



# Leave a lifesaving gift

Include St John Ambulance  
in your Will

**St John**  
Ambulance



# Thank you from our Chief Commissioner

**Thank you for considering a gift in your Will to St John Ambulance.  
With your help we can continue saving lives.**

At St John Ambulance we are united by one belief – that we must train enough first aiders in the community to save lives.

I'm Ann Cable, Chief Commissioner. I started with St John at the age of 10 and have been involved with the charity ever since. I am committed to ensuring that volunteers remain at the heart of what we do and empowering them to bring our strategy to life. So that together we can deliver on our belief that first aid saves lives and build future resilience into the communities we serve.

By leaving a gift you can help equip our ambulances with all the necessary stock that is vital to save a life. We also need to keep the ambulances going with frequent servicing to make sure they are usable on the day they are needed.

It costs more than £25,000 to fully equip an ambulance and more than £4,000 a year to run them.

We want to get as many people trained in lifesaving skills like CPR out in our community as possible and supply the equipment that makes those skills more effective like a defibrillator. This is proven to save lives like Steve Walther's, who suffered a cardiac arrest. Thanks to the training his now fiancé received and the defibrillator that was on site, Steve is alive today.

He's able to tell his story, which you will read about further on in this guide.

We know that leaving a gift in your Will is a big decision, so we have prepared this guide to help you along the way and hopefully able to answer any questions you have.

Whatever you decide, thank you for your support. It means so much to us and the people that it saves now and in the future.

**Leaving a gift in your Will sends a powerful message – that you are committed like others in teaching people lifesaving skills to protect their communities now and in the future.**



**Ann Cable**  
Chief Commissioner



# How Steve's life was saved

**When former ballet dancer Steve Walther suffered a cardiac arrest while out for a Sunday pub lunch, the first aid knowledge of those around him, and the right equipment being on hand, saved his life.**

Just moments after taking a selfie with dogs Max and Mavis, Steve, now a fitness instructor, slumped forward at the table outside the Fleece pub in Addingham, West Yorkshire. His friend of over 10 years, now fiancé, Emma Brooks, called for help. Pub manager Andrew Pye, who had refreshed his first aid skills just three months before – began giving vital CPR while another colleague ran to fetch a nearby community defibrillator.

Emma, recalling the first aid she learned with St John Ambulance aged 16, gave Steve rescue breaths while Andrew and others gave chest compressions between defibrillator shocks until the ambulance arrived.

After a week in a coma and many more weeks of rehabilitation, father-of-one Steve pulled through and is once again enjoying dog walks with his friends, after doctors put the health emergency down to stress.

This represents just one of the countless lifesaving stories embedded in St John's diverse history.



Steve (pictured far right) is grateful for the first aid skills that Emma and Andrew learned from St John Ambulance.

**There is no doubt whatsoever, that without the swift action of administering CPR and the use of a defibrillator, I would be dead. The importance of knowing how to act in that situation literally saves lives.**

**There aren't really any words to describe that somebody literally gave their breath to make you live, somebody cared enough and was trained enough to save my life.**

**Steve**  
Cardiac arrest survivor

# Our history

Our history is a long one. We can trace our origins back nearly 1,000 years, to a hospital in Jerusalem run by the Order of St John. Their mission was to care for the sick and help those in need. Throughout the centuries, the Order took on many forms but their compassion never wavered. The modern St John began in 1877. Since then, that compassion has woven through our history, shaping the St John we know today.

**1877**

For those working on the railways or down the mines in the nineteenth century accidents were common and often fatal. The St John Ambulance Association was set up to provide first aid training and supplies to industrial workers, so that in an emergency they could save lives.



**1914-18**

45,000 St John Volunteers were operational during WWI in many different roles including driving ambulances and providing nursing support. Sadly over 1,000 lost their lives.

**1970s**

St John Ambulance cadets and members at a first aid demonstration. These demonstrations would simulate real-life situations, such as severe bleeding or cardiac arrest, and would test people's reactions when put in an emergency situation.



**2005**

St John came to the aid of the London Ambulance Service during the 7/7 bombings in London.

**1877**

**1914-18**

**1970s**

**2005**

**1887**

**1939-45**

**1987**

**2020**



**1887**

St John Ambulance Brigade is formed as a uniformed organisation to provide First Aid and Ambulance services at public events.



**1939-45**

During World War Two, St John volunteers again risked their lives, protecting civilians on the Home Front, particularly during the Blitz.



**1987**

To celebrate 100 years of the Brigade – and with our Cadets now long established – we wanted to extend our first aid training to younger children. The Badger programme has been teaching children aged 5-11 lifesaving skills ever since.

**2020**

When coronavirus hit, we supported the overstretched NHS: driving ambulances, giving our time, and helping to carry out the biggest ever vaccine programme.



# Inside our ambulances

There's a lot of that goes into ensuring our ambulance crews have what they need in an emergency. In total there is over £25,000 worth of equipment on each vehicle - every single piece is vital in an emergency. Here is just some of the lifesaving equipment that gifts in Wills have helped provide.

## Suction Unit

This powerful unit lets our crews clear a patient's airway in a safe and effective way. Each one costs more than £750.

## Lifting cushion

All of our new ambulances are equipped with a specialist lifting cushion. It's designed to safely and carefully lift anyone who has fallen over. Each cushion costs over £1,500.

## Advanced defibrillator

This advanced defibrillator also monitors the patient, giving our ambulance crew specialist information to help them perform CPR as effectively as possible. One of these can cost over £15,000.

St John  
Ambulance



AMBULANCE

Saving lives  
and supporting  
communities

[sja.org.uk](http://sja.org.uk)

St John  
Ambulance

T6E

### Power chair

Our crew uses this when a patient is unable to walk up or down stairs. Plus, the power chair can be used to lift a patient who does not need to be on a stretcher into the ambulance. These vital chairs cost over £5,000 each.

### Primary response bags

This kit is made up of several pieces of vital equipment, from bandages and dressings to thermometers. To fully stock a bag, it costs more than £500.

VACUUM MATTRESS

MANUAL HANDLING

MATERNITY

DRESSINGS

Oxygen

AIRWAY

CONSENT

WOUNDS

MAJOR TRAUMA

A&E PLUS

### Vacuum mattress

This new piece of equipment allows us to immobilise a patient who may have a spinal injury. Each ambulance has two mattresses that in total cost more than £150.

# Leaving a Gift in your Will

Thank you for considering leaving a gift in your Will to St John Ambulance – it is an effective way to support us and help create a future where no one suffers for the lack of first aid.

Making your Will is one of the most important things you'll ever do. It ensures that your money and belongings will go to the people and causes you care about when you die.

Take time to consider what kind of gift you'd like to make:

**A residuary legacy is a share of your estate and it keeps pace with inflation. After taking care of your loved ones, even just 1% of the remainder of your estate could make a huge difference to funding our vital lifesaving work for the future.**

**A pecuniary legacy is a fixed sum of money. You can choose to leave any amount but inflation will reduce its value so you may wish to review the gift from time to time.**

**A specific legacy is a gift of a particular item such as property, jewellery or shares. If you are thinking of donating an item, we ask that you or your solicitor contact us first so we can ensure we will be able to follow your wishes.**

**A reversionary legacy allows a beneficiary (e.g. a spouse) to benefit from your assets during their lifetime, such as by living in your house, with all or part of the assets passing to St John Ambulance on their death. This provides peace of mind that a loved one's interests will be protected for their lifetime.**





# Making a Will

This need not be challenging or time consuming, St John Ambulance are partnered with Bequeathed to offer our supporters a FREE will-writing service. This provides you with a fully advised Will from an accredited legal professional in three simple steps.

1

Go to the page [www.bequeathed.org/sja](http://www.bequeathed.org/sja) and complete the online interview.

2

Have a 30-minute telephone/video appointment with a legal firm to ensure the will fully caters for your needs.

3

Receive your will in the post, sign it, have it witnessed and return it. They will check it has been executed correctly.

When making a Will it is vital to seek expert advice or speak to a solicitor. Trying to make your own can lead to mistakes or a lack of clarity that could mean your wishes are not carried out as you intended, or cause your will to be invalid.



Scan here to visit [www.bequeathed.org/sja](http://www.bequeathed.org/sja)

## Time to Make a Change?

If you have already made a Will and now wish to include a gift to St John Ambulance, it often simplifies matters to make the addition by asking your solicitor to draw up a new Will.

Alternatively, you can complete a Codicil and your solicitor can advise you on the best way to carry out your wishes.

St John Ambulance does not recommend that you make a Codicil without consulting a solicitor; they will ensure any Codicil made is executed correctly and properly reflects your intentions.

# Suggested Wording for a Legacy to St John Ambulance

Please note, the below wording applies to an unrestricted gift and we know that many of our supporters have a special connection to a St John Ambulance district, area or unit.

**"I give to St John Ambulance, 27 St John's Lane, London, EC1M 4BU (Registered Charity No. 1077265/1) ('the Charity')**

- a \_\_ % share of / the residue of my estate or;
- the sum of £\_\_ (specify value) or/and;
- my (insert full description of item and location)

**to be used for the general purposes of the Charity, and I declare that the receipt of the Treasurer or duly authorised officer for the time being of the Charity shall be a full and sufficient discharge to my Executors."**

If you do wish to leave a gift to the benefit of an area/unit close to your heart or a specific aspect of our work (i.e a restricted gift) - we encourage you to speak to us. We want to honour your wishes, especially in situations such as funds left to a disbanded unit or an area of our work that has been discontinued. Please contact our Legacy Team on **+44(0)20 7324 4148** or **legacy@sja.org.uk**

## Inheritance Tax

**Gifts to charities are taken out of your estate before tax is calculated and are 100% free from tax. This may mean that leaving a gift to a charity such as St John Ambulance reduces your Inheritance Tax liability.**

Inheritance Tax (IHT) is a charge applied to an estate of the deceased, which includes money, possessions and all property. This tax currently applies at a standard rate of 40% and only to the part of your estate that exceeds the exempt threshold of £325,000.

If your estate exceeds the nil rate band but 10% or more of the estate is left to charity, it reduces the rate of IHT applied to 36% meaning that many can leave a transformational gift to a favourite charity

whilst the net cost to your loved ones is substantially reduced. Everyone's tax situation is different so please be sure to seek professional advice to ensure your estate is administered in the most tax efficient way.

(\*The above information was correct at time of release.)

# Your Gift – Your Vision

**Your pledge is welcome in support of any area of our work; you may decide to make an unrestricted contribution. This way, we can ensure your gifts are spent where they're needed the most. Ultimately, we want to understand what you would like your gift to achieve and will always endeavour to accommodate the wishes of our supporters.**

We are immensely grateful for the many legacies that contribute to our work. If you are considering leaving a gift to St John Ambulance in your Will or have already done so, we would be grateful if you could take a moment to let us know.

We would like the opportunity to acknowledge the generosity of those who pledge a gift to us in their Wills and to recognise the growing number of supporters want to make sure there is always a lifesaver there, when crisis strikes.

If you have included, or plan to include, St John Ambulance in your Will we would be very grateful if you would let us know by completing and returning the enclosed Intentions form. Sharing your intentions with us means that we can thank and involve you in our work, it is not legally binding and you can change your mind about your legacy gift at any time.

If you would like to discuss an individual project or area of support that means something to you please contact our Legacy Team on **+44(0)20 7324 4148** or [legacy@sja.org.uk](mailto:legacy@sja.org.uk)

## Our Promise

**We understand that family and friends are important and come first when writing your Will. You and your family will always be treated with courtesy, sensitivity and respect.**

You can change your mind at any time about leaving a gift to St John Ambulance in your Will and we will respect your decision.

We will use your gift wisely and cost-effectively so that it has the greatest possible impact and are happy to discuss any preferences you have for how your gift could be used.

We respect your right to privacy – you do not have to tell us if you have left a legacy (but we would love the opportunity to thank you if you do!).

Any personal data that you choose to share with us will be handled securely and confidentially. You can choose how we contact you please see our privacy policy at [sja.org.uk/privacy-policy/](https://www.sja.org.uk/privacy-policy/)

# Keep in touch

We have a dedicated legacy team who would be happy to discuss how your gift can support our work. So, if you have more questions, please do get in touch.

**020 7324 4148**

**legacy@sja.org.uk**

**Legacy Team  
St John Ambulance  
27 St John's Lane  
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Or if you want to know more about what we do and our latest news you can visit our website:

**sja.org.uk**



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