



Where there's a Will, there's a way.

Help us beat bowel cancer

A guide to leaving a gift to Bowel Cancer New Zealand
in your Will ... a lasting legacy that will help future
generations beat bowel cancer.



Bowel Cancer
NEW ZEALAND



A legacy that lives on

Unless we take steps to beat it, more generations of New Zealanders will die of bowel cancer. By 2030, nearly 10,000 Kiwis will have died from this silent killer if we don't do something - and soon.

Right now, New Zealand has one of the highest rates of bowel cancer in the OECD. It affects people of all ages – men, women and even people in their 20's. Our goal is to reverse this: to lead the world with solutions to reduce these statistics and free future generations from the impact of bowel cancer.

Leaving a gift in your Will to Bowel Cancer New Zealand is a powerful, lasting legacy that has the potential to change the future. Whether big or small, your generosity will help us plan ahead – but most importantly, it will help save lives.

It will ensure your beliefs and values live on, and above all, it gives future generations a chance to live on too.

“What you do while you're on this earth matters: what you leave behind has the power to matter even more.”

ANONYMOUS

Why leave a gift in your Will to Bowel Cancer New Zealand?

Every legacy takes us a step closer to achieving our vision of a New Zealand that's free from bowel cancer. We've achieved a great deal in a few short years, but we know there's a long way to go.

Right now, bowel cancer is the second highest cause of cancer death in New Zealand. It kills as many of us as breast and prostate cancer combined, and it can affect anyone at any age. But it is treatable – and beatable – if it's detected early enough.

Every day, on average, 3 New Zealanders will die of bowel cancer, and a further 8 will be diagnosed.

Your legacy will help fund:

- **Support:** so those diagnosed with bowel cancer and their whānau have the help and information they need throughout their cancer journey.
- **Education:** so more New Zealanders are aware of the early signs of bowel cancer and stop sitting on their symptoms.
- **Awareness:** to run nationwide campaigns to spread the word about the high incidence of bowel cancer in New Zealand.
- **Advocacy:** so we continue to advocate for ways to beat bowel cancer, such as calling for the Government to lower the national screening age to 45.
- **Research:** to fund vital bowel cancer research initiatives that could potentially save many lives.

Bowel Cancer New Zealand does not receive any Government funding, which is why legacies and donations are so vital. Your gift has the power to change lives ... and to save lives.



Mary's story: from survivor to supporter

Mary was just 28 years old and had just had her first son when she noticed a lump in her stomach. She had been feeling very fatigued and was anaemic but put that down to post-birth symptoms. Her doctor recommended an ultrasound, which led to a stage 3 diagnosis when cancer was found in her bowel and lymph nodes. "When you hear the word 'cancer', you think 'I'm going to die', says Mary. "But I pretty quickly went, 'how can I beat this?'"



Mary bounced between public and private hospitals to get the treatment she needed, including chemotherapy. "The side effects were awful – and they accumulated with every treatment. I had a lot of support: my parents and parents-in-law took turns moving in to help with the baby."

Six months later, Mary thought she would be "good to go", but scans showed a cyst on her liver. She had a liver resection very soon after the chemo. "It really knocked me," she says. "I had lots of complications, but eventually, finally, everything started coming right."

Now, nearly 17 years later, Mary has had two more sons and is officially a grateful bowel cancer survivor. "When you get to the five-year mark, you know you've beaten it. So, it was a great milestone to hit."

In 2010, she was invited to become a founding member of Bowel Cancer New Zealand. "At the time, there was no charity for bowel cancer. It's the second biggest cancer killer in New Zealand, yet

no one was advocating for bowel cancer or working to increase awareness of the symptoms."

Bowel Cancer New Zealand is calling for the national bowel screening age to be lowered from 60 to 45. The charity also raises funds for patient support, education, advocacy, awareness, and research to help more people beat bowel cancer in the future.

"Every gift we get has the potential to save lives."

"Bowel cancer is treatable if it's caught early," she tells us. "I get so angry at the injustice of it – so many people have died, and continue to die, of this largely preventable disease."

"I work for Bowel Cancer New Zealand because I know we make a difference. I want to be sure that my children, and my children's children, will be free of bowel cancer. Leaving a gift in your Will helps make this possible – and has the potential to save lives."

How to leave a gift in your Will to Bowel Cancer New Zealand

Leaving a legacy is surprisingly simple. Any gift, big or small, will make a real difference to the many New Zealanders whose lives are touched by bowel cancer.

We always recommend that you look after your family and loved ones first in your Will and that you discuss your intention to leave a legacy to Bowel Cancer New Zealand with them - so there are no surprises later on. It's best to talk to your solicitor so they can cater for your specific wishes in a legally binding way.

Here's how to go about it:

Step 1

Decide what and how much you wish to leave to Bowel Cancer New Zealand:

- You can bequest a percentage of your estate
- You can bequest a specific sum of money or item (such as property, stocks and shares, works of art or antiques)
- Or you can bequest the residue of your estate after you've provided for family and other beneficiaries (this is what's left after payment of all debts, expenses and specific gifts to family members and friends).

You don't need to be wealthy to leave a gift in your Will. Bequests come in all sizes, and no gift is too small. In fact, many people find that a bequest is an ideal way to make a lasting contribution without impacting their finances during their lifetime. Your solicitor can answer any questions you may have about the above options.

Step 2

If you haven't already made a Will, it's a good idea to get in touch with a solicitor to talk through your needs – or alternatively, you can organise one relatively affordably through The Public Trust, Perpetual Guardian, or the Citizens Advice Bureau. You can add the wording below to your Will to make your bequest.

If you have an existing Will, simply add your bequest by submitting a codicil to your solicitor (a codicil is an addition to a Will that explains or changes the Will or part of it). You can use the following wording to give to your solicitor:

"I give and bequeath to Bowel Cancer New Zealand (CC44166) for its work in bowel cancer awareness, advocacy, research and support:

___% of my estate (or) the residue of my estate (or)

___% of the residue of my estate (or)

the sum of \$_____ (or) property or items as follows _____:

free of all death and estate duties and I declare that the official receipt of Bowel Cancer New Zealand shall be a full and sufficient discharge to my Executors."



Step 3

Once your codicil is signed, witnessed (you'll need two independent witnesses who are not beneficiaries under your Will) and returned to your solicitor, he or she will add it to your existing Will. It's as easy as that.

To find out more about leaving a gift in your Will to Bowel Cancer New Zealand, or if you have any further questions, please contact Rebekah, our General Manager, at rebekah.heal@bowelcancernz.org.nz





“Leaving a gift in your Will helps us to beat apathy, beat embarrassment, beat the lack of funding ... and above all, beat bowel cancer. Your generosity means that fewer lives will be touched by bowel cancer through life-saving awareness, prevention, research and support. Your legacy will truly live on.”

Stefan Corbett, Chair
Bowel Cancer New Zealand



Bowel Cancer
NEW ZEALAND

Reducing the impact of
Bowel Cancer on our community

E. info@bowelcancernz.org.nz

POST. PO Box 301517, Albany, 0752 Auckland

WEBSITE. bowelcancernz.org.nz

CHARITIES NUMBER: CC44166

