t-shirt and a black and white checkered shirt, smiling as he tends to plants in a garden. He is using a small tool to work the soil around a plant. The background shows more greenery and a wooden structure, possibly a trellis or support for climbing plants.

A gift of £1,000 provides  
25 counselling sessions.

"From my first visit to SECHC I was met with such warmth and kindness. All the staff are extremely supportive and caring."





Because of our high standards of service we receive referrals from Croydon University Hospital, Maggie's, The Royal Marsden and others.

### **Inheritance Tax**

Any gifts left to charities such as SECHC are exempt from Inheritance Tax and may reduce the tax payable on your estate. This can be a complex area of law and obtaining professional advice is recommended.

### **Leaving a gift is straightforward**

The essential information to include is the type of gift you wish to leave SECHC and our name, address and registered charity number:

**South East Cancer Help Centre Limited**  
**2 Purley Road, (Tesco Development), Purley, Surrey, CR8 2HA**

**Registered Charity Number 1011509**





# Thank you for your support

## How To Contact Us

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