



LEAVE A LEGACY

BECOME A NAFSIYAT LEGACY DONOR

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1. WHAT IS NAFSIYAT?

Nafsiyat is a pioneering charity offering intercultural therapy in over 20 languages to people from diverse cultural communities. We provide short-term intercultural therapy in over 20 different languages, via referral, to individuals, groups, and couples.

2. YOUR DONATIONS IMPACT

Whatever the size, we appreciate all donations. They all help us continue Nafsiyat's mission of providing accessible and effective therapy for years to come.

3. STEPS TO MAKING A WILL

We will show you what steps you need to take to write your Will.

4. KEYWORDS

We explain the keywords you need to create your Will with confidence and understanding.

5. HOW TO WORD YOUR WILL

We give you specific examples of how your Will should be written.



WHAT IS NAFSIYAT?

Nafsiyat is an intercultural therapy centre committed to providing effective and accessible psychotherapy and counselling services to people from diverse religious, cultural, and ethnic communities in London. Our team is made up of experienced, fully qualified psychotherapists and counsellors from diverse backgrounds who are sensitive to the particular therapeutic needs of cultural minority groups.

YOUR DONATIONS IMPACT



£3

Pays for the bus for someone who can't afford to get to and from therapy

£6

Gives us phone calls for a day, enabling us to be there to accept referrals

£30

Pays for tissues and other consumables for a whole month

£65

Covers an extra therapy session for someone who really needs it

£135

Means that we have heat and light for a whole month

£925

Pays for 15 people to have Cultural Competency Training

STEPS TO MAKING A WILL



1. MAKE A LIST OF YOUR ASSETS

Your assets include things such as property, shares, savings and other items of value you own. Together, these assets are known as your 'estate'.

2. CALCULATE WHAT YOU OWE

Consider things such as an outstanding mortgages or loans, as this will give you a clear idea of the value of your estate.



3. DECIDE WHO WILL BE YOUR BENEFICIARIES.

Decide which organisations you'd like to support in your Will, and how much you'd like to leave to each.

4. CHOOSE YOUR EXECUTORS AND SOLICITORS

A Will executor is the person who will carry out the terms of your Will, to make sure your wishes are fulfilled as you specify. Executors are often solicitors and trusted family members.



5. KEEP YOUR WILL SAFE AND UPDATED

To make sure your Will is kept safely, it might be easier to leave it in the care of your solicitor and keep your own copy in a safe place that your executors know where to find.



RESIDUARY GIFT

A residuary gift is a share of your remaining estate, once all other debts have been paid. This is a great way to leave a gift in your Will, as it will keep its intended value over time.

PECUNIARY GIFT

A pecuniary gift is a fixed amount of money that you leave in your Will. It is a good idea to review pecuniary gifts regularly, as their value can be lessened over time.

A SPECIFIC GIFT

A specific gift is when you leave a particular item of value – such as personal possessions, property or shares.



FOR YOUR SOLICITOR - THIS IS THE WORDING FOR A RESIDUARY GIFT TO NAFSIYAT

I give my residuary estate to Nafsiyat Intercultural Therapy Centre at Unit 4 Lysander Mews, Lysander Grove, Archway, London N19 3QP, registered charity number in England and Wales (287819), Scotland (), Isle of Man (), also operating in Northern Ireland, for its charitable purposes, and I declare that the receipt of the Treasurer or authorised officer will be sufficient discharge to my executors.

FOR YOUR SOLICITOR - THIS IS THE WORDING FOR A PECUNIARY GIFT TO NAFSIYAT

I give to Nafsiyat Intercultural Therapy Centre at Unit 4 Lysander Mews, Lysander Grove, Archway, London N19 3QP, registered charity number in England and Wales (287819), Scotland (), Isle of Man (), also operating in Northern Ireland, the sum of £... (free of all taxes) for its charitable purposes, and I declare that the receipt of the Treasurer or authorised officer will be sufficient discharge to my executors.

FOR YOUR SOLICITOR - THIS IS THE WORDING FOR A SPECIFIC GIFT TO NAFSIYAT

I give [insert description of the item] to Nafsiyat Intercultural Therapy Centre at Unit 4 Lysander Mews, Lysander Grove, Archway, London N19 3QP, registered charity number in England and Wales (287819), Scotland (), Isle of Man (), also operating in Northern Ireland for its charitable purposes, and I declare that the receipt of the Treasurer or authorised officer will be sufficient discharge to my executors.