

# Leave a legacy from your heart

Help reduce deaths and disability from heart disease  
by remembering the Heart Research Centre in your Will



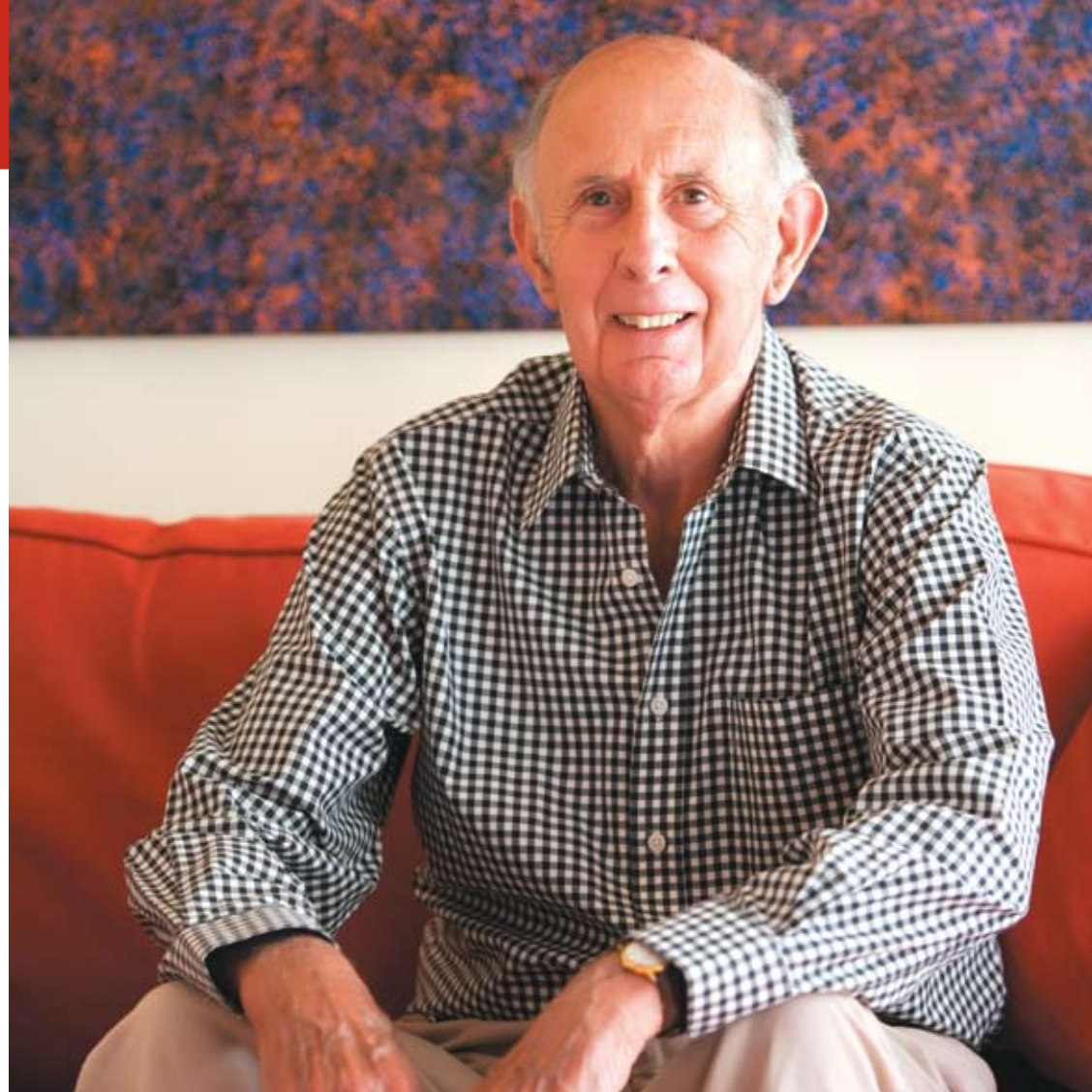
## About the Heart Research Centre

The Heart Research Centre was established in 1989 by the Heart Foundation with three-year seed funding. The Centre became an independent organisation in 1993.

The Centre conducts research to help prevent heart disease and improve the quality of life of those who have heart disease. Research projects are carried out to investigate how to prevent heart disease by modifying people's lifestyles, improving their psychological health and increasing their social support.

Findings of the Centre's research are used to reduce the risk of heart disease in the community and improve the care of patients, particularly through developing best practice models of cardiac rehabilitation. Results are also passed on to doctors, nurses, physiotherapists and other practitioners who attend the Centre's world class training programs.

The Heart Research Centre is largely funded by donations and bequests.



**“Many of us are touched by heart disease or stroke in our lifetime. Cardiovascular disease is Australia’s leading cause of death and disability.**

**By leaving a gift to the Heart Research Centre in your Will, you can support vital research to prevent cardiovascular disease and help improve the lives of those who already have the condition.”**

**John Landy, AC, CVO, MBE**

## Make a difference and include a charity in your Will

Leaving a bequest to the Heart Research Centre will help ensure that its vital heart research will continue well into the future.

Your bequest, no matter the size, will support research to help reduce deaths and disability from heart disease. Bequests are made to charities not only by wealthy people. People with modest means also choose to support charitable causes, including important heart research.

## Remember, you can look after your family as well as leaving a bequest to the Heart Research Centre

Leaving a bequest to a charity does not mean leaving your family and loved ones out of your Will.

Once your family and friends are provided for, you can leave a bequest to your chosen charity.

Help make a difference! Your bequest will fund important research to find out how to prevent heart disease in future generations. Your bequest will also contribute to vital research into identifying ways of helping survivors of heart illness to make a good recovery.

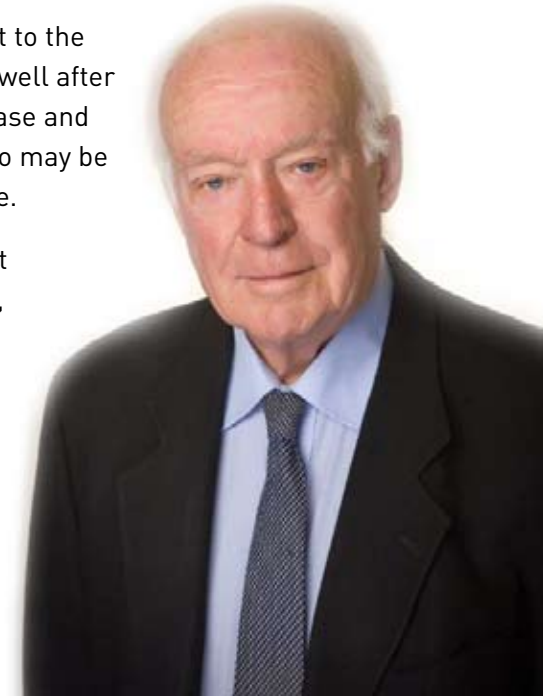
"I've been fortunate to be involved with the Heart Research Centre since its inception. I've seen first-hand how our research improves the health of Australians after heart attack or heart surgery.

That is why I decided to leave a bequest to the Centre. I want to know that my legacy, well after I am gone, will help prevent heart disease and help rehabilitate future Australians who may be touched by this life-threatening disease.

Join me and consider leaving a bequest to the Heart Research Centre. Together, from our hearts to the hearts of all Australians, we can make a lasting difference."



**Dr Alan Goble**, MD, FRCP, FRACP, FCSANZ  
Cardiology Consultant,  
Heart Research Centre



"I got so much from attending cardiac rehabilitation after my bypass operation. I found out a lot about avoiding further heart problems and, by mixing with others in the group, I also realised that my depressed mood was not unique but was shared by many other patients. I also observed others making a rapid recovery. By leaving the Heart Research Centre a bequest in my Will, I can support its vital research into effective prevention and rehabilitation programs in the future."

**Reg**

## How to leave a bequest to the Heart Research Centre

### Ensure you make a Will

Having an up to date Will is very important to ensure that your wishes are followed. A Will provides you with peace of mind. So don't delay.

### Select which charities to include in your Will

You may wish to leave bequests to more than one charity.

### Obtain advice from your solicitor

It is important that you obtain professional advice. Ask your solicitor about how to include a bequest to the Heart Research Centre. Different types of bequests are listed on the opposite page.

### Made your Will already?... Consider simply adding a Codicil

If you have already made or recently updated your Will, you can ask your solicitor to draw up a Codicil stating your wish to include a gift to the Heart Research Centre. The Codicil can then be kept with your existing Will.

### Leaving a bequest to the Heart Research Centre is easier than you think!

"Attending the Centre's Beating Heart Problems group helped me to identify the changes I needed to make to my lifestyle to reduce my risk of future cardiac illness. It also taught me the skills to enable me to do so. It was a wonderful program. Including a bequest in my Will allows me to give something back to the Centre. I simply added a Codicil to my existing Will to provide for a gift to the Heart Research Centre."

**David**

### Tips

Make sure you include the full name of the Heart Research Centre in your Will or Codicil.

Please inform us you have left a bequest so we can plan our future life-saving research and also thank you for your gift!

## Deciding which kind of bequest to leave

The main types of bequests you can make after choosing your charity are as follows:

### Residual legacy

A residual legacy is what is left of your Estate after all your other wishes have been carried out, including provisions made for your family. Leaving the residue of your Estate to a charity has the advantage that the legacy maintains its relative value over time.

### Specific legacy

This is a gift of a stated amount of money, a specific item or group of items, such as stocks and shares, jewellery or property.

### Percentage or fractional legacy

This is a bequest expressed as a percentage or fraction of your Estate.

### Whole Estate

A bequest which comprises the entire Estate is often left by people who have no beneficiaries or those wanting to achieve something very significant

"A few years ago, I participated in a research project conducted by the Heart Research Centre. It was the first large Australian study about the long-term effects of a heart illness upon women. By leaving a bequest to the Centre in my Will, I hope to help the Centre continue its valuable research into the needs of women with heart disease and those at high risk. Since my own heart attack, I have found out that it's not just a disease which affects men. It's also a major cause of death among women."

**Alice**

# Leave a legacy from your heart

For further information about leaving a bequest  
to the Heart Research Centre in your Will

**Call (03) 9326 8544**

or visit our website

**[www.heartresearchcentre.org](http://www.heartresearchcentre.org)**

## **Postal Address**

Box 2137 Post Office  
The Royal Melbourne Hospital  
Victoria 3050 Australia