



Cruse Scotland
Bereavement Support

Leave a gift in your Will

and you will provide vital support - and give hope - to those struggling to cope when a loved one dies

- what a legacy to leave!



"When grief becomes completely overwhelming, many turn to us for support. By remembering Cruse Scotland in your Will, you will make a long lasting impact for those struggling to cope - you will be giving the gift of hope."

We all experience bereavement at some stage in our lives and the experience often means that our lives will never be the same again.

But did you know that for one in every five people, the feelings of despair, loneliness or even guilt, can be so overwhelming that they need additional help?

In time, and with support, they can work through such feelings and learn to live with their loss and grief.

Cruse Scotland are the Nation's trusted bereavement charity and we offer a range of free support services to offer the right help at the right time for children, young people and adults.

Many clients who have received one-to-one counselling, called our Bereavement Helpline, attended a group session, or found support on our website, refer to us as a 'lifeline,' and too often we hear that 'if it hadn't been for Cruse Scotland, they may not be here today.



To continue providing this support to everyone who needs us - for generations to come - we need your help. Please remember us in your Will so those completely shattered by grief do not have to struggle alone and can receive the vital support they need and deserve."

Fiona Arnott-Barron

Fiona Arnott-Barron, Chief Executive.

Your gift will bring hope again to those unable to imagine a future without their loved one.

What an incredible legacy to leave!

Demand for our services increase every year and we have a lot of work to do to reach everyone who needs us. Each year approximately 300,000 Scots experience a bereavement meaning around 60,000 children, young people and adults will need additional support to cope.

We're on a mission to reach everyone who needs support after a devastating loss, and by leaving a gift in your Will, you can help us achieve that. It is such a beautiful way to be remembered.



We provide specialist support for children and young people, with approaches tailored to each individual child, their age and stage of grief.

One-to-One bereavement counselling sessions help clients to understand, process and navigate their grief and helps them to build resilience and improve their wellbeing at a time of great sorrow, stress and loss.



Our Free Bereavement Helpline is often the first point of contact for clients. Specially trained volunteers listen, provide information and reassurance, and guide clients towards further support.

We run various group sessions across the country to provide support to adults in a shared, safe, environment. These groups include 'Early Support Groups' for very recently bereaved people, Workplace Suicide support sessions, and more.



We're here to provide vital support, a listening ear and advice to all ages, no matter how recent or long ago the death occurred or the relationship to the deceased.

We can only ensure our services remain free and accessible to those who desperately need support, thanks to people like you.



Maisie was 7 when her dad died suddenly from a brain tumour. Cruse Scotland supported her for 18 months.

Maisie wrote: "You have made me feel amazing and a lot better about my daddy dying, which is sad, but you've made me feel happier. Ida this is for you: you really made me feel confident and stronger."

Maisie's mother, Alison, added: "My wish is that every child who experiences such a tragic loss could have that special someone to help them through it. Thank you, Cruse Scotland, for being there when we needed you most."

Following the death of her partner, John, Andrea from the West of Scotland, said;

"I will never underestimate the support I received from Cruse Scotland. I would go so far to say it saved my life. There's no other way to say it. I firmly believe that had Cruse Scotland not given me that non-judgemental space to be myself with my grief, I may not be here today."



For over 60 years, Cruse Scotland has helped bereaved adults, children and families in Scotland who are struggling to cope with grief and loss, helping them through their grief journey to a happier, settled and more productive future.



Originally called The "Cruse Clubs Counselling Service for Widows and their Families," the charity was founded in 1959 by Margaret Torrie. As a social worker and employee of the Citizen's Advice Service, Margaret saw first hand the impact that the death of a husband had on women and their children, financially, socially and economically, and Cruse was her response.

Cruse operated from Margaret's home for most of the 60s and 70s before expansion saw Cruse Clubs pop up all across the UK.

Support extended in the 80's to include widowed husbands before rebranding to 'Cruse Bereavement Care' and offering support to all bereaved people regardless of the relationship or when the death occurred.



Following political devolution for health and social care in Scotland, the Scottish branches of Cruse separated and became a charity in their own right in 2001. Over the last two decades we have expanded our services to include the Helpline, online GriefChat, Group support, training, and we have provided advice and support with many large scale emergencies and disasters and throughout the Covid19 pandemic.

More than 200 compassionate, committed and experienced volunteers form the beating heart of Cruse Scotland and we simply could not deliver our services across Scotland without the high standard of skill, commitment and compassion that they demonstrate every day.

"Cruse Scotland has a strong team ethos, and I have felt welcomed and connected since my initial contact. As a volunteer counsellor, it's very moving spending time with clients, offering them space to talk about their experiences of bereavement and how this has affected them."



"I am impressed and inspired over and over again by how resourceful people can be in the face of tremendous pain, difficult feelings and complicated, often distressing thoughts. Witnessing how they explore their own experience with courage and trust is often remarkable, and I come away from conversations with a sense of gratitude that we have been able to spend time together in this unique and special way.

Angie - Volunteer Bereavement Counsellor.

Our promises to you



This is an important decision that takes time, and we completely appreciate that your family and friends come first - we will never pressure you.



We're grateful for your support and know it's important that your values are reflected well. We'll ensure your special gift works hard, is used wisely, and has the greatest impact on children and adults overwhelmed by grief.



Letting us know if you decide to leave a gift / have special requests to support a particular service or region helps us to plan for the future, however you don't have to inform us, we respect your privacy.



If you choose to be kept in touch about our work and the impact your gift will make we'd be delighted to do that, but we take your privacy seriously. We'll never share your plans or details, nor pass or sell on your personal data.



You have the right to change your mind.

We're here to help

Do I need a Will?

Yes. Everybody should have a Will. If you die intestate without a Will, the law decides who inherits your estate and this may not reflect your wishes. Writing a Will is the only way to ensure your wishes are fulfilled, and guarantees your family, friends and the causes you believe in receive the gifts you intend for them - that's why we recommend you ask a solicitor to help you write or update your Will. It can also take much longer and cost more to wind up your estate if you don't have a Will.

I've already got a will, can I change it to include Cruse Scotland?

Yes. Any minor changes to your Will, including a gift to a charity, can be made by a codicil. A codicil needs to be signed and witnessed in the same way as a Will. Your solicitor can advise you how best to make any addition to your Will and the different types of gifts you can make.

Are there tax benefits to leaving a gift to a charity in my Will?

Yes. Gifts to UK charities in Wills are exempt from inheritance tax. You may wish to discuss other ways of minimising the tax burden on your estate with your solicitor. Please note the Gift Aid scheme does not apply to gifts

in wills

Do I need to use a solicitor?

It isn't a necessity, however, we do recommend that your Will is reviewed by a legal expert to make sure that it is legal and valid. Cruse Scotland can also support with Free Will Writing - more details on P9.

**For more FAQs visit,
www.crusescotland.org.uk/support-us
or get in touch with the team.**

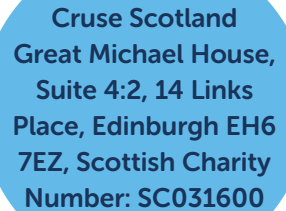


Next Steps

When writing your Will and once you have taken care of loved ones, if you feel you can support Cruse Scotland, there are two options you can do this to make a difference to many bereaved people.

You can decide to leave a share of you estate (even 1% will make a huge difference and won't lose its value over time), or you can gift a set cash amount (stating a specific amount like £5,000 or £50,000 etc).

Example wording you may find helpful is below for each type of gift but we recommend speaking with your solicitor and the key details to note is our Name, Registered Address and Scottish Charity number.



Cruse Scotland
Great Michael House,
Suite 4:2, 14 Links
Place, Edinburgh EH6
7EZ, Scottish Charity
Number: SC031600

Example wording

For a share of your estate (residuary legacy):

I give all/a share of (state fraction/ percentage) of the residue of my estate absolutely to Cruse Scotland of Great Michael House, Suite 4:2, 14 Links Place, Edinburgh EH6 7EZ, Scottish Charity Number: SC031600, to be applied by Cruse Scotland for its general charitable purposes, and I further direct that the receipt of the Fundraising Manager or any other proper officer of Cruse Scotland for the time being shall be sufficient discharge to my executors.

For a specific sum (pecuniary legacy):

I give to Cruse Scotland of Great Michael House, Suite 4:2, 14 Links Place, Edinburgh EH6 7EZ, Scottish Charity Number: SC031600, absolutely, the sum of (amount in figures, amount in words) to be applied by Cruse Scotland for its general charitable purposes, and I further direct that the receipt of the Fundraising Manager or any other proper officer of Cruse Scotland for the time being shall be sufficient discharge to my executors.



Cruse Scotland
Bereavement Support

Take advantage of our Free Will Writing Service



We're delighted to offer you the chance to write or amend a simple single or joint Will at no cost, with help from our partners; Jones Whyte.

There's no obligation to include Cruse Scotland in your Will to benefit from this offer however we would truly appreciate it if you did remember us. No matter the size of the gift, we will make it work hard to offer vital support to those totally overwhelmed with grief.

Our expert partners at Jones Whyte are here to support you through the process in a professional and understanding way.

You can request further information from them via a short form on our website or get in touch with us for more information.



Send a Free Will request via our website:
crusescotland.org.uk/support-us



Email
fundraising@crusescotland.org.uk



Arrange a call back from our Fundraising team
01738 444 178

Telling us you plan to leave a gift is optional however it helps us best plan for the future. If you wish to, we would be grateful if you let us know via the contacts above, or instructing the solicitor to advise us.

One in five people cannot see a way forward following the death of a loved one. Your legacy will offer hope and provide vital support - thank you!



"Our lives changed forever when my husband Ian, and father to our two boys, died suddenly and unexpectedly. His loss has been devastating for us. We miss him every single day and constantly wish he was still here. We have all struggled to cope with our loss and our grief."

"My wonderful GP recommended Cruse Scotland and I finally made the call which I can honestly say was the best thing I could have done. They have been simply amazing supporting us. I was matched with a counsellor who just could not have been any better for me."

"I am stepping completely out of my comfort zone to ask if you would support this brilliant charity by leaving a gift to them in your Will. Life takes some very unexpected and unwanted turns sometimes and it is organisations like Cruse Scotland that do so much to help with so little."

Heather (left), a former client from the East of Scotland, after completing a sponsored 5K race.





Cruse Scotland

Bereavement Support

When children, young people and adults have lost hope and can't see a way forward when someone they love dies, thanks to the gift in your Will, they will be able to access vital support, help to find the strength to cope, and move forward positively in their grief journey.

If you have questions about leaving a gift, or would like to inform us of your decision, please get in touch:

- fundraising@crusescotland.org.uk
- 01738 444 178
- www.crusescotland.org.uk

Thank you.

Need support with your grief?



Freephone Helpline

0808 802 6161

Mon & Thurs 9am-8pm, Tues, Wed & Fri 9am-5pm.



Grief Chat & Self help content

crusescotland.org.uk

Mon - Fri 9am - 9pm



Email

support@crusescotland.org.uk

Cruse Scotland is a registered charity SC031600 and company limited by guarantee SC218026.

Registered Office: Suite 4/2 Great Michael House, 14 Links Place, Edinburgh, EH6 7EZ.