



September/October 2021 Events

There is a lot we can all do to prepare for an emergency - 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 or learning some basic first aid techniques. All of these things can save a lot of stress and heartache.

We have Five Tips for Preparing for an Emergency including upcoming free online workshops coming up in September and October. This includes a First Aid Course delivered by the Red Cross and simple, straightforward advice sessions from our Future Matters team.

1. **First Aid Online Course** – delivered by the Red Cross (for all types of emergencies)
2. **Death Café** – an informal gathering to discuss end of life in an open, friendly and non-judgemental way.
3. **Wills Lasting Powers of Attorney (“LPA”)** – make sure you have a spokesperson and your wishes are known.
4. Develop your unique **Advance Care Plan** – record your wishes and vital information in one place.
5. **Protect your Home** – simple steps to protect your home refer to:

<https://www.ageuk.org.uk/islington/about-us/news/2021/preparing-for-an-emergency/>

For further information and to register for the Events via Email/Eventbrite:



For Zoom link email
Info@carershub.org



Death Café
[REGISTER HERE](#)



Wills & LPAs
[REGISTER HERE](#)



Advance Care Planning
[REGISTER HERE](#)