



A guide to leaving a gift in your will

23 July 2020

Tommy's

Together, for every baby



Currently, 1 in 4 pregnancies will end in loss.

We believe that every baby lost is one too many. That's why Tommy's is working to make the UK the safest place in the world to give birth.

We fund pioneering studies at our research centres across the UK to find the causes of - and solutions to - premature birth, miscarriage, stillbirth and related pregnancy complications including diabetes and pre-eclampsia. Our PregnancyHub service distributes our ground-breaking research findings and focuses on reducing risk in pregnancy by empowering mothers with expert information.

When Tommy's first started, the world was very different. The UK had rising rates of premature birth, and one of the worst rates of stillbirth in developed countries. Up to 35% of all pregnancies ended in miscarriage. The conversation and support after parents lost babies was non-existent for many.

Over the years, with the help of the amazing work of our researchers, midwives and supporters, Tommy's has made huge headway in tackling pregnancy loss in the UK:

- We established the first **premature birth clinic in the UK** to help reduce the UK's premature birth rate - 60,000 babies are born too soon each year. 9 out of 10 parents who attend our preterm birth clinic go home with a healthy baby, and the clinic's model of care has been rolled out across the UK to more than 30 centres
- We launched the **largest miscarriage research group in Europe**, helping more than 24,000 couples each year
- The Manchester region stillbirth rate declined 34% from 2010-2016. We are now working on rolling out the expertise at our **stillbirth research centre** in Manchester nationally
- Our National Centre for Maternity Improvement aims to support midwives and other maternity staff to **deliver the best possible care** across the country, in order to prevent up to 600 stillbirths and 12,000 preterm births every year.

But we won't stop there. By 2030, we want to halve the number of babies who die each year in the UK, and we will continue to drive change beyond that.

Everyone at Tommy's centres, clinics and head office shares this vision.

Together with your pledge,
we can make the UK the safest place in
the world to give birth.



Together for change

Your gift could make a huge difference to the work we do here at Tommy's. There's no such thing as a gift not being 'big' enough – every penny helps us perform more research and save more babies' lives.

We are the biggest charity funding pregnancy research in the UK. We fund more than 50 separate pieces of high impact medical research at our pioneering centres across the UK - in London, Birmingham & Coventry, Manchester and Edinburgh - searching for the causes and solutions to premature birth, miscarriage and stillbirth.

By investing in our research centres, we help our scientists to pursue exciting new areas of study and perform the clinical trials necessary to unlock even more funding from government, trusts and other research organisations. So for every £1 we put into our centres, a further £5 is unlocked in five years' time, which wouldn't have otherwise.

Funds to our PregnancyHub service maintain and generate thousands of online pages of expert, up-to-date, accredited information and guidance. It is open to every mother and family, regardless of who they are or where they live, so that they can have the safest pregnancies possible and be made aware of when they might need extra help or care.

We are evidence-based and rigorous in assessing the impact our research makes. If you leave a donation in your will, we promise to make every penny go as far as it can. If you would like, you can also decide what kind of research you would like to fund – see our FAQ section for more information.



Danielle's Story

After 3 heart-breaking miscarriages, Danielle was referred to our miscarriage centre. While undergoing treatment, she lost another 2 babies before getting pregnant again. Danielle, and her fiancé Ed, shared this story when she was 28 weeks pregnant; their baby was born in March 2020.



“My journey through baby loss started 4 years ago. After I’d had 3 miscarriages, I was relieved to get my referral for specialist support. However, our appointment at the clinic was very disappointing. The consultant said that I was still young and told us to keep trying. He implied that my losses were ‘just one of those things’.

I felt completely lost and desperately needed answers and referred myself Tommy’s National Centre for Miscarriage Research at Birmingham Women’s Hospital. Unfortunately, while I was

waiting for my appointment, we had another miscarriage. This was my fourth loss and we were totally heartbroken.

When our appointment arrived, we met with a very warm welcome by the Tommy’s team. It was such a relief to find someone who actually wanted to help. The team asked us if we would consider participating in a Tommy’s research trial. They explained that this would help us to access cutting-edge treatments.

While I was waiting for my first trial to begin, I fell pregnant again and had my fifth miscarriage. After taking some time, we signed up for a project examining the lining of the womb. As part of this trial, the researchers took a small biopsy from the lining of my womb, called an ‘endometrial scratch’. We found out that the lining of my womb was very thin.

I was absolutely devastated; our hopes were crushed all over again. A couple of

days later I received an email containing a 6 month plan, which involved trying a mixture of different hormones to try and thicken the lining of my womb. We finally dared to hope.

In July 2019, we found out that we were pregnant again. We were past being excited when we saw those 2 lines - all we now felt was heartache of what could happen again. However, the weeks started to pass us by. At an early scan we saw a little blob with a flickering heartbeat. At 9 weeks, severe morning sickness started. At 12 weeks, we had a scan that showed a little baby growing perfectly.

Our little Georgia was born on 16th March 2020. I can't describe the feeling when I saw her for the first time, I had this overwhelming feeling of love. Taking her home was amazing; putting her in the car seat just didn't seem real, I was so happy.

We are forever grateful to Tommy's for not giving up on us, for pushing to find answers. Without them we wouldn't be in the position we are today.





Prof Alex Heazell

Director of Tommy's Maternal and Fetal Health Research Centre at the University of Manchester, investigating stillbirth and associated pregnancy complications.

Tommy's funding for research is essential to drive improvements in pregnancy outcomes for 2 reasons. Firstly, Tommy's supports projects which increase understanding of pregnancy complications so that new treatments or approaches to care for women can be developed. Secondly, Tommy's invests in researchers so that we can train high-quality scientists and doctors to continue to develop new research in our centres. I began my PhD in 2004, funded by Tommy's, looking at how the placenta becomes sick in pre-eclampsia - and I am now the Director of the Tommy's Stillbirth Research Centre.

For many years, the rate of stillbirth and miscarriage showed little or no improvement in the UK, but that has now begun to change. The research funded by Tommy's is used in national guidelines so that women and their families benefit throughout the UK. We know that losing a baby remains with families for their whole lives; by supporting research into pregnancy complications, we have an opportunity to ensure that more families have happier, better beginnings.

We are truly grateful for families' support - a gift in your will is a fantastic way to ensure Tommy's research teams like mine can continue our vital work and build the next generation of experts in pregnancy research and care.

Our Founder, Ian Fergusson

Ian Fergusson was a co-founder and the original chairman of Tommy's. He was senior consultant of obstetrics and gynaecology at Cambridge and St Thomas' Hospital, London and held consultant posts at Queen Charlotte's Hospital and Chelsea Hospital for Women.

Ian retired from medical practice in 2008. He is married with four children and twelve grandchildren.

In 1992, Tommy's was founded in response to a desperate need for pregnancy research. Too often, my colleague Anthony Kenney and I were unable to answer the devastating question no parent should have to ask: 'Why did my baby die?' Inspired by the drive and enthusiasm of a recent mother, Lucy Nelson, the 3 of us launched the charity. At the time, the UK had rising rates of premature birth, one of the worst rates of stillbirth in developed

28 years on, and thanks to all Tommy's supporters, very real and rapid improvements are taking place.



countries, and up to 35% of all pregnancies ended in miscarriage.

Losing a baby in pregnancy or at birth is a devastating experience and it is shockingly common, affecting 1 in 4 families in the UK, yet it is under-researched and misunderstood. Tommy's mission is to change this. In my own family, I have cradled and cried over a baby born and dying too soon. Tommy's is working to do everything possible to help prevent others being crumpled by this as I was.

Giving birth too soon can be a desperately anxious experience, and premature birth is still the leading cause of neonatal death in the UK.

28 years on, and thanks to all Tommy's supporters, very real and rapid improvements are taking place.

Every year, Tommy's cares for thousands of pregnant women at very high risk of pregnancy complications, and outcomes for pregnancies at Tommy's clinics are significantly improved. In 2018 we reduced premature births at our London centre in St Thomas' hospital by 21%, and we have decreased the average stillbirth rate across the Manchester region by an astounding 32% since 2010.

Despite this, there is still so much more we can and must do. Together, we can continue to fund and conduct pioneering research into the causes and prevention of baby loss, as well as provide expert care and information, in order to:

- Reduce stillbirth rates – 8 babies are stillborn every day in the UK
- Reduce premature birth rates – 60,000 babies are born prematurely every year in the UK (165 every day)

- Improve care for miscarriage and ultimately reduce miscarriage rates which currently impact 1 in 4 pregnancies.

Supporting Tommy's to develop and roll out new treatments, care packages and guidelines across the UK must remain a priority for us all if we are to help save future generations of babies' lives.

Now, as I approach 80 and look fondly and with enormous gratitude on our own children and grandchildren, it reinforces my belief that we must do all we can to ensure a safe start to life for everyone that we can reach out to. To this end, I am leaving a legacy to Tommy's in my own will, because I know that the work they are doing is of incomparable worth to all mothers and their families everywhere in the world. Please may I humbly and gently encourage you to do the same.

Thank you.



Here's what gifts to Tommy's have helped us achieve

1997
The UK's first Maternal and Fetal Research Unit opens

We developed a blood pressure measurement device with MicroLife to easily and cheaply help detect pregnancy complications anywhere in the world.

In pregnancy, the cervix helps to keep the baby in the womb and guard against infection. A weak cervix may lead to premature birth or late miscarriage. Our MAVRIC trial found that women who had an abdominal stitch were more likely to give birth after 32 weeks of pregnancy and more likely to have a baby that survived. This procedure is so successful that only 4 women would have to receive the treatment in order to save a life.

2002
Tommy's pregnancy service is launched

Our information covers everything you need to know about having a safe and healthy pregnancy, from conception to birth. Our team of in-house midwives guide our service and respond to queries from pregnant women.

2016
The National Centre for Miscarriage Research opens

A new, pioneering study 'Men Living Through Multiple Miscarriages' aims to identify how men can be supported in order to enable early pregnancy doctors, midwives and nurses to improve miscarriage care.

The PRISM trial found that giving progesterone to women with early pregnancy bleeding and a history of miscarriage can prevent up to 8,540 miscarriages a year in the UK. We are now campaigning for national guidelines to be updated for high risk women.

Our SIMPLANT trial found that giving sitagliptin to women who had repeated miscarriages boosted the stem cells in their womb lining by 60%, and halved their numbers of 'stressed' cells which are linked to pregnancy loss. This is now going to clinical trial, in the hope that it can ultimately be used to prevent miscarriage.

2019
Tommy's National Centre for Maternity Improvement is founded

1992
Tommy's is founded

The Tommy's Rainbow Clinic at St. Mary's Hospital Manchester opened, providing specialist care and support for parents who have experienced a stillbirth or neonatal death. The clinic has been so successful that we have been rolling out our model of care; there are now 6 operational Rainbow Clinics including Manchester, Norwich, Leicester, Reading, East Lancashire and Leeds.

2001
The Maternal and Fetal Research Centre opens in Manchester

The MiNESS study found that women who go to sleep on their back have a 2.3 times higher risk of late stillbirth compared to women who go to sleep on their side. Tommy's ran a campaign advising women how best to sleep during pregnancy, and reached 20 million people with this vital pregnancy advice.

Reduced blood flow across the placenta can mean babies fail to grow in the womb, leaving them vulnerable to health problems. Researchers funded by Tommy's have found that beetroot juice, which is rich in a nutrient called nitrate, could potentially reduce blood pressure and improve blood flow to placenta.

2008
The Tommy's Centre for Maternal and Fetal health opens in Edinburgh

Women who attend Tommy's specialist metabolic clinic are 8 times less likely to have a stillbirth than those who attend a standard maternity ward.

If a baby isn't getting enough oxygen during labour, it can lead to brain damage. Our researchers are developing a brand-new sensor which could provide a reliable and non-invasive way to continuously monitor the health of babies during labour.

These are just a handful of the steps towards a better future we have made, steps that are just not possible without the outstanding support we're given from people like you.

Writing your will

There are a couple of different ways that you can write your will, including finding online will writing services or purchasing a will writing kit from your local high street.

We would recommend that you use a solicitor to write your will. Although it might seem like there's a higher cost up front, writing a will with a solicitor means that your wishes will be interpreted and written in the correct legal language to make sure they are fulfilled, and reduces the risk of inaccuracies or misinterpretations needing to be worked through and settled in the future.

You can find a solicitor local to you online or in local newspapers and directories.

Once you have written your will, you can store it at home or store it with your solicitor, your bank or a professional wills storage company (you can find these online).

The different types of gifts you can leave in your will

Once your family and friends have been taken care of, there are several ways in which you could choose to leave a gift to Tommy's. Below are the most common types of legacy gifts:

Residuary legacy – This is the remainder of your estate after all other bequests and expenses have been deducted. A residuary legacy has the added benefit of keeping pace with inflation.

Pecuniary legacy – This is a gift of a specified amount of money. However, unlike a residuary bequest, inflation can reduce the value of a pecuniary gift.

Specific legacy – This is the gift of a specific item such as property, jewellery or other valuables.

Gifts in trust – You can leave someone a gift that they can use for a set period of time. When that time has ended, the gift can then be passed on to another, such as a charity.

A conditional gift – This is a gift that could be given to Tommy's, but only if another event you've specified happens first.

Donations in lieu of flowers – You can request in your will that family and friends may make donations to Tommy's instead of sending flowers at your funeral.

We recommend speaking to a solicitor about your decision to make sure the wording is correct, and that your pledge is interpreted and carried out in full.

FAQs

How much does it cost to write a will?

Will prices vary, but it tends to be around £80 for a single will, and £120 for a mirror will.

You can now write your will for free with Tommy's online will-writing service. There is no obligation to leave a gift, and you will be recommended expert legal advice should you need it.

Can I re-write my will?

Yes. It's a very important document and it's good to make sure that it is up-to-date and expresses your wishes.

Do I have to tell the charity I'm leaving them a gift?

You don't have to, but it's really helpful to let us know if you are thinking of doing so as it helps us to thank you, let you know how your gift will be spent and plan for the future.

You can let us know that you're thinking of leaving a gift by filling in the quick online form on our website in the 'gifts in wills' section, or drop our Tommy's colleague Kate Beck a note at: giftsinwills@tommys.org

Can I say what kind of research I'd like my gift to be spent on?

Many legacy gifts are 'unrestricted' which means the charity can decide how to spend the money to respond to future priorities and opportunities to fulfil our vision. However, if you are particularly interested in investing in certain types of research or projects, it is possible to leave us what is known as a restricted gift. If you'd like to find out more about restricted gifts and how they work, email our philanthropy team at giftsinwills@tommys.org and a member of our team will be in touch with you.

Do I need to use specific wording?

We have some suggested wording for the 3 major types of gifts that you can give to your solicitor. Check out the 'information for solicitors' section of our website

Whatever type of gift you choose, your legal advisor will also need to know:

- Our full name (Tommy's)
- Address - Nicholas House, 3 Laurence Pountney Hill, London, EC4R 0BB
- Charity number - Tommy's is a registered charity in England and Wales (1060508) and Scotland (SC039280).

Who can be an Executor of a Will?

Anyone can be appointed as an Executor including a relative, friend or legal adviser.

Shema and Ian's story

Shema and her husband Ian lost their firstborn son, Altair, at 21 weeks. After discovering she had a rare condition, she was supported to full term in her next pregnancy by Professor Alex Heazell and the Tommy's team at St Mary's in Manchester.



At 20 weeks into my pregnancy, my waters broke on the tube. I was alone, and I knew straight away that I was going to lose my baby.

I went straight to hospital where they confirmed my waters had broken early and that I'd need to be induced, go through labour and deliver our baby, knowing our baby would, most likely, be dead.

It was such an awful experience and made me realise that not all health professionals are good at managing baby loss. Two days later, after a long and protracted labour and birth, Altair was born at 21 weeks. I was exhausted and scared.

I didn't realise he would look perfect - like a normal baby. He was perfect; our tiny little boy.

It took months to recover, then we needed to think about next steps, and that meant more IVF. In April 2018, we did our sixth round and it worked.

Altair's post-mortem showed that my placenta had a condition where my immune system attacks the baby, eventually cutting off the blood supply. It's rare, and thought to be untreatable and reoccurs, usually getting worse so I knew any future pregnancy would be extremely risky.

I did lots of research and emailed every expert in the world. I came across Professor Alexander Heazell, the Clinical Director of the Tommy's Stillbirth Research Centre in St Mary's Hospital in Manchester.

I made contact with him and explained our story. He phoned me, went through my history and told me he'd treated a few women with my condition with good results. He said that if I got pregnant, he'd look after me at the Tommy's Rainbow Clinic at St Mary's in Manchester.



I went there from 17 weeks onwards for scans. I was so nervous that first time, but everything was completely normal, and I continued to have a very uneventful pregnancy.

The clinic is amazing; everyone is so compassionate. They really understand how to look after families who have lost babies. Something as simple as asking our first son's name, then referring to him by it.

They also understand that scans are terrifying after loss, so immediately tell you there's a heartbeat. These small things come from a real understanding of the emotional consequences of baby loss.

I carried on seeing them until I was 32 weeks. It was a long trip from London to Manchester, but we loved going there and felt safe with them.

I've been a doctor for 20 years and Professor Heazell is one of the most compassionate doctors I've ever met both professionally and personally. He goes above and beyond for his patients; he really cares.

To see our living son was an incredible miracle.

Faris was born on December 11th, just a week early. When they handed him to me it was overwhelming. We'd been on this journey for 5 years, we'd lost one son, to see our living son, to hold him, was, and still is, an incredible miracle.

Altair is very present in our home. We talk about him and his ashes are on our mantelpiece. He will always be our firstborn son and now, with Faris, we see ourselves as a family of 4.

The Tommy's team at St Mary's have given us the most amazing gift, we'll never be able to thank them enough.





From all of us at Tommy's, thank you for joining us! Your support makes what we do possible.

If you would like to make a gift to Tommy's in your will, you can now use our FREE online service! There is no obligation to include a gift in your will, and your online will is free no matter what.

To find out more, visit our online will service, powered by Bequeathed, [here](#).

Tommy's
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