



Prostate
Cancer
Research

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Transforming research.
Transforming lives.



A gift for the future

A simple guide to leaving a gift in your Will

Writing your Will

You can write your Will by yourself, but it is best to seek the advice of a solicitor to ensure it is valid. To ensure its legality, a Will must be formally witnessed and signed, and this can be arranged by a solicitor. Here are some simple steps to get you started:

1 Create a record of your assets

Think about everything you own of value and write a list of the items with an estimate of what they are worth. This could be your property, personal possessions, money or shares.

2 Note down who you would like to benefit from your Will

Write a list of individuals or organisations you would like to benefit from your Will, including any charities you would like to support. It is important to write their names correctly and in full, along with an up-to-date address and charity number, if applicable. It is also useful to think about what happens if any of individual named in the will die before you.

3 Select your Executor

An executor is the person appointed to carry out the terms of a Will. When choosing your executor, select someone you trust, such as a relative or friend, or your solicitor.

Your executor is responsible for carrying out your wishes as specified in your Will. You can select more than one executor, but it's always a good idea to discuss this with them in advance and make sure they are happy to be appointed.

4 Keep your Will safe

Once your Will has been witnessed, signed and is a legal document, you can choose how it is stored. This can be at home or with your solicitor. Make sure your executor knows its location.

5 Once your Will is complete, you can update it at any time

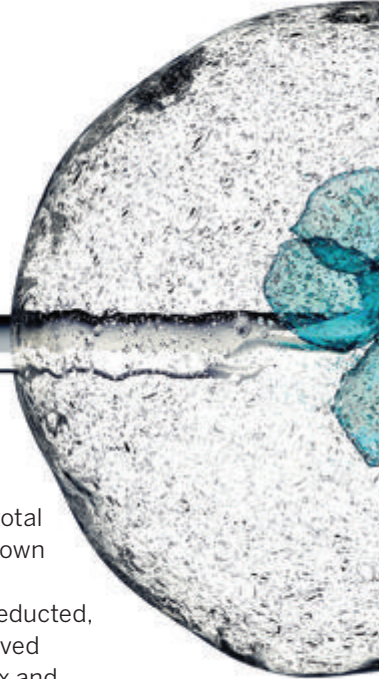
We recommend that you update your Will every five years, or after any major changes in your life. This can be done by either creating a new Will, or making an official alteration called a codicil. It is suggested that you write a new Will if the codicil is misplaced or separated from the Will to which it relates.



Free services for writing your Will can be found on our website [pcr.org.uk](https://www.pcr.org.uk)

Leaving a legacy gift to PCR

Families affected by prostate cancer need breakthrough treatments. Research is the only way we can turn this hope into reality. Each year PCR aims to increase the amount we fund. It's thanks to our supporters who leave us a gift in their will that we are able to progress towards our vision of a world where people are free from the impact of prostate cancer.



Your Will is an extremely important document, which ensures that when you are no longer alive, your loved ones are looked after and that your final wishes are respected.

Your Will is also way to ensure that once those close to you are looked after, you can continue to support a cause you care about. PCR is extremely grateful for all donations, however modest, including gifts specified in wills (known as legacies).

If you have any questions about what you are allowed to leave as a gift in your Will, it is important to speak to a solicitor who will advise you. As an introduction, here are three most-common legacy types.

Residuary gift

This is a share of your total estate (everything you own of value) once all other payments have been deducted, such as payments to loved ones, lifetime debts, tax and administrative expenses.

Pecuniary gift

This is a fixed amount of money that you leave in your Will as a gift.

Specific gift

This is the gift of a specific item of value such as property, a piece of jewellery or shares. It is important to describe the gift precisely in your Will to ensure that the executors know what you intended.



Legacies fund 29% of our research and play a major part in our ability to invest in essential scientific research.

Prostate cancer is now the most commonly diagnosed cancer in the UK

Every man who dies from prostate cancer may be someone's grandfather, father, brother or son. We urgently need to develop new and effective treatments for men with advanced prostate cancer to save lives and support families.

x3

The number of prostate cancer cases diagnosed per year more than tripled between 1990 and 2015



Deaths in 2018:
358,989 globally
13,145 in UK

Deaths estimated in 2035:
630,715 globally
(75% increase)
20,922 in the UK
(59% increase)



Prostate cancer receives only 8% of the funding spent on specific cancer sites*

It's in the late stages of the disease that prostate cancer kills yet, surprisingly, doctors are often restricted to using treatments for late-stage prostate cancer that are toxic and prolong life by only a few months. Because of increased life expectancy, the number of deaths from prostate cancer is predicted to rise by as much as 8% per year.

Globally, the funding of medical research into improved treatments for prostate cancer remains minimal. In the UK, according to the National Cancer Research Institute, just over £22m was spent overall on novel prostate cancer research

in 2018 – this was a decrease of 13.5% on the previous year.


By way of comparison, £40–£46m has been spent on early-stage breast cancer research over the last five years, and with this considerable investment mortality rates for breast cancer have fallen by 18% since 2014.

This is where the Prostate Cancer Research (PCR) comes in to the picture. We are here to invest in the essential science, research and medical breakthroughs of the future.

*The Global Cancer Observatory, International Agency for Research on Cancer, WHO (2018). *United Kingdom fact sheet*. gco.iarc.fr/today/fact-sheets-populations

Small charity, big ambition

Together, we will develop and deliver breakthrough medicines and treatments. Our ambition is a world where people are free from the impact of prostate cancer.



PCR has recently embarked on a bold new chapter. Not only have we increased our income by 46% in the last two years, we have doubled our research expenditure and increased the number of projects we fund by 175%.

We are not just scaling up the quantity of the research we fund; we are also seed-funding world-class scientists with great ideas in order to accelerate their progress. Our sights are set high for the future and we won't rest until we find better treatments for prostate cancer.

20
23

£5M

23

By 2023 we will scale up the amount of our research grants to £5M and projects to at least 23 per year

Our research

A spotlight on two of our exciting research projects.



Dr Magali Williamson
The spread of prostate cancer

The aim of this project is to investigate the role of a protein called PLEXINB1 in the spread of prostate cancer. Other scientists have already shown that patients with lots of this protein are at higher risk of their disease spreading. The ultimate goal is to develop treatments to stop the spread of the disease, especially when other types of treatments have stopped working.

What this means for prostate cancer patients

Metastatic prostate cancer is responsible for almost all prostate cancer deaths. In fact, secondary cancer often kills more people than the primary tumour, across many different cancer types. The therapies being developed by Dr Williamson's team could contain early prostate cancer within the prostate and stop the cancer spreading further, which would dramatically improve the prostate cancer survival rate, and quality of life for men with prostate cancer.



Dr Luke Gaughan
Hormone therapy: stopping resistance in its tracks

Hormone therapy is a mainstay treatment for prostate cancer but unfortunately, for many patients, it will eventually stop working. Dr Gaughan will investigate how this happens, identifying new targets for treatments to prevent resistance and ensuring that hormone therapy continues to be an effective treatment.

What this means for prostate cancer patients

Luke and his team are investigating how ARVs are made and how this process could be stopped to prevent hormone therapy resistance. This would lead to a new and better way to treat advanced prostate cancer that lasts longer than current therapies. Resistance to hormone therapy could be delayed, reversed, or even avoided completely.



You can read more about our research grants on our website [pcr.org.uk](https://www.pcr.org.uk)

FAQs

What happens if I die without a Will?

If you die without leaving a Will, it means you have died 'intestate'. When this happens, the intestacy laws will determine what happens to your estate. This means your wishes may not be met and there will be a delay in administering your estate.

What happens if I change my mind about the beneficiaries in my Will?

You can change your mind and update your Will at any time. We understand that personal circumstances can change and you may no longer be able to leave a gift in your Will to specified charities or individuals.

Do I need to tell PCR if I have left a gift in my Will?

It is up to you whether you inform individuals or organisations of their inclusion in your Will. It is a private document and you have control over the content. If you would like to let us know in advance here at PCR, we will be able to provide acknowledgment and recognition for your gift, keep you up-to-date on our research and the potential impact of your generous support.



More answers to common questions can be found on our website [pcr.org.uk](https://www.pcr.org.uk)





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Thank you for considering PCR in your Will. If you would like to discuss any of these issues in more detail or hear more about our research into developing new treatments for prostate cancer, then please do not hesitate to get in touch with our legacy team.

Prostate Cancer Research

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