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LEAVING A LEGACY

How to leave a gift to
ME Research UK in
your Will



THANK YOU

Thank you for taking the first step to creating a better future for all those affected by ME/CFS, by considering leaving a gift to ME Research UK in your Will.

Many think that a gift in a Will to a charity must be a considerable sum – this is not the case. Any gift, no matter how large or small, is important to us. Whatever you give, you really can make a difference by helping us move closer to a scientific breakthrough.

All we ask is that when you make a new Will or change an existing one, you consider leaving a donation to ME Research UK to allow us to continue our work into the future.

YOU CAN MAKE A DIFFERENCE

We know that leaving a gift in your Will is a big decision, and family and loved ones must come first. But all gifts make an enormous difference to the charity and to the more than a quarter of a million people in the UK affected by ME/CFS.

Past gifts in Wills have enabled us to greatly expand our work and to be able to fund more and larger research projects which have the potential to transform the world's understanding of ME/CFS.

People like you, who had the foresight and commitment to include a gift in their Will in the past, are helping us today, and changing the future for those who come after us.

Your gift means everything to future generations who need not have lives devastated by ME/CFS.

A GIFT WILL HELP US

- Inform everyone of the realities of ME/CFS and of the latest research undertaken globally.
- Influence the research agenda ensuring that maximum strides are made in research.
- Invest in the most promising and scientifically important biomedical research globally leading to a treatment or cure for ME/CFS.



"ME Research UK's generous funding will allow my lab to focus on autoantibodies and their role in mitochondrial dysfunction"

Dr Bhupesh Prusty

“My thanks go to ME Research UK for supporting my work looking at Epstein-Barr virus responses as a possible biomarker”

Dr Nuno Sepúlveda



Making or updating your Will is straightforward, and this guide is a simple introduction to a few of the points you need to think about.

HELP US INVEST IN THE FUTURE

Gifts in Wills, also known as legacies, are an important source of funding for us and have enabled over £1 million in research spend over the last 5 years alone.

But it's not just research. Gifts in Wills help support our other work.

This includes producing our free bi-annual *Breakthrough* magazine, providing information online and via the telephone, funding PhD-level posts to cultivate new scientists at the very beginning of their careers, and much more.

We are incredibly grateful to everyone who includes a gift in their Will to ME Research UK. We simply could not do our vital work without your support.

HOW TO HELP

The simplest way is to include ME Research UK in your Will when it is first written. However, if you already have a Will, it can be amended by the addition of a short 'Codicil'.

We strongly suggest that you seek advice from your legal advisor to ensure that your wishes are recorded correctly and that your Will is exactly what you wish and is appropriate to your circumstances.

Your advisor will need to know details about us and what you want to do:

- **Our details:**
ME Research UK, The Gateway,
North Methven Street,
Perth, PH1 5PP
(Scottish Charitable Incorporated
Organisation – Charity Number
SCO36942).
- **Your wishes:**
There are two types of gift. One is to leave us a specific cash gift or a gift of a specific asset (e.g. shares), and the other is to make us a residuary beneficiary.



"We are very grateful for this funding from ME Research UK to help us investigate problems with energy efficiency"

Dr Sarah Annesley

WHAT TYPE OF GIFT MAKES THE MOST DIFFERENCE?

All gifts to ME Research UK will make a real impact, but many supporters choose to leave a share of their estate, as this type of gift will not lose its value over time but will depend on the value of your total estate.

FREQUENTLY ASKED QUESTIONS

Q: Can I specify that my gift be used for a particular area of work?

A: Most supporters leave their gift for us to use wherever the need is greatest. However, if you'd like to leave a gift specifically to research then your advisor can add this request to your Will and we'll honour your instructions.

All funds dedicated to research are only used to fund biomedical research – no costs, fees, charges or expenses are deducted.

Q: Does it matter in which part of the UK I live?

A: The rules as to Wills differ throughout the UK – even down to the number of witnesses required – but a suitably qualified advisor will guide you through the requirements.

Q: Can I save tax by leaving a gift to ME Research UK in my Will?

A: As we are a charity, a gift to ME Research UK is not subject to inheritance or capital gains tax. This may save tax that your estate would otherwise have to pay. This is a complex area and depends on personal circumstances, but your advisor will be able to explain matters to you.

Q: Who can advise me?

A: The Law Societies of England & Wales, of Scotland, and of Northern Ireland have lists of all legal firms in your area and have a 'find a solicitor' section on their websites. There are also professional Will Writers, many of whom are members of the Society of Will Writers or of the Institute of Professional Will Writers, and details can be found online.