



**MINDS
MATTER**
Specialist Psychological Therapies



ISLE LISTEN
Because Minds Matter



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You can help make a transformational change to the way mental health is perceived and support our early intervention and prevention work through our Isle Listen charitable initiative, as well as the emotional support we provide to people living with cancer and life-changing conditions through our Minds Matter charitable initiative.

Why give to us?

Gifts in Wills help us to continue helping those who need us now and in the future.

For over 35 years, we have provided vital emotional and psychological support to people living on our Island with cancer and life-changing conditions. After you've looked after your family and friends, please consider leaving us a gift in your Will.

We are entirely funded through the incredibly generous support of our local community as well as through grants and private trusts.

By leaving us a gift in your Will, you can bring about transformational change to enable more people on our Island to access our vital information and support, or change the future of people living with cancer and other life-changing conditions.

So please consider helping us to help those who need us by making a huge difference with a gift in your Will.



Thank you

*Andrea Chambers,
Chief Executive*

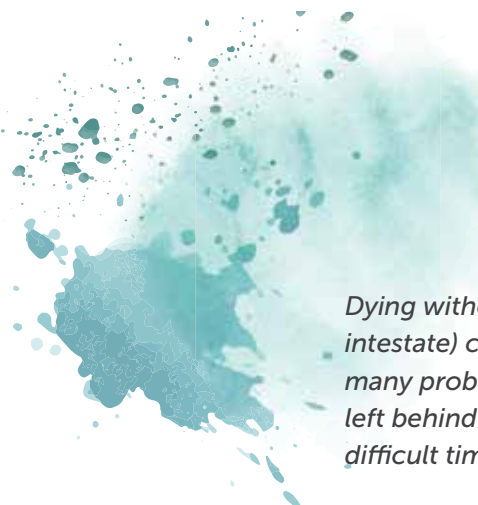
Will power

Making a Will isn't something that many of us like to think about, and we understand that for many it can seem daunting. Having a Will creates peace of mind in knowing that your wishes for your prized possessions and savings (your estate) will be clearly understood when you are gone, ensuring that loved ones and any charities you support (beneficiaries) benefit as you wanted when you were alive.

Gifts in Wills help to fund the important emotional and mental health support we provide to people and their families living with cancer and life-changing conditions. Quite simply, gifts in Wills make a life-changing difference in keeping families together.

We are grateful for any gift you leave to us in your Will, and we promise:

- **that your loved ones come first, and we respect that**
- **we'll use your gift wisely and effectively**
- **we won't put you under any pressure**



Dying without a Will (or intestate) can create many problems for those left behind at an already difficult time.

Turn pennies into psychological support for those on our Island affected by cancer or other life-changing conditions, enabling them to focus on their emotional wellbeing.

£50

funds an appointment with a qualified Art Therapist for a person living with cancer or other life-changing conditions

£100

covers the running costs for one day of our centre at The Old School House in Cronkbourn, Douglas

£500

pays for a mandatory psychological assessment with our Clinical Psychologist for women electing for prophylactic mastectomy

£1,000

enables someone living with cancer to benefit from 20 counselling sessions to enable them to emotionally accept their diagnosis and cope with the emotional feelings surrounding such a diagnosis

£2,000

supports the cost of 20 sessions of Cognitive Behavioural Therapy (CBT) with an accredited psychotherapist for a person living with chronic pain

Make a real and lasting difference. Your support helps us to continue our 'Stop the stigma' mental health campaign by enabling us to continue offering early intervention and building emotional resilience in young people on the Isle of Man.

£50

covers the production of our positive mental health resources pack for a child or young person

£100

gives a young person the opportunity to talk to one of our Listeners in school about feelings they're finding difficult to manage such as bullying or exam stress

£250

supports the delivery of a school holiday activity session or art workshop for up to 25 children focusing on confidence-building and self-esteem

£1,000

enables our schools team to deliver educational sessions in one school covering a range of issues that can effect emotional wellbeing in young people

£10,000

funds a year of our low-level Listening Service for two days a week in one secondary school on the Island

Make a difference

How to leave a gift in your Will

Whether you want to update an existing Will, or you're planning to write your first, leaving a gift to a charity is easy to do. An up-to-date Will ensures your wishes for your family – and any charities you support – will be clearly understood when you are gone.


You can write a Will yourself, although we would always recommend using an advocate or solicitor to ensure your Will accurately reflects your wishes and is legally valid.

Making a new or updating an existing Will


Before you begin, it's worth thinking about:

1. The things you own and their value (your *assets*) such as property, shares, investments, cash savings, life policies and endowments.

2. Who you'd like to look after when you have gone, such as family and loved ones. We hope you'll consider leaving us a gift in your Will to help us to be here now and in the future (your *beneficiaries*).
3. Who you want your executor(s) to be (*the person/people who will carry out your wishes*).
4. The gifts (legacy) you wish to leave to the people and charities you care about - items such as a property or prized possession (called specific gifts), money (which includes both cash (pecuniary) and residuary gifts). A residuary gift is the remainder, or percentage, of your estate after you have looked after loved ones.



It's important to keep your Will up-to-date, and it's a good idea to review your Will if your circumstances change, for example getting married or having children.



When leaving us a gift in your Will, it is important that our legal information is correctly quoted:

Registered company and charity name:
MCH Psychological Services (also known as Minds Matter and Isle Listen)

Isle of Man charity number: **1024**

Isle of Man company number: **122252C**



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What people say about us

We feel honoured and privileged to work with such a professional and proactive group of enthusiasts. They are indeed enthusiasts and their positive work is infectious. The service has both grown and matured and we are all exceptionally happy with the ongoing partnership. It is not only becoming good to talk, it is becoming cool to talk and perfectly acceptable to ask.

Deputy Head, Island-based school

I wanted to say a huge thank you to your team. I had a student come and see me who had developed some OCD traits and was concerned that it may affect their upcoming GCSE assessments. I spoke to your team who promptly sent through a referral form for your psychological services. Great work & signposting which will result in a student receiving the correct help they need.

Director of Pastoral Care, Island-based school

Some common questions

How do I go about writing a Will?

You can write a Will yourself, however, we would always recommend using an advocate or solicitor to ensure your Will accurately reflects your wishes and is legally valid.

Aren't I better helping you now rather than when I die?

It's entirely up to you, whichever you prefer will still make a life-changing difference. Many of our supporters who leave us a gift in their Will also support us during their lifetime by undertaking fundraising activities or making a regular donation.

Will my family disagree with my decision?

Looking after loved ones when you are gone is likely to be the most important thing to you, but your Will reflects what matters most to you. We respect that and won't try to change it. We find that most families are proud of the gifts their loved ones leave to charity.

Can I specify how you use my gift?

Yes, you can. We are very happy to talk to you about the ways in which you can specifically help us, although most people leave us a gift without specific conditions to enable us to use that gift wherever it is most needed and will have the greatest impact.

Do I need to tell you that I'm leaving you a gift?

You don't have to tell us what you decide, and we respect your right to privacy. Of course, if you would like to tell us, that does give us the opportunity to give you heartfelt thanks and keep you informed about the vital emotional and mental health work we do with people living with cancer and other life-changing conditions. It will also allow us to more effectively plan for our future sustainability.

Can I change my mind after I've made my Will?

Yes, you can. We understand that circumstances change, and you can usually do this with a codicil, however, it is important that you first speak to an advocate or solicitor about the changes to ensure that the changes are carried out accurately.

Working out the value of your estate

Your assets

Value of...	£
Your home or your share in it	
Other property or land	
Cars and other vehicles	
Home contents e.g. furniture etc	
Items of particular value e.g. jewellery	
Cash savings	
Shares/investments/National Savings	
Insurance and pensions	
Other savings and assets	
Total value of your assets	

Your liabilities

Value of...	£
Outstanding mortgage	
Other loans and overdrafts	
Outstanding credit card balance	
Outstanding credit of HP agreements	
Money you owe to anyone else	
Any other liabilities	
Total value of your liabilities	
TOTAL VALUE OF YOUR ESTATE <i>(total asset value less liability value)</i>	£



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Get in touch

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Minds Matter and Isle Listen are registered trading names of MCH Psychological Services which is a registered charity in the Isle of Man Number 1024 and a registered organisational member of the British Association for Counselling and Psychotherapy.