



St John
Ambulance
Cymru



Saving lives now and in the future

Our mission is to save lives in Wales –
a gift in your will can help us achieve this.

A gift in your will could save lives for years to come

Thank you for taking the time to consider supporting St John Ambulance Cymru with a gift in your will. With your help, we can continue saving lives now and in the future.

We know leaving a gift in your will is a big decision, so we've put together this guide to help you create a will that reflects your wishes and the people and causes you care about.

Our volunteers work in communities throughout Wales, at events and alongside the NHS, when people's lives are in danger. A gift in your will could help us continue to be there for them and the next generation of lifesavers. Providing treatment to those in need and the training, equipment and support our volunteers and young people need to save lives.

The next generation includes people like Jemma, whose first aid skills are helping her family stay safe. You can read about Jemma and the difference she is making later on in this guide.

We're proud of who we are and what we do. But we know we need to do more:

- ✧ We need to save more lives
- ✧ We need to equip more people with the skills they need
- ✧ We need to offer more opportunities to young people
- ✧ We need to strengthen our community support and make a difference in people's lives in Wales

Whether you're making your first will or updating an existing one, we are so grateful for your interest in remembering St John Ambulance Cymru.

Whatever you decide, thank you for all your support. It means we can be there when we are needed most, both now and in the future.



A handwritten signature in black ink, appearing to read 'Helen Smith'.

Helen Smith,
Chief Executive Officer

Our history

St John Ambulance Cymru are Wales' leading first aid charity, with a proud history of helping at the heart of Welsh communities for over 100 years. Our mission is to save lives and enhance the health and wellbeing of Welsh communities.

Supported by over 1,800 volunteers, we deliver frontline services in the heart of those Welsh communities and vital support to our emergency services when they need us most — every year, caring for over 10,000 people.

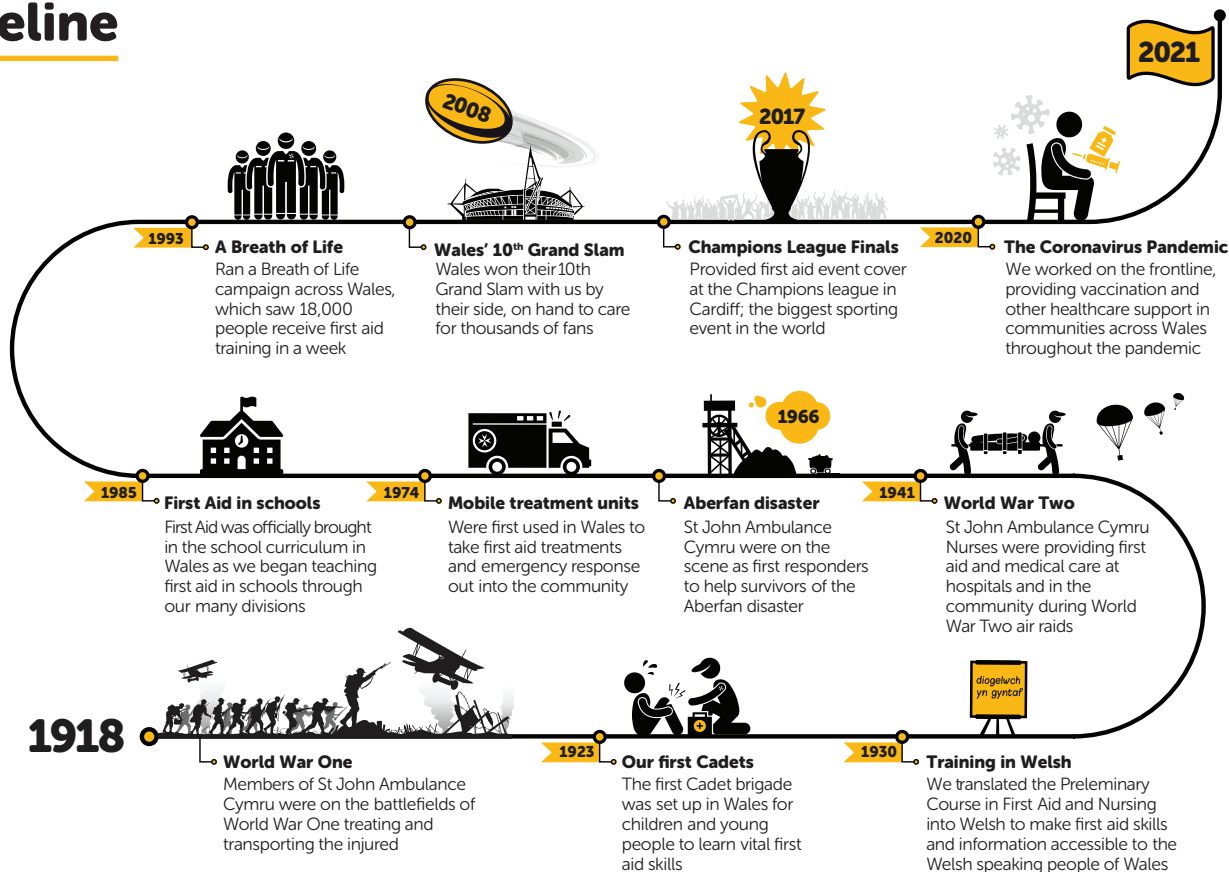
Our presence in Wales has always focussed on ensuring there will be a first aider close by when people need one, and we're proud of the way we've been able to provide that service.

St John Ambulance Cymru is also part of something much bigger and is an independent Priory of the Order of St John, a Royal Order of Chivalry.

With your help and our experience, we can continue saving lives now and in the future.



Timeline





The next generation of lifesavers

We want every child and young person in Wales to have basic first aid skills. Which is why, we're proud to provide opportunities and youth programmes for children and young people from the age of five; creating environments where they can grow and learn from an early age.

We run two youth programmes that give young people the chance to learn vital skills that they will take with them for the rest of their lives:

Badgers

Our Badger programme for 5-10 year-olds provides a fun, friendly, and safe environment to learn about communication, healthy living, first aid, and much more.

Cadets

Giving young people aged 11-18 access to a wide range of personal development and volunteering opportunities. They can also take part in accredited learning to prepare them for the next step in their lives.

Cadets can volunteer alongside adults at events, keeping the public safe, or they can be peer trainers, teaching first aid skills to their communities. We provide a clear pathway for these young people into adult volunteering and to become our next generation of lifesavers.

Both our programmes help teach the skills you need to save a life, give incredible learning experiences and help children learn and grow in all aspects of life.

Thanks to our specialist skills at St John Ambulance Cymru, they're also the perfect springboard for our healthcare professionals of the future, and can be a great starting point for young people who want to work in health and social care, such as becoming a paramedic or nurse. Our programmes offer experiential learning opportunities, develop young people's aspirations and enhance their personal and professional development alongside teaching vital first aid.

Gifts in wills mean we can plan ahead with the confidence that we'll be there to support young people in Wales with their next steps for years to come, so that they can support their communities for generations.



Our youth programmes teach lifesaving skills, give incredible learning experiences and help children all over Wales learn and grow in all aspects of life.



Jemma's courage, care and first aid skills are admirable. She's an amazing young person.



Who you support

Jemma joined her local Badger Sett to learn first aid from a young age. This was really important to Jemma and her family, as her mum, Hayley has epilepsy and could need help at any moment.

Jemma learnt vital first aid skills with us which means she can help care for her mum when she has a seizure and in the time after.

Hayley shared with us how Jemma can tell almost every time before her seizure starts, and identify that she's not feeling herself. Thanks to her learning at Badgers, Jemma knows exactly what to do when this happens. She has learnt to lower her mum to the floor, protect her head and move anything that could be a danger.

Her first aid training has taught her to monitor breathing and the importance of timing any seizure, knowing when there is a need to call 999.

Once the convulsions have stopped Jemma will move Hayley into the recovery position and keep talking to her so she can hear her voice when coming around.

Hayley describes her daughter Jemma, as "an amazing young person", which is exactly what we think about all of our Badgers and Cadets. Each and every one of them shows dedication and compassion to helping others and their communities.

How to make a will

If you are making your first will

If you are making your first will, then you should talk to a solicitor or professional will writing service. This will ensure your will is legally correct and that all your wishes are carried out.



A solicitor will be able to help you:

- ✳ Value your estate
- ✳ Choose your executors – those responsible for carrying out your wishes
- ✳ Include what you would like to leave to your relatives and friends
- ✳ Include details of any charities you would like to remember in your will and the gifts you would like to leave for them

If you have already made a will

If you have already made a will and would like to include a legacy gift to St John Ambulance Cymru, all you have to do is:



- ✳ Contact your solicitor
- ✳ Instruct your solicitor that you would like to leave a legacy gift
- ✳ Give your solicitor the details of the legacy gift and some information about our charity
- ✳ Your solicitor can add this instruction to your existing will – this is known as a Codicil

To help you decide how you might leave a bequest to St John Ambulance Cymru, the main types of legacy gifts are listed on the next page.



Types of Legacy

Specific amount

This is when you leave a specific amount of money to a person, organisation, or charity known as a **pecuniary bequest**. Please remember that inflation may impact the amount the beneficiary receives. You have the option of asking your executors to increase the sum in line with inflation so that its real value is protected.



A proportion of your estate

You may choose to leave whatever is left over once all your other specific bequests are made, debts are paid, and costs are met. This is the residue of your estate, known as a **residuary bequest** and it means that your family and friends receive exactly what you want, with St John Ambulance Cymru receiving all or a percentage of what is left.



Specific item

A **specific bequest** is when you choose to leave a specific item such as a painting, piece of jewellery or a portfolio of shares as a gift in your will.



Making a bequest

If you decide to help us with our lifesaving work and leave St John Ambulance Cymru a gift in your will, the following is some useful information about our charity for you to use:



Our charity name is St John Ambulance Cymru, our registered charity number is 250523 and our address is: Priory House, Beignon Close, Ocean Way, Cardiff, CF24 5PB.

Using this information will help ensure your gift gets to the right place after you are gone.

Our volunteers pledge to save lives. Will you pledge too?

If you'd like to let us know you've remembered St John Ambulance Cymru in your will, we would love to hear from you and have the opportunity to say thank you. Your pledge is not binding, but by letting us know you plan to remember St John Ambulance in your will, you help us plan for the future and look ahead confidently. If you prefer to keep your gift private, we understand and completely respect your decision.

Be a part of making a
life saving difference:



If you would like to speak to us about your legacy, you can get in touch with Nichola Couceiro. Her direct line is **029 2044 9507** or you can email nichola.couceiro@sjacymru.org.uk



Registered with/Cofrestrwyd gyda'r



Registered Charity No: 250523