

Your Lasting Legacy

A Guide to Leaving a Gift in Your Will

West Central London  mind



West Central London Mind has been at the heart of the community since the 1980s, supporting people across Brent, Kensington & Chelsea, Wandsworth, Westminster and beyond.

Mental health is now the UK's top health concern and the demand for our services has never been greater. It's vital WCL Mind are here for generations to come who need our help. From counselling and specialised children and youth services to community befriending, we provide life-changing support to those in need.



We understand that your will is a personal matter and taking care of your loved ones comes first. However, many of us also choose to include causes close to their hearts. By leaving a gift to West Central London Mind, you'll help ensure future generations have access to vital mental health support when they need it most.

Your generosity makes a real, tangible difference to local lives. Thank you for considering leaving this lasting legacy.

A handwritten signature in black ink, appearing to read 'S. Thompson'.

Simon Thompson
CEO

The Impact of Gifts in Wills to WCL Mind

How we support our community – 2024 Highlights

people supported through our Talking
Therapies, Self-supported Help and
Private Counselling Services

1,138

85p

in every £1 is spent directly
on our service users

people received Mental Health Training,
enabling the skills and confidence to be
proactive in managing their wellbeing
and that of their colleagues

4,500

of people receiving Community
Befriending support reported
improved mental health and wellbeing

76%

support sessions delivered to
people bereaved by suicide

2,000

children and young people
received mental health support

<16,000

How your gift helps

£1,000

could run our Walk & Talk group for six weeks — offering up to 12 people a safe, supportive space to build connections and strengthen their mental health.

£3,500

could provide four months of Green Minds, our ecotherapy programme that helps up to 15 people per session connect with nature and improve their mental wellbeing.

£12,000

could fund a small project like Music in Mind for a full year. A programme helping people experiencing mental health problems to compose and produce music, boosting self-expression and confidence.

£32,670

could fund our Community Programme Coordinator for an entire year - enabling support for hundreds of people on their mental health journey.

A gift in your will could help us be there for more people like Micheal.

In July 2023, Micheal lost his brother, Jack, to suicide. Micheal's world was blown apart and he was left tormented by guilt and the 'what ifs' left by so many unanswered questions. He described his grief as 'on steroids', shattering his world where nothing felt real.

Our Suicide Bereavement Service provided immediate support, offering Micheal reassurance, comfort and support when other services had long waiting lists and bureaucracy that he simply couldn't deal with. Micheal built a relationship with his Bereavement Officer that continues to this day **'there are not many people who will stand with you in the dark, but the immediacy of the service is beyond the offer of any other, and the accessibility and quality is exceptional.'**

Every death by suicide can affect up to 135 people and those bereaved by suicide are 65% more likely to attempt suicide themselves. You can help us to support others like Micheal to navigate the aftermath of such a devastating loss. 'You are not alone and there are people who can help you to navigate this horrific trauma and make your life more bearable.'

Michael is just one of the 22,000 people we support each year

A Step-by-Step Guide to Leaving a Gift in Your Will

1. Calculate the value of your estate

Include any property, cash, bank and savings accounts, and personal possessions.

Any debts such as mortgages and bank loans must be subtracted to determine the potential value of your estate.

2. Appoint your executors

The role of an executor is to carry out your wishes and name any beneficiaries in your will. Many people choose to select loved ones to act in this role. It is advisable to have between 2 and 4 executors. You can also choose a professional to be an executor such as a solicitor.

3. Decide who you'd like to remember in your will

It is your choice who to remember in your will, many people leave gifts to family, friends, organisations or charities.

4. Write your will

We recommend contacting a solicitor to draw-up your will to reflect your wishes. For a simple Will you can also do it online and over the phone. We provide some guidelines on the legal wording to leaving a gift for WCL Mind on page 6.

5. Keep your will safe

Make sure to keep an original or copy of your will in a safe place. It is advisable to give your executors and/ or solicitor a copy or ensure they are aware where the will is kept.

6. If you kindly decide to leave a gift for us, please let us know

It is down to generosity like yours that we can help support more people at WCL Mind. If you leave us a gift we would love to be in touch and pass on our appreciation.

Please make sure our charity number is clearly listed in your will to ensure the money reaches us and not another Mind branch.

Types of gifts you can leave...



Residuary gift

This type of legacy is the most beneficial gift to us because it is a percentage or share of your estate, rather than a fixed amount. Leaving a share of your estate means it won't be affected by inflation and will retain its value. Our suggested wording:

I give (insert %) of my residuary estate to West Central London Mind (registered charity number 292708), 23 Monck Street, London, SW1P 2AE, to be applied for its general purposes. I declare that the receipt of the finance director or the appropriate officer shall be a complete discharge to my trustees.

Pecuniary gift

Also known as a cash gift, this is a fixed sum of money that is left in your will and is paid out of your estate first. Our suggested wording:

I give (insert £) to West Central London Mind (registered charity number 292708), 23 Monck Street, London, SW1P 2AE, to be applied for its general purposes and declare that the receipt of the finance director or appropriate officer shall be a complete discharge to my trustees.

Specific gift

A particular named item, for example, artwork, a piece of jewellery or property. Our suggested wording:

I give (insert £) to West Central London Mind (registered charity number 292708), 23 Monck Street, London, SW1P 2AE, to be applied for its general purposes and declare that the receipt of the finance director or appropriate officer shall be a complete discharge to my trustees.

Your gift may be dedicated to a loved one or in memory of someone, so you may wish to ask your solicitor to note this down in your Will and let us know so we are aware of who your special gift is remembering.

Supporting WCL Mind ‘In Memory’



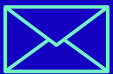
Funeral Collections

Arranging a collection at a funeral or memorial service or donations in lieu of flowers, can be a special way to commemorate a loved one and a cause they care about.



Online

You can make a one off or regular donation directly via our [website](#) or JustGiving.



By post

Please send cheques (payable to West Central London Mind) to: Gifts in Wills, Fundraising, WCL Mind, 23 Monck Street, London, SW1P 2AE.



By bank transfer

You can make a bank transfer directly from your bank account to us using the following details. Please email us at fundraising@wclmind.org.uk to let us know of your donation so we can thank you properly for this generous gift.



Create a tribute page

Our partnership with www.muchloved.com enables you to create your own memorial ‘tribute’ website to remember your loved one. A tribute page is a special place where you can share memories, thoughts and stories, photos and videos of your loved one with family and friends. You can also collect fundraising donations for WCL Mind in their name. It’s quick and easy to set up, and you can keep your page open for as long as you wish, simply visit their website and search WCL Mind as your chosen charity.



Events in memory

Taking on a personal challenge or hosting your own event, is an amazing way to honour someone special. A fundraising page can be set up in memory via our JustGiving page, and selecting ‘Fundraise’ and then ‘Remember Someone’. If you need help setting up your fundraising page or support with your in memory event, please contact fundraising@wclmind.org.uk.

Frequently asked questions

Q: Why should I write a will?

A will makes a difficult time a little easier for those closest to you and ensures your wishes are respected. This ensures your money, property or possessions are allocated to friends, family or a charity in accordance with your wishes. It is also a tax-effective way to support a charity because gifts to charity are not subject to inheritance tax and could reduce any tax payable on your estate.

Q: How do I ensure my will is valid?

A will needs to:

- Be made by a person 18 or over
- Made voluntarily and without pressure from another person
- Made by a person of sound mind
- Made in writing
- Be signed by the person making the will in the presence of two witnesses

Q: How can I change my existing will?

If you have a will and you want to add a gift to WCL Mind, you can simply add a codicil, which is a separate legal document altering or supplementing your existing will. Please make sure you ask your solicitor to help you ensure your wishes are known and acted upon.

Q: Reasons to consider updating your will

It can be useful to review your will every five years and after any major life changes e.g., marriage or divorce, birth of a child or you have moved house.

Q: Can I specify how my gift is used?

Yes, you can ask your solicitor to include a wish for your gift to support a specific service.





A gift in your will, no matter how small, can help us be there for anyone in our community facing mental health challenges.

If you have any questions or wish to inform us of your intention to leave a gift in your will, please get in touch.

Call: [020 7259 8100](tel:02072598100)

Email: fundraising@wclmind.org.uk

Address: [23 Monck Street, London, SW1P 2AE](#)