

LEAVING A LEGACY TO THE SHELTERED WORK OPPORTUNITIES PROJECT

Did you know that in any year one person in four has a mental health problem?

The Sheltered Work Opportunities Project (SWOP) is a registered charity serving the community of East Dorset and West Hampshire, which was set up in 1989 in response to the need for sheltered voluntary work in a supportive environment for adults with severe and enduring mental illness. SWOP's first project, Cherry Tree Nursery, is a hardy plant nursery that has built up from four volunteers and two and a half acres in 1990 to well over one hundred volunteers and four and a half acres in 2008. In 2001 SWOP opened its second project at Chestnut Nursery, Poole, focusing on bedding & perennials. It also provides valuable support for over fifty volunteers.

The volunteers work at the nurseries for as long as they wish and need, and learn to look outside themselves and to care for others, thereby putting their own situation into perspective.

The stresses and pressures of modern life make the work of the charity today more vital than ever, providing a real lifeline to many.

How can you make a real difference to our project?

The sale of the plants we produce covers about half of our annual costs, but for the remainder we rely on the generosity of individual supporters, trusts and organisations making donations and grants. We have made a commitment to our volunteers that the safe family haven we provide will always be available to them, and your generosity can help to make this possible. All income from sales and donations goes directly to support the work of the charity and you can be sure that your donation will be used to help to enhance the lives of an often neglected and excluded section of the community. Many people like to think that after they die they can continue to help support a cause in which they believe. Leaving a legacy to SWOP will help us to continue our most worthwhile work, which we feel is always going to be needed. We hope you share our guiding principle that having a mental illness need not prevent you from leading a happy and worthwhile life.

Leaving a legacy

Unfortunately, the problems faced by people with mental health problems are increasing. Remembering SWOP in your will is a way to continue your support for such people and ensure that SWOP's vital work continues long into the future.

If you decide to leave a legacy to SWOP, you have several options—whether or not you have already made a will. You can leave: a specific sum of money ('a specific bequest'); a proportion of your estate; specific items of value; or a residual bequest (what is left of your estate after all specific bequests have been distributed). The bequest can be included in a new will or in an addition to your existing will (as a 'codicil').

Giving to charity in your will

If you leave a gift to a UK charity in your will, its value will be deducted from the value of your estate (your money, possessions and property) before Inheritance Tax is worked out. If your estate is liable to Inheritance Tax you could choose to give money to charity to reduce the overall amount of tax due from your estate. Gifts made to a UK charity before your death are also exempt from Inheritance Tax.

Where to get advice

You can get free and independent advice about making a will from a number of organisations such as Citizens Advice Bureau (CAB) and Age Concern. You can also write your own will on a pre-printed form available from stationery shops. It is generally advisable to use a solicitor, or have a solicitor check a will that you have drawn up, to ensure that the will is valid and that your wishes are carried out.

By making a gift to SWOP through your will you can make a difference. We believe that every human being has the right to feel important and fulfilled in their lives, and to be valued and needed. You can help to turn that belief into a reality.



For further information about SWOP please call either:

**Cherry Tree Nursery
Off New Road Roundabout
Northbourne
Bournemouth BH10 7DA
Tel: 01202-593537**

**Chestnut Nursery
75 Kingland Road
Poole BH15 1TN
Tel: 01202-685999**

The Sheltered Work Opportunities Project is a company limited by guarantee (No. 2449757) and a Registered Charity (No. 900325). Registered in England at the Registered Office, Cherry Tree Nursery, Off New Road Roundabout, Northbourne, Bournemouth BH10 7DA.
VAT Reg. No. 619 6027 35