

A guide to leaving a gift in your Will



ELF

**Leave your legacy today,
for a healthier tomorrow.**



Wilbert Rutten

Occupational Asthma Patient from the Netherlands

"A day's work felt like running a marathon."

As a child, I was in and out of my father's bakery. When I was 14, I went to work with him and when I was 23, my wife and I started our own bakery.

I was in my early thirties when I noticed that I was getting short of breath, particularly when I was kneading rye bread. A lot of dust is released during this process. My eyes itched and I was constantly sneezing. I was wheezing at night in bed. At some point I began to suspect that I was allergic to the products I was working with, but I buried my head in the sand. I had grown up in the baking trade. I didn't want to leave it.

Everything was fine, until my symptoms started just under ten years later. I considered all the possible solutions. For example, I got my employees to knead the rye bread from then on. We switched to dust-free flour and used vegetable oil on the workbench to prevent dust.

My health deteriorated. I thought I could solve the problem by working fewer hours, but at some point that stopped making any difference. I became really ill. I was really short of breath and sneezed constantly.

The worst thing was that all my energy had gone. I was so tired. It was as if all the stuffing had been taken out of me. A day's work felt like running a marathon. I could barely summon up the energy at home to keep on top of the garden or let the dogs out. There was nothing left in the tank!

I had to do something about it. I went to my employer and explained the situation. I also went to see an allergist and a pulmonologist. I was given a diagnosis of 'baker's asthma'.



"Even before the COVID-19 pandemic, more than 6 million hospital admissions in Europe per year were due to respiratory diseases." - *European Lung White Book*

Why are gifts in Wills are so important?

Gifts in Wills are really important for the European Lung Foundation. They help us to support research and patient involvement, and allow us to provide translated materials in lay terms for people in Europe and across the world.

Your gift does not just help ELF. You are not just supporting a charity, you are supporting more than 1 billion people living with respiratory conditions.

Our Promise to you

- We will answer any questions honestly and quickly.
- We promise to use your special gift wisely and effectively.
- If you want your gift to be used in an area of our work that means something to you, we can ensure this happens.
- We will ensure your legacy is used to have the biggest impact possible.

Robert is here to support you all the way through your journey. If you have any questions, you can contact him directly via email at robert.pearce@europeanlung.org



"In 2020, ELF supported over 1.25 million individuals with lung health support and guidance."

Factsheets

In 2020, ELF had 52 factsheets on a range of lung health topics, available in up to 26 languages.

Healthy Lungs for Life

A global lung health campaign, raising awareness of the importance of healthy lungs.

Patient Input

Our 200+ patient representatives ensures people living with lung conditions are centrally involved in lung healthcare and research

€500

will enable ELF to
create a lay language
medical research
summary.

€1,000

will allow ELF to
support the delivery
of a local Healthy
Lungs for Life
event.

€2,000

will enable ELF to
translate a 2-page
patient factsheet into
15 different
languages

€5,000

will help pilot our
upcoming Healthy
Lungs for Life Schools
Initiative



"More than 1 billion people suffer from either acute or chronic respiratory conditions" - World Health Organization

Leaving a gift for ELF is easy

It's a good idea to use a solicitor.

They will make sure your wishes are just as you want them, and can advise you on things like inheritance tax too.

You can arrange your gift in different ways

A residuary gift is made from whatever is left over once gifts of money and items have been distributed. You can give the whole of the residue to a person or a charity like ELF, or a portion of it.

A pecuniary gift is a specified sum of money.

A specific gift is an object, like a painting, a house or a piece of jewellery.

Make your pledge

Every gift, large and small, will support our mission to improve lung health and advance diagnosis, treatment, and care.

Making your pledge today is a great way to let ELF know you are thinking of leaving us a gift in your Will. It is not legally binding until you including it in your Will but;

- We can provide you extra advice
- It helps us forecast our income
- We can say thank you!

[Click here](#) to make your pledge today.



Thank you



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