

Make **RECOVERY CYMRU**

A part of you
or your loved
one's legacy



TABLE OF CONTENTS

01

**YOUR LEGACY
MAKES RECOVERY CYMRU
POSSIBLE.**

02

**HOW YOUR LEGACY CAN
CHANGE LIVES**

05

THE POWER OF YOUR GIFT

06

MAKING A DIFFERENCE

07

**HOW TO LEAVE YOUR GIFT
TO RECOVERY CYMRU**

08

OUR PROMISE TO YOU

YOUR LEGACY MAKES RECOVERY CYMRU POSSIBLE



Sarah Vaile

Recovery Cymru Founder & Director

For over a decade, Recovery Cymru has been dedicated to supporting individuals in their substance use and recovery journey. As the founder and director of Recovery Cymru, I am constantly in awe of the incredible generosity and compassion that is shown to our recovery community.

When someone decides to leave a gift in their will to support our organisation, it is a truly humbling and heart-warming gesture that speaks volumes about the depth of their commitment to what we do.

Your gift will help us to continue providing resources and support to those in Recovery Cymru who need it most. It will enable us to create a safe and welcoming space where individuals can find the guidance, support, and encouragement that they need.

We understand that making the decision to leave a gift in your will is a deeply personal and meaningful one, and we are committed to honouring your generosity and trust in us by using your gift to make a real difference in the lives of those we support. Thank you for considering Recovery Cymru as a beneficiary of your legacy, and for helping us to continue our vital work of supporting those in recovery.

A handwritten signature in dark ink, reading 'S. Vaile'.

Sarah Vaile

Recovery Cymru Founder & Director

HOW YOUR LEGACY CAN CHANGE LIVES

THE POWER TO BUILD CONNECTIONS

Substance use and recovery can often lead to overwhelming isolation and the burden of societal stigma. At Recovery Cymru, we are committed to breaking down these barriers and providing a lifeline of connection. By including Recovery Cymru in your legacy, you empower us to continue organising meaningful activities that engage our community, such as litter picks, training sessions, and educational talks.

With your support, we can empower individuals in recovery to rebuild their confidence, make a positive impact, and ensure that no one walks this path alone. Together, let's create a future where compassion and understanding prevail.

You bring people together by adding Recovery Cymru to your Will.





THE FREEDOM TO HAVE HOPE

At its core, peer support is about standing alongside our members, helping them discover hope and embrace their aspirations. We strive to cultivate a strong sense of belief in our community, ensuring they feel valued and acknowledged for their daily efforts.

By promoting positive thinking and demonstrating the significance of their actions, we aim to empower individuals on their journey of recovery, providing them with the motivation and support needed to thrive.

You give people hope by adding Recovery Cymru to your Will.

“

I've found myself and feel alive again.

”

THE OPPORTUNITY TO DEVELOP IDENTITIES

we harness our resources to confront the relentless stigma endured by individuals with lived experience of substance use and their recovery. Through powerful awareness campaigns and active community engagement, we strive to ignite a profound shift in society. We understand that self-stigma can imprison dreams, hindering the path to self-discovery and personal growth.

Together, let's break these chains, empowering individuals to embrace their true selves and unlock their boundless potential.

You can make real change happen by adding Recovery Cymru to your Will.



THE CHANCE TO GIVE MEANING

Members and supporters are inspired and motivated to progress through learning new skills and meeting new people. Whether this is through making personal or professional goals, each person is encouraged to pursue passions and hobbies.

THE ABILITY TO EXPERIENCE EMPOWERMENT

Peer supporters at Recovery Cymru guide members through their recovery in a way that means we do not do for - we do with.

We follow along on their recovery journey, giving members the confidence to take control of their lives and focus on their strengths to achieve the goals they set for themselves.

You support others' personal growth by adding Recovery Cymru to your Will.

Our volunteering programme is also a great way for our community to develop and grow.

Some have even gone on to become team members of Recover Cymru through our peer training programmes!

You support people's potential by adding Recovery Cymru to your Will.



THE POWER OF YOUR GIFT

Every act of kindness, no matter how big or small, has the power to make a profound impact. Your gift to Recovery Cymru is a shining example of this and will help support our recovery community in countless meaningful ways. Here are just some of the examples that we want to share with you.

£10

Ensures 10 members or volunteers receive a Happy Birthday card



£400

Pays for all members to receive a Happy Birthday card for the year



£100

Pays for a Recovery Cymru community celebration



Helps run two evening support groups for a week

£30

£150



Covers one Zoom subscription for one year to provide online support

£350



Gives people access to support on weekends for a month



£3500

Pays for three months of our volunteering programme

Provides telephone and text support for three months



£1050

MAKING A DIFFERENCE

I think I might["] have disappeared down a hole if you hadn't kept in touch. It was really good that someone kept in touch with me, I really appreciate it even if I didn't show it at the time!

John gifted Recovery Cymru £150 in his late wife Wendy's memory.

He wanted to make a meaningful contribution to Recovery Cymru's community and this thoughtful donation means we could run our online groups via zoom for an entire year. John's kindness provided a valuable support structure to our members rebuilding their lives after substance use problems.

So happy to get a call and know there's someone there who understands.

Mr and Mrs Dalby donated £500 in memory of their late son, Brian. With this gift, Recovery Cymru ensured that a month's worth of calls and texts to our members were able to happen. This simple but powerful ability to connect with our members make a huge difference in their recovery.



The gift of £75 from John in memory of his late son David, supported Recovery Cymru with our volunteer expenses for over 20 shifts. We rely on volunteers to help ensure that our centres, the heart of our community, can be open. With this gift, we could be there when we mattered most to our members.

HOW TO LEAVE A GIFT TO RECOVERY CYMRU

WHAT'S NEXT?

Consider the type of gift you'd like to leave.

A SHARE OF YOUR ESTATE

Also known as a 'residuary legacy', this is a percentage of what remains of your estate after all other gifts and expenses have been paid. Many people choose to add a percentage of their estate to Recovery Cymru as this means our gift remains in proportion to what they want to leave to family and friends.

A SPECIFIC SUM

This is a gift of a set amount of money, also known as a 'pecuniary legacy'.

OTHER GIFTS THROUGH DONATIONS

You or your loved ones can organise to have people donate to Recovery Cymru instead of buying flowers for a funeral.

Our Localgiving page is an option to send to loved ones for donations.

You can find us at <https://localgiving.org/charity/recovery-cymru/>

TALK TO YOUR SOLICITOR

We recommend that you discuss your Will, and the type of gift you might like to leave to Recovery Cymru, with your solicitor. The value of your gift to Recovery Cymru will be deducted from your estate before Inheritance Tax is applied, so it could reduce the amount of tax paid. Your solicitor will be able to discuss how this may affect your estate and beneficiaries.

Need help finding a solicitor? Contact The Law Society on 020 7320 5650 Or visit solicitors.lawsociety.org.uk

OUR PROMISE TO YOU

Making a Will is one way to ensure that your loved ones and the causes you care about are taken care of.

With an up-to-date will, you can continue to make a difference in people's lives - including supporting our wonderful recovery community.

- Your decision is private, so we won't ever inquire about it (although we'd really want the chance to express our gratitude)
- We won't ever put you under any pressure; you should make your choice when it's right for you
- If you decide to leave a donation to Recovery Cymru, we will choose carefully how to use your gift in a way that benefits our recovery community the most
- We are aware that a person's family and friends should always come first
- We respect your right to change your mind at any time
- We welcome you to come to visit us and see what we do in person
- A thank you letter will be sent to express our gratitude for your thoughtful contribution to Recovery Cymru

Recovery Cymru
Team xxx

GET IN TOUCH



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