

"Leaving a gift in my Will is the best way I can say thank you and to show my appreciation. I hope it will help others with similar experiences get help and support."

"Thank you for all your help preparing for my Carers Assessment. It really helped me to look at my own needs and not feel guilty about asking for help."

► Anyone can become a carer

Carers come from all walks of life, all cultures and can be any age.

Surprisingly 3 in 5 of us will care for a loved one at some point in our lives. Carers don't choose to become carers: it just happens and they have to get on with it.

Each carer's situation is different but all carers have things in common. They need good information, practical support and recognition that the caring role can be lonely and isolating.

Carers have described the support our organisation gives as their 'lifeline'. We have been working with thousands of carers living in Bristol and South Gloucestershire since 1996.

Our services include a confidential carers' support line, a team of carer support officers, breaks for carers and a variety of workshops, training and events.

Carers have said that we have helped them 'demystify the maze of caring' and have literally transformed their lives.

"It was a great help to me to meet other carers in a relaxed, friendly and safe environment."

"The course helped me appreciate that actually I have been doing quite a good job caring for my mother."



Phil cares for his mother Helen who became disabled overnight after a routine operation went wrong. She has limited mobility and suffers extreme pain. Helen has help during the day but Phil takes over when he gets home from school. He's been helping his mum since he was just 8. He does everything from cooking and cleaning, to doing the laundry and running errands. If his mum is ill, he worries. But Phil doesn't like a fuss being made – he just gets on with it.

"Weekend breaks have been a lifeline for my child."

Who is a carer? A carer is an ordinary person doing something extraordinary. Each day they put aside their own life to help someone unable to manage on their own. A carer is someone who provides support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. All the care they give is unpaid.

By leaving a gift in your Will to The Carers' Support Centre you can help us build a better future for carers.

► What is a legacy?

A legacy is a special gift left in your Will which is a crucial source of our funding and plays a significant role in giving carers a brighter future. In addition, because it is a gift to charity, this means it is exempt from tax, so it may reduce the amount of inheritance tax for which your estate is liable.

All gifts, whatever size, give us vital support. It might be a gift of a few hundred pounds, an item of jewellery, stocks and shares, or an endowment from a memorial fund. Whatever you can afford to leave us – it all counts.

► Writing a Will

Writing a Will is essential to enable you to provide for the people and causes you care about. We understand that your loved ones come first. All we ask, is that once you are happy that you have taken care of your family, you consider our work.

It's easy to include a gift to us in your Will. However, you should always consult a professional, such as a solicitor or financial adviser.

If you already have a Will, updating it to include a gift to us is quick and straightforward.

If you don't already have a solicitor, you can find one by visiting www.lawsociety.org.uk

"Carrying a Carers Emergency Card gives me great confidence, particularly when I'm out and about."

"The counselling I have received has helped me in many different ways. One of the most important is being able to continue caring whilst at times struggling to cope."

"I remember feeling as if a weight was lifted off me. There was an immediate understanding of my problem."



Cynthia cares for her daughter Sumicka who has Down's syndrome and a heart condition. "I have to be an all-round mother who can also deal with 2 teenagers. My daughter has brought me into a new world where you never know what's going to happen. I have had to lessen my expectations of what she can do, in order to achieve what she should be achieving."

"You were such a great help when my husband was taken into hospital. I don't think I would have got through it without The Carers' Support Centre."



Diane cared for both her parents, and now cares for her husband Roger who suffers mental ill health. "It's very easy to become isolated. There's the physical stress of caring and also the mental toll. I had to give up my job, and then I lost contact with friends. I began to lose belief in myself and feelings of self worth. You are under constant mental strain, living with uncertainty ... it's like living on eggshells."

What to do next

Whilst we understand that your Will is a private matter, it would help us greatly to know if you are planning to leave a gift to us. If you would like advice on anything in this leaflet, please contact us.

If you care,
we care.

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The Carers' Support Centre
Bristol & South Gloucestershire

A lasting gift to carers



Leaving a legacy to The Carers' Support Centre

Registered charity number 1063226 July 2012

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