

A close-up portrait of a woman with dark, curly hair, looking slightly to the right with a gentle expression. She is wearing a dark, ribbed top and a thin necklace. The background is a soft, out-of-focus grey.

**FREEDOM  
FROM** EMPOWERING  
SURVIVORS  
TO REBUILD  
THEIR LIVES  
**TORTURE**

**Angela's legacy  
transformed Tania's life.**

**What will yours do?**

Although Tania's story is real, we have changed her name and used a model for this photo to protect her identity.

# It is a big honour for Freedom from Torture when a caring and considerate supporter decides to leave a gift to us in their Will. Thank you for expressing an interest in doing so.

We firmly believe no one should be tortured, and that everyone deserves protection. Our vision is of a world free from torture. Until we achieve that, we want to be there for those survivors who need us.

If you share our vision, then leaving a gift in your Will to Freedom from Torture is a great way to express your values and convictions.

Inside this booklet, you'll see what legacies left to us by previous supporters have helped to make possible. You'll also hear from others who have helped survivors of torture by taking this special step.

We hope it will show why your interest is so greatly appreciated and provide you with everything you need to make an informed choice about leaving a legacy to us. Please get in touch with us if you need any more information.

Together, with your help, we can work towards a world that is truly free from torture.

Yours in solidarity and gratitude,

**The Legacy Team, Freedom from Torture**

E: [giftsinwills@freedomfromtorture.org](mailto:giftsinwills@freedomfromtorture.org)

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## A message from our chair

*“With the kindness and empathy of supporters like you by our side, together we can achieve so much more. By including a gift in your Will, you can ensure your values and compassion continue to make a difference long into the future, bringing us closer to a world free from torture”*



**Kate Sayer, Volunteer Chair of Trustees at Freedom from Torture**

## Why I've left a gift in my Will to Freedom from Torture



“As a young girl we had a family friend who had been tortured in his home country because of his beliefs. I have worked with refugees, seen the help Freedom from Torture gave them, and want the charity to continue their great work after I'm gone.”

**Elisabeth Buggins CBE,  
Freedom from Torture legacy pledger**



“Just over twenty years ago we agreed to be a host family for Freedom from Torture. We came to know two men, who both survived terrible things in their homeland. We also learned a great deal about ourselves and our own country. We want this charity to be able to continue building a better world after we're gone.”

**Barbara and Joe Andrew,  
Freedom from Torture legacy pledgers**

All supporter names, accounts and quotes shown are real. Where images are unavailable, stock photography has been used.



## The difference a gift in your Will could make

**We believe that everyone deserves justice and to be treated fairly. Quite simply, no one in the world should ever be tortured.**



**If you share our beliefs, then leaving a gift in your Will to Freedom from Torture is a great way to uphold the values you cherish.**

Many people tell us it brings them comfort to know that their hard-earned money or assets will continue to bring positive change in the world after they've passed on.

And it doesn't have to be a fortune. Every penny counts in the struggle to create a torture-free future. Once you've looked after your family or loved ones, then even a small percentage of the remainder can make a huge difference.

Here are some examples of the work gifts in Wills have helped make possible. Your gift could

make an important contribution to this work in the future too.

### Therapy & support

Therapy can be vital to a survivor's recovery. We offer one-to-one and group therapy to support survivors with the long-term effects of torture, including post-traumatic stress disorder and other mental health needs.



Therapy can be vital to a survivor's recovery.

With the support of qualified therapists and psychotherapists, we run additional services to help people rebuild their lives. These include organised activities in music, gardening and bread-making. We also have football teams and a choir as social groups.

## Asylum & rights

By providing legal and welfare advice, we support survivors in the asylum system and help them access crucial services like housing and welfare.

We also facilitate medico-legal reports to provide medical evidence to support asylum claims. This could help stop survivors being sent back to countries where they may be tortured again.



## Fighting torture

Using our in-depth evidence of torture, we work with survivors to hold countries who commit torture to account. We will not rest until we have achieved our vision of a world free from torture.

## Survivor leadership and influencing

Led by torture survivors themselves, we campaign against torture and for the rights of survivors seeking safety.

## How one woman's legacy helped relieve the pain of torture

**Angela Jones was a keen supporter of Freedom from Torture and left a substantial gift to us in her Will.**

Like many survivors of torture, Angela's life was plagued by ill health and pain for many years. In her memory, her legacy helped fund our pain management service.

The service helps survivors with management of their physical pain, giving advice on pain medication as well as access to gentle movement and exercise.

Survivors will benefit from this service for years to come – a legacy we believe Angela would have been proud of.



# A trip through our archives



Helen Bamber led us in our early years.



John McCarthy who was freed after spending more than five years in captivity.



Our garden is a place of tranquility and the perfect setting for individual and group therapy.

**1985**

The Medical Foundation for the Care of Victims of Torture is founded.

**1990**

We quickly outgrow our space and move to a building in Grafton Road.

**1993**

We are honoured to name John McCarthy a Patron, after his release from captivity in Beirut.

**2003**

We begin our regional programme and open our first centre outside of London in Manchester. Further centres open in Glasgow (2004), Newcastle (2006) and Birmingham (2009).

**2004**

We move into our purpose-built London building in Finsbury Park.



This is our first premises the National Temperance Hospital, London.



Freedom from Torture staff and supporters join the Stop the War in Iraq demo, London, 15 Feb 2003.



As part of their recovery survivors can share and use their stories to fight for change.



We're proud to share a timeline of our history - hopefully it will spark some memories for you. From day one, we've relied on the kindness and generosity of supporters to help fund our work. By leaving Freedom from Torture a gift in your Will you'll be taking us a step closer to a world without torture. Thank you for being part of our movement to end torture.

*Sonya Sceats*

**Sonya Sceats,  
Chief Executive, Freedom from Torture**



*Torture is never acceptable  
We will not stop working to  
bring perpetrators to account.*

## 2011

We provide over 10,000 hours of interpreting for clients for the first time.



*As part of their recovery survivors can share and use their stories to fight for change.*

## 2017

Nearly 30,000 people call on Prime Minister Theresa May not to turn a blind eye to torture in a petition handed over at 10 Downing Street.



*Our campaigns for change have influenced decision-makers in the UK and across the world.*

## 2018

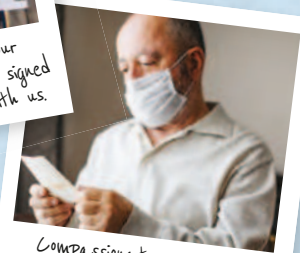
We provide over 16,000 face to face appointments for survivors of torture.



*Tens of thousands of our dedicated supporters have signed petitions and marched with us.*

## 2020

During the COVID-19 lockdown, support from our donors helped ensure we could supply torture survivors with emergency supplies and remote therapy via telephone and online.



*Compassionate supporters like you helped us respond to the COVID-19 pandemic.*



## My legacy story: Simon

**“Leaving Freedom from Torture a gift in my Will is my way of leaving the world a slightly better place after I’m gone.”**

A born-and-bred Londoner, Simon was brought up by his parents to always be kind. “I wouldn’t describe myself as a particularly profound Christian, but I started going to church around 20 years ago,” he said. “I’m aware that I’m in a fortunate position in life, so I try to think of others and support good causes.”

Simon has generously pledged to leave a gift in his Will to Freedom from Torture, as a way of helping others in need even after he’s gone.

A keen supporter of a number of charities, Simon explained that he actively looks for practical causes that are not so widely known, so that the help he offers can have more of a direct impact on those who need it.

“The most important aspect of Freedom from Torture’s work is offering hope to those who need it most.”

He first heard about Freedom from Torture from an article in The Guardian.

“You’re helping people in great physical and mental distress, bringing them back to becoming complete,” he said. “But tied into that are the many practicalities...offering people safe places to stay, for example.

“Even though one person like me can sometimes only make a small difference, overall the sum is greater than its parts. Lots and lots of people, all giving in their own way, can really have a huge impact.”

When asked how he might encourage a friend to leave a gift in their Will to Freedom from Torture, he said: “Leaving a gift could offer an opportunity to leave a larger sum than by making regular donations.

“Also, you don’t pay inheritance tax on charity gifts, and in some circumstances you might even reduce inheritance tax payable on the rest of your estate, so your loved ones also get more. I think that’s quite a compelling argument!”



## Writing your Will for Free

**We are delighted to be able to offer Freedom from Torture supporters like you the chance to have your Will written or updated free of charge.**

### How to write your Will

Writing a Will might seem daunting but it can actually be a very straightforward process and give you peace of mind.

If you don't already have a Will we strongly recommend that you contact a solicitor.

If you do not have a solicitor, the Law Society can help you find a suitable solicitor in your area. Contact the Law Society on 020 7242 1222 or visit <https://solicitor.lawsociety.org.uk>

### National Free Wills Network



Freedom From Torture are members of the National Free Wills Network which, if you're aged over 55, can help you get your Will drafted or updated free of charge.

Once you register with us, we will ask the service co-ordinator to write to you with details of solicitors in your area who are part of the scheme.

### Free Digital Wills



We have partnered with FareWill to offer a free digital Will writing service. We believe that everyone should have a valid Will and there is no obligation to leave us a gift in your Will to use this service.

This service is currently only available to supporters in England and Wales and can only be used for simple estates. A telephone service is also available for more complex estates.

**For more information on either scheme call us on 020 7697 7788 or email us at [giftsinwills@freedomfromtorture.org](mailto:giftsinwills@freedomfromtorture.org)**

## No obligation or pressure

There is no pressure to leave a gift to Freedom from Torture in your Will. It is our way of thanking you for the support you've already given.

Your legacy could breathe back hope into the lives of people who have been tortured and who come to us for help. It could mean that your values will live on in the future.

We would be extremely grateful should you decide to help Freedom from Torture in this way.

## Types of gifts

Legacy gifts come in several different forms. These include:

- **Residuary Gifts** - This is a percentage of the value of your estate once all other payments have been made (e.g. funeral expenses, pecuniary and specific legacies). This type of gift is especially valuable, because unlike a pecuniary gift, it retains its value over time.
- **Pecuniary Gift** - This is a fixed amount of money.

- **Specific Gifts** - For example an antique, a piece of jewellery, land, buildings or investments that you wish to pass on. Your solicitor will be able to help you decide which type of gift is right for you.

## Suggested wording

Your solicitor can also advise you on suitable wording to include a gift to Freedom from Torture in your Will.

### Our suggested wording is:

*I give free of inheritance tax to Freedom from Torture, Registered Charity Number: 1000340 of 111 Isledon road, London N7 7JW (insert detail of your gift here, e.g. 10% of the residue of my estate) to be used for its general charitable purposes. I declare that the receipt of the Treasurer or duly authorised officer at Freedom from Torture shall be a full and sufficient discharge for my Executors.*

## Changing your existing Will

It is often easier and quicker than you think to update your Will and add a gift to Freedom from Torture. Your solicitor or Will writer will be able to advise what would work best alongside your existing arrangements.

## Keeping you Will safe

Once your Will is complete, signed and witnessed you will need to keep the documents in a safe place. It can be a good idea to leave a copy with your solicitor and let your Executors (the people you have chosen to carry out the terms of your Will) know where it is stored.

## Frequently asked questions

### How much money goes to helping survivors of torture?

For every £1 we spend, 66p goes towards our services. The remaining 34p is invested into raising the next £1 and ensuring the upkeep of our three national centres.

### Do I need to tell you if I've left a gift in my Will?


This is entirely up to you but letting us know you have pledged a gift gives us the chance to thank you and offer you the opportunity to stay in contact according to your preferences. We will always respect your privacy and keep any information you choose to share with us confidential.

### Can I have a say in how you use my gift?

We do our up most to honour specific legacy wishes and requests but always suggest wording your pledge so your gift can be used wherever the need is greatest when the time comes. This gives us flexibility to respond to whatever the future may bring in our efforts to support survivors.

### I'm not wealthy, is it worth me leaving a gift in my Will?

Big or small, we greatly value all legacy gifts and will appreciate whatever you choose to pledge. Every gift helps us to support survivors and work to bring an end to torture around the world.



Torture tries to silence and break people. It is illegal, doesn't work, and is always wrong. Yet it happens to people across the world, just like Tania. Your values have the power to impact the lives of people like her, long into the future. Together, we can achieve our goal – a world that values compassion, empowerment, resolve and hope for survivors of torture.

**“ Therapy is the flower of this organisation, it is a way of unlocking people’s power that the torturer tried to take away.**

Anonymous Freedom from Torture client

**Patrons:** Nazir Afzal OBE • Julian Barnes • Rex Bloomstein • Lord Alf Dubs  
Dominic Grieve KC • Nick Hornby • Baroness Helena Kennedy QC • Hanif Kureishi  
John McCarthy CBE • Dame Helen Mirren DBE • Sir Michael Palin CBE  
Sir Simon Rattle CBE • Professor Philippe Sands • Fiona Shaw CBE  
Juliet Stevenson CBE

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