

REMEMBERING AMREF HEALTH AFRICA IN YOUR WILL



Support women and girls working for change across sub-Saharan Africa



WHY AMREF HEALTH AFRICA?

As you may know, our goal is simple: Universal Health Coverage by 2030. We will keep working until everyone in Africa has access to affordable, good-quality healthcare. Our belief that health is a basic human right drives everything we do.

There is no quick-fix and it's an ambitious goal - one that cannot be met unless the global health community puts women and girls at the heart of its efforts.

How will we achieve our goal? With over 65 years' worth of experience, and as Africa's leading health charity, we have learnt that the power to effect lasting change lies with women and girls. What's more, there's evidence that investing in women and girls works.

When a ten-year-old girl in rural Tanzania transitions to adulthood without having to go through "the cut", she can continue her schooling and go on to fulfil her personal and professional potential. When a woman in Kibera, the largest urban slum in Africa, gives birth with the support of a trained midwife, any complications can be immediately addressed - and her baby gets the best possible start in life.

We know that good health opens up the possibility of freedom from poverty. It's directly linked to access to education, economic empowerment, political participation, and the

fulfilment of so many of our human rights. That's why every year, Amref supports thousands of women - health workers, community volunteers and activists alike - who are putting their passion into practice and working for change every day. A gift left to Amref in your will, no matter the size, will champion these powerful women and support them to transform health, lives and prospects, for themselves, their families and their wider communities.

We understand that friends and family come first, but if you are able, remembering Amref in your will is one of the most important ways that you can help. We understand that a gift left to us in a will is particularly special, entrusted to us by those who share our determination and values.

We hope that you find the following pages useful - and that you're as inspired by the women we work with as we are, but also, that we are able to help you as you make your decision.

If you have any questions or thoughts, please contact us. We will be happy to help. Please note that any discussion you have with us regarding leaving a gift to Amref in your will is treated as confidential and is not binding. You can change your mind, or simply enquire, at any time.



Camilla Knox-Peebles
CEO, Amref Health Africa UK

Amref supports thousands of women - health workers, community volunteers and activists alike - who are putting their passion into practice and working for change every day.

OUR CLEAN WATER

If you decide to leave a gift to Amref in your will, you will help us to continue supporting communities like those in Awil Village, Northern Uganda (pictured).

"We do not have clean water here," says Pamela, a 36-year-old mother of three living in the village. "There is the well in Logolo, but it is also used by cows and sheep, and the water is very dirty."

In this community, responsibility for fetching water typically falls to the daughters. *"The risks that come with fetching water are very high, especially for children,"* says Pamela. *"To make matters worse, we have very few functioning toilets in the village, so people will often use the bush instead...making the water yet more unsafe."*

Through the **Piwa Maleng** project (Acholi for "Our Clean Water"), Amref UK supporters have been able to establish access to clean water for **14,700 people** living in **45 villages** in the region. The number of people in the area who now have access to safe water has risen from **32%** to **98%**.

We want to do even more, extending clean water to more villages, and addressing the dangers that girls face when collecting water. In addition to drilling or repairing boreholes and setting up pioneering solar-powered water systems to provide villages and schools with safe water, we will train young people – especially girls – on their sexual and reproductive health and rights, helping them understand how to protect themselves and each other.

By remembering Amref in your will, you will be supporting families like Pamela's.





OUR COMMITMENT TO YOU

At Amref UK we are a small staff team, which means that we know most of our supporters by name and have met many of you in person over the years. We know that many of you often have personal, extended connections to Amref, our work and the countries in which we operate, particularly to the Flying Doctors Service.

Ensuring that our supporters feel part of our work; informed, appreciated and aware that their help is critical, remains of utmost importance to us. We are proud of the high standards we keep. Therefore, when someone commits to sharing a part of what they leave behind with us, we in turn, commit to:

● RESPECTING YOUR PRIVACY

We appreciate that leaving a gift to any charitable organisation in your will is a very personal and important decision. We will never ask you to share any more information than you

wish to, or contact you any further if you feel you have all the information you need from us.

● ACTING WITH CARE AND CONSIDERATION

We understand that discussions about making or changing a will can be difficult, as is carrying out the wishes of a friend or family member. Please be assured that should you decide to leave a gift to Amref in your will, we will always act sensitively and thoughtfully.

● MAKING THE MOST OF YOUR LEGACY GIFT

We will always commit your support to where it is most needed. This way, your gift will bring us closer towards accessible, affordable, high-quality healthcare for everyone. If you have specific wishes regarding your gift, we are happy to discuss them with you. We will work to meet them wherever possible.

WHAT IMPACT WILL YOUR LEGACY HAVE?

Put simply, we are committed to using all the gifts that we receive to scale up our impact on healthcare in Africa. As an African-led organisation, our knowledge of the communities we work with, and the health challenges they face, is unparalleled - making us uniquely placed to effect lasting change. We are convinced that strengthening health systems from the ground up is the surest way forward. To this end, we work to support our colleagues in Africa to find sustainable solutions to even the most complex of challenges.

Here in the UK, the best ways for us to show our support for our African colleagues are to fundraise, grow awareness of Amref's work and build relationships and networks. We are working to increase the numbers of supporters, friends and advocates here in the UK who, like us, are determined to see better health for women in sub-Saharan Africa.

More than sixty years after our founding as the Flying Doctors of East Africa, we are proud to remain an authentically African organisation that goes where others cannot or do not. Our headquarters are in Nairobi, Kenya and we work in 35 African countries. All of our work is planned and delivered in partnership with the communities that the work is designed to benefit. That is why you can feel confident that a gift left to us in your will, will have a direct impact on the causes that you care most about.

A gift left behind as a legacy, can support both the work we are doing here in the UK, and across Africa. It would help us to plan ahead, do more of what is working well and rise to meet challenges in the field. All of which takes us one step closer to everyone, no matter where they are in the world, being able to access affordable, high-quality healthcare.





MAKING OR UPDATING YOUR WILL

When making or updating your will, we recommend you get professional advice from a solicitor. These tips may help you prepare before seeing a professional.

1 TYPE OF GIFT

There are two main ways to leave a gift to Amref in your will.

Residuary gifts: A residuary gift is a share of someone's estate. This type of gift guarantees a fair distribution among all the people and organisations you want to benefit.

Pecuniary gifts: A pecuniary gift is a fixed sum of money. If you would like to protect the value of your gift from diminishing over the years (with inflation, for example), you could think about indexing the sum that you give.

2 A GIFT TO AMREF

After considering loved ones, you may like to leave a lasting legacy by supporting causes that you care about. If you'd like to support communities in Africa access healthcare, you'll need our name, address and charity number: Amref Health Africa UK, 15-18 White Lion Street, London, N1 9PD. Registered charity number: 261488.

3 TALK TO YOUR LOVED ONES

It's a good idea to share some of the details of your will with your loved ones, so they understand your wishes. The same goes for the individuals you choose as the Executors of your will.

KEN SILLITOE'S LEGACY

Long-time supporter Ken Sillitoe made the special decision to remember Amref in his will. Here is Ken's story, as told by Nicky, Ken's daughter, and friend and supporter to Amref.

"Our family were delighted when my parents took the decision to leave Amref a substantial legacy. During our youth my father Ken Sillitoe had been an anthropologist and while working in Kenya he had witnessed first-hand the valuable work the charity was undertaking in relation to the health of local women and children. Ken had been full of admiration for the charity's ethics and working practices and had supported their work throughout his lifetime. When he died it was a great solace to us to know that his legacy would continue to support the communities to which he was so committed through Amref's continuing involvement in East Africa.

Since my parents' passing, my daughter and I have attended Amref events in which we have learnt more about the modern face of the charity since the old 'flying doctor' era. Our daughter Lauren is a doctor currently doing a fellowship at Great Ormond Street Hospital and she was very impressed by Amref's work with mothers and children. It now gives me pleasure to donate regularly myself and fundraise through occasional garden openings. There is a wonderful feeling of continuity and connection with my parents in so doing. Ken would love to have known that we were continuing to support a cause so dear to his heart and were considering making our own legacy in the future."

USEFUL INFORMATION

If you have any further questions or would like to speak to us in person about leaving a gift to Amref UK in your will, **please email info@amrefuk.org or call 020 7269 5520**. We would be pleased to hear from you. Please be assured that any discussion you have with us will be treated as confidential and you are free to change your mind at any time.

Should you decide to change or make a will, we recommend that you seek professional advice from a solicitor in order to do so. We would be grateful if you let us know your intentions because it means we are able to plan ahead and ensure you're kept up-to-date with relevant information. However, this is entirely at your discretion.

Thank you for supporting Amref Health Africa to create lasting health change.



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Amref Health Africa is the African continent's leading health charity, working with women and girls to secure the right to health and break the cycle of poverty.



CONTACT US

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Find us on social media: search 'Amref UK'



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