



Free End-of-Life Care Workshops

For Islington & Haringey residents

October 2021 Events

There is a lot we can all do to prepare for all matters to do with the future including end of life - putting in place some basic plans and starting conversations with those that are close to us. From something as simple as letting people know where our spare keys are in the event of a medical emergency to creating an NHS Advance Care Plan. All of these things can save a lot of stress and heartache for both you and people who are important to you.

Future Matters is offering some key free online workshops coming up in October:

1. **Death Café** – an informal gathering to discuss end of life in an open, friendly and non-judgemental way. A great place to share thoughts about practical and emotional issues.
2. **Wills & Lasting Powers of Attorney (“LPA”)** – make sure you have a spokesperson and your wishes are known. From paying bills to making important decisions, everyone should have one!
3. Develop your unique **Advance Care Plan** – record your wishes and vital information in one place; this can provide NHS medical staff, including paramedics, fast access if there were an emergency.

For further information and to register for the Events via Eventbrite refer below:



Death Cafe

[For more info & to book](#)



Lasting Powers of Attorney

[For more info & to book](#)



Advance Care Planning

[For more info & to book](#)

For more info & to book see www.ageuk.org.uk/islington/future-matters