



**BRIGHT LIGHT**  
*relationship counselling*

# Leave a light on

*Leaving a gift in your will*



When you don't talk...

...there's a lot of stuff that ends up not getting said.

## A little can go a long way

Help people who need our counselling desperately by leaving a gift in your will to Bright Light.

Whether you have needed counselling or know someone who has needed our help especially with mental health and other life challenges your gift could help make a real difference to someone in need of help.

However large or small, your legacy could provide additional support for many people who feel stressed, isolated and are struggling alone with little or no help. You will be sponsoring counselling sessions for people who have no money to pay for private counselling and helping our charity reach out to more people at their greatest time of need.

## What is a legacy?

A legacy is a specific gift in your will. It could either be a sum of money, an item or it could be a share of the value of your estate after all bills have been paid and all considerations to family and friends have been honoured. Leaving a gift to charity has the added



bonus of being exempt from tax, so it may reduce the amount of inheritance tax that is due from your estate.

**Call us on 0131 556 1527** for more information about our work or if you plan to leave a gift to Bright Light, or email [julie@bright-light.org.uk](mailto:julie@bright-light.org.uk)  
**[www.bright-light.org.uk](http://www.bright-light.org.uk)**

## Five reasons to make a Will

- 1 It makes sure your wishes are followed.
- 2 It's easier for friends and family to take care of your estate.
- 3 It can help to minimise inheritance tax.
- 4 It protects the rights of your partner
- 5 Your assets get to the people and causes you love most.

## Why leave a legacy to Bright Light?

Bright Light gives a personal guarantee that your legacy will reach people in greatest need of counselling and family therapy and will make a genuine difference to their lives - a great way for your generosity to last beyond your own lifetime by leaving a light on to support local people who are struggling with life's challenges including mental health.

## What do we do for people?

Bright Light is a charity that has provided professional counselling services for over 70 years. We offer a safe and confidential space to share and explore experiences, and help people recognise what might be



challenging them. We work with people of all ages and backgrounds to identify and build on their strengths, agree a practical plan to try and improve things and develop strong resilient relationships so that they and their loved ones cope better with life's challenges now and in the future - getting the most out of life and relationships with people who matter to them.

We are not here to impose our values on anyone nor judge. We won't tell them how to live. We are here to talk with them and work together, to listen and help to listen and communicate with loved ones.

## Who do we work with?

Our doors are open to everyone whatever their age, race, personal beliefs, sexual orientation, or social background. However they define their gender.

We see individuals, couples, children, grandparents, siblings, adult children with their parents, looked after children, aunts, uncles, friends, carers and other professionals.

We help people who are thinking of staying together, separating, going through divorce or experiencing loss of a loved one.

We support positive parenting apart.

Everyone's experiences and challenges are different. We do not put people into boxes. Whether in a civil partnership, married, living together, in a less formal relationship, divorced, separated, bereaved. They may be disabled, a carer, someone experiencing mental and/or physical health issues, or addictions that are impacting on their life and quality of family life.

Why not ask your solicitor about leaving a legacy to Bright Light? Your lasting legacy will help to make a better life for people across the Lothians.



## **BRIGHT LIGHT** *relationship counselling*

Bright Light  
9a Dundas Street  
Edinburgh EH3 6QG

0131 556 1527

[askus@bright-light.org.uk](mailto:askus@bright-light.org.uk)

[www.bright-light.org.uk](http://www.bright-light.org.uk)

### **Opening hours**

Mon-Thu 9am–9pm

Fri 9am–5pm

Sat 9am–5pm



## **RELATIONSHIPS** **SCOTLAND**

Bright Light is a Member  
of Relationships Scotland



**COSCA**

Counselling & Psychotherapy  
in Scotland

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### **CONFIDENTIALITY**

Everyone who works at Bright Light is bound by a code of confidentiality and will not give your name or any information about you to anyone outside Bright Light without your permission. The only time we would break this code is if a child is at risk or we believe an adult is at risk of serious harm or where we are legally obliged to do so.

### **DONATIONS**

Most of the people we help are unable to pay the cost of counselling. Bright Light gives a personal guarantee that your legacy will reach people in greatest need of counselling and family therapy and will make a genuine difference to their lives.

Email our Chief Executive for more information about leaving a gift in your will.

[julie@bright-light.org.uk](mailto:julie@bright-light.org.uk)

Charity No. SCO11989

Registered office:

9A Dundas Street  
Edinburgh EH3 6QG