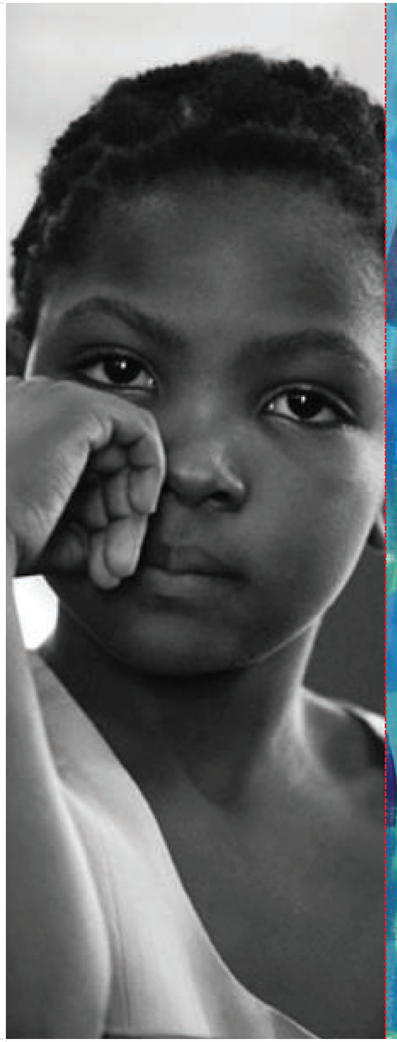
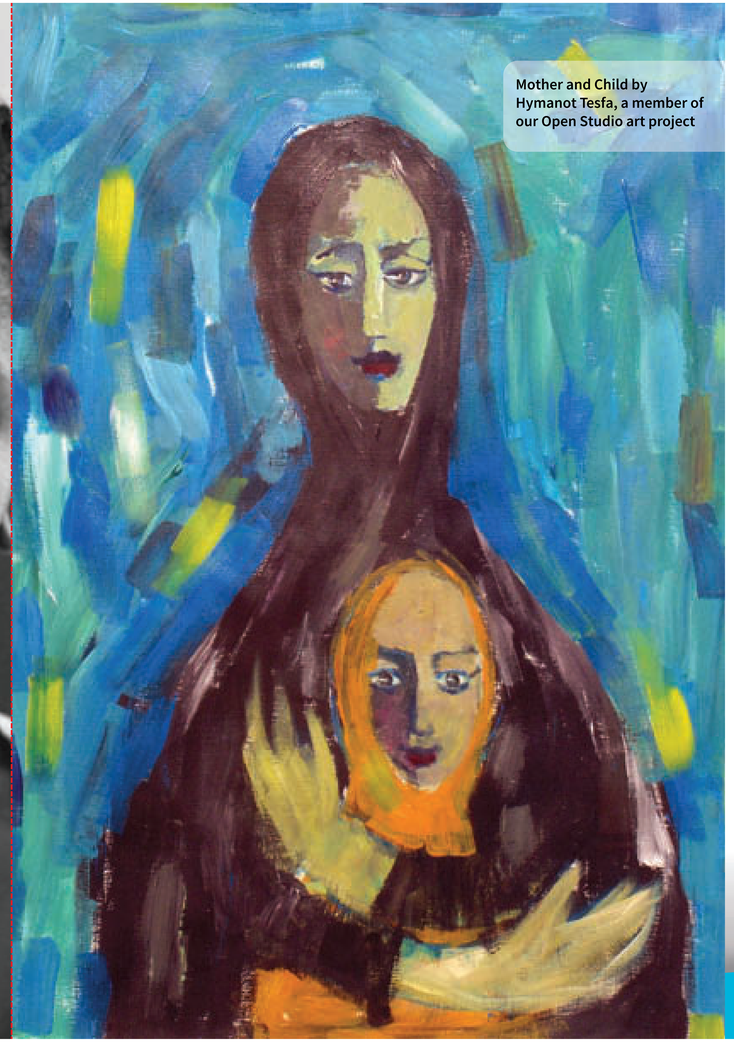




Mother and Child by Hymanot Tesfa, a member of our Open Studio art project

"If today I am still alive I owe it the kindness of the supporters. Thank you for all the lives you have saved and for the lives you will save tomorrow."

Jassir, a Freedom from Torture client.

Freedom from Torture, 111 Isledon Road, London N7 7JW
020 7697 7788 **www.freedomfromtorture.org**

Registered charity number: 1000340 Registered in Scotland: SC039632

Names have been changed to ensure anonymity.

FREEDOM FROM TORTURE

TORTURE WOUNDS. YOUR LEGACY HEALS.

FREEDOM FROM TORTURE

EMPOWERING SURVIVORS. REBUILDING LIVES

‘I know there is still something in my head that prevents me from leading a ‘normal life’. How can I explain? I used to have a normal life back in my country and then the ‘gap’, the prison and the torture. After the gap you try to go back to that normal life but it feels impossible. You live in another world in a way. That’s what Freedom from Torture does, tries to fill the gap and bring people back from that world into a normal life again.’

Jassir, a Freedom from Torture client.

Your legacy, a gift to transform a life

By remembering Freedom from Torture (formerly the Medical Foundation for the Care of Victims of Torture) in your Will you can help to ensure that in years to come we will be able to offer support to men, women and children whose lives have been shattered by the cruelty and degradation they have experienced. Leaving a legacy to Freedom from Torture is a powerful way to demonstrate your commitment and concern for torture survivors.

Writing a Will might seem daunting but it can actually be a very straight forward process and it will give you peace of mind that after you have gone those close to you will be looked after as you wished.

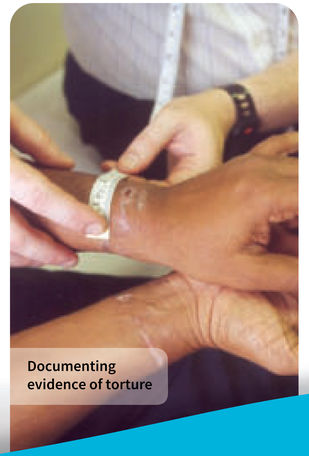
Having your intentions clearly stated, from your preferred funeral arrangements to how you would like your treasured possessions to be passed on, can make a painful time a little less complicated for those close to you. After you have given consideration to your nearest and dearest you may also like to consider the causes that are close to your heart.

By remembering Freedom from Torture you can know that your gift will help transform the lives of those who have experienced torture and persecution. Your gift could be used in so many ways. It could help maintain our horticultural therapy project, fund our network of skilled clinicians offering physical and psychological therapy, or maintain our Medico-Legal Report team who provide independent documentation of torture to support survivors’ asylum applications.

Your legacy will breathe hope back into the lives of the torture survivors who come to us for help.

How to leave a gift in your Will

You may feel that you don’t have much to leave in your Will but any gift that you choose to leave to Freedom from Torture, regardless of its size, will be immensely valuable to those we help. If you don’t already have a Will we strongly recommend that you contact a solicitor so that a legal document can be drawn up that clearly states your wishes. They will charge a fee for drafting your Will but it will be considerably less than the legal costs your loved ones could face if you were to die without having left a Will.



Documenting evidence of torture

You may already have a solicitor or have a recommendation from a friend, alternatively you can contact the Law Society on 020 7242 1222 and they will help you find a suitable solicitor in your local area.

Once you have decided who you wish to include in your Will there are several types of gift you can consider.

A Residuary Gift – This is a percentage of the value of your estate once all other payments have been made (e.g. funeral expenses, pecuniary and specific legacies). This type of gift is especially valuable because, unlike a pecuniary gift, it retains its value over time.

A Pecuniary Gift – This is a fixed amount of money.

A Specific Gift – For example an antique, a piece of jewellery or land, buildings or investments that you wish to pass on.

Your solicitor will advise you on suitable wording to include a gift to Freedom from Torture, our suggested form is:

*I give free of inheritance tax to Freedom from Torture (Medical Foundation for the Care of Victims of Torture) Registered Charity Number: 1000340 of 111 Isledon Road, London N7 7JW [**insert the details of your gift here**, e.g. 10% of the residue of my estate] to be used for its general charitable purposes. I declare that the receipt of the Treasurer or duly authorised officer at Freedom from Torture shall be a full and sufficient discharge for my Executors.*

If you already have a Will but wish to include a gift to Freedom from Torture you can do so easily by adding a Codicil to your existing instructions. Ask your solicitor about this or contact us for a Codicil form to complete.

Once your Will and any Codicils are completed, signed and witnessed you will need to keep the documents in a safe place; it can be a good idea to leave a copy with your solicitor. Let your Executors know where your Will is stored.

We appreciate that choosing to leave a legacy to Freedom from Torture is a significant decision, so please do call us on 0207 697 7788 if you have any questions.

FREEDOM FROM TORTURE

A gift for the future

If you have included Freedom from Torture in your Will please let us know.

Telling us your intention is not legally binding but we would like to thank you for your commitment.

I have included Freedom from Torture in my Will with a gift of

A .....% share of my estate

The sum of £.....

Specific item(s), namely.....

.....

☐ I have included Freedom from Torture in my Will but prefer not to disclose the nature of my gift.

☐ I have written my Will but wish to remember Freedom from Torture, please send me a Codicil form.

Name.....

.....

Address.....

.....

Postcode.....

Please return this form to Freedom from Torture, FREEPOST WD4196, London, N7 7BR. You don’t need a stamp. Alternatively you can call us on 020 7697 7788 to let us know your intentions or if you have any questions. Thank you.