

A close-up portrait of a Black woman with long, dark, curly dreadlocks. She is looking directly at the camera with a calm, steady gaze. She is wearing a dark-colored top with thin, light-colored horizontal stripes. The background is a soft, out-of-focus grey.

**FREEDOM  
FROM TORTURE**  
EMPOWERING  
SURVIVORS.  
REBUILDING  
LIVES

**Angela's legacy transformed  
Tania's life.  
What will yours do?**

Although Tania's story is real, we have changed her name and used a model for this photo to protect her identity.

**It is a big honour for Freedom from Torture when a caring and considerate supporter decides to leave a gift to us in their Will. Thank you for expressing an interest in doing so.**



We firmly believe no one should be tortured, and that everyone deserves protection. Our vision is of a world free from torture. Until we achieve that, we want to be there for those survivors who need us.

If you share our vision, then leaving a gift in your Will to Freedom from Torture is a great way to express your values and convictions.

Inside this booklet, you'll see what legacies left to us by previous supporters have helped to make possible. You'll also hear from others who have helped survivors of torture by taking this special step.

We hope it will show why your interest is so greatly appreciated and provide you with everything you need to make an informed choice about leaving a legacy to us. Please feel welcome to get back in touch with me if you need any more information.

Together, with your help, we can work towards a world that is truly free from torture.

Yours, in solidarity and gratitude,

Verity Owers  
Legacy & In Memory Programme Manager  
Freedom from Torture

## A message from our Chair

*"We are nothing without you – our magnificent and loyal supporters are integral to the Freedom from Torture community. A gift in your Will is a way to keep our shared values and beliefs shining long after we're gone and brings us closer to a world without torture."*



Susan Berelowitz, Volunteer Chair of Freedom from Torture

## Why I've left a gift in my Will to Freedom from Torture



**“**As a young girl we had a family friend who had been tortured in his home country because of his beliefs. I have worked with refugees, seen the help Freedom from Torture gave them, and want the charity to continue their great work after I'm gone.”

**Elisabeth Buggins CBE,**  
Freedom from Torture legacy pledger



**“**Just over twenty years ago we agreed to be a host family for Freedom from Torture. We came to know two men, who both survived terrible things in their homeland. We also learned a great deal about ourselves and our own country. We want this charity to be able to continue building a better world after we're gone.”

**Barbara and Joe Andrew,**  
Freedom from Torture legacy pledgers

All supporter names, accounts and quotes shown are real. Where images are unavailable, stock photography has been used.





## The difference a gift in your Will could make

**We believe that everyone deserves justice and to be treated fairly. Quite simply, no-one in the world should ever be tortured.**

**If you share our belief, then leaving a gift in your Will to Freedom from Torture is a great way to uphold the values that you live your life by.**

Many people tell us it brings them comfort to think that their hard-earned money or assets will continue to bring positive change in the world after they've passed on.

And it doesn't have to be a fortune. Every penny counts in the struggle to create a torture-free future. Once you've looked after your family or loved ones, then even a small percentage of the remainder can make a huge difference.

Here are some examples of the work gifts in Wills have helped

make possible, and which your gift could make an important contribution to in the future.

### Therapy & support

We offer one-to-one and group therapy to support survivors with the long-term effects of torture, including post-traumatic stress disorder and other mental health needs.



Therapy can be vital to a survivor's recovery.

We run additional services to help people rebuild their lives. These include creative activities like music and gardening, as well as social groups like bread-making and football.

### Asylum & rights

By providing legal and welfare advice, we support survivors in the asylum system and help them access crucial services like housing and welfare.

We also facilitate medico-legal reports to provide medical evidence to support asylum claims. This could help stop survivors being sent back to

countries where they may be tortured again.

### Fighting torture

Using our in-depth evidence of torture, we work with survivors to hold countries who torture to account. We will not rest until we have achieved our vision of a world free from torture.

### Survivor activism

We support survivor empowerment through activism, working with them to raise awareness, influence decision-makers and campaign for change in the UK and across the world.

## How one woman's legacy helped relieve the pain of torture

**Angela Jones was a keen supporter of our efforts and left a substantial gift to us in her Will.**

Plagued by ill health and pain for many years, it was perhaps fitting that we received Angela's legacy in time to help fund our pain management service.

The service helps survivors with management of their physical pain, giving advice on pain medication as well as access to gentle movement and exercise.

Survivors will benefit from this service for years to come – a legacy we believe Angela would have been proud of.



## A trip through our archives



We're proud to share a timeline of our history - hopefully it will spark some memories for you. From day one, we've relied on the kindness and generosity of supporters to help fund our work. By leaving Freedom from Torture a gift in your Will you'll be taking us a step closer to a world without torture. Thank you for being part of our movement to end torture.

*Sonya Sceats*

**Sonya Sceats,**  
Chief Executive, Freedom from Torture



*Torture is never acceptable. We will not stop working to bring perpetrators to account.*



*Helen Bamber led us in our early years.*



*John McCarthy, who was freed after spending more than five years in captivity.*



*Our headquarters is a place of tranquillity and the perfect setting for individual and group therapy.*

**1985**

The Medical Foundation for the Care of Victims of Torture is founded.

**1990**

We quickly outgrow our space and move to a building in Grafton Road.

**1993**

We are honoured to name John McCarthy a Patron, after his release from captivity in Beirut.

**2003**

We begin our regional programme and open our first centre outside of London in Manchester. Further centres open in Glasgow (2004), Newcastle (2006) and Birmingham (2009).

**2004**

We move into our purpose-built headquarters in Finsbury Park.

**2011**

We provide over 10,000 hours of interpreting for clients for the first time.

**2017**

Nearly 30,000 people call on Prime Minister Theresa May not to turn a blind eye to torture in a petition handed over at 10 Downing Street.

**2018**

We provide over 16,000 face to face appointments for survivors of torture.

**2020**

During the COVID-19 lockdown, support from our donors helped ensure we could supply torture survivors with emergency supplies and remote therapy via telephone and online.



*This is our first premises at the National Temperance Hospital, London.*



*Freedom from Torture staff and supporters join the Stop the War in Iraq demo, London, 15 Feb 2003.*



*As part of their recovery, survivors can share and use their stories to fight for change.*



*We stand with survivors, providing therapy and support.*



*Our campaigns for change have influenced decision-makers in the UK and across the world.*



*Tens of thousands of our dedicated supporters have signed petitions and marched with us.*



*Compassionate supporters like you helped us respond to the COVID-19 pandemic.*



## Write or update your Will for free

**We are delighted to be able to offer Freedom from Torture supporters like yourself the chance to have your Will written or updated free of charge.**

### **Adding a gift to Freedom from Torture to your Will**

If you decide to leave Freedom from Torture a gift, we would be extremely thankful. Whether big or small, a fixed sum of money or specific item, all of the legacies left to us help make a valuable difference to our work.

To find out more about the types of gift you could leave and for some suggested wording you could use, please take a look at the accompanying insert called “How to leave a gift in your Will”. Once you have an idea what you want to do, simply get in touch with your solicitor or Will writer to discuss your wishes.

### **Changing your existing Will**

It is often easier and quicker than you think to update your Will and add a gift to Freedom from Torture. Your solicitor or Will writer will be able to advise what would work best alongside your existing arrangements.

Once again, thank you so much for enquiring about giving in this very special way. It really is a mark of your dedication and commitment. If you have any further questions, feel free to contact us using the details opposite.

### **National Free Wills Network**

As a member of the National Free Wills Network, we can provide you with a voucher for writing a new Will (or updating an existing one) with hundreds of reputable solicitors across the UK. Once you register with us, we will ask the service co-ordinator to write to you with details of solicitors in your area who are part of the scheme.

### **Free Wills Month**

Every March and October supporters aged 55 and over can have a simple Will written or updated free of charge with the help of solicitors participating in the scheme. More information is available at: **[www.freewillsmoth.org.uk](http://www.freewillsmoth.org.uk)**

### **No obligation or pressure**

Your legacy could breathe back hope into the lives of people who have been tortured and who come to us for help. It could mean that the values you live your life by will live on in the future.

Both schemes come without obligation and there is no pressure to leave a gift to Freedom from Torture. It is our way of thanking you for the support you’ve already given. Of course, if you do decide to help Freedom from Torture in this way, then we would be extremely grateful.

**For more information on either scheme, email [vowers@freedomfromtorture.org](mailto:vowers@freedomfromtorture.org) or call us on 020 7697 7830.**



## Frequently asked questions

### How is Freedom from Torture funded and how do gifts in Wills help?

88p out of every £1 we receive comes from donations and gifts in Wills from individuals. They are vital to the continued success of our work.



### How much money goes to helping survivors of torture?

For every £1 we spend, 71p goes towards our services. The remaining 29p is invested into raising the next £1 and ensuring the upkeep of our five national centres.

### Do I need to tell you if I've left a gift in my Will?

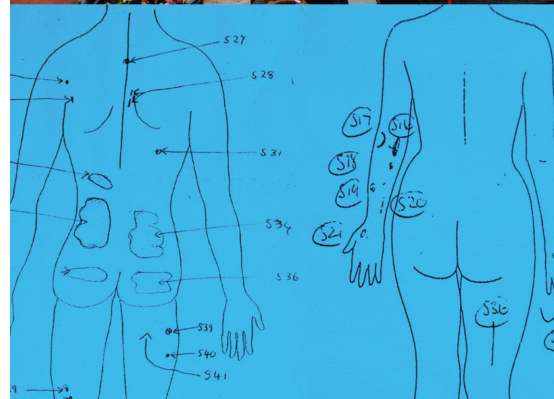
This is entirely up to you but letting us know you have pledged a gift gives us the chance to thank you and offer you the opportunity to stay in contact according to your preferences. We will always respect your privacy and keep any information you choose to tell us confidential.

### Can I have a say in how you use my gift?

We do our utmost to honour specific legacy wishes and requests but always suggest wording your pledge so your gift can be used wherever the need is greatest when the time comes. This gives us flexibility to respond to whatever the future may bring in our efforts to support survivors.


### I'm not wealthy, is it worth me leaving a gift in my Will?

Big or small, we greatly value all legacy gifts left to us and will appreciate whatever you choose to pledge. Every gift helps us to support survivors and to work to bring an end to torture around the world.





Torture tries to silence and break people. It is illegal, doesn't work, and is always wrong. Yet it happens to people across the world, just like Tania. Your values have the power to impact the lives of people like her, long into the future. Together, we can achieve our goal – a world that **values global citizenship** and is **free from torture**.

A close-up photograph showing a person's hands, one of which is wearing a black sleeve, using silver pruning shears to trim a bouquet of pink flowers. The flowers are in various stages of bloom, and large green leaves are visible in the background. The scene is set outdoors on a dark, textured surface.

“ Therapy is the flower of this organisation, it is a way of unlocking people's power that the torturer tried to take away.”

Anonymous Freedom from Torture client.

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