

Your guide to writing a will

Unlock a future medical
breakthrough for children
with a gift in your will



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Change children's lives forever by leaving a gift to medical research

Action Medical Research funds life-saving and life-changing research projects to help babies, children and young people. We have an extraordinary track record in supporting some of the most significant medical breakthroughs in recent history. From conditions like asthma and epilepsy to disability and premature birth, we fund the scientists who are making a real, tangible difference to children's lives.

Thank you for considering leaving a gift in your will to fund future vital medical research for children. Recent advances in science and technology mean that the prospects for developing game-changing new breakthroughs are better than ever. This incredibly kind and generous act could make all the difference. Your gift could play a crucial part in the next new discovery.



Research leads to improvements in treatments, which means fewer families who are forever incomplete. This is why the work of Action Medical Research is so important.”

Louise, mum of Jessica who had a rare heart condition and sadly passed away aged just six



Making a difference for children

For more than 70 years, Action Medical Research has helped to make some of the most important and groundbreaking discoveries in children's medicine. From the UK polio vaccines to ultrasound scanning in pregnancy, we have remained committed to improving children's health through world-class scientific research.



The next big breakthrough in children's health could be possible thanks to a gift in your will.

1952

Action is set up by Duncan Guthrie to help fund research into polio and develop the first UK vaccines



1960s

Discovering the importance of folic acid in pregnancy



1970s

Helping introduce ultrasound scanning in pregnancy



1980s

Creating the award-winning Matrix seating system for disabled children



1990s

Establishing a vaccine to prevent meningitis



2000s

Helping to develop cooling therapy to prevent brain damage in babies



2010s

Developing new advice to reduce the risk of stillbirth leading to a Sleep on Side public health campaign



Your legacy

Your gift could play a crucial part in the next new discovery





“

**We wouldn't be here
as a happy family if it
wasn't for all the research
that goes into prematurity”**

Rosie, mum of Fletcher who was born 16 weeks early

What we do

Action Medical Research is the leading UK-wide charity dedicated to funding vital research to help sick babies and children. We're on a mission to save and change children's lives through medical research, developing treatments, vaccinations and cures.

● We want to make a difference in:

- tackling premature birth and treating sick and vulnerable babies
- helping children affected by disability, disabling conditions and infections
- targeting children's rare diseases.

● We are doing this by:

- finding and funding cutting-edge medical research across the UK most likely to deliver real benefit to babies, children and young people
- assessing the impact of the research we fund and sharing the results
- raising funds to make this vital research possible.



Gifts in wills help to fund vital life-saving medical research



Research funding from Action has been critical for my personal scientific development through my PhD and funding of research on meningitis that has added important knowledge over the past 25 years.”

Professor Sir Andrew Pollard, Director of the Oxford Vaccine Group

Our life-changing research programme

● Who we fund

We fund leading researchers in hospitals, specialist units and universities across the UK. Our Scientific Advisory Panel of world-class medical researchers helps to select the projects.

● High quality research

It is really important to Action that we fund quality research most likely to make a difference. We carefully assess the impact of research projects and share the results with doctors, researchers and families.



● Developing research leaders

We also run our own prestigious Research Training Fellowship scheme to help promising doctors and researchers early in their careers. Some of the leading children's researchers today were part of this scheme, like Professor Sir Andrew Pollard who helped to develop the Oxford/AstraZeneca COVID-19 vaccine.

● Best practice

We are a founder member of the Association of Medical Research Charities (AMRC). They have awarded Action Medical Research a certificate of 'Best practice in medical and health research peer review'.

A member of the:

amrc
ASSOCIATION OF MEDICAL RESEARCH CHARITIES

**Change children's lives forever by
leaving a gift to medical research**

Eva's story

Thanks to supporters leaving a gift in their will to Action Medical Research, we can fund research to help children like Eva.

As a baby, Eva was extremely thin and struggled to feed or sleep. She had a seizure at home when she was 10 days old and then spent most of the first months of her life at the hospital.

"She was classed as failing to thrive," explains her mum, Sophie. "She had constant sickness and diarrhoea, and was very, very thin and very distressed. She wasn't really growing and was still in tiny or premature baby clothes for a long time. We were very worried." In the end it was Sophie, a biologist by background, who asked for Eva to be tested for progressive familial intrahepatic cholestasis type three (PFIC3), a very rare inherited liver disease that over time causes severe damage. "I did loads of online research and have been told that we probably wouldn't have had a diagnosis when we did if I hadn't been pushing for it," she says.

In children with PFIC3 the bile, a digestive fluid produced by the liver, lacks an essential component that protects the cells lining the bile ducts (the tubes along which the bile flows from the liver) from its corrosive properties. This means

that the bile causes damage and scarring – and eventually the damaged cells stop working, causing liver failure.

Since being diagnosed, Eva has been taking a liver medication and for the last two years has been generally well. She is a very chatty little girl, who loves the outdoors and going to forest school. But Eva already has scarring to her liver and recently her liver enzyme levels have begun to rise again. She is also developing nutrient deficiencies such as anaemia.

"We're very concerned about the long-term impact of these," says Sophie. "Although this is a liver disease, it can affect the whole body, including the brain, eyesight and growth. The longer Eva remains well, the better in terms of her development and growth. But also, the more time there is for research and for new treatments to become available."

Action Medical Research funds researchers to develop new treatments and cures for conditions such as PFIC3. This research could lead to safer and better treatments, sparing children like Eva from the long waits and the risk of complications associated with current options.

“

The drug she takes currently is not a cure. It just slows things down and buys us time, which is the best we can hope for at the moment. It feels a bit like a ticking time bomb.”

Eva's mum, Sophie

“There are so few non-invasive treatment options for Eva – really, it's just the medication she's on now or a liver transplant. There isn't an intermediate option,” says Sophie.

A gift in your will could fund research to help children like Eva through new treatments and cures.



How to write a will – **your questions answered**

Please note:

- we are not offering financial or legal advice
- we recommend that you seek independent legal advice
- our will-writing partners will only act in your interests and on your instructions.

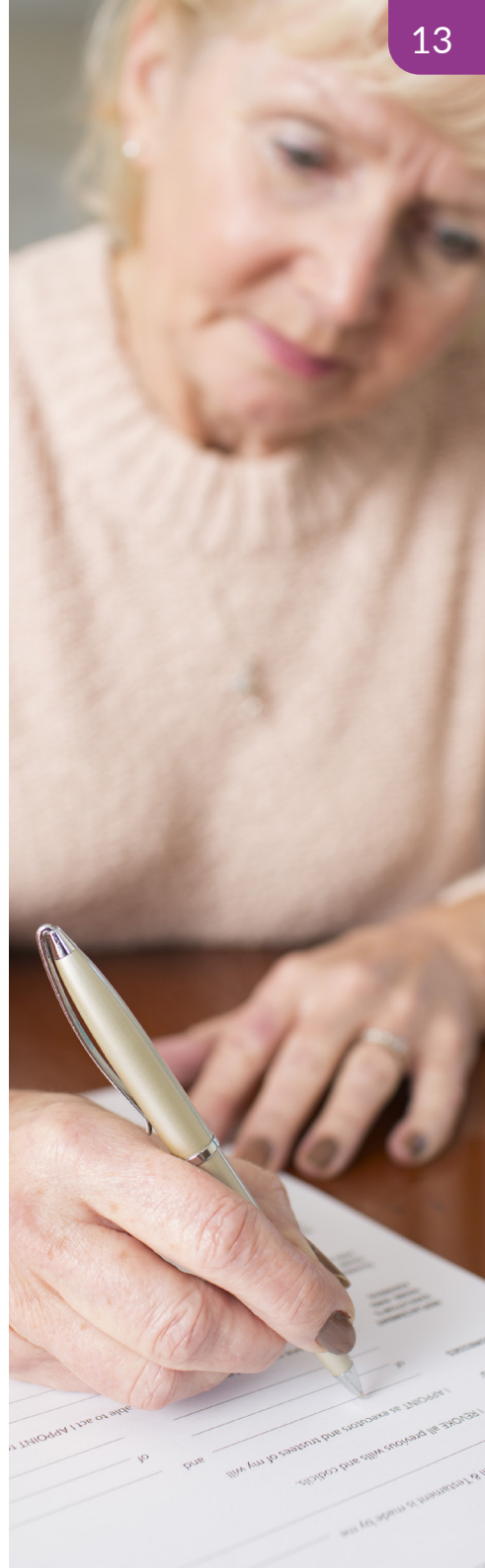
● Does everyone really need to write a will?

If you're over 18, it's important to have a will that is up to date and clearly expresses your wishes for everything that's yours after you die ('your estate').

Your estate includes your money, property and possessions. It also includes anything where you share ownership with other people. If you owe any money, such as a mortgage or a credit card debt, the amount remaining will need to be taken from your estate.

A will sets out in writing how you want your estate to be distributed after you have died. The instructions in your will have to be followed by law. You can also include details about who you want to look after your children if they are under 18 and any particular wishes for your funeral.

If you die without a will, the law decides who inherits your estate, which may not be what you want to happen. So it's really important for everyone to consider making a will.



● Do I have to have a solicitor?

It's best to use a professional will-writer or solicitor to write or update your will. They will make sure that the will is written properly and is legally correct.

● Is it difficult and expensive to write a will?

No! We have carefully chosen two partners who can help you to write a simple will for free.

You can write your will for free with a local solicitor using our partner, the **National Free Wills Network**. Or you can write your free will online or over the telephone with our partner, **Farewill**.

If you would like to use a local solicitor via the National Free Wills Network, please visit **www.action.org.uk/freewill** and complete the online form. You will then receive a pack in the post with details of your nearest participating solicitors for you to contact.

If you'd prefer to make your free will online with Farewill, visit **www.farewill.com/action-free** to start making your will.

Alternatively, you can call Farewill on **020 8050 2686** to make an appointment for a telephone consultation to make your free will. Please note that you must notify the Customer Service team that you are an Action Medical Research supporter at the start of the call.

You don't need to leave a gift in your will to Action Medical Research in order to use these services. Please consider a gift to help babies and children if you can.





**Free will
writing**



● What information do I need to write a will?

Before you start to write your will, it can be useful to make a list of valuable items and debts. This may include:

- Your property (and any mortgages)
- Your car (and any loans)
- Your stocks or shares
- Cash in your bank or building society accounts
- Any insurance policies
- Your pensions
- Any valuable individual items such as jewellery or artwork

You will also be asked to name an 'executor'. They will be responsible for carrying out your wishes once you've gone. This is usually your solicitor, a friend or a family member.

● Can I add a gift to Action to an existing will?

If you have already completed your will, you can make a small change (such as adding a gift to Action) by writing a codicil (a separate document) to the will. We recommend that you seek advice from a solicitor if you would like to add a codicil to ensure it is written and stored correctly.



● What kind of gifts can I leave to a charity?

There are a range of different kinds of gifts that you can leave to a charity or person in your will, including:

A share of your estate. This can be a percentage of the amount left over once you have provided for any individual people, or it can be a share of your whole estate. This is also called a '**residuary gift**'.

You could leave 100% to one person or charity, or you could share out your estate to as many people or charities as you like (such as 50% to a person and 50% to a charity, or 10% to 10 charities). These types of gift can be useful as it's a percentage rather than a fixed sum, so you don't need to worry if your savings go up or down in your lifetime.



A cash gift.

This can be any amount that you choose.

This is also called a '**pecuniary gift**'. Remember to review any of these gifts over your lifetime as the value may reduce due to inflation.



An item.

This can be any of your possessions, such as jewellery, shares or property. This is also called a '**specific gift**'.



● What is inheritance tax?

Inheritance tax (IHT) is a slice of your estate which gets paid to the government if the value of your estate is over a certain threshold. Any gift made to Action Medical Research in your will is exempt from IHT. A gift to a charity can also help to reduce the total amount of tax paid on your whole estate.

For further information, visit www.gov.uk/inheritance-tax

● How do I include a gift to Action Medical Research?

If you choose to leave a gift to Action, you just need to include our name, charity number, address and the percentage, amount or item in your will.

Our details are:

Name: Action Medical Research

Charity numbers: 208701 (England and Wales);
SC039284 (Scotland)

Address: 5th Floor, 167-169 Great Portland Street,
London W1W 5PF

We have changed the charity's name a few times over the last 70 years, and have been known in the past as:

- Action Research
- Action for the Crippled Child
- Action Research for the Crippled Child
- The National Fund for Research into Crippling Diseases

We can still receive gifts in wills left to these charity names. It's helpful to include our charity number along with our name so we correctly receive all gifts left to us.



action medical research
for children

Action Medical
Research's founder
Duncan Guthrie

Our promise

We know that your loved ones will always come first.

We are very grateful for all gifts in wills that we receive.

We will use your gift carefully and cost-effectively to help fund vital medical research for babies, children and young people.

We will manage all gifts in wills with the utmost respect and sensitivity.

We respect your right to keep your decision private if you wish.

We will keep any information that you share with us private.

We would love to hear from you if you have left us a gift in your will, but we understand that not everyone wants to share this information.



Action Medical Research is the leading UK-wide charity dedicated to funding vital research to help sick babies and children.

We're on a mission to save and change children's lives through medical research, developing treatments, vaccinations and cures.

Find out more at

action.org.uk



Thank you

We're very grateful that you are thinking about leaving a gift in your will to Action Medical Research. Thank you for considering such a kind and generous act. Your support can make all the difference.

If you have any questions about writing a will or leaving a gift to Action, please call the Gifts in Wills team on **01403 327413**, email **legacy@action.org.uk** or visit **action.org.uk/wills**

Registered Office 5th Floor, 167-169 Great Portland Street, London W1W 5PF

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