

Leave a gift and make a lasting difference



Would you consider leaving a gift in your Will to The Migraine Trust?

the
migraine
trust



Registered with
**FUNDRAISING
REGULATOR**

Making a Will is important, it's your way to make sure that your wishes are carried out after you die. Leaving a legacy or gift in your Will is a great way to help someone or something you care about. Of course, you need to ensure that your family and friends are taken care of first, but if you are also able to leave a gift to The Migraine Trust you will help us to support not only the 10 million people in the UK who are living with migraine now, but also future generations who are yet to be diagnosed.

Founded in 1965, we are the UK's only research and support charity for people affected by migraine. Our aims are to fund and promote research into migraine, provide support for people affected and campaign for change. Too often we see that migraine is dismissed as 'just a headache'.

How legacies help our work

"I felt I wanted to leave money to The Migraine Trust in my will in the hope that more can be done for people with migraine, through research, raising more awareness and helping people directly. My life has been ruined by headaches and migraine, and I thought if I left some money it could help other people like me." Hilary Brown, The Migraine Trust supporter and legacy pledger

Legacy gifts transform our work. We are very grateful to the many supporters who leave us a gift in their Will – typically half of our work is possible every year thanks to the generosity of these supporters. Last year our legacy supporters helped us to fund vital research, to answer thousands of phone calls from people needing support and to reach over 5,000 people with online events led by experts.

The impact that legacies have on our ability to help people with migraine both now and in the future is immense.

"You took the time to answer my questions.

By the end of the phone call, I had far more understanding of my diagnosis, the medication that could help different symptoms and the relief that I wasn't alone."

We are already providing significant support to thousands of adults living with migraine and will continue to develop and expand this vital work. However, we are a growing charity and as we look forwards, we are excited to be developing new projects to also support the 800,000 children and young people who live with migraine in the UK. Young people are telling us that our help is needed to make a difference to their futures.

Before I knew I had migraines I was worried that I was going blind because I couldn't tell anyone about it.

Migraine makes me feel that I can't do what I want in life.

I want to feel that I understand my doctor and what he is saying, so that I don't have to ask mum afterwards.



How to make a start

Your Will provides your opportunity to decide who you would like to receive your assets and possessions after your death. In order to write a Will we suggest you contact a local solicitor who can draw up your Will and ensure that there will be no complications. The Law Society's website can help you to locate a solicitor in your area if you need help: **www.lawsociety.org.uk**

Before you visit the solicitor

Before your meeting it is a good idea to list your assets and any liabilities. For example: bank accounts, property, insurance policies, specific items of value and any debts, mortgages or loans you may have. You also need to decide who you would like to be your Executor. This is the person that ensures that your wishes are carried out properly. You could appoint a family member, friend or your solicitor, and it does not matter if the Executor benefits from a gift in your Will.

Types of gift (or bequest)

There are two main ways of leaving gifts in your Will.

Pecuniary legacy: These are a straightforward cash gift of a specific amount of money. If you would like to leave a pecuniary gift to The Migraine Trust you may find the following wording helpful:

"I give to The Migraine Trust of 4th floor, Mitre House, 44-46 Fleet Street, London EC4Y 1BN, registered charity number 1081300 the sum of £....."

A residuary legacy: This is a percentage sum of your estate, so after all individual gifts have been allocated the remainder of your assets can be divided up on this basis. The benefit of residuary legacies is that the value is not affected by inflation as there is no fixed sum. As the value of your estate increases, so will the value of your legacy. If this is what you would like to do the following wording might be helpful:

"I give all (or a% share) of the residue of my estate to The Migraine Trust of 4th floor, Mitre House, 44-46 Fleet Street, London EC4Y 1BN, registered charity number 1081300."

Changing your Will

If you have already made your Will and wish to change any part of it, you need to add a codicil: a form that is added into your Will and reflects any changes to your circumstances. If you need a codicil, there is one on our website for you to print out and complete, or you can contact us, and we will send you a copy: web: **migrainetrust.org/legacy**, email: **legacy@migrainetrust.org**

I've decided I would like to leave you a gift – what now?

If you have decided to support us, we would be grateful if you could let us know. Not only does this allow us to thank you in your lifetime but it helps us to plan our work with confidence. We also enjoy connecting with our supporters and would be delighted to keep you updated about our work or invite you to special events. Please contact our friendly team, in confidence, and with no obligation on **0203 9510 150** or email us at **legacy@migrainetrust.org**





the
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The Migraine Trust,
4th Floor Mitre House,
44-46 Fleet Street,
London EC4Y 1BN

t: 0203 9510 150 e: legacy@migrainetrust.org

w: migrainetrust.org/legacy

Twitter **@migrainetrust** Facebook **themigrainetrust**

Instagram **migrainetrust**

Helpline number: 0808 802 0066