

Nicholls Spinal Injury Foundation

Leaving a Legacy

2026/27

Leave a legacy that changes lives

CONTENTS

02 Leaving a Legacy

03-05 Our Story
Charitable Aims
The Research

06-07 Making a Will

08 Types of Gifts

09 How to Leave a Gift in Your Will

10 Our Promise to You

11 Free Will Writing Service

12 Take the Next Step

LEAVING A LEGACY

By including a gift to **nsif** in your Will you can support the continuation of vital research into a biological treatment for paralysis from spinal cord injury (SCI). This will be of great benefit to many people who suffer from, or will suffer, a spinal injury. **Leaving just a small percentage of your estate will make a tangible difference to our work.**

At **nsif** we believe finding a cure for SCI is not a matter of if, it's when. Our goal is to make this unrestricted and available to all that need it through the NHS. **By leaving a gift you will be a part of this lasting legacy to the SCI community.**

nsif is a small, hard-working charity where your gift will make a big impact. Legacy donations help small charities like **nsif** to plan more effectively. They play a crucial role in helping us to achieve our bold and ambitious vision with our academic partners.



OUR STORY

We believe that spinal cord injury (SCI) can become a treatable condition and the research we fund is making incredible breakthroughs.

nsif was founded by chef David Nicholls after his 18-year-old son Daniel became paralysed from the neck down. During his gap year, Daniel was swimming between the safety flags on Bondi Beach when he dived into a wave, hit a hidden sandbank that lay beneath and broke his neck.

Traumatised by the sight of his young son unable to move, as well as the other young people with paralysis in the hospital, **David told Dan he would do everything possible to get him walking again. He made this promise to Dan without realising that paralysis was "incurable".**

So nsif was born with a very specific purpose: to only fund research and development into a cure for paralysis.

That was the first step in an incredible journey that we hope will radically improve the lives of people with SCI in the future. We need your help to get us the rest of the way.



CHARITABLE AIMS

OUR AIM IS SIMPLE AND LIFE-CHANGING: TO DEVELOP A BIOLOGICAL TREATMENT FOR SPINAL CORD INJURY (SCI).

Achieving our goal will enable people with paralysis from SCI to enjoy everything we all take for granted, from walking to basic bladder and breathing functionality, and to living independent lives again. We are achieving this by funding a pioneering research project from the laboratories of University College London to its clinical application within the next 3 to 5 years.

BENFICIARIES

The ultimate beneficiaries of this work are people suffering from, or who will suffer, spinal cord injury; something that can happen to anyone at any time. **The World Health Organisation (WHO) estimates there to be up to 500,000 new cases of spinal cord injury globally every year, with 50,000 people in the UK currently living with a spinal cord injury. Each week 35 more people in the UK will suffer a life changing spinal cord injury.**

EFFECTS OF SCI

The effects of SCI extend beyond the obvious symptoms of paralysis, such as the inability to walk. They include a range of different symptoms, including loss of bladder control, sexual function and respiratory capability. Secondary symptoms such as severe bedsores can occur caused by a lack of movement. As well as this, the World Health Organisation estimates that 30% of sufferers show clinical signs of depression, which in turn can exacerbate physical ailments. There are also clear financial implications for families affected by SCI.

THE RESEARCH

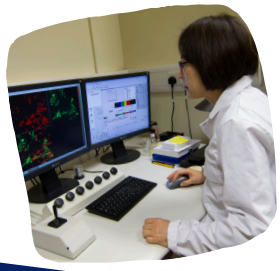
Here at nsif we fund pioneering research, at the University College London's Institute of Neurology.

There is currently no accepted cure for spinal cord injury.
This is in part because, until recently, it was a widely held belief that reconnecting severed spinal cords was not possible. The work we fund is strongly challenging that belief. It was developed over many decades and involves reconstruction of patients' severed spinal cord using their own olfactory ensheathing cells (OECs) as well as implants from peripheral nerves.

It was through our partnership with the Wroclaw Walk Again Project that the first patient, Darek Fidyka, underwent this innovative procedure in 2012 followed by intensive physiotherapy. Since then he has made truly remarkable progress.
From a completely severed spinal cord with no movement or sensation below the injury site, Darek is now able to walk with a frame, ride a specially adapted tricycle and has marked improvement in bladder control and sexual function.
The findings were first published in the highly respected journal, Cell Transplantation, and were also reported on an episode of the BBC's Panorama in October 2014.

The research team at UCL continue to develop cell culture and transplantation techniques for the benefit of future patients.
We believe we are on the verge of changing the lives of millions globally.

To do this we need to repeat the procedure in clinical patients in the UK in order to test the validity and reliability of the technique - and plan to do this within 3 to 5 years. A cure is in sight but to reach it we need further support.





MAKING A WILL

WHY DO I NEED A WILL?

A Will is one of the most important documents that you will write. It is where you decide what happens to your possessions and money and so it is the only way to ensure that the people, causes and assets you care about are looked after.

WHAT HAPPENS IF I DON'T HAVE A WILL?

If you die without a will, there are certain rules which dictate how the money, property or possessions should be allocated. This may not be the way that you would have wished your money and possessions to be distributed.

WHO SHOULD WRITE OR UPDATE MY WILL?

There is no need for a will to be drawn up or witnessed by a solicitor. If you wish to make a will yourself, you can do so. However, you should only consider doing this if the Will is going to be straightforward. Many people use a professional Will-writer or solicitor to write or update their Will to ensure it is valid and witnessed. Depending upon your circumstances you may need to consult with other professionals such as estate or trust planners.



WHY LEAVE A GIFT TO NSIF?

Legacies are a vital source of income for charities. In the year 2022/23 £4 billion of charity income came from legacies.

There are many reasons why people chose to leave gifts in their Will to NSIF. It may be that they have been personally affected by a spinal cord injury, or a tribute to a friend or relative who has, or it could be that they are passionate about our cause.

MAKING A WILL

I'm thinking of leaving a gift to nsif in my Will, who should I contact?

Before you make a Will you need to have a clear idea of what your estate is worth and how you would like it to be divided among the people and causes you care about.

Draw up a list of your assets, including any outstanding debts you might have, and make a rough estimate of the value of each. **Then decide who you would like to benefit from your estate**

Choose your executors and legal guardians, and leave clear instructions for the care of dependent relatives or pets, and your funeral wishes. Once your Will is made, make sure it is kept up-to-date with the changes in your life.

We strongly recommend you consult a solicitor or another professional advisor (such as an accountant or bank manager) who is qualified to make Wills when making or changing your Will.



- Visit the Government's website on Making a Will: www.gov.uk/make-will
- The Law Society for information on solicitors: www.lawsociety.org.uk or 020 7242 1222.

TYPES OF GIFTS

YOUR OPTIONS



Pecuniary legacy

A gift of a set amount of money.



Specific legacy

A gift of an item of property, an antique or a piece of jewellery.



Revisionary Legacy

A postponed gift - you can leave assets, such as a property, to be used by a beneficiary during their lifetime, after which time you can gift to **nsif**.



Residuary legacy

A share or the remainder of your estate once friends and family have been provided for.

IT IS LOGICAL

A gift to charity is free of inheritance tax and there are additional benefits if your estate is worth more than the current inheritance tax threshold of £325,000. Beyond this threshold anything you leave behind is subject to Inheritance tax at a rate of 40%, that is unless you leave it to an exempt body such as a UK-established charity.

If you leave at least 10% of your estate, after any exemptions, to charity, this reduces the rate of any inheritance tax due from 40% to 36% - which could save thousands.

Ask your professional advisor to explain your tax situation to you. Find out more at www.gov.uk/inheritance-tax/

HOW TO LEAVE A GIFT IN YOUR WILL

HOW CAN I UPDATE MY EXISTING WILL TO INCLUDE

You can update or change your Will at any time, either by making a new Will or making a simple document called a Codicil. If you do choose to leave a gift to nsif, the words you will need to add are as follows:

"I leave _____ to Nicholls Spinal Injury Foundation, 27 Old Gloucester Street, London, WC1N 3AX (Registered Charity No 1107671)".



It is vital to include our full charity name "Nicholls Spinal Injury Foundation", rather than our shorthand "nsif", as well as our charity number and registered charity address shown below:

Registered Charity No: 1107671
Nicholls Spinal Injury Foundation
27 Old Gloucester Street
London
WC1N 3AX

If you have already mentioned **nsif** in your Will, please let us know. We can discuss how to recognise your donation in the most appropriate way.

OUR PROMISE TO YOU

WE PROMISE

- To hold the utmost respect for your privacy.
- We understand that loved ones come first.
- We are sensitive to changing of personal circumstances and understand that there may come a time where you need to amend your Will.
- It is your choice whether you inform us that you have left **nsif** a gift, if you do choose to inform us it may help us to know about your future plans, but you do not have to.
- If you choose to inform us of your donation, we ensure to thank you for supporting our work.
- We ensure to use your gift in the most appropriate manner so that it can have the greatest impact – and inform your loved ones about your legacy if this is your wish.



FREE WILL WRITING SERVICE

As a **nsif** supporter, you're eligible for a free Will with FreeWills.co.uk. With FreeWills.co.uk award winning online service, you can make a free, legally-binding Will in just fifteen minutes. Each Will is checked by legal experts and your Will can be updated quickly and easily for free, forever. There's no obligation to leave a gift to us, but we do hope you do so to enable us to continue our important work.



FREE WILLS

TAKE THE NEXT STEP

The team at NSIF would like to thank you for considering leaving a gift in your Will.

CONTACT

WWW.NSIF.ORG.UK

INFO@NSIF.ORG.UK

27 OLD GLOUCESTER STREET
LONDON
WC1N 3AX

01933 664437

REGISTERED CHARITY NO. 1107671

@SUPPORTNSIF
@SUPPORTNSIF
@NICHOLLSFOUNDATION

nsif
Nicholls Spinal Injury Foundation