

Rowans

Hospice

*'When a stone is dropped
in a calm still pond, the
ripples reach all sides'*



Our guide to making a gift in your Will

Your greatest gift.
A legacy of quality care delivered with compassion,
today, tomorrow and in the future.

*If you drop a stone in the ocean
it has little effect amongst the waves and tides.
If you drop a stone in a calm still pond,
the ripples reach all sides.
In time the radiating ripples fade,
the pond becomes calm and still once more.
Your stone makes a lasting difference,
the pond has changed from how it was before.
When you're standing in the light, your shadow sadly gone
A stone dropped in our calm still pond....
Your legacy lives on.*

*Simon Newman
Rowans Facilities Lead and patient relative*



I am very lucky to have been involved with Rowans for over 15 years now. I have been an employee, I have experience of the care we provide from a relative's perspective, and I am now a Trustee.

My father-in-law (Dad, to me) was a man who I looked up to, and really enjoyed being in his company. Sadly, he became ill in 2010 with bowel cancer, and as his condition worsened, he was able to get the support he needed from the Rowans. He attended Day Care, and then eventually became an in-patient. Being a patient at the hospice provided Dad with care that was extremely compassionate, and centred on how he wanted to be cared for. He passed away in September 2011.

My memory of Dad's care at Rowans Hospice will stay with me for ever. Working at the Hospice, you know that it is a very special place, but witnessing a loved one being cared for, being part of a family who is receiving the care first hand is very special indeed.

This is the reason that Hilary and I decided to leave a legacy for the Rowans in our Will. It is perhaps our greatest legacy. It will ensure that Rowans can continue to deliver the quality care that we are known for, supporting people like me, my family, and people in our community when they need it most.

So, 'Thank you' for your interest in leaving a gift in your Will to Rowans Hospice.

Making a pledge in your Will is simpler than you think, and this booklet gives you the information you need to do so.

Please act now to leave a legacy of quality care, delivered with compassion, today, tomorrow and in the future.

Geoff Page
Son in Law & Rowans Trustee



Support the hospice at the heart of your community

Many people think that Rowans Hospice is a place where people go to die. We know we are so much more than that. You can help us to support people to live as well as they can until they die.

- It can be very distressing to find that there is no cure for your condition. In a safe and relaxed environment, patients and carers can be supported from diagnosis and onwards through their journey. The Living Well Centre provides services and activities to help people feel well and supported and your gift will help more people to access this service.
- In the Hospice our specialist teams and volunteers help patients to manage the physical and emotional effects of a wide range of life-limiting illnesses, relieving pain and distress. We help many patients regain independence and return home and support patients receiving end of life care in parting from those close to them in a way that is as meaningful as possible.
- Some people choose to spend their last days in their own home, surrounded by those who they love. Your gift means that our Hospice at Home Team can be there to bring peace and dignity and support this choice.
- The death of a significant person in our lives can be one of the most difficult and overwhelming experiences we ever face. Your gift can help us to be there to support family and carers during their time of bereavement.
- Sadly, there are times when children are also faced with bereavement. They may need special support. Your gift can help our Meerkat Team to be there with them during this time.

We have been able to develop and deliver this wide range of services solely because of the extremely generous and consistent support of people like you. Over 80% of our income comes from the public. Your gift can help to ensure that we are there for families today and in the future.

"We cannot add days to life, but we can add life to days"

Dame Cicely Saunders Founder of the modern Hospice Movement



Tom Parham came into
Rowans Hospice on
Friday 27 April 2018 for
management of his pain.

'We arrived quite late in the evening and it was pouring with rain. Coming into Reception, the nurse quite literally wrapped me in towels to get me dry and it felt like they wrapped their love around me. I knew immediately that I was in the right place for now. Every person who I came into contact with, the doctors, nurses and volunteers were extremely friendly, caring and, actually, loving.

They could not do enough for me, and for my mum and family as well. They put their heart into everything they do which is so obvious and so supportive when you yourself are in quite a dark and frightening place.

I have no fear of returning to the Rowans when I need to.'

Tom came back into Rowans and spent his last days here.
He died on 23 July 2018 surrounded by his family.

**A gift in your Will can achieve so much -
ensuring your values live on and inspiring your family and friends.**

Your questions answered

Making a Will is important because it gives you the peace of mind of knowing that your wishes will be respected. The process does not have to be time-consuming or expensive, though everybody's circumstances will be different.

Is this the right time for me to make or amend my Will?

Everyone should have a Will. If not, the law will decide what happens to your property and possessions and this may lead to difficulties for your loved ones. It is particularly important to make or update your Will if you have recently married, had children, become ill, been bereaved or experienced a significant change in your circumstances.

Are there different types of gifts I can leave in my Will?

You could leave:

- a fixed sum of money (£50, £500, £5,000, etc)
- a specific item, such as a valuable piece of jewellery
- a share of your estate once all other payments and gifts have been made. Even 1% of your estate will make a difference.

I want to take care of my family and friends.

Can I still help Rowans Hospice?

After you have provided for family and friends, any gift you choose to make will help us to provide care in the future. There is no minimum amount: we are grateful to receive gifts of all sizes. You may wish to tell someone that you have included a gift to the Rowans so that it does not come as a surprise.



Can I specify how my legacy is used?

All aspects of our service are supported by legacies. Making a gift in your Will now will ensure that our care continues into the future. However it may not be possible to meet specific conditions and this could cause difficulties/embarrassment for your executors.

Should I ask a solicitor or will-writer to write or amend my Will?

We recommend that you consult a solicitor or will-writer. Your Will is probably the most important legal document you will ever have. It is therefore essential to make sure it is legal and valid and properly expresses your wishes. This will reduce the chances of complications in the future. Your solicitor or will-writer will need to know our full name, address and registered charity number and these can be found at the end of this booklet.

Are there any tax benefits if I leave a gift to Rowans Hospice?

As we are a charity, most gifts left to us will be exempt from Inheritance Tax. In any case, the first portion of your estate - £325,000 at 2019/20 rates - is free of Inheritance Tax. If the value of your estate is above this, anything you leave to charity will not incur Inheritance Tax, so reducing your overall liability. A solicitor or will-writer will be able to help you and there is a helpful guide at: www.gov.uk/inheritance-tax/overview.

'The Hospice is a place of compassion, support, and hope. It is also a place of great innovation in which we are always looking at new, more effective ways to support our community and this is possible because our community supports us so generously.'

Dr Paul Beadon
Consultant Clinical Psychologist



How to make or update your Will

These are the four steps you need to take to make or update your Will.

1. Add up the estimated value of your estate and make a list of people and/or charities you would like to leave your estate to.
2. Appoint between one and four executors to carry out the terms of your Will. These can be a relative, friend or legal advisor. Being an executor is a demanding job with important legal responsibilities, so you may wish to appoint a professional person (eg a solicitor).
3. Visit a qualified solicitor or will-writer who will help to draw up or amend your Will. For simple Wills, they should only charge a few hundred pounds. We can provide a list of local solicitors and will-writers.
4. Make a copy of your Will and tell someone you trust (usually your executors) where the original is kept.

Rowans Make-a-Will Fortnight

In the first two weeks of June each year, local solicitors waive their fees for writing simple Wills in return for a donation to Rowans Hospice. Details can be found on our website.



Angela Oakley - Patient at Rowans Living Well Centre and Legacy Pledger

'I feel that at the Living Well Centre, I have been treated as a person, with opportunities to contribute.

Their ability to talk about anything without trivialising or over dramatising, to be serious or jovial is great. I can talk about things that friends find too difficult to hear, or that they are not in a position to understand. I have found some of the effects of my illness on relationships, including with some doctors, harder to deal with than the illness itself, not an uncommon experience I understand. Staff at the Rowans have helped with these issues too.

Even better, the emphasis at the Rowans is on the positive, in the moment, on doing relaxing and enjoyable things, but the support is there if needed. More importantly the support given to my daughter by the Rowans has helped her face a very difficult situation, which in turn has greatly deepened her emotional support for me. This has enriched both our lives greatly.

Before attending the Rowans, like many people, I had not understood the range of positive services and experiences on offer, and had I known, I could have volunteered, for example to help with art groups.

Given these positives, the Rowans becomes a much less scary place. It is not simply a place to die, but if that is the inevitable outcome, then it is a place to follow that path as well as one can.

Because of the care and kindness I have received from the Rowans I have made the decision to leave a legacy that will help to support the care they deliver every day'.



'The smile that lit up my Mum's face as she lay in her bed in the sunshine is one of the best memories I have of her final weeks at Rowans Hospice. The staff did so much to manage her symptoms but importantly they also treated her as an individual - when they heard she'd like to go outside despite being too ill to get out of bed, they did all they could to make that happen. That personalised care meant so much to her and gave us a memory that will last my life time.'



Personalised care is what we all try to provide for those we look after. It's about creating a space whether in our Living Well Centre, our Hospice or at home where families can enjoy special moments and create precious memories together.'

Dr Katie Jerram
Senior Specialty Doctor
Rowans Hospice



**If you have any questions about leaving a gift in your Will,
please get in touch with our Head of Legacy Giving.**

However you have helped in the past, are doing so now,
or choose to support our Hospice in the future,
you are making outstanding care happen
for people in our community.
Thank you



Rowans Hospice
Purbrook Heath Road
Purbrook
Waterlooville
Hampshire PO7 5RU

Registered Charity Number: 299731