

Leaving behind a future

Your guide to leaving a lasting legacy to St Mark's Hospital Foundation

St Mark's Hospital Foundation
is dedicated to bringing about
a future free from the fear of bowel
disease through research, education
& dissemination of clinical excellence

Your
Legacy
& St Mark's



A future free from the
fear of bowel disease



Without the legacies, we would not have been able to support the medical and surgical research that has improved the quality of life and health of tens of thousands of people with bowel disease.

Why should you leave your legacy to St Mark's Hospital Foundation?

St Mark's Hospital Foundation is a charity which is registered with the Charities Commission of England and Wales. We are dedicated to bringing about our long term vision of a future free from the fear of bowel disease.

The Foundation aims to achieve this vision in two ways:

Firstly, by funding the Hospital's world-leading medical research that is fighting bowel disease on all fronts.

Secondly, by funding St Mark's Academic Institute in order to provide advanced education programmes in the treatment of bowel disease for the global medical progression with the additional aim of disseminating clinical excellence throughout the UK and the rest of the world.

If you desire to see a better future for people with bowel disease, support St.

Mark's Hospital Foundation and in doing so enable the Hospital's dedicated team of world-renowned doctors to create a future free from the fear of bowel disease.

Legacies are a significant source of financial support for St Mark's Hospital Foundation.

Without the legacies, we would not have been able to support the medical and surgical research that has improved the quality of life and health of tens of thousands of people with bowel disease.

To discuss any matter relating to Wills and Bequests, please contact:

Jason Bacon, Chief Executive,
St Mark's Hospital Foundation

Tel: 020 8453 2346 or 07711 005574

Email: jason.bacon1@nhs.net

We are unable to offer legal or financial advice, but we are happy to answer your questions about legacies in general.

Our legacy promise to you

If you leave a legacy to St Mark's Hospital Foundation, our promise to you won't ever change.



WE PROMISE our professional Wills and Bequests Department will liaise closely with your executors, solicitor and family members to ensure that they receive the information and help they need to efficiently and accurately administer your legacy.



WE PROMISE that your legacy will be used to support the most promising medical and surgical research to bring about a future free from the fear of bowel disease.



WE PROMISE that you will be kept fully informed during your lifetime of the progress and success that research funded by St Mark's Hospital Foundation has achieved and is achieving. If you prefer no contact during your lifetime, we will ensure your wishes are fully respected.



WE PROMISE that your surgeon and/or physician will be informed that you have made a provision in your will to St Mark's Hospital Foundation, if you wish them to know.



WE PROMISE that if you wish your legacy to be kept anonymous or only to be shared with people of your choosing, we will ensure that this is strictly honoured.



WE PROMISE that your generosity will never be forgotten. We will treat your legacy as a lasting memory of your commitment to build a future free from the fear of bowel disease.



WE APPRECIATE that your circumstances can change and you may wish to alter the details or purpose for which you are leaving your legacy. We promise that any changes you make are followed to the letter.



WE PROMISE that there will always be a member of staff available to help you with any matter or question you may have.

Your
Legacy
& **St Mark's**

Your legacy promise to us

Help to build a future free from the fear of bowel disease

A gift in your will to St Mark's Hospital Foundation is a lasting way you can help people living with bowel disease now and in the future. Please consider this very special way of helping a cause that we know is very close to your heart.

The personal stories on these pages show how legacies make a lasting difference in our fight to create a future free from the fear of bowel disease.



A future free from the
fear of bowel disease

Kunjan's story

"Kunjan Bala Patel was a proud mother of three and was a wonderful and caring wife. We have decided to help St Mark's in her memory as we hope that with this gift and support we can help save the lives of other people with bowel cancer. We will always be grateful to the doctors and nurses who helped our wife and mother during her cancer."

The Patel Family

The names and quote from the Patel family are real; however, in the following accounts of three individuals who have named St Mark's Hospital Foundation as a beneficiary in their will, we have changed the names and omitted personal details to honour their wishes not to be identified in any publicity.



Alan's story

Alan developed life-threatening bowel cancer. Due to the skills of his surgeon, a Professor at St Mark's, Alan's life was saved.

To express his gratitude, Alan spoke to his surgeon to tell him that he would be leaving a gift in his will and asked him for advice as to the best way to do this. His surgeon explained that, as the health challenges that research seeks to find answers to change rapidly, the best way to leave a gift in will is to leave it simply for the benefit of St Mark's Hospital Foundation in order that the Trustees and Expert Medical Panel can allocate the funds to the most important and pressing needs at the time.

Alan's gift has contributed substantially to the leading research projects fighting bowel cancer and inflammatory bowel disease.



Desmond's story

Desmond had been treated at St Mark's Hospital for more than 40 years. With particularly aggressive Crohn's disease, Desmond had struggled to lead a full and active life in the face of severe flare ups, multiple operations and many years of receiving powerful drug therapy. While giving Desmond respite from debilitating flare ups, the therapy had very nasty side effects that impacted on Desmond's health. In Desmond's words:

"The best day of my life was when I was referred from my local hospital to St Mark's Hospital. My local hospital just could not cope with my complex bowel condition, but St Mark's has. I have been treated as an individual at St Mark's where my treatment has been tailored to my body and my unique health challenges, the result of which has been many years of greatly improved health. My disease has been in remission and I have been freed from the nasty side effects of powerful medications."

Desmond has informed St Mark's Hospital Foundation that he has left instructions in his will that the majority share of his estate is to be gifted to St Mark's Hospital for research into new and more effective ways of controlling Crohn's disease. Legacies such as Desmond's may support the further development of highly promising research with the goal to personalise each individual's Crohn's disease treatment, so that every patient can benefit from tailored treatment like Desmond received.

Brenda's story

Brenda suffered from ulcerative colitis. She benefitted from a surgical technique that was developed in the late 1970s by surgeons from St Mark's. The ileal pouch-anal



anastomosis or 'pouch' is accepted as the operation of choice for patients with ulcerative colitis and has been performed in more than 20,000 patients worldwide, radically improving the health of this cohort.

In recognition of the life-changing treatment Brenda received, the result of translational bench-to-bedside surgical research, Brenda left a large gift in her will. This will enable researchers at St Mark's to find new and better ways of preventing and treating ulcerative colitis, continuing an unrivalled tradition of improving the lives of people with the most complex forms of this type of inflammatory bowel disease.

On the next page, you can help us to plan for the future by letting us know your intentions regarding leaving a legacy.

A gift in your will to St Mark's Hospital Foundation is a lasting way you can help people living with bowel disease now and in the future. Please consider this very special way of helping a cause that we know is very close to your heart.





If you desire to see a better future for people with bowel disease, support St Mark's Hospital Foundation and in doing so enable the hospital's dedicated team of world-renowned doctors and surgeons to create a future free from the fear of bowel disease.

Please tell us your intentions for leaving a legacy to St Mark's Hospital Foundation

- ☐ I have already included/intend including a gift to St Mark's Hospital Foundation in my will.

It will help us to plan for the future if we know the value of your gift. Please indicate here the anticipated value of the gift you are already leaving or intend leaving at current value here:

£

Alternatively, let us know about your gift by emailing: jason.bacon1@nhs.net or call 020 8453 2346 or 07711 005574

Please note that notifying us of the value of your gift does not, in any way, legally bind you if you change your mind or your circumstances change. Informing us is optional and entirely at your discretion, although it will be immensely helpful to know.

- ☐ I would like to know more before deciding to leave a gift to St Mark's Hospital Foundation in my will.

Please detach and return this form to:-

The Wills and Bequests Department
St Mark's Hospital Foundation
St Mark's Hospital
Acton Lane
London
NW10 7NS

Here are my contact details for you to contact me:

Title

First name(s)

Surname

Date of birth (optional)

Address

.....

.....

Postcode

Telephone

Mobile

Email

Name of your surgeon and/or physician

.....

The most important information to remember and put in your will when leaving us a gift is:

Our full name and registered charity number:

Name: **St Mark's Hospital Foundation**

Charity Registration Number: **1140930**

Please always ensure you include these exactly as they appear above in your will.

Things you might like to consider when making a will

Who should make a will?

If you care about what happens to your property after you die, you should make a will. Without one, the state directs who inherits, so your favourite charity, friends and relatives may get nothing. After you have had a will drawn up, some changes to your circumstances can make all or part of that will invalid or inadequate. This means that you must review your will regularly, to reflect any major life changes. A solicitor can tell you what changes may be necessary to update your will.

Using a solicitor

Although it is possible to write a will without a solicitor's help, this is generally not advisable as there are various legal formalities you need to follow to make sure that your will is valid. Without the help of an expert, there's a real risk you could make a mistake, which could prevent your wishes being carried out to the letter.

What your solicitor will need to know

Once you have appointed a solicitor, they will need the following details from you.

What you own. Details of everything you own, including property, cars, personal valuables, stocks and shares, bank accounts, insurance policies, any businesses you own, and pensions.

Who gets what? Who do you want to leave these assets to? How do you want to divide your property between your loved ones, friends or charities?

Other wishes. Do you have any particular wishes for your funeral? Do you want to be buried or cremated? Are there any other instructions? For example, if you want to be an organ donor this can be included in your will.

Executors of your will. You must also name the people you want to appoint as 'executors' of your will – the people who carry out the administration of your will after your death. These could be friends or family members, or a professional such as your solicitor. Ideally, you should choose someone who is familiar with financial matters. Make sure you ask your executors whether they are happy to take on this duty as there are long-term responsibilities involved, particularly if you include a trust in your will.

Signing the will

Once the will has been drawn up it is not effective until it has been signed. There are several rules affecting the signature process which, if not followed correctly, will make your will invalid. For example, witnesses and their husbands, wives or civil partners cannot benefit under the will. Many people use staff at their solicitor's office to act as their witnesses to avoid this problem.

Where to keep the will

It is important to keep your will in a safe place and tell your executors, a close friend or relative where it is. People often ask their solicitor to store their wills for them. Most solicitors will do this for free, but sometimes there is a small fee.

Keeping your will up to date

You should review your will at least every five years and after any major life change such as getting separated, married or divorced, having a child or moving house. It is best to deal with any major changes by getting a new will drawn up. But it is also possible to make minor changes (codicils) to your existing will. In both cases it is best to consult a solicitor.

Costs

Charges for drawing up a will can vary between solicitors. They also depend on: the experience and knowledge of the solicitor, and how complicated your will may be. Before you decide who to use, check with a few solicitors to find out how much they charge. But remember that cost should not be the only consideration. It is equally important to find a solicitor who is approachable and whose advice you understand.

Finding a solicitor

If you would like to leave a gift in your will to St Mark's Hospital Foundation, we strongly recommend speaking to a solicitor to ensure that your wishes will be carried out as you intend. If you do not have a will, we advise that you contact a reputable solicitor to have one drawn up. More information regarding how to find a qualified practitioner in your area who specialises in wills can be found on the law society website, which has a helpful 'Find a Solicitor' tool: www.lawsociety.org.uk



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St Mark's Hospital Foundation

St Mark's Hospital

Acton Lane, London NW10 7NS

tel: 020 8453 2346

email: info@stmarkshospitalfoundation.org.uk

web: www.stmarkshospitalfoundation.org.uk

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Registered Charity No. 1140930