



YOUR WILL TO MAKE A DIFFERENCE

A guide to leaving a gift in your will



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET



CHANGE BEGINS WITH YOUR WILL TO **MAKE A DIFFERENCE**

Gifts our supporters leave in their wills help fund vital work developing life and employability skills; confronting isolation, exclusion and loneliness; changing young people's futures; improving physical and mental health and supporting families in challenging circumstances.

Your support has never been needed more than now.

The impact of coronavirus will be long lasting on those communities which experience inequality and deprivation. In the years to come we will need to re-double our efforts to make a difference.

This booklet explains how you can be part of this life-changing work. It includes information on how to leave a gift in your will and how this gift could be used to make a difference.

If you would like to talk about leaving a gift in your will, contact Clare Wilson, head of partnerships and donor care at the Foundation of Light at -

clare.wilson@foundationoflight.co.uk



SCOTT'S STORY

Facing redundancy is never easy. It can knock confidence and bring on depression. For Scott Thirlwell, losing his job triggered the return of the obsessive compulsive behaviour and paranoia that dogged his teens.

Scott and his football team-mates enrolled in Be a Game Changer – a programme run by us to encourage people to talk about mental health and support each other. “The Foundation and football have helped me massively,” Scott explained.

“In dark times it's offered me an outlet and I'm lucky to have the support of those around me.”

Poor mental health is one of the many challenges that people in our communities face on a daily basis. Others include poor physical health, unemployment, isolation and low aspiration.

A gift in your will can help us overcome these challenges.

It will come as no surprise when I say that the times we are living are shaping us.



MAKING A REAL DIFFERENCE FOR COMMUNITIES

Our communities in Sunderland, South Tyneside and County Durham face some big challenges.

The North East has the highest rate of unemployment in the country and one in three of our children live in poverty. Our obesity rates are amongst the country's highest and our educational attainment amongst the lowest. More than 200,000 people in our region experience loneliness.

The Foundation of Light supports many of the worst affected communities in our region. We deliver programmes to develop life and employability skills; confront isolation; exclusion and loneliness; change young people's futures; improve physical and mental health and support families in challenging circumstances.

Through this work we aim to:

- raise aspirations
- help young people gain employment
- encourage physical and mental health and wellbeing
- support more people to gain a good quality qualification
- help the most vulnerable and isolated to stay connected
- inspire a lifelong love of learning and raising attainment in English, maths and IT
- engage families in learning and support programmes.

After 20 years of making a difference to people's lives, we have developed an unrivalled knowledge of our communities and their needs, as well as networks and relationships. We are trusted to make things happen and demonstrate the difference that we make to their lives by evaluating how we have helped people:

- be the best version of themselves - character
- be well connected - relationships
- have lots to offer - skills
- have a role in life - destination
- have a healthy body
- have a healthy mind.

WHAT WE ACHIEVED LAST YEAR

Statistics for the last 12 months (during pandemic):



9,548

PEOPLE MORE AWARE OF HEALTHY CHOICES



701

IMPROVED MATHS AND ENGLISH SKILLS

2,200

PEOPLE ACTIVE DURING LOCKDOWN



909

LESS LIKELY TO BE INVOLVED IN ANTI-SOCIAL BEHAVIOUR OR CRIME



799

PEOPLE MORE EMPLOYABLE

12,161

ASPIRATIONS RAISED



224

PEOPLE NO LONGER AS LONELY

428

IMPROVED QUALIFICATIONS



2,940

CHILDREN WITH IMPROVED SCHOOL ATTENDANCE

4,968

IMPROVED SPORTS SKILLS



FOUNDATION OF LIGHT

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A GIFT CAN MAKE A REAL DIFFERENCE

A gift in your will has the power to make a significant, tangible difference to communities in Sunderland, South Tyneside and County Durham. It could improve young people's aspirations and develop their skills and knowledge, It could reduce loneliness and It could boost mental and physical health and wellbeing.

The choice is yours.



SOPHIA ROSE'S STORY

A safe space to play meant that Sophia-Rose managed to get fresh air and exercise during lockdown.

Restrictions were particularly tough on children with special educational needs or disabilities and their families.

Inclusive out-door activities at the Beacon of Light provided a much-needed solution.

"It was so nice to see Sophia-Rose enjoying herself and it was nice to escape the house,"

Mum Bex explained.

DAVE'S STORY

Walking football helped Dave Davison feel less alone.

The 79-year-old from Southwick was a regular at the Beacon of Light but lockdown brought our sessions to an end, cutting him off from his teammates.

Using video and telephone calls, our team at the Foundation of Light launched the Wear Together programme, which quickly provided a way for Dave and his friends to stay in touch and stave off loneliness.

"It was a nice opportunity to catch up, everyone chatting about the matches and everything football related and I like to get my two penn'orth in!"



MARCO AND HEIDI'S STORY

Making learning fun ensured that Marco and Heidi were able to catch up on their computer science after missing classroom time through the pandemic.

During their holidays, the primary school pupils from Houghton-le-Spring took part in our Study and Play programme which introduced them to computer coding.

"They both really enjoyed learning how to work the robots and taking part in the tasks they were set," said enthused mum Laura.

"It's ideal as they're having an educational experience but don't actually realise it because they're having that much fun. The catch-up sessions are in-line with the curriculum that they've missed and they're both so engaged and learning new things."



YOUR SUPPORT CAN LIVE ON



You don't need us to tell you that your will is important. It gives you peace of mind that your loved ones are going to be looked after and confidence that your final wishes will be realised.

In addition to making sure that your family is looked after, your will is also a way of supporting a place or a cause close to your heart. These days, many people are choosing to leave a gift to charity in their will.

Some are driven to give something back. Some want to demonstrate their love for a place or people that meant a lot to them. Others would like their name remembered in association with something that's important to them.

If you are interested in leaving money or an item of value to us, please talk to your solicitor.

Alternatively, we have partnered with Hay & Kilner's will writing service to provide advice and help in writing your will, for a no obligation free consultation you can contact -

Hay & Kilner at 0191 232 8345 or email

lawyers@hay-kilner.co.uk quoting FOL21.

If you have any questions and would benefit from a further conversation, please contact Clare Wilson, head of partnerships and donor care at the Foundation of Light at clare.wilson@foundationoflight.co.uk or call 0191 563 4733.



MICHAEL'S STORY



I've been a huge supporter of the Foundation of Light for some time now, seeing first-hand the difference they make to the people of Sunderland, County Durham and South Tyneside.

The Foundation of Light has grown to be able to make a huge difference to the lives of so many in our community.

With this in mind, it gives myself and my family great comfort that a donation in my will has the chance to help them continue with this excellent work. It is reassuring to know that in a small way I have been able to help those people who need it the most.



FOUNDATION OF LIGHT

Foundation of Light, formerly SAFC Foundation, was set up in 2001.

We use the enthusiasm young people and their families have for football to engage them in learning and self-development activity that can increase life opportunities.

Based in the inspirational Beacon of Light, we cover 1,111 square miles with a population of just over one million people.

Financially independent from the Club, we collaborate with partners, such as local authorities, higher education and housing associations, taking a lead role in delivering projects to benefit our communities and tackle some of society's biggest challenges.

For every £1 spent with us, we save £29 in public spending.

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