

Make Fred's legacy your legacy

Leave a gift in your Will
to The Fred Hollows
Foundation NZ and
you'll help generations
to see again.



**The Fred Hollows
Foundation NZ**

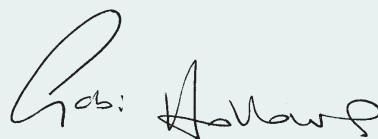
A Message from Gabi Hollows

The Foundation is like a giant tapestry and every person who has contributed is one of the threads.

Before Fred lost his battle with cancer, we had a conversation about how we could continue his work restoring sight in the developing world. From those early talks The Foundation was born. Since then, we've restored sight to over 2.5 million people globally.

It's a great achievement and one I know Fred would be proud of. The simple truth is this work would not have been possible without the help of New Zealanders like you, who time after time support us generously to give the gift of sight to those who need it most.

A gift in your Will is a really special way to continue your support. It's a gift that means The Foundation can keep training eye doctors and eye health workers, building eye clinics and restoring people's sight for generations to come.



Gabi Hollows AO
Founding Director, The Fred Hollows Foundation



Right now, thousands of people in the Pacific are living without sight

Their independence has been taken away from them. For many of these people, the future holds little or no hope.

They feel they have become a burden to family and friends, relying on them to help perform the most basic functions in life, like eating, bathing and using the toilet.

Many can't even leave their homes.

Things that we take for granted, like being able to see a child or mother's smile, are lost to them.

In some Pacific countries, the number of men, women and children who are needlessly blind grows every year.

The awful tragedy is that the vast majority doesn't need to be blind. In fact, almost 80 per cent of them could see again.

All they need is access to the right treatment.



Your gift will give them hope for the future

The Fred Hollows Foundation NZ has helped restore sight to thousands of people across the Pacific, with accessible cataract surgery.

In most cases, a 20-minute operation is all it takes.

With that sight has come hope and independence. It's the chance for a better life, not only for the patients themselves, but for their families too. Children who have taken care of their blind parents and grandparents, for example, can once again attend school and study for a future of opportunity.

All of this has been made possible through the generosity of people like you.

There is still much work to be done.

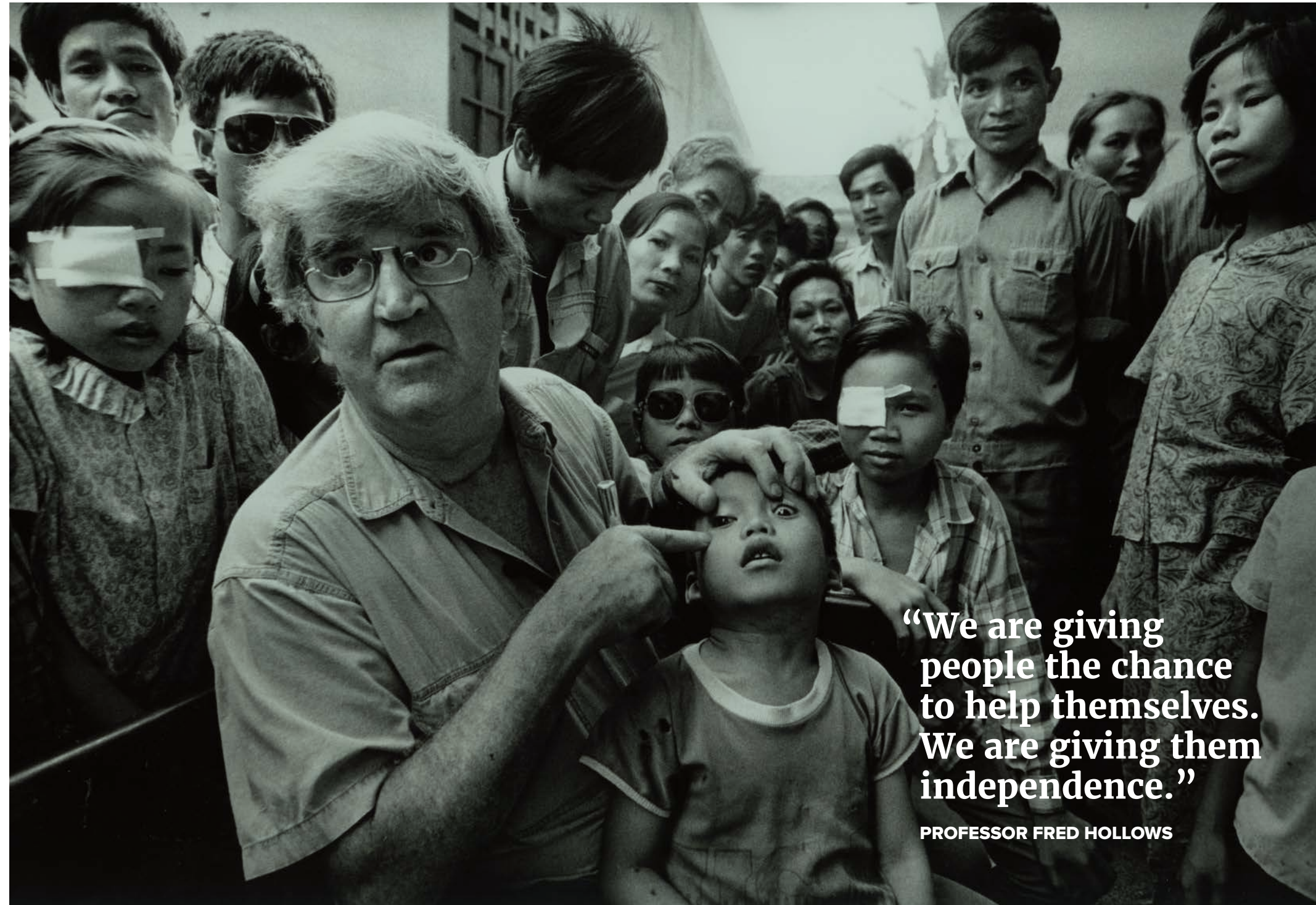
There are so many remote villages where men, women and children are blinded by conditions that are treated as a simple matter of routine here in New Zealand. Yet the fact is, that treatment isn't available to them.

We need to get more skilled people on the ground. To train local eye doctors and nurses who can go back to their communities and put their new skills to use, providing life-changing eye care surgery, right across the Pacific.

Kiwi eye surgeon Fred Hollows had a vision of a world where no one is needlessly blind. A world where everyone had a future that was filled with hope and opportunity – not despair.

A gift to The Foundation in your Will can help keep that dream alive when you're no longer here.

Imagine, part of your legacy will be in helping future generations of men, women and children to receive the sight-restoring surgery that normally would not have been available to them.



“We are giving people the chance to help themselves. We are giving them independence.”

PROFESSOR FRED HOLLOWS

Every gift will make a difference

Gifts of all sizes make a huge impact. Even one per cent of your estate can make such a positive difference to so many lives.

Lives like little Elizabeth's for example.

For tiny two-year-old Elizabeth, surgery to remove bilateral cataracts was life-changing. Light finally entered her life, bringing possibilities simply unimaginable had she remained blind. That moment marked the beginning of a normal childhood.

Now Elizabeth can look at the world with wonder, recognise her mother and father and before too long will go to school.

The sobering truth is, Elizabeth was lucky. Lucky her parents noticed her eyesight problems. Lucky they took her to the local clinic, and lucky a Foundation Outreach visit was scheduled not long after.

For Dr Carole Poloso, who performed the surgery, it was a very special moment - she recalls:

"Once I took the bandage off one eye, I knew. She was looking around, taking in her surroundings. I became teary, relieved that the surgery was successful and from pure joy that Elizabeth could see."

There are so many children like Elizabeth. Children whose eye conditions could be treated with the proper care that we take for granted.

The Foundation is working to make that happen with trained eye doctors, nurses and clinics that can bring eye care to even the most remote areas of the Pacific.

Our aim is to eliminate avoidable blindness in the Pacific.

Your gift can play such an important part in making that vision a reality.



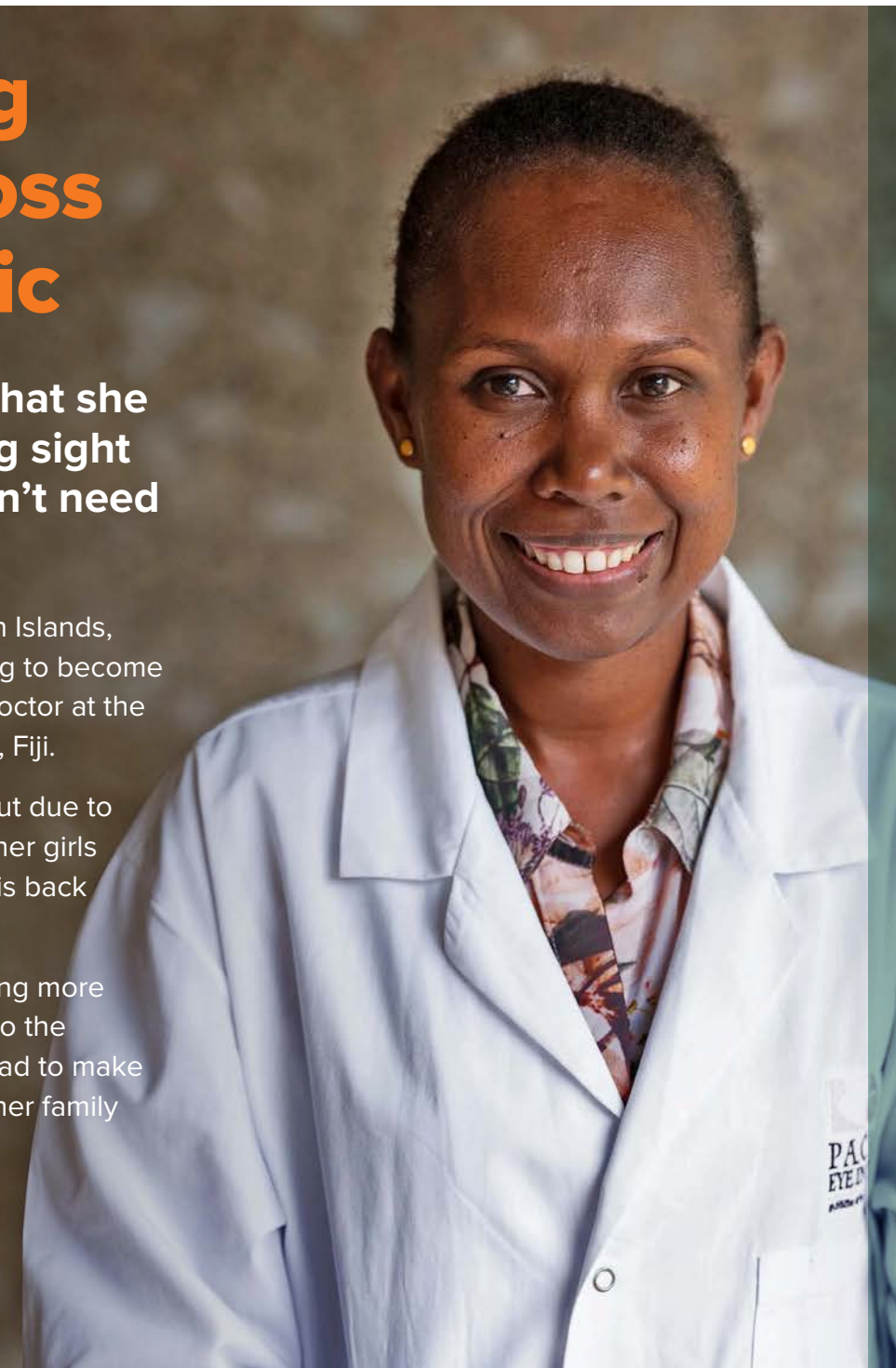
Changing lives across the Pacific

Dr Carole loves what she is doing: Restoring sight to people who don't need to be blind.

Originally from the Solomon Islands, Dr Carole has been studying to become a Foundation-trained eye doctor at the Pacific Eye Institute in Suva, Fiji.

She has three daughters, but due to Dr Carole's studies, two of her girls are with her in Fiji and one is back home with her husband.

In order for Dr Carole to bring more sustainable eye care back to the Solomon Islands, she has had to make huge sacrifices, stretching her family across the Pacific Ocean.

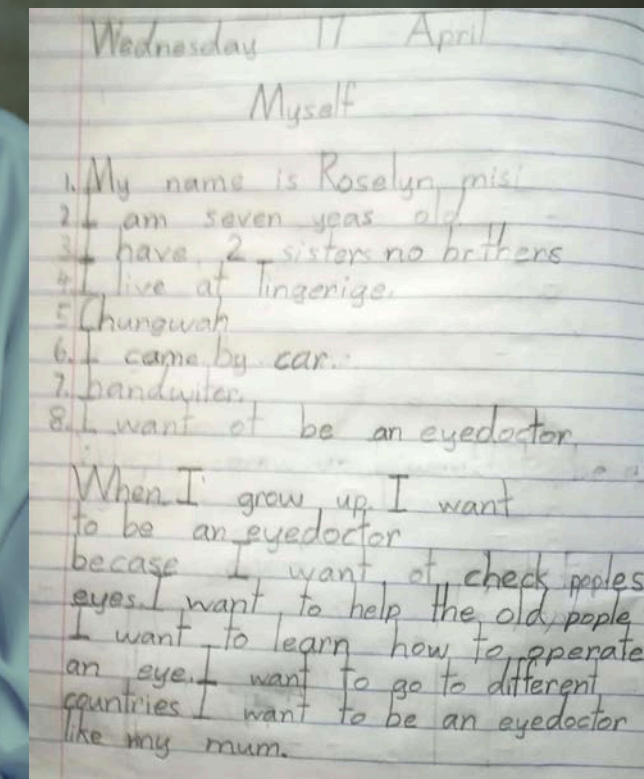


Following in Dr Carole's footsteps

The apple doesn't fall far from the tree when it comes to Dr Carole's family.

One of her daughters wrote in her school notebook that she would like to become an eye doctor one day, just like her mum.

"I want to go to different countries... I want to be an eye doctor like my mum."



Giving people skills to restore sight

The Pacific Islands stretch over thousands of kilometres. There are simply not enough eye health workers to reach everyone in need.

To provide high-quality eye health care, we need to put more trained people into communities. The Fred Hollows Foundation NZ set up the ground-breaking Pacific Eye Institute to do exactly that.

The Institute is in Suva, Fiji. Every year The Foundation trains doctors and nurses to become the eye health specialists that the Pacific so desperately needs.

Nurses like Melissa Gong, for example. Melissa's story is a particularly special one. Melissa was suffering from a condition that, left untreated, would have eventually left her totally blind.

Melissa worked as a general nurse in Papua New Guinea, but wasn't aware that she was in danger of going blind.

"I was just finding it harder to go out in the sunlight – it was getting too glary for me."
– Melissa Gong, Nurse

Luckily Melissa managed to see an eye specialist who performed the required operation and gave Melissa her sight back.

That operation inspired Melissa to train as a specialist eye nurse herself.

Today Melissa is part of a team that performs sight-restoring operations to people throughout Papua New Guinea.

But as the World Health Organization has highlighted, the Pacific needs many more specialists like Melissa.

A gift in your Will to The Foundation will help make that happen.



Working towards a world where no one is needlessly blind

Giving people sight-restoring eye care.

Every year, The Fred Hollows Foundation NZ restores sight to thousands of people suffering from cataract blindness.

However, sometimes restoring vision doesn't even require surgery.

The solution can be as simple as appropriately prescribed spectacles. Yet for many people in the Pacific, the price of glasses puts them far beyond their reach.

Every year we provide pairs of low cost spectacles to thousands of people. For many, particularly children going to school, these glasses will make all the difference to their future.

Your gift will ensure this life-changing work continues.





Investing in much needed infrastructure

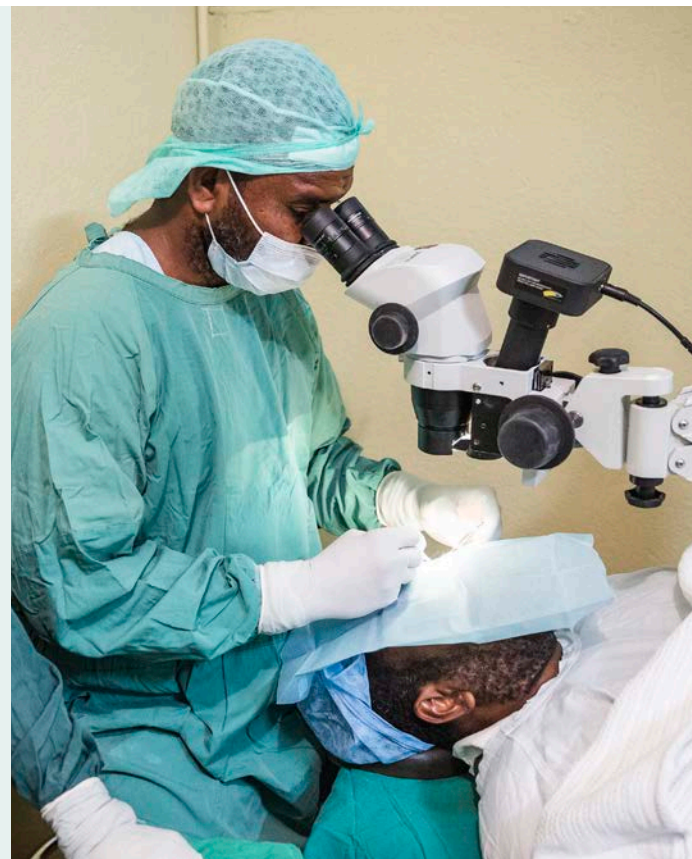
Fred Hollows was driven by the belief that everyone should have access to proper eye care.

“Every eye is an eye,” he said. “When you’re doing the surgery there that is just as important as if you were doing eye surgery on the prime minister or the king.”

The World Health Organization advises that there should be one eye doctor for every 100,000 people. So Papua New Guinea, for example would need at least 80.

But it’s more than just having the people. We need to ensure the infrastructure for proper eye care is there as well.

Your gift will help to create local eye care systems where they’re most needed.



You’ll be helping to refurbish existing facilities and building new clinics.

Your generosity will be felt in even the most remote communities, through mobile eye clinics that operate as part of our Outreach programme.

As Fred said, everyone should receive the eye care they need, no matter where they are. You’ll be helping to make that happen.



Bringing sight to remote communities

We’ve made enormous strides over the last few years in building centrally located eye clinics where people can come for life-changing surgery.

Yet nations across the vast Pacific are full of remote villages. So what happens when people in need can’t get to us?

We go to them.

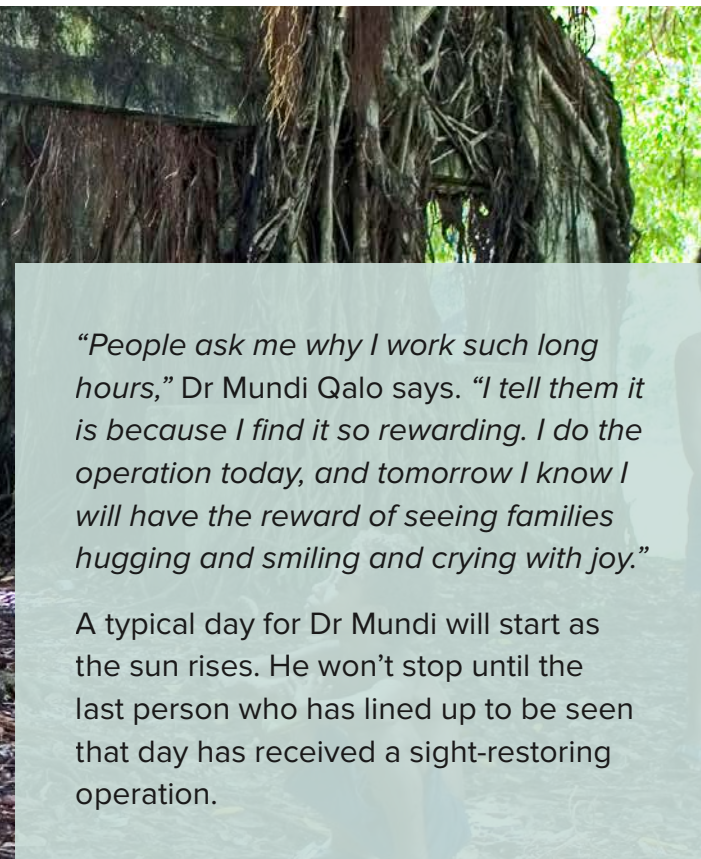
Every year, teams of doctors and nurses in our Outreach programme journey up swollen rivers and along narrow mud tracks to reach people in these isolated communities.

Take our Mobile Eye Clinic for example. Designed, produced, and funded by New Zealanders, the Mobile Eye Clinic is the first

of its kind in the Pacific region. It’s a state-of-the-art, 11.5 metre facility, which travels to remote parts of Fiji to provide sight-saving services to people in need.

In the true spirit of Fred, there is no obstacle that can’t be overcome in the effort to restore sight to people in need – wherever they need it.

Please help us to keep that spirit alive for the people of the Pacific.



“People ask me why I work such long hours,” Dr Mundi Qalo says. “I tell them it is because I find it so rewarding. I do the operation today, and tomorrow I know I will have the reward of seeing families hugging and smiling and crying with joy.”

A typical day for Dr Mundi will start as the sun rises. He won’t stop until the last person who has lined up to be seen that day has received a sight-restoring operation.



Dr Mundi
Pacific Outreach Ophthalmologist

Ernie's Legacy:

Read about one of our supporters who left a gift to The Foundation in his Will.

Ernie Johnston never took his sight for granted.

And when, in his late 60s, he was confined to a wheelchair, this one sense became his world. Knowing there were so many people who were needlessly denied this gift of sight saddened him terribly.

Ernie and his wife Rae, who had passed away several years earlier, had been involved in helping others through various charities they supported. That's why Ernie was determined to help restore sight to people in need, even when he was no longer there.

He left a gift to The Fred Hollows Foundation NZ in his Will.

His incredibly generous gift helped to build the Madang Operating Theatre in Papua New Guinea.

Ernie's gift not only had an immediate effect by giving people access to sight-restoring surgery in a world-class facility; it's a legacy that will have a lasting impact on so many lives for years to come.

"Our family is incredibly proud of Dad, to selflessly help others through his terrific bequest to The Fred Hollows Foundation NZ is so in keeping with the humanitarian he was.

An active person all his life, Dad took great pride in his home and beautiful garden which could literally take your breath away. Complete strangers would stop and stare, it was just so vibrant and colourful.

When Dad's health started to fail in his 60s, it got to the stage where he could no longer tend to the garden and eventually ended up immobilised in a wheelchair. For a man who had been so fit all his life, this was a huge source of frustration.

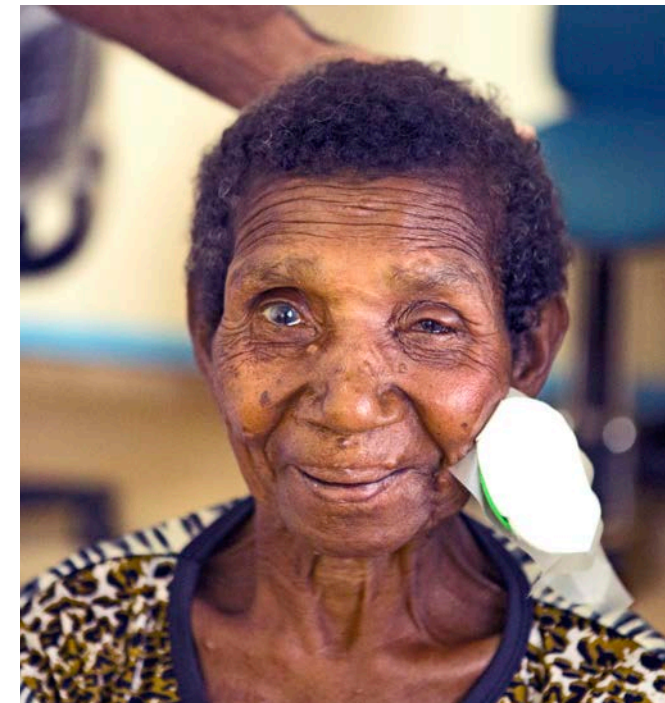
But even with all the aches and pains, we can still remember him saying, "at least I've got my sight." This one sense became his world and while there were things that he didn't have anymore because of his immobility, Dad still had his vision.

To experience the joy and beauty of being able to look out, see the birds visit (especially his resident kingfisher), admire the flowers and bask in the delight that others got from his garden gave Dad immense pleasure. This became the essence of what kept him going and the centre of his world.

It was a huge shock when Dad nearly lost his vision after developing shingles in his eyes, getting to the hospital only by a matter of hours to save his sight in time.

The thought of other people not having their sight would have saddened him greatly and his bequest to The Fred Hollows Foundation NZ is his way of giving to those people who haven't had the privilege of sight all their life."

Vonney Johnston
Daughter of Ernie Johnston.



Saving the sight of diabetes sufferers

Diabetes eye disease is a complication of diabetes and is the world's leading cause of avoidable blindness in the working age population.

Diabetes has become a rapidly escalating problem in low-income countries. In the Pacific, it is at one of the highest rates in the world, despite being uncommon only a generation ago.

Throughout the Pacific, diabetes and the devastating outcomes it can have, such as blindness, is often caused by a lack of healthy food choices which can be out of reach for people living in poverty, as well as a lack of awareness about what causes the disease.

The disease is having devastating repercussions on the population in the Pacific - it has been described as an epidemic.



The Fred Hollows Foundation NZ is committed to playing an active role to save the sight of diabetes sufferers in the Pacific.

In addition to the Pacific-wide diabetes eye programme led by Dr Telaite Biu in Fiji, in 2018 we began a \$2.5 million upgrade and expansion of the National Eye Centre in Vanuatu. The upgrade includes a diabetes eye programme.

A large contribution to the upgrade came from a Fred Hollows supporter who left this generous gift in their Will. Their legacy will live on through the lives of the patients whose sight has been restored.



Patients like Clerence

As is often the case in Vanuatu, Clerence's condition was not diagnosed until many years after she was born. While she now takes insulin, she has been continuously affected by infections for which she has not always been able to afford to take antibiotics. Amongst the consequences have been two amputations, to remove her toes on both feet.

Clerence also has dense cataracts, leaving her with seriously impaired vision.

This is another symptom of her diabetes. The first symptoms were noticed when she was 10 years old and her condition was diagnosed, but her mother did not understand the link between diabetes and worsening vision.

After several delayed operations due to recurrent infections, Clerence was the first patient to be treated when the upgraded eye centre opened in February 2019, by our Foundation-trained eye doctor, Dr Johnson Kasso.

Clerence is just one of our patients from Vanuatu who is suffering this debilitating disease.

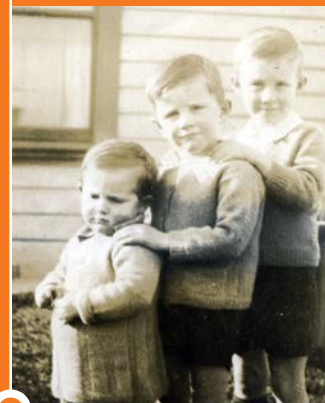
We believe the scale of diabetes within the Pacific requires a co-ordinated approach. This is a large-scale undertaking that requires full-on commitment from our Pacific eye teams.

A gift in your Will can help us tackle this epidemic.



1929

Frederick Cossom Hollows is born in Dunedin.



1971

Fred tackles desperate lack of eye health for Indigenous communities by leading the revolutionary National Trachoma and Eye Health programme.



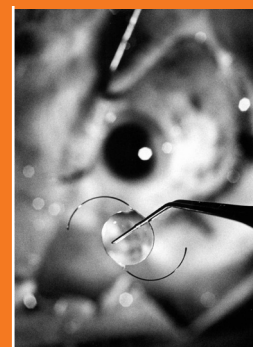
1992

Fred and Gabi establish The Fred Hollows Foundation.



1994

Low-cost intraocular lenses make cataract surgery accessible to all.



2006

The Foundation establishes The Pacific Eye Institute, our first eye care training facility for Pacific doctors and nurses.



2009

Launch of The Foundation's programme to tackle diabetes eye disease in Fiji.



2012

First eye doctors graduate from The Foundation funded programme.



2015

The Foundation has successfully set up a sustainable eye care system in Timor-Leste and officially handed it over to the management of the local Ministry of Health.



2019

The Port Vila National Eye Centre upgrade and extension in Vanuatu opens.



2050

Over 30 eye doctors trained in Papua New Guinea alone.

1955

Fred graduates from Otago Medical School.



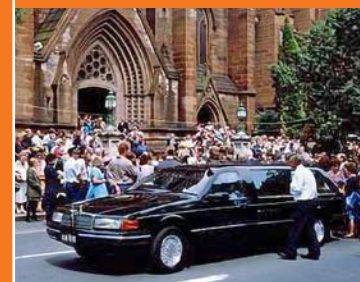
1980

Fred and Gabi marry.



1993

Fred loses his fight with cancer. His legacy lives on through The Foundation.



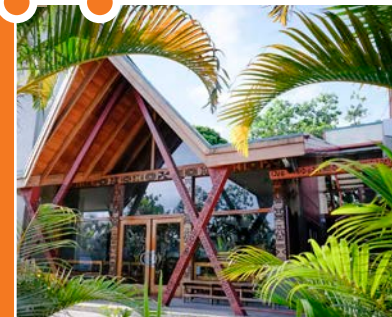
2001

The Foundation's National Eye Care programme starts in Vanuatu.



2007

Thousands of people in Papua New Guinea receive spectacles. Upgrade begins at eye clinic in Madang.



2010

The new purpose built Pacific Eye Institute opens its doors in Suva.

2015

The Mobile Eye Clinic is set up in Fiji, taking eye care services around the island nation to remote villages.



2016

Eye doctors and nurses are now being trained by local medical professionals and overseas tutors.

2030

Cataract backlog eliminated in Samoa and Tonga.



The Fred Hollows Foundation NZ

Your legacy will create more stories like these

Restoring sight affects more than one life.

This is a story we see all around the Pacific. A good person, struggling with unnecessary blindness, robbed of their independence.

Unable to work, there were severe financial difficulties for Ngu's family.

When you look at Ngu today it is hard to imagine this strong, proud Tongan man having to be led by the hand around his own home. But that was the case when Ngu's cataracts took his sight and took his independence. With his confidence gone and his self-esteem in tatters, these were dark times for Ngu in every sense.

Ngu suffered a traumatic eye injury 20 years ago. His eyesight deteriorated so significantly he had to say goodbye to working on his farm. As often happens after such injuries, Ngu developed cataracts.

Unfortunately, living in Tonga, Ngu does not have the same access to eye care as we do in New Zealand.

But everything changed the day The Fred Hollows Outreach Team came to Tonga.

When Ngu came to the clinic, he needed his daughter to guide him to his seat, then lead him to the theatre. Ngu was nervous and fearful.

Twenty minutes after he entered the theatre, Ngu's sight had been restored. He was thrilled he could see his wife and daughter again and they, who sacrificed so much to care for him, have regained their freedom.

Even the smallest gift in your Will can make a difference and help fund these much needed Outreach clinics.



Papua New Guinea is desperately short of eye care services.

The eye health challenges in Papua New Guinea are immense and complex. The country has the highest rate of blindness in the Pacific and only has 11 eye doctors.

While we are proud of our achievements to date, we know that there is much more to do and we are determined that the people of Papua New Guinea will have access to high-quality eye care from a well-trained local eye care workforce.

People like Durkita, a proud family man from a remote village in the Western Province.

Before losing his sight, Durkita was the leader of a subsistence farming village. To earn the money necessary for basic supplies, and to send village children to school, Durkita hunted crocodiles. This was their only source of income. Durkita went from fearlessly hunting crocodiles by torchlight in a canoe, to sitting inside all day, dependent on his family for every basic need. Durkita's blindness was devastating for the whole village.



When Durkita heard that a Foundation-trained eye doctor was visiting the island of Daru in their province with an Outreach Team he was determined not to miss out on his chance.

Durkita and his great nephew Michael travelled for three days and two nights on a dugout canoe. It was an arduous journey made even more difficult by his blindness.

When he finally arrived at our Outreach he was diagnosed with a dense cataract in one eye and a trachoma infection in the other.

A simple 20-minute cataract operation saved the sight in his right eye. With early treatment, his sight in the other eye could have been saved as well.

It was a special moment for everyone in the room when Durkita looked at his great nephew, now a young man, and smiled for the first time in years. Within hours, Durkita was moving with confidence and laughing.

Making a gift in your Will

Talk to your loved ones

We appreciate that organising your Will is one of the most important decisions of your life. You'll want to provide for your loved ones first. We certainly encourage you to talk to them about leaving a gift in your Will to The Fred Hollows Foundation NZ before making your decision.



Information to take when you make your Will

If you choose to remember The Foundation in your Will the next step is to visit your solicitor or a trustee company. When you're there you will need to tell them who you want to benefit from your Will and who you wish to act as your executors.

You will also need to tell your solicitor or the trustee company, what kind of gift you want to make to The Fred Hollows Foundation NZ.

There are a variety of options to help end avoidable blindness, including:

Residuary gift

Here you make a gift from whatever is left, or a percentage of whatever is left, after all of your debts and estate administration costs have been paid and your loved ones have been provided for. This is the best way to keep your gift to The Fred Hollows Foundation NZ inflation-proof. It also means you don't need to put a precise value on your gift.

Pecuniary gift

This is where you gift a nominated amount of money to The Fred Hollows Foundation NZ in your Will.

Specific gift

Here you choose to give a specific item of value (company shares, or house for example) to The Fred Hollows Foundation NZ in your Will.

Suggested wording for your gift

Residuary gift

"I give the residue (or % share of the residue) of my estate to The Fred Hollows Foundation NZ (registered charity number CC23722), for its general purposes, and I declare that a receipt given by the Treasurer or other proper officer of The Foundation shall be an absolute discharge to my Trustees."

Pecuniary gift

"I give to The Fred Hollows Foundation NZ (registered charity number CC23722) for its general purposes, the sum of (insert Amount) and I declare that a receipt given by the Treasurer or other proper officer of The Foundation shall be an absolute discharge to my Trustees."

Specific gift of property

"I give to The Fred Hollows Foundation NZ (registered charity number CC23722) for its general purposes, all of my interest in the property at (insert full address or exact details of item) free of all mortgages and other charges together with all fitted carpets and other fitted floor coverings, blinds, drapes, curtains and light fittings in the property and I declare that a receipt given by the Treasurer or other proper officer of The Foundation shall be an absolute discharge to my Trustees."

Specific gift of shares

"I give to The Fred Hollows Foundation NZ (registered charity number CC23722) for its general purposes, all of my shares (and rights to shares) in (insert full name of company) free of all security interests and I declare that a receipt given by the Treasurer or other proper officer for the time being of The Foundation shall be an absolute discharge to my trustees."

Other important information for your solicitor or trustee company:

The Fred Hollows Foundation NZ is a registered charitable trust, registration AK/566925.

The Foundation is registered with the Charities Commission, registration number CC23722.

Making a Will:

Key words and phrases

Beneficiary

A person, or an organisation, to whom you leave a gift in your Will.

Bequest

A gift you leave in your Will to a person or organisation. See also Legacy.

Codicil

A document that records changes or additions to an existing Will. However, it is now considered best practice to effect changes by getting a new Will drafted rather than by making a codicil to an existing Will.

Estate

The total sum of your possessions, property and money left at your death after debts have been paid.

Executor

Person(s) appointed by you to collect in your assets following your death, pay your debts and ensure that the wishes in your Will are carried out.

Intestate

The term for a person who dies without having a Will. Under the rules of intestacy, if you die without a Will, your estate is distributed to certain family members in specified shares. If you don't have any surviving blood relations, your estate will go to the Crown.

Legacy

Any gift you leave in your Will to a person or organisation. See also Bequest.

Life Insurance

Insurance that pays the policy owner or a designated beneficiary a sum of money on the death of the insured person or after a set period.

Life Interest

The right of a beneficiary to benefit from part or all your estate for their lifetime. For example, in your Will you give a relative/ friend the right to live in a property for their lifetime.

Probate

Official proof that a Will is valid and authority for the executors to administer the estate. After your death, your executors will need to apply for probate, unless you have died leaving only a small amount in the bank or a small life policy or superannuation interest. Probate is granted by the court on the production of the last Will of the deceased and a supporting affidavit from the executors. Probate gives your executors the authority to administer your Will and distribute your estate according to your wishes.

Residue

The total sum of your possessions, property and money left at your death after your debts, estate administration expenses and all specific gifts to beneficiaries have been paid.

Testator

A person who's made a Will.

Our promise to you

Should you choose to remember The Fred Hollows Foundation NZ in your Will, these are the promises we make to you:

1. We will always respect your privacy. Your Will is personal to you – and we appreciate that.
2. We also realise that, rightly, your loved ones will always come first.
3. We're committed to making a difference in ending avoidable blindness so we always encourage people to consider leaving something to The Fred Hollows Foundation NZ. We know this is a big decision. It's also a very private one. So you'll naturally want to do this in your own good time.
4. We will ensure your gift has the greatest possible impact towards helping end avoidable blindness. We'll do this by using your gift carefully.
5. Where possible, we will always give you the opportunity to stay updated with the work we do – work that's made possible with your support.
6. We understand that your personal circumstances could change and we respect your choice should you change your mind about a gift to The Fred Hollows Foundation NZ .
7. You don't need to tell us, but if you have left a gift in your Will, we'd love to hear from you so we can thank you.

Thank you

for considering The Fred Hollows Foundation NZ in your Will.

For more information about gifts in Wills and The Fred Hollows Foundation NZ, please call us on

0800 227 229.



The **Fred Hollows**
Foundation NZ

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