

# Reaching out the hand of friendship to future generations



How a gift in  
your will can help  
give generations  
of people a  
'friend for life'



**Friends for Life**  
— Bedford —

# Friends for Life Bedfordshire

60% of people in care homes typically receive no visitors

Studies suggest feelings of loneliness greatly increase the chances of developing dementia

Friends for Life Bedfordshire is the only charity in Bedford working to address social isolation in care homes

The social isolation of care home residents is a hidden emotional crisis in communities across the UK. Care home residents live on the fringes of society, away from the public eye, and a significant number of residents receive few or no visitors for months and even years.

Since 2007, Friends for Life Bedfordshire has been working to reduce the social isolation of people in Bedford's care homes. We recognise the negative impact loneliness has on a person's well-being, and address this by recruiting and training personal befrienders who offer friendship and company to residents most at risk of loneliness. We also facilitate school-care home partnerships, which provide inter-generational social interaction.



# Agents for Change - Meet Anne

Anne has spent her life caring for her family. Today, Anne, a wife and mother, finds herself alone and living in care.

With the death of her husband, and her daughter living abroad, Anne can no longer live at home. Struggling to adapt to living in care, and with no one to visit her, Anne needs someone who can offer her their time and friendship.

Thanks to our befriending service, Anne now receives visits from her befriender Stella every week. As well as providing Anne with the company and conversation she desired, Stella has enabled Anne to spend regular time outside the care home environment through trips to the local park, shops, coffee shop and down to the river for fish and chips at lunchtime!



'Now I have something to look forward to each week.'

-Anne

A gift in your will will help us provide befrienders to other residents like Anne



# Reach out the hand of friendship now for the generations to come

Legacies are a vital source of income for charities each year. They help fund core services and provide a strong financial foundation for charity growth.

We need supporters like you to stand with us so we can address the loneliness felt by so many residents in our care homes.

A gift in your will will help us to:

- ♥ Train and provide more befrienders (both now and in the future) to residents in Bedford's care homes
- ♥ Ensure we have sufficient and well trained staff to run our growing befriending service
- ♥ Expand our school-care home partnerships and community links so that every care home resident experiences social connection with people from other generations

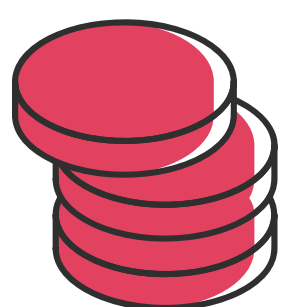


'By 2030  
loneliness and  
isolation among  
the over 80s will  
rise by 40%'

# How you can leave Friends for Life Bedfordshire a gift in your will

**We know that family and friends always come first. After you've made sure you have provided for your loved ones in your will, you may be happy to consider leaving a gift in your will to Friends for Life. There are many ways you can do this, making your gift in your will as individual as you are.**

## Pecuniary gift



This is simply a sum of money, large or small, that you wish to leave. A pecuniary gift will depreciate over time, so if you are including such gifts in your will, it may be worth reviewing their value every so often to make sure they still reflect your wishes.

## Residuary gifts



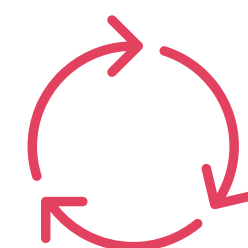
With this gift you leave a percentage share of your estate, once your family, friends and debts have been taken care of. Many people prefer residuary gifts, as leaving a percentage of the remainder of your estate is a simple way to give a gift of real value.

## Life interest



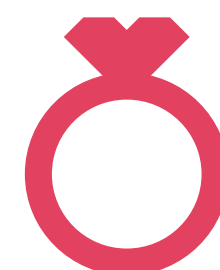
This is a gift that someone can benefit from in their lifetime. For instance, your house could be left for the use of a relative. When they die, it could pass to someone else, or to a charity.

## Contingent gifts



Legacies made on the basis of another event happening first are called contingent gifts. For example, your will could state that a gift only applies if all other beneficiaries die before you do.

## Specific gift



A specific legacy is the gift of a particular item, and could be furniture, antiques or jewellery.

**We'd always advise you to consult with a qualified solicitor when drawing up your will, or when making amendments, as they can guide you through the legal language and ensure your wishes are clear.**

# Our legacy promise to you

A gift in your will is a promise to reduce the social isolation of care home residents for generations to come. It is a promise to reach out and find people who are alone and offer them the gift of friendship.

Our promise to you is:

- ♥ We will value all legacy gifts we receive – nothing is too big or too small
- ♥ We will use your gift solely for the purposes of delivering and growing the befriending service we provide in Bedfordshire
- ♥ We will be good stewards of your gift, ensuring it is used effectively and responsibly
- ♥ Your personal information will be stored safely and will not be shared with anyone else
- ♥ With your permission, we will keep you updated on work whilst respecting your communication preferences
- ♥ You can change your mind about leaving us a gift in your will at any time



## Keeping up to date

We appreciate that circumstances in life change and that it is important to review your will after any significant change of events to ensure it reflects your current situation and wishes.

When reviewing your will, this is an ideal opportunity to include a gift to Friends for Life Bedfordshire. Deciding to leave a gift to us doesn't automatically mean you will need to create a new will as sometimes all that is needed is the addition of a codicil. A codicil is a document that makes an amendment to your will without the need for it to be re-written.

Your solicitor will need to have the following details if you decide to leave us a gift in your will:

Charity name: Friends for Life Bedfordshire

Charity address: Room1 2nd Floor, 43 Bromham Road,  
Bedford MK40 2AA

Registered charity number: 1165730

If you would like to talk to us further about leaving a gift in your will or you would like to let us know that you plan to leave us a gift in your will please contact our Legacy Manger Kathryn Hughes.

Email: [kathryn@friendsforlifebedford.org.uk](mailto:kathryn@friendsforlifebedford.org.uk)

Tel: 07969 891003

Thank you

