

My life, my legacy.

Your legacy guide.





Guts UK is the only charity that supports people with digestive conditions from top to tail, including the gut, liver and pancreas.

We all have guts – around 25ft of them – and our digestive systems are complex. Despite this, our guts have been undervalued, underfunded and misunderstood for decades.

In fact, just 2% of the UK's medical research goes into gastroenterology. Guts UK exists to change that, and our supporters make it possible.

As a charity, we fund life-changing and life-saving research into the digestive system. Now more than ever, we are relying on the support of individuals to help us continue our work.

We are a small but mighty charity, dedicated to improving the lives of people who live with or are affected by digestive conditions. One of the ways that you can help us be there for everyone who needs us, now and in the future, is by leaving us a gift in your Will.

Writing your Will is an opportunity to make sure that the people you love are taken care of. It's also your chance to do something incredible for all those affected by digestive conditions.

Thanks to supporters like you, we have achieved so much already. We're proud to provide evidence-based, expert information to patients, campaign to raise awareness of digestive conditions and symptoms, and fund life-changing research into the gut, liver, and pancreas. But there is so much more we want and need to do.

With a gift in your Will, you could help the UK get to grips with guts. You could help fund pioneering research into quicker diagnosis, kinder treatments, and ultimately, a cure.

With your support, we can continue our vital work. Together, we can improve the lives of all those affected by digestive conditions.



David's story

David has been a supporter of our charity since 2020. He tells us why he's leaving a gift to Guts UK in his Will.



"My husband, Steve, died from acute pancreatitis in March 2020 after three months in intensive care. We were given very little information or support by the hospital, so I searched online and luckily found the Guts UK website. The wealth of information and support available really did mean the world to us both.

The information and support provided by Guts UK explained exactly what pancreatitis is, what might have caused it, the possible outcomes of the illness, and the lifestyle changes these might entail. None of this information was provided by the hospital. Most importantly, it made us feel we were not alone.

Finding out that the challenges we faced in hospital were not unique - and allowing us to connect to others who had gone through the same journey - made a huge difference and gave us hope during a very dark time.

After Steve died, I wanted to learn more and join the fight to find a cure for this terrible disease. I connected with Guts UK and discovered an incredible team dedicated to supporting, raising awareness and funding research into digestive disorders.

My close involvement with the charity has shown me firsthand their amazing work, which is why I'm leaving a charitable gift in my Will."

Guts UK is the only charity in the country supporting research into conditions of the gut, liver and pancreas. Since 1971, we have funded more than 400 projects and invested over £16 million into medical research, leading to better diagnoses and treatments.

With a gift in your Will to Guts UK, your values can live on. Help us to improve the lives of all those affected by digestive conditions and symptoms.

Anyone can include a gift to charity in their Will. However big or small, all legacies are gratefully received and will be put to good use.

With you on our side, we can stop the pain and suffering so many people with digestive symptoms and conditions face each day. We can get to grips with guts, once and for all.

Diane's story

Diane found out about Guts UK through an online community. She shares what our support means to her.



"One day I was at home when this abdominal pain just started searing out of nowhere. My stomach was so hard and bloated. If you touched me, I screamed. The doctors I saw couldn't really get to grips with what was going on.

I'm part of a social media group for people with diverticular disease and I saw someone talking about Guts UK's patient information on Bile Acid Malabsorption (BAM). No one had ever mentioned BAM to me before, but I read the information and thought, 'This all sounds familiar!'

I'm so pleased I found Guts UK. They listen and it's so often that we don't feel heard. It is very lonely when you first get that diagnosis. Knowing there was a support network out there - people who care and listen - meant the world. I couldn't have done it on my own."



Writing your Will

A Will is a powerful document that ensures any savings or possessions go to the people and causes you care about. Once you have made your Will, you can rest assured that your wishes will be fulfilled. We understand that looking after your loved ones comes first. After making sure that they will be provided for, it is still possible to support us.

We suggest you review or update your Will every five years or after any major life event, such as the birth of a child or buying a property. A marriage will invalidate any previous Will you have written, so if you've got married or re-married, you must amend your Will to reflect your wishes.

There are many types of legacies that you can leave:

- A Residuary Legacy is a percentage or share of the balance of your estate once all other payments and gifts have been made. Many people prefer to give a residuary gift because it keeps in line with inflation, and does not lose value over time.
- A Pecuniary Legacy is a fixed amount of money.
- A Specific Legacy can include specific items like personal possessions, land or shares.

In the UK, inheritance tax is currently paid to the government at a rate of 40% if your estate is worth more than £325,000. However, if 10% or more of your estate is left to charity, the rate might be reduced to 36%. Most gifts left to Guts UK are exempt from inheritance tax because we are a charity. You can find out more by visiting www.gov.uk/inheritance-tax or speaking to your solicitor.

If you choose to leave a gift to Guts UK, no matter how big or small, your legacy will live on. You'll be changing lives long into the future.





Leaving a gift to charity

To make sure your gift reaches the charity of your choice, it is important to include the full name and charity number. We recommend you consult a solicitor to ensure that all the legal formalities are carried out correctly and that your Will is validly written and witnessed. The Law Society can help you to find a solicitor in your area. For more information, call 020 7320 5650 or visit www.lawsociety.org.uk.

Writing your will

Guts UK offers a free Will service via our partner, The National Free Wills Network*. There is no obligation to include Guts UK in your Will, even if you use this service.

However, if you would like to leave a gift to Guts UK, please make sure it reaches us by including the details below:

- Charity name: Guts UK Charity
- Registered charity number: 1137029
- Registered address: 2 St Andrews Place, London, NW1 4LB

Further information

We would be delighted to meet with you to tell you more about our important work and the incredible impact that gifts left in Wills make. Our experienced team will ensure that all conversations are held in the strictest confidence.

*Please note, Guts UK has partnered with The National Free Wills Network to offer this service, however, other free wills operators are available.

Already have a Will?

Great! If you already have a Will and want to leave a gift to Guts UK, all you need to do is make a codicil. Speak to your solicitor about making a simple amendment to your existing Will and they will guide you through it.

Our promise to you

A gift in your Will to Guts UK is a promise of a better future for people affected by digestive conditions. In return, this is our promise to you:

- Your family and friends are important. We will always understand that your loved ones come first.
- Your privacy is paramount. We appreciate that your Will is personal to you.
- Your decision is yours alone. We will always respect your need to carefully consider leaving a gift in your Will, in your own time.
- We will use your gift wisely. The money you give will have a significant impact on our work in the future.
- Any gift you leave will be handled with care, sensitivity and respect. It will be your legacy.



**Thank you for considering leaving a gift in
your Will to Guts UK. Together, we can help
the UK get to grips with guts.**

Guts UK Charity
2 St Andrews Place, London, NW1 4LB
Registered Charity No. 1137029

