

Your Gift... our Future

How a gift in your Will makes a lasting difference to people with learning disabilities in Nottinghamshire.

reach
learning disability





VISION

A community where people with learning disabilities can make a good future for themselves – a safe, healthy and happy life filled with purpose, achievement, opportunity and friendship.

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Introduction

Every day thousands of people with learning disabilities in Nottinghamshire experience a quality of life that is far below what they should expect in this day and age.

Many will experience poorer health than average – often not due to having a learning disability, but because getting the right advice, support and guidance can be so difficult.

Many will experience loneliness and social isolation, spending life feeling cut off from other people and being denied the joy offered by friendship, relationships, work and feeling part of the community.

At Reach centres, our experienced staff support people with learning disabilities (our clients) to build happier, healthier lives. Our courses and social activities offer the chance to gain new skills, build confidence and boost self-esteem. Our holidays provide breaks by the sea or in the country and give family carers much needed respite – and a change of scenery for clients.

When you leave a legacy to Reach, you can trust that your gift will make a lasting difference to the lives of people with learning disabilities in your community.



The estimated number of adults with a learning disability in Nottinghamshire is **expected to rise** from 15,227 in 2017 to 16,660 in 2035.

Source: Nottinghamshire County Council Joint Strategic Needs Assessment 2019



Deaths from causes that could be avoidable were **3 times more common** in people with a learning disability than the general population.

Source: The Confidential Inquiry into premature deaths of people with intellectual disabilities in the UK, 2014

Up to **50%** of people with a learning disability experience **chronic loneliness**.

Source: Gilmore & Cuskelly, 2014



Starting Out

Leaving school or college and finding your way in the world can be a daunting prospect for any young person. Parents of young people with learning disabilities often describe feeling as though their young adult has “fallen off the cliff edge”. It can be a shock to realise that there may be no guarantee of support or that what is available may not meet the young person’s aspirations.

Young people need tailored support to navigate their way through their choices and find out what options might be available to them.

Our staff take time to listen to individual needs; they work in partnership with clients and families to shape courses enabling people to achieve their goals and gradually take responsibility for their own self-development in ways that are appropriate to them.



OUR STORIES

Name *Amelia and Charlotte*

“Amelia has been coming to Reach for several years. She started in the youth group and now comes to Women’s Group, Flower Pod, Boccia and Singing. The transition from school to adult services was not an easy one. We now know that her withdrawal, selective mutism, self-harm and change in behaviours were down to her struggles to cope with transition. Beverley (Reach Southwell Centre Manager) suggested that we should take Amelia to the GP. Once we understood the problems better we could all work together to help Amelia feel more settled.

“The nature of Reach is that the team take a holistic approach to a person’s needs. They worked with us to find solutions and

to support Amelia to feel comfortable and able to participate in sessions. Amelia is now blossoming. Staff always think about her changing needs and aspirations.

“We are fortunate to live in an open and welcoming community of shopkeepers, café owners and neighbours who know Amelia and she certainly has a sense of belonging that reinforces her sense of who she is. Amelia will never be invisible in her community and I want to help Reach make this a reality for all people with learning disabilities.

“Having Reach onside has allowed me to carry on having a life, to work and be a parent to Amelia’s siblings too. The thing is that Amelia has not plateaued. At Reach there are staff who are as ambitious for her as her family is and so she has what she needs to carry on growing. She has a real talent and passion for gardening which we hope, one day, will become the basis of supported employment for her.

“Amelia will need support for the rest of her life. My greatest wish is that after I’m gone the right provision will always be there for her.”

Charlotte, mum to Amelia



“When I come to Reach I feel amazing and very happy”

Amelia

Putting Down Roots

We all make choices throughout our lives. We hope that as adults we can find love, friendship, an enjoyable job and purposeful activity. We all want to put down roots somewhere we feel safe, respected and valued.

Adults with learning disabilities want these things just like anyone else. However, the journey towards a more independent adult life can present unique challenges.

It's all too easy for people to become increasingly isolated from wider society due to very low confidence, self-esteem and poor communication skills. People also tell us how they are frightened to go out due to fear of harassment or being misunderstood. Options for living more independently can decline if people don't receive the right support to gain vital life-skills.

All our courses are embedded with opportunities to build confidence and self-esteem and to take part in community life. We work with local people and other groups to create opportunities for people with learning disabilities to volunteer or take part in local events. Our team of 100 wonderful volunteers enable clients to build confidence in engaging with other people outside of family and paid carers.



OUR STORIES

Name Chelsea

"I love coming to Reach to see all my friends. I go to Women's Group and we do lots of things like going out to the parks, shops and swimming once a month. I also do Healthy Cookery and I volunteer on reception once a week. I love answering the phone and putting people through. It's good to be useful and I like to help.

"Reach has helped me move into a new house with two of my friends. I'm really enjoying it. It's the best thing that's ever happened to me. I can use the things that I learn at Reach in my own home now. Things like cooking skills and knowing what's healthy to eat. We all cook together in the house. It was hard to leave my mum but I have wanted to be independent for ages. It's a dream come true!"



OUR STORIES

Name Dale and Adrian

Dale receives one-to-one care support from Reach Care and also attends several weekly courses at our centres. An experienced boccia player, Dale enjoys practising his skills at Reach Southwell's boccia sessions. He also says that his singing course is important because singing makes him feel happy. At the Creative Communication course at Reach Newark, Dale uses a tablet to research different topics. Recently he's found out about things as diverse as music groups and Scottish clans!

Dale is a member of Nottinghamshire's Learning Disability Partnership Board. He makes sure to tell people about our work and how Reach can make a big difference in people's lives. Some of Dale's friends at Reach had been doing a project about staying safe.

Dale suggested they should do a presentation to the Partnership Board and he helped to make this happen.

Dale's father Adrian explains how Reach has had a positive impact: "Dale needs support for every aspect in his life, but Reach has given my wife and myself the confidence as parents to stand back and return to a more normal life, knowing that Dale is being well looked after, making his own choices and able to live his life as he would wish.

"We have seen Dale grow increasingly confident with his staff and they have worked with him to create new opportunities to participate in community life and new and exciting activities. It's good to know that Reach is there for Dale in the future."



Staying Connected

More people with learning disabilities are living into older age. By 2035 it is anticipated there will be 5,000 people with learning disabilities over the age of 65 in Nottinghamshire. As a society we must find new ways of supporting people who are living longer with more complex conditions.

People with learning disabilities often experience limited options for accommodation and support. It is not uncommon for a person in their fifties to be living with an older parent in their eighties.

Our staff are trained to deliver the highest possible standard of service. We also run our own projects to help develop best practice and find new ways of doing things. When you support Reach, you are helping us to ensure that some of the, potentially, most vulnerable older people in society can continue to get the most out of life.



OUR STORIES
Name Pete

for 6 years and his propagation skills are legendary. Pete revels in sharing his skills with others. He’s not a man of many words, but he now enjoys demonstrating to groups. I’m on the sidelines, allowing him to be himself, be in control. I hear him explaining to others: ‘Put this in here like this... careful with the roots... tap it down... not too hard...’ He is beaming!

“We chat in the polytunnel later and Pete says: ‘I like it here, it’s peaceful’. I ask him what Flower Pod means to him and the difference to life before? He says: ‘Beauty and freedom’. I am beaming.”

Jane Hufton, Flower Pod Centre Manager



“Two sugars duck, black”; that’s how Pete likes his tea.

“Pete’s days at Flower Pod start and finish half an hour earlier than other clients because it suits his routine – it suits Pete. It means he can settle in a quiet atmosphere, before the bustle of day starts. We talk through the jobs-list for the day - he chooses and, if he’s up for it, we have a chat.

“Taking time to understand people is how we work, it’s what we are good at and it makes a difference to people’s lives. We can shape our service around them.

“Pete is 68 and has spent much of his life in institutions; saying it’s ‘where I learned to garden’. He has been with us at Flower Pod

Reassurance for the Future

All parents wonder about what life has in store for their children. For parents of people with learning disabilities, there are ongoing worries about where their adult child might live, what their quality of life might be like, and who will be there to offer support when they, as a parent, pass away.

Thanks to supporters like you, we can more confidently plan ahead, giving reassurance to clients and their families that we are here for the long-term. This means that despite changing circumstances, people with learning disabilities can continue to enjoy life with their friends in their own community.



To see our short film, showing the work we do, go to www.reachuk.org



OUR STORIES
Name Sarah and Peter

“It’s just me and Sarah at home now since my wife passed away. She devoted her life to caring for Sarah. We used to worry about what the future might bring. I’m so glad we found Reach, I regard them as an extension of the family. I have said before that I can die a happy man knowing that Reach is there for Sarah in the future.”

Peter, father to Sarah



“Before Sarah came to Reach, she spent a lot of time in her bedroom and she really didn’t want to try new things. Change has always made her anxious. It’s not an exaggeration to say that over the ten years or so that she’s been coming to Reach her life has significantly changed.

“Sarah leads such a full, rich life now. She’s learnt and done so much through her weekly Women’s Groups and the other courses she does. She loves to sing and regularly takes part in performances with her friends at Reach. She’s gradually built up her confidence about talking to others. When her sisters visit they comment on how Sarah is now so keen to share her news. Well, she’s got so much to talk about!

Leaving a Gift

When you leave a legacy to Reach, you can trust that it will help us change the lives of some of the most excluded people in Nottinghamshire.

Every pound you leave will help us make a real and lasting difference to those in our community who need expert, compassionate support exactly when and where they need it.

Here are some helpful steps and considerations to help you arrange your lasting legacy.

This publication should not be used as a substitute for or constitute legal advice. It is provided for general information and educational purposes only. It is not comprehensive and is not advice on which you may rely. Accordingly all liability is excluded in respect of any loss or damage which may arise as a result of reliance upon this publication. You should always consult a qualified lawyer on any specific legal matter.

Follow our simple steps to make or update your Will:

- 1 Plan your Will
- 2 Choose who you want to leave a gift in your Will to
- 3 Appoint one or more Executors to carry out the terms of your Will
- 4 We recommend visiting a legal adviser to draw up or update your Will
- 5 Use the enclosed ‘Will writing - things to consider’ insert to help prepare for your meeting with your legal adviser
- 6 If you do decide to include a gift to Reach Learning Disability in your Will please do use the enclosed form to tell us about it so we can say thank you.

Inheritance Tax

It is important to understand your Inheritance Tax position, and whether your estate will be liable to Inheritance Tax. If your estate is likely to be liable to it, you can reduce the rate at which Inheritance Tax is paid by leaving a certain proportion of your estate to Reach. You should ask a specialist solicitor for further advice.

Any gift left to Reach in your Will shall be free from Inheritance Tax under current legislation.

How to include a gift to Reach in your Will There are three types of gifts you can leave to Reach:

- A share of your estate (Residuary Gift)**
This is the balance left after all money, specific gifts, debts and funeral costs have been paid. You may wish to leave a sum or a percentage of your residuary estate to Reach.
- A fixed sum of money (Pecuniary Gift)**
You may choose to leave a specific sum of money to Reach, as a gift in your Will.
- A specific gift**
You may wish to leave an item of sentimental value such as jewellery or antiques to Reach, or even a piece of land or property. If so, you must ensure that the item can be easily identified.

In order to include a gift to Reach you should make sure your Will states our full name, address, and registered charity number:

Reach Learning Disability
Prebend Passage, Southwell, NG25 0JH
Registered charity number 1076318

If you have any questions on the next steps please contact the Chief Executive: legacy@reachuk.org or 01636 819066



We are grateful to Actons who have supported us in the development of this brochure.



Photography by Ben Lumley, Beverley Rayner and Anna Elias.



Reach is a registered charity dedicated to supporting people with learning disabilities throughout Nottinghamshire. We provide courses, social activities, holidays and domiciliary care that enable our clients to reach beyond expectation every day.



What we do

Throughout our twenty-year history, we have worked to enable people with learning disabilities to lead happier and healthier lives. We also work with their families, other service providers and the local community to ensure each client’s support network is as strong and empowered as possible.



Why?

Because people with learning disabilities face health, social, wellbeing, employment, and financial challenges every single day. They are entitled to lead fulfilling lives just like anyone else. They tell us they want services and support that responds to their needs as circumstances change so that they can reach their potential and achieve the kind of life they want to lead – without restriction, repression or reservation.

That’s what we are here to provide.



But we need your help. Turn the page to find out why, and how you can support Reach.



Flower Pod is part of Reach Learning Disability



www.reachuk.org



01636 819066



legacy@reachuk.org



Reach Learning Disability, Prebend Passage, Southwell, NG25 0JH



Thank you for your interest in leaving a gift in your Will to Reach Learning Disability. If you do decide to leave a gift to us, no matter what size, it will make a difference.

We would very much like to know if you have chosen to leave a gift to Reach Learning Disability so that we can plan for the future and most importantly say thank you. Please tick the following:

- ☐ I have already left a gift in my Will to Reach Learning Disability
- ☐ I intend to leave a gift in my Will to Reach Learning Disability
- ☐ I haven't decided yet

Forename _____ Surname _____

Address _____

_____ Postcode _____

Telephone _____

Email _____

There's always so much going on at Reach. If you would like to keep up to date about our work and fundraising activities please let us know below how you would prefer to hear from us:

- ☐ Post
- ☐ Email
- ☐ Phone

**Please return this completed form in the envelope provided or post to:-
Chief Executive (LT), Reach Learning Disability, Prebend Passage,
Southwell, NG25 0JH.**



If you would like to read our latest Annual Report and Accounts, you can read or download it at www.reachuk.org/about/reports-documents.

By submitting your personal details you consent to the terms and conditions of our Privacy Policy available at www.reachuk.org/about/privacy and click on Donors and Supporters. We will always keep your data safe and will never share your details. If you wish to change any of your communication preferences or to stop receiving communications, please contact us on 01636 819066, email legacy@reachuk.org or write to us at the address below.

Contact us:



**Chief Executive (LT), Reach Learning Disability,
Prebend Passage, Southwell, NG25 0JH**



01636 819066



legacy@reachuk.org

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Do I really need a Will?

With a Will in place you can:

- Protect your wealth, assets and investments for future generations
- Choose your executors - the people who look after your estate and carry out your wishes
- Make sure you don't pay more Inheritance Tax than required whilst protecting your assets
- Appoint guardians for children under 18
- Account for changes in your family such as births, marriages, divorces, bankruptcies and deaths
- Help your executors by increasing the powers given to them by law
- Make gifts to young children, disabled children or charities.

What happens without a Will?

- Your estate may not pass to the people you want it to. Specific rules (known as Intestacy rules) will apply and will dictate how your estate is distributed
- If an unmarried partner dies without making a Will, the surviving partner has no right to any inheritance under the existing intestacy rules
- If you have children and have not left a Will, no arrangements will be in place covering who should take over parental responsibilities.

Who can write my Will and how much does it cost?

Using a solicitor to prepare your Will ensures that it has been put together to meet your specific requirements and is legally binding.

The costs for creating your Will may vary depending on your specific circumstances. You should discuss your specific situation with a specialist solicitor who will be able to explain about the costs involved.

I have a dependant with a learning disability; how can I provide for them?

If you are caring for someone with a learning disability and you want them to benefit from your estate, it may be necessary to consider including a **Trust** in your Will or setting one up now to provide for their future. **Trusts** can be used to ensure that vulnerable people are protected and well provided for without affecting any means tested benefits that they are entitled to.

Likewise, it may be necessary for you to consider whether the person you are caring for needs assistance with the management of their affairs and personal welfare, because they are or may become unable to make such decisions for themselves, either now or in the future. If so, you should take legal advice on whether they can make a **Lasting Power of Attorney** or whether a Court of Protection application for a **Deputyship Order** needs to be made on their behalf.



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There's a lot to consider and plan for when you are drawing up your Will, and it can feel overwhelming. But the key is to break the task down into simple steps so you can proceed with making your wishes known and formalised.

The list below features some of the headline things to think about before meeting with your solicitor:

- Personal details, including address(es)
- Do other people live in your house – if so, are they dependent on you?
- Details of children or grandchildren including their ages
- If you have children under 18, who would you want to be their guardians - names and addresses?
- Who would you want to be your executors – names and addresses?
- Details of assets in sole and joint names and values
 - Property / land including investment property
 - Car (or other vehicles)
 - Home contents
 - Items of particular value (e.g. jewellery, antiques)
 - Savings in banks and building societies
 - Stocks / shares / investments / premium bonds
 - Business assets
 - Insurance policies
 - Pensions
 - Foreign assets (e.g. a holiday home abroad)
- Do you benefit from any assets held in Trust? If so, how?
- Details of liabilities in sole and joint names, and values of:
 - Mortgages
 - Loans
 - Credit cards
- Are there any personal items you'd like to leave to particular people?
- Would you like to leave cash gifts/specific amounts to people or charities?
- After specific gifts have been made, how would you like the remainder of your estate to be divided, and who would you leave it to?

- What do you want to happen to any digital assets?
 - Online accounts - banking, shopping, gambling, PayPal
 - Social media accounts
 - Photographs
- What happens to your estate if one of you died before the other (if applicable)?
- Do you have any funeral wishes?
- What should happen to any pets?

This publication should not be used as a substitute for or constitute legal advice. It is provided for general information and educational purposes only. It is not comprehensive and is not advice on which you may rely. Accordingly all liability is excluded in respect of any loss or damage which may arise as a result of reliance upon this publication. You should always consult a qualified lawyer on any specific legal matter.

