

# Your legacy for life



Image: Hugh Miley

## Your guide to leaving a gift in your will to save young lives.

**EAST TIMOR HEARTS FUND**



**Ursula, 17, with a photograph of fellow patient Maria, 19. Both young women are now doing well back in Timor-Leste.**

# Continue to save lives with a gift in your will

## Thank you for taking the time to consider East Timor Hearts Fund for a gift in your will.

Through incredible community support, East Timor Hearts Fund has saved many lives and improved the health and well-being of many more in Timor-Leste. Sadly, there is still a long road ahead for our neighbours to access the same heart healthcare that we take for granted in Australia.

Untreated heart disease is one of the biggest health challenges facing our neighbours in Timor-Leste.

With no access to local cardiac care, young people face disability and premature death from preventable, treatable heart disease. Many live their entire lives not knowing how it feels to breathe without pain, as their health deteriorates due to rheumatic heart disease and congenital heart conditions.

We're working with the government and health

providers in Timor-Leste to help make that happen. As well as immediate help for the most critical cases, we are tackling the root causes of poor heart health in Timor-Leste with research, advocacy and education and prevention projects.

I've seen first-hand the transformative difference our work makes to people living with poor heart health.

We are grateful for your support, passion and interest in how you can save more lives through leaving a gift in your will to East Timor Hearts Fund.

With gratitude.



David Marlow  
Chief Executive Officer



***“East Timor Hearts Fund is an amazing organisation. There aren't enough words to say thank you.”***

**-Teresinha**

## Saving one life, so others can thrive

### Paediatric nurse Teresinha was born with a heart defect that would have been fixed in infancy in a developed country.

Although Teresinha works at Timor-Leste's top public hospital, the young nation does not yet have the specialist skills or equipment for the complex procedure she required. Teresinha had previously suffered clinical heart failure; without treatment her prospects were grim.

In 2016 Teresinha came to Australia for a technically

complex procedure at Royal Melbourne Hospital to repair her patent ductus arteriosus (an abnormal connection between the large vessels in the chest near the heart).

Teresinha is now able to see her infant son grow up, and has returned to work at Hospital Nacional Guido Valadares in Dili.

Leaving a gift in your will can ensure more young lives can be saved like Teresinha.



***“We encourage people to support East Timor Hearts Fund because they help so many people with heart disease in our country Timor-Leste.”***

***- Nelson, father of four year old Nelsia, one ETHF's youngest patients***

# Snapshot of RHD in Timor-Leste

1 in 20 girls

1 in 53 boys

1 in 28 people



Rheumatic Heart Disease (RHD) is an illness characterised by damaged heart valves, caused by infection (and sometimes repeated infections) with strep bacteria



This prevalence is as high as many of the highest burden countries in the world



This study investigated the burden of RHD in Timor-Leste, where little was known



Girls were found to have 3.5 times the risk of definite RHD, for unclear reasons



1365 students aged 5 to 20 were screened using ultrasounds of the heart



The study showed that finding early RHD was possible on screening and that putting patients on a register for follow-up and preventive antibiotic treatment is possible



More research is required to determine whether screening and establishing a register can change outcomes from RHD in a setting such as Timor-Leste

Your gift can help mend broken hearts

Arminda, 12, former ETHF patient



# Managing your legacy effectively

## For every dollar you invest, we generate twenty dollars in benefits

For the past decade, we have witnessed the difference our work makes to the lives of our patients. On behalf of our donors, we are committed to ensuring their generosity is delivering the maximum benefit to a community they are most passionate about. In 2020, we commissioned independent consultants to evaluate the health, social and economic impacts our work has in Timor-Leste.

Our study demonstrates that our primarily volunteer-based model is highly effective, showing that for every dollar invested, our programs drive a staggering 20 dollars in benefits. Harnessing our dedicated volunteers' expertise in cardiac care and supporting health services, ensures our donors are investing in quality sustainable

outcomes for young heart patients in Timor-Leste.

Conducted by independent researchers ACIL Allen Consulting, the study highlighted that on average, our patients experience:

- 54 additional years of life, and
- a 95 per cent increase in quality of life

On average the economic value of these additional years per patient is AU \$29,914. Overall the social return on investment is AU\$1 : AU\$20.

Thanks to the generosity of supporters, hundreds of patients have benefitted from surgery, health checks, education and immunisation prevention, enabling them to thrive. Our program also provides upskilling of health workers to build Timor-Leste's local cardiac care capability.

## Your legacy lives, giving life to others

On any given day, thousands of daughters, sons, brothers, sisters, mums and dads are living with preventable life-threatening heart disease in Timor-Leste.

By including a gift to East Timor Hearts Fund in your will you can leave a legacy that changes the life of an individual, a community and a country.

Your gift can help us mend more broken hearts, and support our research, prevention and education projects that aim to tackle the root causes of poor heart health in Timor-Leste.

Your gift will be directed to the area that it has the greatest impact for the people we serve.

We strive to ensure that all resources entrusted to us are managed and accounted for to the highest standards.

Our financial statements are externally audited in the same way, and to the same standards, as for Australian for-profit companies. Summaries of our audited accounts are published in our annual report, and our full accounts are also available online.

When planning for your future, we encourage you to consider your family and loved ones first. There are many ways of including a gift in your will. We cannot provide you with legal advice, so please make sure you obtain your own independent advice.

**"I have made East Timor Hearts Fund part of my will and legacy, which will enable children and families to achieve their dreams and strengthen their communities."**

**John Williams**



# Ensure your gift in your will lives on

## **There are a variety of ways you can include a gift in your will to support the vital work of East Timor Hearts Fund.**

Your solicitor can discuss with you which options are most suitable for your circumstances.

The wording to be included in your will to reflect the type of your gift is as follows:

### **For a gift of money**

"I give and bequeath [the sum of \$..... or .....%] of my estate, free of all duties, to East Timor Hearts Fund, ABN is 59 160 158 074 for its general purposes as my Trustees determine in his, her or their absolute discretion and I Direct that a receipt from the Secretary or Treasurer for the time being of the said organisation shall be sufficient discharge to my trustees."

### **For a gift of property**

"I give and bequeath [insert description of property], free of all duties, to East Timor Hearts Fund, ABN is 59 160 158 074 for its general purposes as my Trustees determine in his, her or their absolute discretion and I Direct that a receipt from the Secretary or Treasurer for the time being of the said organisation shall be sufficient discharge to my trustees."

### **Residuary gifts**

This gift is a portion or all of what is left in

your estate after specific gifts (i.e. to family and friends) and taxes and debts are fulfilled.

For this type of gift in your will you should incorporate the following words:

"I give and bequeath the rest and residue of my estate, free of all duties, to East Timor Hearts Fund and to [insert name of other residual beneficiaries if applicable] in equal shares for their general purposes as my Trustees determine in his, her or their absolute discretion and I Direct that a receipt from the Secretary or Treasurer for the time being of the said organisation shall be sufficient discharge to my trustees."

### **Specific gifts**

A specific gift is a particular amount of money or property (i.e. a house, shares, artwork, etc.).

As our work changes over time, we ask that you keep the wording in your will about your gift quite general. This enables us to readily fulfil your wishes by directing your gift towards the patients and projects most in need of support.

I give and bequeath [the sum of \$..... or.....%] of my estate, free of all duties, to East Timor Hearts Fund ABN is 59 160 158 074 for, specifically for the [name purpose] and I Direct that a receipt from the Secretary or Treasurer for the time being of the said organisation shall be sufficient discharge to my trustees. "

## **Points to consider**

Have you:

- Got a will? If so, is it current? Does it still reflect your intentions and wishes?
- Valued and considered what assets you own?
- Ensured you have included all of your beneficiaries, including any special instructions?
- Considered if your Executors are still appropriate to act?
- Included your favourite charity (ies) you would like to support through a gift in your will?
- Secured your will in a safe place and advised your Executor of where a copy is kept?





To discuss how you can  
create your life-saving  
legacy, contact us  
today



# **EAST TIMOR HEARTS FUND**

Australians supporting a  
healthy Timor-Leste

## **CONTACT US**

East Timor Hearts Fund

**E** [info@easttimorheartsfund.org.au](mailto:info@easttimorheartsfund.org.au)

**T** 03 8602 7225

**W** [easttimorheartsfund.org.a](http://easttimorheartsfund.org.a)

**A** PO Box 5146, Melbourne, VIC, 3001

**ABN** 59 160 158 074