

A young woman with curly hair and a woman embracing each other and smiling. The young woman is wearing a pink shirt, and the older woman is wearing a grey turtleneck and a checkered cardigan. They are in a room with a white wall and some framed pictures in the background.

**Your lasting legacy  
will save lives.**

**Gifts in wills guide**

**CoppaFeel!**  
breast cancer awareness



## Letter from our CEO

**Dear CoppaFeel! community,**

**Thank you for considering leaving a gift in your will to CoppaFeel!**

Knowing your chest could save your life and it's through education, awareness, and campaigning that we can create a world where every young person diagnosed with breast cancer has a chance of a bright and hopeful future.

If you decide to, we promise to use your gift where it's needed the most to save lives and create a lasting impact for young people facing a breast cancer diagnosis.

We would love for you to join us with our mission by remembering CoppaFeel! in your will. The kindness that you show today will impact so many young people for years to come.

I know that this can be a big decision so please don't rush, there is no pressure. Just know that your support, whatever that looks like, means the world to us.

With heartfelt gratitude and glitter,

A handwritten signature in black ink that reads "N. Haskell". The signature is written in a cursive, flowing style.

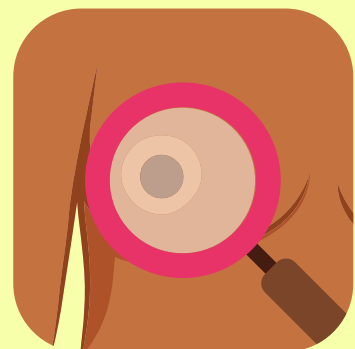
Natalie Haskell, CEO

# Why your gift matters

**More young people than ever are being diagnosed with breast cancer, but it's still often stereotyped as a disease that only affects older women.**

This lack of awareness leads to complacency, young people being wrongly dismissed, late diagnoses and less positive outcomes.

CoppaFeel! is the UK's only youth focused breast cancer awareness charity. We're on a mission to get every young person checking their chest. We do this because when breast cancer is diagnosed early, treatments are more effective and survival rates are higher.



In the UK, 1 in 7 women will be diagnosed with breast cancer in their lifetime, and around **2,500 people under the age of 40 are diagnosed every year.\***

\*Source: Cancer Research UK



# We've come a long way together

Kind people like you have helped so many young people diagnosed with breast cancer.



2009

**CoppaFeel!** was founded by Kris Hallenga and her twin sister Maren after Kris was diagnosed with incurable breast cancer at 23.



2010

The **University Boob Teams** launched, with student volunteers across UK campuses spreading the chest-checking message.



2011

The first **Text Reminder** is sent. We now remind over 145,000 people to check their chest every month.



2012

The **Boobette** programme began, with volunteers sharing their stories in schools, workplaces, and communities.



2013

The first summer **Boob Tour** hit UK festivals, using glitter, face paint, and temporary tattoos to engage young people.



2017

The **Trust Your Touch** campaign saw the first ever nipple on daytime TV, encouraging young people to get to know their chests.



2018

The **Rethink Cancer** campaign helped secure cancer education on the school curriculum.



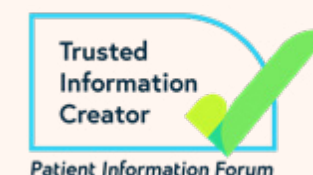
2019

Our **PSHE-accredited school packs** land in schools and colleges across the UK.



2020

CoppaFeel! becomes **PIF accredited**, and a trusted source of health information.



2022

Our **Self-Checkout** digital tool won a Third Sector Award, offering personalised step-by-step guidance for chest checking.



2023

The **Chest Checklist** launches in partnership with Black Women Rising, to redress the lack of Black skin representation in breast cancer communications.



2024

We said goodbye to our wonderful founder, and queen of glittering turds, **Kris Hallenga**. Kris was the biggest promoter of being 'alive to do those things'.



Today

Unfortunately, late diagnosis is still happening, so we're here to carry on Kris' **life-saving legacy**.

# ...And we're not slowing down

**Too many young lives are lost to breast cancer. Together we can make sure it is caught at an earlier stage when treatments are more effective and survival rates are higher.**

By leaving a gift in your will to CoppaFeel!, you'll be changing the story of breast cancer for future generations to come. Your gift will be a source of hope, and give more young people a chance at a bright future.

Your support could fund school talks that reach thousands with life-saving knowledge, send out free text reminders for the 145,000 people who rely on it each month, or expand our awareness campaigns so more young people learn the signs and symptoms of breast cancer and the importance of monthly chest checking. It could also give healthcare professionals the tools they need to support young people presenting with breast cancer symptoms.



A gift in your will today means that we'll be here for many years to come, **for all young people facing a breast cancer diagnosis.**



## Why Sue chose to support us


**“ You don’t ever think that cancer is going to come for your child. When it does, you want there to be support and knowledge out there, so our young people can check their chest and catch it early.**

Sue is one of many incredible people who gave a gift in their will to CoppaFeel!. Her daughter, Leanne, was just 34 when she found a lump in the shower. Leanne went straight to her GP, but like too many young people, was turned away.

Leanne knew her body and trusted her instincts, so she returned two weeks later. She was referred to a breast clinic, and received the devastating news that she had breast cancer.

Thanks to early detection, Leanne is now living cancer-free. Following Leanne’s diagnosis, Sue decided to leave a gift in her will to CoppaFeel! to help create a future where all young people diagnosed with breast cancer have a chance of a bright and hopeful future.

“We need to make sure that breast cancer in young people is always detected early, because that will save lives,” says Sue.



**“ Leanne’s cancer was moving very, very quickly. We could have been looking at a completely different scenario had she not checked her chest.**

# Planning your will

**Let's face it, thinking about death can feel daunting. But writing a will and planning ahead can help you feel more in control.**

Wills are a wonderful way to look after your loved ones after you're gone, and give them the peace of mind that they are making the right decisions and celebrating your life in the way that you would have wanted to be remembered.

## 4 simple steps

If you've never written a will before, we're here to help. Get started by thinking about the following.

- 1 What** Create a list of all your assets. This can include financial assets (e.g. property, savings, valuables) as well as special objects you'd like to leave to your loved ones. If you are able to, work out a rough value for your total assets.
- 2 Who** Decide who you want to inherit your assets (these are your beneficiaries) and who you would like to task with managing your will and assets after you're gone (these are your executors). An executor can be someone you know well, or a hired professional like a solicitor or a financial advisor. Professional executors may charge a fee.
- 3 Where** Figure out where you want to store your will (this can be online, in a designated safe place in your home, or a solicitor's office), and let your executors know about this.
- 4 How** It's important that you seek professional advice from a solicitor when writing your will to avoid any legal issues in the future. Writing a will through a solicitor can cost upwards of £100, with extra charges for updating your will. If you don't already have a will, you can use our **free will writing service by visiting [farewill.com/coppafeel-guide](https://farewill.com/coppafeel-guide)**

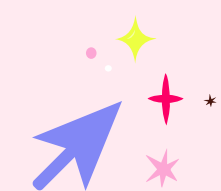
# Get your free will in 15 minutes

**At CoppaFeel!, we want to make writing a will accessible to everyone. That's why we've partnered with Farewill to give our supporters (you!) a chance to write your will for free, either online or over the phone at a time that suits you.**

It takes just 15 minutes, and you'll have the help of Farewill's lovely, knowledgeable legal experts to guide you through the process.

There is no obligation to include a gift to CoppaFeel! within your will to use our free will writing services. We understand that you'll want to make sure your loved ones are provided for, first of all. However, we'd be hugely grateful if you do choose to leave a gift in your will to CoppaFeel!.

By remembering CoppaFeel! in your will, you'll be part of our mission for many years to come.



For more information visit [farewill.com/coppafeel-guide](https://farewill.com/coppafeel-guide)



## What does writing a will involve?

- 1** Answer some simple questions about yourself.
- 2** Farewill's legal experts will review your answers and check your wishes are clear.
- 3** Sign your finalised will, it's as simple as that!

# Some ways you can leave a gift in your will

**Residuary gift** A percentage of what remains of your estate after all other gifts and expenses have been paid (e.g. 10%). Most of our supporters choose to leave this type of gift, as it maintains its value over time by taking inflation into account – ensuring your legacy is future-proofed.

**Pecuniary gift** A set sum of money (e.g. £1,000) that will not take into account inflation or the total value of your estate.

**Specific items** A donation of a particular item, which is often meaningful or high in value (e.g. jewellery, house, artwork).

**To leave a gift in your will to CoppaFeel!, you will need to share our registered charity number and address with your solicitor**

**Registered charity number:** 1132366 in England and Wales, and SC045970 in Scotland

**Address:** Unit 4, Bickels Yard, 151-153 Bermondsey Street, London, SE1 3HA



## Sample wording

Here is some sample wording you can ask your solicitor to use if you'd like to add a gift in your will to CoppaFeel!.

**Pecuniary gift** “I give [insert cash amount] to CoppaFeel! (registered charity number 1132366 in England and Wales, and SC045970 in Scotland), of Unit 4, Bickels Yard, 151–153 Bermondsey Street, London, SE1 3HA, to be applied for its general charitable purposes. I declare that the receipt of the finance director or other duly authorised officer shall be a valid and complete form of discharge to my executors.”

**Residuary gift** “I give [insert percentage] of my Residuary Estate [as defined] to CoppaFeel! (registered charity number 1132366 in England and Wales, and SC045970 in Scotland), of Unit 4, Bickels Yard, 151-153 Bermondsey Street, London, SE1 3HA, to be applied for its general charitable purposes. I declare that the receipt of the finance director or other duly authorised officer shall be a valid and complete form of discharge to my executors.”



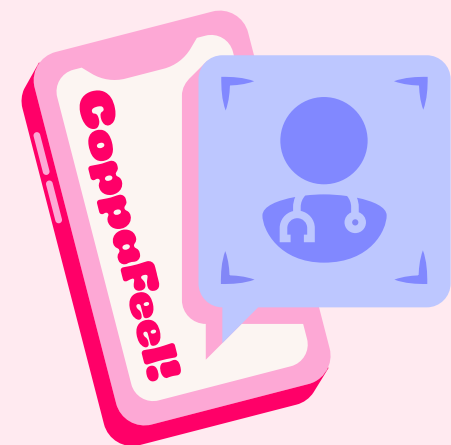
# How a text saved Laura's life

**Laura is a practice nurse who came across CoppaFeel!'s text reminders while chatting to a patient about breast cancer awareness. She says:**

“ The text service sounded amazing, so I signed straight up. Two years later, while on maternity leave, my monthly reminder landed. This time I found a small lump in one breast. The doctors initially thought it was a blocked milk duct, but it never went away.

Two weeks later, after another visit to the GP, I was referred and diagnosed with triple negative breast cancer, which can be particularly aggressive and fast spreading. Without CoppaFeel!'s regular reminder text, I don't think I would have found my lump.

Six rounds of chemo and a double mastectomy later, I'm now in remission and happily living my life with my two sons and husband. I am so grateful to CoppaFeel!'s text service, it saved my life. I'm proof of the importance of early detection; without it, I might not be here.



**Your legacy could save lives.** A gift in your will to CoppaFeel! can help make sure that life-saving resources like our text reminder service are available for many years to come, reaching as many young people as possible.

# Our promise to you

**We understand** that your loved ones come first, and your priority is to look after them.

**We'll never put any pressure on you** to make a decision quickly or tell us more.

**We promise to be here to support you** as best as we can - with kindness respect and sensitivity.

**Every gift** large or small - is hugely appreciated.

**You can change your mind** at any time.

**We'd love to show you around CoppaFeel! HQ** just let us know if you'd like to pop in for a cuppa.



**We promise** to use your gift where it's needed the most to save lives and create a lasting impact for young people facing a breast cancer diagnosis.



# Thank you for considering leaving a gift in your will to CoppaFeel!

With the generosity of kind people like you, we will create a world where every young person diagnosed with breast cancer has a chance at a bright and hopeful future.

Your lasting legacy will save lives.



**Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it's the only thing that ever has.**

Margaret Mead

## Get in touch!

**If you have any questions, I'm always here to help. And if you decide to leave a gift in your will to CoppaFeel! please let me know!**

I'd love to say thank you, keep you updated about our work, and chat about any other ways we can celebrate your legacy.

Thank you,

A handwritten signature in black ink that reads "Zs Kiss".

Zsuzsi Kiss  
Individual Giving Manager

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+44 (0) 7796 951 592



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CoppaFeel! is a registered charity in England and Wales (1132366) and Scotland (SC045970).