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.
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 ‘grip’, 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 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.

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, building or investments that you wish to pass on.

A Specific Gift

Your solicitor will advise you on suitable wording to include a gift to Freedom from Torture in your Will. Our suggested form is:

I give free of inheritance tax to Freedom from Torture (Medical Foundation for the Care of Victims of Torture) in my Will the sum of £______.

If you have included Freedom from Torture in your Will please let us know by filling in the enclosed form. 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

The wording of your gift here

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 if you have any questions. Thank you.

By remembering Freedom from Torture you can know that your gift will help transform the lives of those who have experienced torture and persecution.

Writing a Will might seem daunting but it can actually be a very straightforward 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.

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