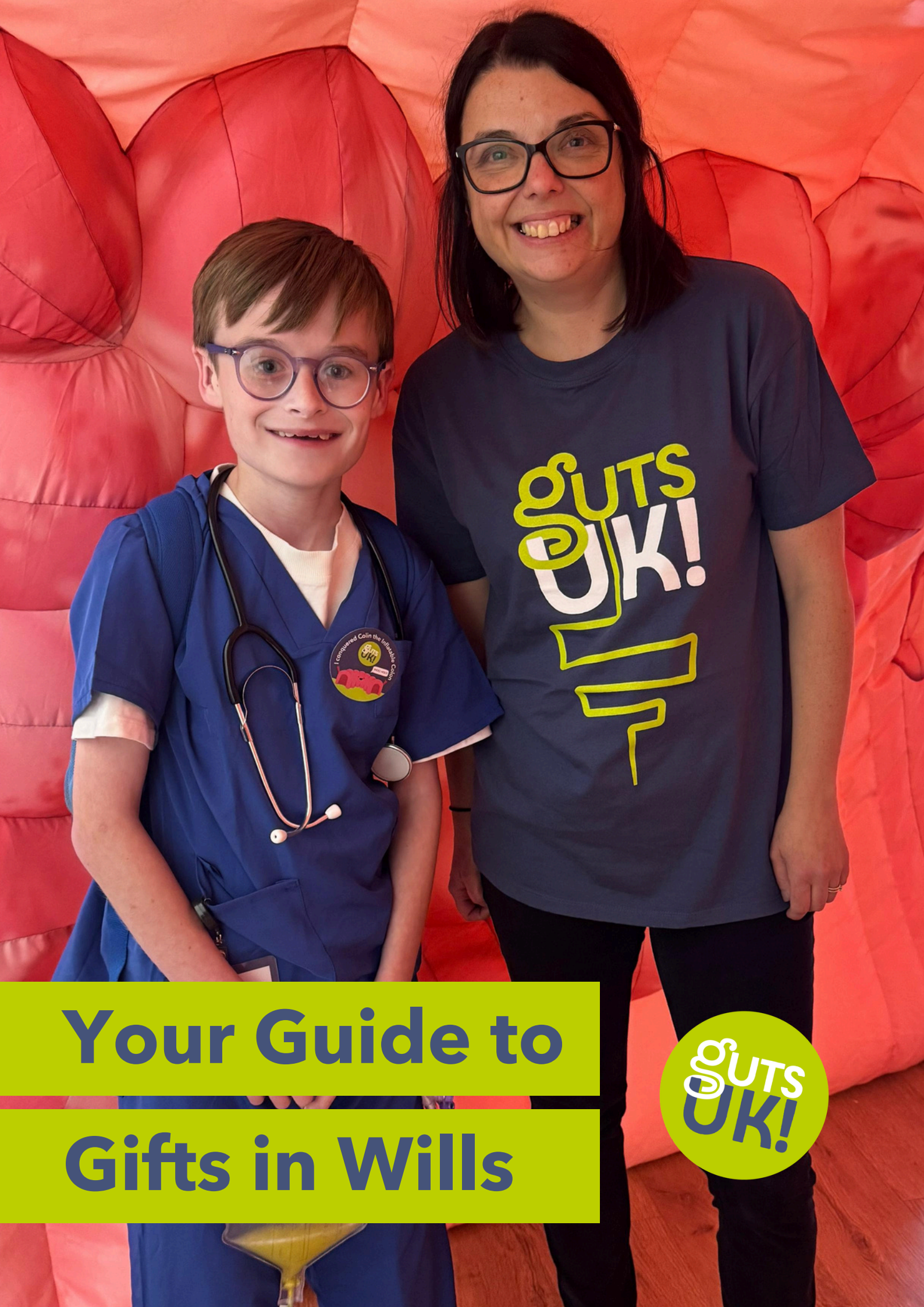


Your Guide to Gifts in Wills



The gift of a lasting legacy: A future where nobody faces digestive conditions alone.

We all have our own reasons for leaving a gift in our Will. Whatever yours, your gift could help fund the next research breakthrough, support people living with digestive conditions, and create a brighter future for everyone. Please consider leaving a gift in your Will to Guts UK today.

Over a quarter of our work is powered by gifts in Wills. They ensure that people affected by digestive conditions get the information and support they need right now, and make can help to make sure that the next generation has access to earlier diagnosis and better treatments.

Supporters who leave a gift in their Will are more than important. They are vital.

Why your gift matters

Every day, millions of people across the UK live with a digestive condition, which can bring numerous daily challenges and affect their quality of life. This can include an impact on their personal relationships, employment and studies, the management of pain, fatigue and other ongoing symptoms, and experiencing feelings of anxiety and isolation.

Our guts have been misunderstood, undervalued and underfunded for decades. A gift in your Will to Guts UK can change that.

Proving expert information and support

We provide expert information on more than 40 digestive conditions and symptoms, as well as health and lifestyle. Every year, we see an increase in demand for our services. In a world where online information about digestive health can be confusing and conflicting, our accredited resources provide information that people can trust. In response to growing demand for our support, we launched a dedicated Helpline in 2025. The service provides information, guidance and signposting over the phone and online, for anyone affected by digestive conditions and symptoms.



Thank you so much for being there when I needed someone and for seeing me and hearing me when many others didn't. The Helpline is a vital thing to have for digestive conditions that can be life-altering, like mine.

Your team is so kind, supportive and a bright light when it's needed most in people's lives.

Guts UK Helpline user



Increasing public awareness and education

As a charity, we're here to break the stigma surrounding our guts, so more people feel comfortable talking about their digestive health and importantly, know how and when to seek the help and support they need, when they need it.

We're proud to share real-life stories from people affected by digestive conditions, making sure our community are seen and heard, and their experiences are shared far and wide with the hopes of helping others.

We deliver national awareness campaigns to shine a spotlight on misunderstood digestive conditions and to encourage people to better spot and understand their digestive symptoms. We host events in person and online too, helping to educate people about their gut health.

Funding life-changing research

Guts UK is the only UK charity funding research into the whole digestive system. By investing in the highest quality research, we can substantially accelerate progress into earlier diagnosis and improved treatment for debilitating and life-threatening digestive conditions.

Alongside funding research directly, we're leading the way in determining the research priorities for the future. We work with patients, carers and healthcare professionals to focus our attention on the most important areas, including delivering priority setting partnerships into IBS, diverticular disease, pancreatitis and endoscopies.

You may never meet the people your gift helps. But its impact could last for decades. This is the power of leaving a gift in your Will.



David and Steve's story



David and Steve met online in 2000. After six months of messages, they finally met in person and immediately clicked.

They built a life together filled with travel, theatre and live events. But for much of their marriage, they lived apart during the week.

Steve worked in South Wales, staying in a flat near his office, while David lived in Reading. Steve would return home every Friday, and the pair would spend their weekends together.

"We had planned to take early retirement and then we'd be free to live wherever we wanted and find a nice little place in the countryside somewhere." said David.

But that future never happened. Steve died from severe acute pancreatitis aged just 54.

Around a decade before Steve developed pancreatitis, he was diagnosed with high triglycerides, which are a type of fat found in the blood.

Unbeknown to Steve and David at the time, high levels can increase the risk of acute pancreatitis, a sudden and potentially life-threatening inflammation of the pancreas.

"Since volunteering with Guts UK as an Expert by Experience (EBE), I've found that increased triglycerides are a significant risk factor in developing pancreatitis."

In December 2019, Steve began experiencing stomach pain. The couple had been in London watching a show that weekend, before Steve returned to Wales.

"The next morning, he phoned me and said he still had stomach ache and he'd decided not to go into work, which was totally unheard of for Steve."

The following morning, everything changed. "He phoned me and he was just screaming in pain." recalls David.

David urged Steve to call 999. He then made the journey from Reading to Wales. In A&E, blood tests confirmed severe acute pancreatitis. Steve was struggling to breathe and was taken straight to intensive care.

"I asked one of the medical staff, 'Could he die?' They said, 'Yes, we're not sure he's going to last the night. You'd better get the family down here.'"

Steve was critically ill in Wales, while David and the rest of their family were back in Reading. Steve was too unwell to be transferred closer to home, so David made the decision to stay at Steve's work flat so he could be by his bed side.

Steve remained in hospital for almost three months, spending much of that time in intensive care. His pancreatitis led to multiple organ failure and other serious complications.

"I'd assumed that once they knew what it was, they could start treating it. But they said there was no treatment."

"Instead, doctors could only support Steve's failing organs and hope his pancreas would recover."

"He went from experiencing an agonising stomach ache to multiple organ failure within 24 hours."

There were brief moments when it seemed Steve might improve. Eventually, he was transferred to Reading, closer to David and his family, but he repeatedly needed intensive care.

"One of the complications of pancreatitis is pseudocysts, which are collections of fluid around the pancreas. They can become infected, and this happened to Steve a couple of times. He was given antibiotics and the infection cleared, but eventually it became so severe that there was nothing more they could do." explains David.

"It was difficult because we had started to think about what life might look like if he survived. He had lost so much muscle that he couldn't hold his head up, and we were told he would need intense therapy. He would also have needed to take medication for life and would have become diabetic."

After almost three months in hospital, Steve died on 15 March 2020.



David has chosen to leave a gift in his Will to Guts UK.

After Steve died, David was left with questions he desperately wanted answered. Why is there no treatment? Could we have done anything to reduce his risk of getting pancreatitis? Why is there so little awareness of pancreatitis?

During Steve's illness, Guts UK gave David something he desperately needed, information and support. "At the time, I didn't know what pancreatitis was, and the hospital gave us very little information. Finding Guts UK meant I could finally start to understand what was happening."

"It also helped us realise there were other people going through the same thing. Just knowing there was support there and somewhere to turn to was incredibly valuable during such a frightening time."

Since 2020, David has volunteered with Guts UK as an Expert by Experience, contributing to research and clinical trials and helping ensure the experiences of people affected by pancreatitis are heard.

"I can't think of anything better than to support the work that Guts UK is doing. I've seen first-hand the difference that information, support, awareness and research can make, and I want to help make sure that continues in the future."

"The ultimate thing would be for research to eventually provide a treatment or cure for pancreatitis, but also to understand why people get it in the first place and whether there are ways of reducing the risk."

For David, leaving a gift in his Will is about taking something devastating and using it to help create a better future for others.

"If my gift can help make sure another family has the information and support that we needed and help fund research so that one day people have better treatments, then that is a legacy I would be very proud to leave for Steve."

"And hopefully, Steve would be proud. I think he would."





Leaving a gift in your Will

After you've provided for your family and loved ones, leaving a gift to Guts UK is straightforward. There are several types of gifts that you can leave to Guts UK. We are grateful for what feels right for you.

A share of your estate (Residuary gift)
A percentage of your estate after other gifts and costs have been paid. This is the most common type of legacy because it keeps pace with inflation.

A fixed sum (Pecuniary gift)
A specific amount of money.

A specific gift
A particular item such as jewellery, property or shares.

A reversionary gift
A gift that provides for a loved one first before benefiting Guts UK in the future.

Every gift makes a difference, whatever the size.

Making or updating your Will

A professionally prepared Will gives peace of mind that your wishes will be carried out.

Leaving a gift to charity in your Will is a personal decision. It can help reduce, or even remove, the tax burden on your estate. For more advice, check the HMRC website or speak to your solicitor.

If you already have a Will, you don't usually need to write a new one. A Codicil can allow you to include a gift to Guts UK.

We suggest you review or update your Will every ten years or after any main life event, such as a birth of a child or grandchild, or buying a house. A marriage will invalidate any previous Will you have written, so if you have got married or re-married, you must amend your Will to reflect your wishes.





Our free Wills service

We've partnered with the National Free Wills Network to make writing or updating your Will as straightforward as possible. There is absolutely no obligation to leave a gift to Guts UK if you use the service.

To include a gift to Guts UK in your Will, please provide your solicitor with the following details:

- Charity name: Guts UK Charity
- Registered charity number: 1137029
- Registered address: 2 St Andrews Place, London, NW1 4LB

We'd love to hear from you

You do not need to tell us if you have chosen to leave a gift in your Will. However, if you do let us know, we'd be delighted to thank you personally and keep you updated on the difference supporters like you are making. If you would like a confidential conversation about leaving a gift to Guts UK, or would like more information about our Free Will Service, we'd be pleased to help. Email Dani Freedland, Individual Giving and Legacy Manager, at dfreeland@gutscharity.org.uk or call 020 8161 6537.

Our promise to you

When you consider leaving a gift in your Will to Guts UK, we promise that:

- Your family and loved ones will always come first.
- We will never pressurise you into making a decision.
- We will respect your privacy at all times.
- We will use every gift carefully and responsibly to achieve the greatest possible impact.
- We will continue to share the difference that Gifts in Wills make for future generations.

One day, today's research will become tomorrow's treatment. Today's support will become tomorrow's hope. Thank you for considering leaving a gift in your Will.



Thank you for considering leaving a gift in your Will to Guts UK. Together, we can help the UK get to grips with guts.

Guts UK Charity
2 St Andrews Place, London, NW1 4LB
Registered Charity No. 1137029