

Will you leave a **Lasting Legacy?**



**Self Help
AFRICA**

Chikondi Ulemu with
daughter Yankho in their
backyard garden

www.selfhelpafrica.org

A MESSAGE FROM MALAWI

IN MALAWI, we are indebted to the many generous people in Ireland who support our work by leaving a legacy.

This support, in death, as in life, allows us to achieve so much, and transform the lives of vulnerable and poor families across our country.

When we receive a donation from the will of a person that has passed away we recognise that it is a very special gift, and we must do the very best that we can to pay honour to the memory of that person. We do this by ensuring the legacy received can achieve as much as possible. To honor the memory of this very special kindness - the gift will help lift people out of poverty, and help transform lives.

Thank you,

Agatha

Agatha Chitawo
Regional Programme Manager,
Self Help Africa, Malawi



Chikondi Ulemu feeds
her daughter Yankho
with multimix porridge



Mikilina (right) can now sell some of her surplus produce to local women. Just two years ago this was a barren plot, now she is helping her whole community become more food secure.

LIVES TRANSFORMED BY A LEGACY

Life is not easy in Mtemwende - but this is Mikilina's home, where she wanted to stay and raise her family. Every year, it became harder to keep this simple dream alive. On her small plot, Mikilina struggled to grow enough to feed her family let alone earn an income.

Then, Mikilina joined a new Self Help Africa food security initiative for women farmers in Mtemwende. She received seeds and training in keeping 'backyard' sack gardens, which use less water and are easy to maintain. Mikilina's dusty back yard soon began to flourish and thrive, yielding an abundance of fresh, organic produce: vibrant tomatoes, cabbage, greens and sweet potato.

Now she and her children are eating better and reaping the benefits: *"Self Help Africa equipped us with skills in backyard gardening. I started with a small garden, but I am growing more vegetables using sacks and my family is growing stronger and happier".*

Niamh from Carlow was one of many to leave a legacy gift which transformed the lives of the Kangachepe family and many others like them.

Mikilina Kangachepe and her four children live in the remote hillside village of Mtemwende. Southern Malawi. 2024



HOW YOU CAN PREPARE YOUR WILL

The idea of making a will may seem daunting, but actually it is a swift, simple and inexpensive process. Once it's done it can bring great peace of mind to you and your loved ones. This simple list below can help you in prepare writing your Will.

- 1** Make a list of all your assets with their approximate value. List any and all your liabilities.
- 2** Choose the person(s) you would like to look after your financial affairs (your executors). Ensure that the person(s) you select is willing to act in this role.
- 3** Decide how to divide your assets, bearing in mind your obligations to your nearest and dearest.
- 4** Visit your solicitor to discuss your plans and to allow him/her to prepare your will. S/he should advise you in terms of the tax implications of leaving legacies to family, friends or charities.
- 5** For a list of solicitors in Ireland please see **www.thelawsociety.ie** - phone them at **01 6724800** or email them at **general@lawsociety.ie**.
- 6** If you decide to include a gift to Self Help Africa, your solicitor can write this into your will.
- 7** Remember – a gift to a charity in your will is deducted before Capital Acquisitions is applied.
- 8** If you like – advise Self Help Africa that you are leaving us a gift in your will. It will help us to plan for the future and most importantly, give us the opportunity to say thank you – if you would like to remain anonymous or don't want to share your plans – that's fine too!

*Legacy giving can
provide resilience to
families like Chikondi's.*



TYPES OF LEGACIES YOU CAN LEAVE

A PECUNIARY BEQUEST

This is a gift of a specific amount of money. Example: *"I give to Self Help Africa, of 4th Floor, Joyce's Court, 38 Talbot Street, Dublin 1, Registered Charity Number: 20008895, the sum of(in figures) and (amount in words) for the general purposes of the charity and I direct that a receipt of the treasurer or other duly authorised officer of the charity shall be sufficient discharge for my executors."*

A RESIDUARY BEQUEST

A Residuary Bequest – This is a gift of the residue of your estate, or share of the residue after other bequests to your family and friends have been made, and any debts, taxes and expenses have been paid. Example: *"I give devise and bequeath... (all / share) of the residue of my estate to Self Help Africa, of 4th Floor, Joyce's Court, 38 Talbot Street, Dublin 1, Registered Charity Number: 20008895, the sum of ... (in figures) and (amount in words) for the general purposes of the charity and I direct that the receipt(s) of the Treasurer or other duly authorised officer of the charity shall be sufficient discharge for my executors."*

A SPECIFIC REQUEST

A Residuary Bequest – This is a gift of the residue of your estate, or share of the residue after other bequests to your family and friends have been made, and any debts, taxes and expenses have been paid. Example: *"I give devise and bequeath... (all / share) of the residue of my estate to Self Help Africa, of 4th Floor, Joyce's Court, 38 Talbot Street, Dublin 1, Registered Charity Number: 20008895, the sum of ... (in figures) and (amount in words) for the general purposes of the charity and I direct that the receipt(s) of the Treasurer or other duly authorised officer of the charity shall be sufficient discharge for my executors."*

Access to new crops
will provide a nutrition
diet for the families
of Chikondi and Mwikilina



HOW YOU CAN COMPLETE A CODICIL

Even if you already have a will, it is easy to amend it to include a gift to Gorta-Self Help Africa.

All you would need to do is complete a Codicil, which is a supplement which modifies an existing will or allows changes to be made to some existing provisions.

It must be witnessed in its own right and must be kept with your will.

EXAMPLE

I (your name): _____

Of (your address): _____

Declare this to be a (state whether first or second) codicil dated to full.

Date: _____

To the Secretary for the time being of Self Help Africa, of 4th Floor, Joyce's Court, 38 Talbot Street, Dublin 1, Registered Charity Number: 20008895, leave (amount in words) for the general purposes of the charity.

I direct that the receipt of the Treasurer or other duly authorised officer of the charity shall be sufficient discharge for my executors.

In all other respects, I confirm my said will. In witness whereof I have hereto set my hand this day _____ month _____ of year _____

Signature: _____

Signed by the said Testator and for the first (or second if one codicil already exists) codicil to his / her last will in our presence that as his / her request and his / her presence we have hereunto subscribed our names as witnesses.

Witness no. 1: _____

Witness no. 2: _____

LEGACY CHARTER - OUR PROMISE TO YOU

We fully understand that taking care of your family and your loved ones must always come first.

We recognise that your Will is personal and private to you and we promise you that we will respect your privacy at all times and will act in strictest confidence.

If you specify in your Will how and where you would like your gift to be used by Self Help Africa we will always work to honour your wishes.

We promise you that we will use your gift as carefully and as cost effectively as possible so that it brings maximum impact to the people we work with in Africa.

At any time in the future we recognise that you have the absolute right to change your mind about a gift in your Will to Self Help Africa.

Mercy Akpan, with child Israel Ali Ugberu, from Ijiraga ward in Yala Local Government Area, Cross River State, Nigeria.





Safe drinking water
gifted by a legacy
from **Cork**

**Drought resistant
seeds** gifted by a
legacy from **Sligo**

New goats gifted
by a legacy from
Waterford

PAST GIFTS

**A new vegetable
garden** gifted by a
legacy from **Kerry**

Farming education
gifted by a legacy
from **Dublin**

Farm tools gifted by
a legacy from **Louth**

WHO WE ARE AND WHAT WE DO

We are dedicated to ending hunger and poverty in rural Africa.

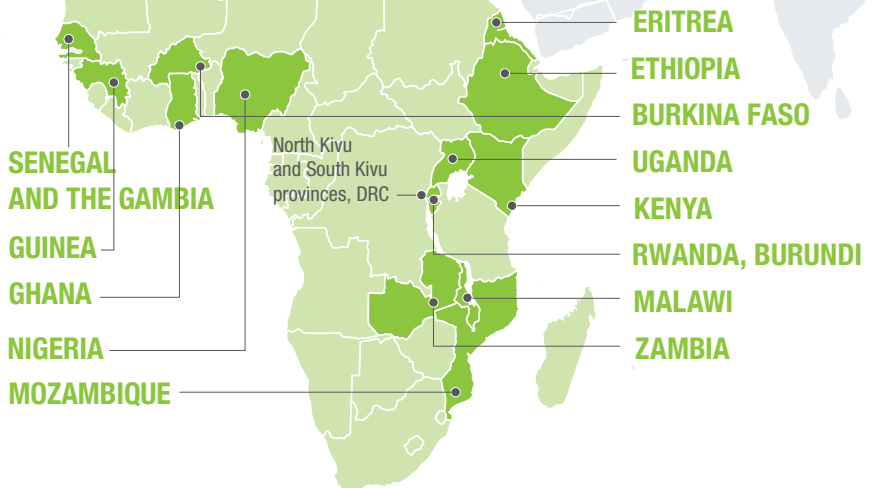
Self Help Africa is an Irish charity with expertise in small-scale farming and growing family-farm businesses. Our vision is sustainable livelihoods and healthy lives in a changing climate, where all have enough food to eat and can provide for their families. We promise you that we will use your gift as carefully and as cost effectively as possible so that it brings maximum impact to the people we work with in Africa.

Working with Rural Communities Across Africa

Self Help Africa works in nine countries across sub-saharan Africa, tackling poverty and improving the lives of local communities.

We work both with our own African staff, and through local partners to implement more than 60 projects that will end hunger and poverty

WHERE WE WORK





Chikondi Ulemu with
daughter Yankho in their
backyard garden



**LEAVE A LASTING
LEGACY AND HELP
GENERATIONS TO
COME...**

Bridget Beekombo from Tsar, Vandeikya
Local Government Area, Nigeria

NEED MORE INFORMATION OR HELP?

If you would like to meet us or require information on solicitors in your area - we are here to help.

☐ I've already included Self Help Africa in my Will.

☐ Please contact me about leaving a gift in my Will to Self Help Africa.

Contact Louise at
louise.rogan@selfhelpafrica.org,
call **(01) 6778880** or please fill out the form below and send it to:
Self Help Africa, 4th Floor,
Joyce's Court, 38 Talbot Street, Dublin 1,
and we will be in touch.

Poni Annet Oliver with her child, Kiryandongo
Refugee Settlement, Uganda



Name:

Address:

Phone number:

E-mail: