Giving while living

Receiving support, building your future

A practical guide for people who have received, or expect to receive, a financial gift.

LLOYDS WEALTH



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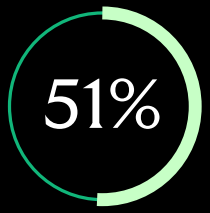
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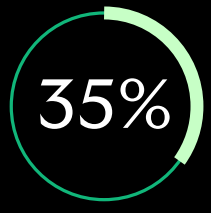
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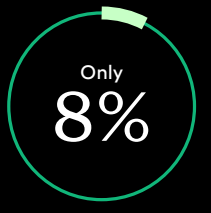
Our research shows how financial support can make a real difference to people's lives, from helping with major milestones to creating a greater sense of financial stability. It also reveals how people feel about receiving support and the conversations and decisions that can help them make the most of it.



would rather see loved ones benefit during their lifetime.



said receiving financial support strengthened their relationship with the person providing it.



said a gift created difficulties, expectations or significant tensions.

51%
believe help with a house deposit could have the greatest impact.

63%
of recipients felt grateful.

40%
of recipients felt supported.

26%
of recipients felt relieved.

Chapter 1

Receiving support, building your future

Financial support from family can come at some of life's most important moments.

It may help you buy your first home, pay for education, manage debt, get through a difficult financial period, or provide greater confidence as you plan for the future. Whatever form it takes, a gift can open doors that might otherwise have remained closed for years.

But receiving support is not always as straightforward as it appears.

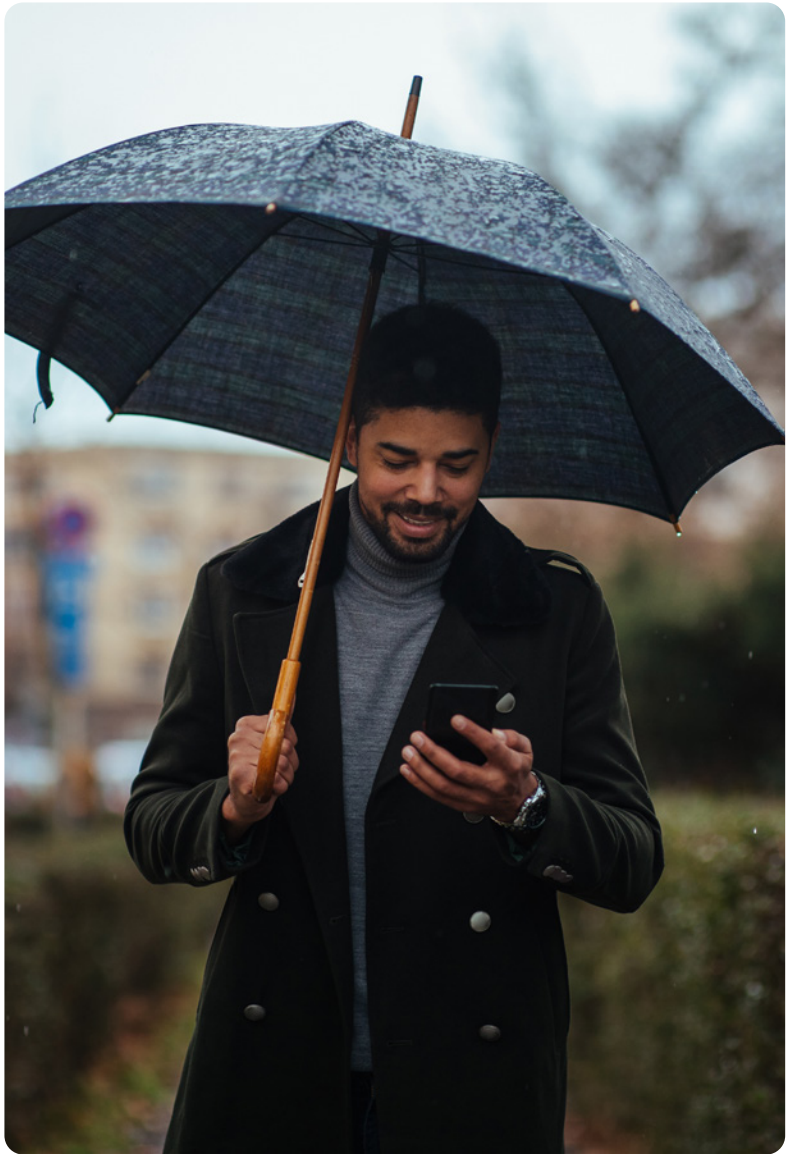
Alongside gratitude, many people experience a mix of emotions. You may feel relieved, supported, and excited about new opportunities, while also wondering how best to use the money, whether you should accept help at all, or how the gift might affect your relationship with the person providing it.

For many recipients, the impact extends beyond the money itself, providing greater security or breathing room at an important point in life.



63%

of people said they felt grateful after receiving a significant financial gift.



40%

said receiving a gift made them feel supported, while 26% said it left them feeling relieved.

8%

said receiving financial support created difficulties, expectations, or tensions in the relationship.

Our research found that recipients most commonly felt supported, relieved, and more financially secure after receiving help from a loved one.

Encouragingly, most financial gifts strengthen family relationships or have no negative impact at all. More than a third said receiving support strengthened their relationship with the person who provided it, while almost half said it made no difference to the relationship.

Yet receiving the money is only the beginning. What you choose to do with it, and how that decision fits with your wider plans, can influence the difference it makes over time.

This report explores how families can make the most of financial support.

From using a gift to achieve important goals, to understanding the conversations and planning that sit behind it, we'll examine how families can approach lifetime gifting in a way that benefits both generations.

For Lloyds Wealth, receiving a gift is often the beginning of a wider financial planning conversation. A financial gift can help someone take an important step forward, but how that money is used can shape its long-term impact.

The most effective outcomes are often those where generosity is combined with planning, helping families turn financial support into lasting financial wellbeing.

"When people talk about lifetime gifting, the focus is often on the person providing the money. But for many families, the impact is really seen in the life of the person receiving it.

I have worked with clients who have used financial support to buy a home, reduce debt, invest for the future, or create a greater sense of financial stability. Often, the gift itself is important, but so is what it makes possible. It can bring forward plans that might otherwise have taken many more years to achieve.

What is often overlooked is that receiving support can bring mixed emotions. Alongside gratitude, some people feel a sense of responsibility to use the money wisely. Others worry about becoming dependent or want to make sure they are honoring the intentions of the person who provided the gift.

That's why planning matters for recipients too. A significant gift can create opportunities, but it can also raise important questions about spending, saving, investing, and longer-term goals. Taking time to consider how the money fits into your wider financial plans can help ensure the benefit lasts well beyond the initial transfer.

The most successful outcomes are rarely about the size of the gift. They come from families having open conversations, understanding each other's intentions and making decisions that support both immediate needs and future ambitions."



Lauren Boldy
Personal Wealth Adviser



Chapter 2

The rise of giving while living

For generations, passing on wealth was often something that happened after death. Assets and money accumulated over a lifetime would form part of an estate and be distributed through inheritance, sometimes many years after they could have had the greatest impact on the people receiving them.

Today, that picture is changing.

Families are increasingly recognising that financial support can be most valuable when it arrives at key moments in life rather than later. Whether helping someone onto the property ladder, funding education, supporting childcare costs or easing financial pressure during challenging periods, many people are choosing to share wealth while they can see the difference it makes.

Our research suggests this shift is well underway. Nearly nine in ten respondents said they would like to provide financial support to loved ones during their lifetime, highlighting a strong desire to help family members when support can make a tangible impact.



88%

would like to provide financial support to loved ones during their lifetime.

51% would rather see loved ones benefit during their lifetime, compared with 6% who would prefer to leave most of their wealth through inheritance.

Importantly, this does not necessarily mean replacing inheritance altogether. Instead, many families are looking for a balance between supporting loved ones today and preserving financial stability for the future. Almost 40% of respondents said they preferred a mix of lifetime gifting and leaving wealth through inheritance, while over half said they would rather see loved ones benefit from their wealth during their lifetime.

The motivations behind this shift reflect the realities many families face today. House prices, education costs and day-to-day living expenses have risen significantly over the past few decades, meaning younger generations often face financial challenges at a stage of life when support can make a meaningful difference.

When asked what type of support would have the greatest impact on loved ones, respondents most frequently identified helping with a house deposit, day-to-day living costs and paying off debts. These are needs that are often most pressing during a person's working life, rather than later as part of an inheritance.

The shift towards giving while living is also being driven by a desire for connection. For many people, providing financial support is about more than money. It is an opportunity to help loved ones achieve important milestones, reduce financial stress and create opportunities that may otherwise take years to realise.

This is reflected in who people most want to support. Four in five respondents said they would most like to provide financial assistance to their children if they felt financially comfortable, while over a third would like to support grandchildren.

Giving while living can also create opportunities for families to have conversations that inheritance planning often postpones. Discussions about financial support, family priorities and future intentions can help ensure wealth is transferred in a way that reflects both practical needs and personal values.

Encouragingly, most people feel comfortable having these conversations. More than eight in ten (81%) respondents said they would feel either very or fairly comfortable discussing gifting, inheritance and future financial support with their family.

As wealth transfers between generations continue to evolve, the question for many families is no longer simply what they will leave behind. Increasingly, it is how, when and where their wealth can make the greatest difference. For a growing number of people, the answer is to start that process during their lifetime.

More than **51%** believe help with a house deposit could have the greatest impact on loved ones.

Chapter 3

Giving and receiving: two sides of the conversation

Money can be difficult to talk about, even with the people closest to us.

When it comes to lifetime gifting, there are also two perspectives to consider. The person giving may be thinking about what they can afford, whether they are treating family members fairly and how they would like the money to be used. The person receiving may be thinking about something quite different: whether they feel comfortable accepting help, what is expected of them and how best to use it.

Talking openly can help bring those two sides together.

Our research suggests many families are willing to have these conversations. 81% said they would feel very or fairly comfortable discussing gifting, inheritance and future financial support with their family.

Yet when we asked people about the most significant financial gift they had received, only 7% said it had come about as part of a planned family discussion.

That gap matters. A conversation before money changes hands can help everyone understand why support is being offered, what it is intended to achieve and whether any expectations are attached.

It can also make the gift feel like part of a shared plan rather than simply a financial transaction.

81% would feel comfortable talking to their family about gifting and inheritance, but only 7% of significant gifts received followed a planned family discussion.



It's OK to ask questions

Being offered a significant financial gift can be a wonderful opportunity. It can also feel complicated.

Our research reflects that mixture of emotions. 63% of recipients said they felt grateful after receiving their most significant financial gift, 40% felt supported and 26% relieved. But 13% said they felt guilty that they needed support, while 8% felt uncomfortable accepting help.



63% felt grateful after receiving a financial gift, but for some recipients the experience also brought feelings of guilt or discomfort.

If you are being offered help, asking questions does not make you ungrateful. Understanding why the gift is being made and whether anything is expected in return can help you decide whether you are comfortable accepting it.

It is also an opportunity to talk about your own plans. If the money is intended to help with a home, education or another important goal, you may have decisions to make about how and when to use it.



Questions worth asking

You might want to talk about:

- Why is the gift being offered now?
- Is there a particular purpose for the money?
- Is it definitely a gift, or is any repayment expected?
- Are there expectations about how or when it should be used?
- Could accepting it affect other family members?
- Is there anything you need to understand about the tax or financial implications?
- How does the money fit with your existing financial plans?

Having these conversations can also provide reassurance about the relationship itself. Encouragingly, relatively few recipients in our research reported a negative impact. 35% said receiving financial support strengthened their relationship with the person providing it and 48% said it made no difference. Only 8% reported difficulties, expectations or significant tensions.

More than a conversation about money

At its best, lifetime gifting brings together two sets of plans: those of the person providing the support and those of the person receiving it. Being open about intentions, expectations and priorities can help both sides feel more comfortable about what comes next.

Giving may start with money, but making it work well often starts with a conversation.

Chapter 4

Turn a gift into an opportunity



A financial gift can arrive for many different reasons. It might help you buy a first home, give you some breathing room during a difficult period or simply provide greater financial stability for the future.

And it isn't always something you have asked for. Our research found that one in four recipients said their most significant financial gift had been offered without them asking, while almost one in five received support during a period of financial difficulty. Others received help around major life events such as buying a home, getting married or starting a family.

Whatever the circumstances, a significant gift can change your financial position. The next question is what you want that change to achieve. The challenge is deciding what you want those choices to achieve.

Your priority may already be clear. Or you may find yourself weighing up several possibilities: reducing debt, building savings, buying a home, investing for the future or creating greater financial resilience.

Our research suggests financial support can have a lasting effect. Almost a quarter (24%) of recipients said a significant gift made them feel more financially secure, while 10% said it motivated them to achieve their goals.

The important thing is not to feel that you must make every decision immediately. Unless the money has been given for a specific purpose, taking a step back and looking at your finances as a whole can help you decide where it could make the greatest difference.

1 Pause and define what matters

Unless the gift is tied to an immediate purchase, give yourself time. Write down what you want the money to achieve over the next year, the next five years and beyond. Separate genuine priorities from decisions that simply feel urgent because the money has arrived.

2 Look at your full financial picture

- Income and regular spending.
- Expensive or persistent debt.
- Accessible savings for emergencies.
- Near-term goals such as a home, education, or career change.
- Any protection needs and financial dependents.
- Longer-term saving, investing, retirement plans, and your own estate.

3 Match the money to the timeframe

What you plan to use the money for, and when you are likely to need it, can help shape what you do with it. Money you may need soon usually needs to be readily accessible, while money intended for a goal further into the future may give you more options. Thinking about the timeframe can help you balance access to your money with the potential to make it work harder over the longer term.

Possible timeframe	What to consider
Soon or at short notice	Keeping money accessible and avoiding investment risk where the value needs to be available.
Several years away	Whether saving, investing, or a combination of both could help you achieve your goal, taking into account how comfortable you are with investment risk and your ability to withstand any losses.
Long term	How investing, pensions or other plans may support future goals, while recognising that investments can fall as well as rise.

If you're considering investing, remember that the value of investments and any income from them can fall as well as rise and isn't guaranteed. You could get back less than you invest.

4 Consider advice before making decisions

Professional advice may be useful if the gift is large, involves property or investments, affects benefits or tax, or creates choices across several goals. Advice can help you understand trade-offs rather than simply select a product.

5 Think beyond the original gift

A gift can do more than help with one immediate expense. It might also give you an opportunity to establish an emergency fund, reduce borrowing, begin investing or make progress towards a goal that previously felt out of reach.

The aim isn't necessarily to make the money last forever. It's to consider whether the gift can leave you in a stronger financial position once the money itself has been used.

Chapter 5

A gift can have tax implications

Receiving a financial gift can feel straightforward, but depending on the circumstances there may be tax or estate-planning considerations worth understanding.

For example, some lifetime gifts may need to be taken into account for inheritance tax purposes if the person making the gift dies within seven years. Different rules and exemptions can apply depending on the type, size and timing of the gift.

Usually, these rules are primarily relevant to the person making the gift and their estate. However, if you receive a significant gift, it can still be useful to understand how it has been structured and to keep a record of what you received and when. Depending on the circumstances, there may also be tax considerations for the recipient.

The tax treatment of a gift will depend on individual circumstances, and tax rules can change. If the gift involves property, investments, complex family arrangements or an amount that could materially change your financial position, it may be worth taking appropriate tax, legal or financial advice.

"It can be tempting to start making plans as soon as you receive a gift, particularly if it could make something you've been working towards possible. But taking a little time to get advice first can be valuable. An adviser can help you understand any tax considerations, talk through your options and make sure the choices you make work alongside the rest of your finances."



Ian Jones
Financial Planning Director



Chapter 6
Making the most of your gift

You've seen some of the questions worth considering before deciding what to do with a financial gift. This checklist brings the key points together in one place, giving you a simple way to work through your next steps.

Your gifting checklist

Understand the reason for the gift

Have an open conversation with the person giving it. Is there a particular purpose in mind? Is it an outright gift? Understanding their intentions can help prevent misunderstandings later.

Look at your whole financial picture

Consider your income, debts, savings and existing plans before deciding where the money could have the greatest benefit.

Keep something back for the unexpected

If you do not already have an accessible financial buffer, consider whether some of the money could be set aside for unexpected costs rather than committing all of it immediately.

Pause before making a big decision

Unless there is a reason to act immediately, give yourself time to consider your options rather than feeling pressured to decide straight away.

Consider whether reducing debt should be a priority

As part of reviewing your overall finances, think about whether using some of the gift to reduce borrowing could be beneficial. What is right will depend on the type and cost of the debt and your wider circumstances.

Think about your future as well as today

A gift may help with an immediate goal such as buying a home but consider whether part of it could support longer-term ambitions too, such as saving or investing for the future.

Checklist continues

Understand the implications before investing

If you're considering investing some of the gift, think about your goals, timeframe, attitude to investment risk and how much loss you could afford to bear.

Don't feel guilty about accepting help

Our research found that while gratitude was the most common feeling among recipients, some people experienced guilt or discomfort too. Receiving help does not mean you have failed to achieve something on your own.

Consider any tax implications

Depending on what you receive and what you subsequently do with it, there may be tax or other financial considerations. If you are unsure, seek appropriate professional advice before making significant decisions.

Think about what comes next

Could this gift be a chance to establish better financial habits, make progress towards a long-term goal or simply create more breathing room? The opportunity may extend well beyond the money you initially receive.



Chapter 7
The next step is yours



Receiving a financial gift can mark an important moment.

It might bring a goal within reach, provide greater security or simply give you more freedom to think differently about the future.

Whatever the circumstances, what matters now is making choices that are right for you. That starts with understanding what you want the money to achieve and considering how it could support your priorities, both now and in the years ahead.

There is no single right way to use a gift. For some, the answer may be a first home or greater financial breathing room. For others, it could provide the foundations for saving and investing or help bring a longer-term ambition closer.

The important thing is that the decision feels considered rather than rushed and reflects both your circumstances and what matters most to you.

We're here to help

If you've received, or expect to receive, a significant financial gift, a financial adviser can help you consider how it could fit into your wider plans.

From an immediate financial goal to building for the future, we can help you understand your options and make informed decisions about what comes next.

A gift may start with someone else's generosity. What it makes possible from here is yours to shape.

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About our research

Lloyds Wealth commissioned Attest to survey **2,250 UK adults in August 2026** about their experiences, attitudes and confidence around giving and receiving financial support.

Their responses provide the insights and statistics featured throughout this report, helping us understand what encourages families to pass on wealth, what can hold them back and what it feels like to be on either side of the gifting conversation.

Important information

The ideas in this report are designed to help you think about your options rather than provide personal financial advice. What is right for you will depend on your individual circumstances.

Fees, charges and eligibility criteria apply at Lloyds Wealth.