



**Free
FUTURE MATTERS
EVENTS
September 2023**

**For Islington
residents**

Conversations about end of life with family and friends are never easy. Thinking about the future today can reduce stress and result in better outcomes - no matter what your age. As Autumn approaches the Future Matters team are offering two Free Events to not only meet the team, discuss your thoughts but also put your affairs in order!

**1. Death Café Almeida Café & Bar, Almeida Street, London N1 1TA
Friday 8 September 11:00 – 13:00hrs**

The Future Matters team returns to the Almeida Cafe & Bar to facilitate Death Cafés.

Find a warm welcome and interesting discussion about anything to do with 'end of life'

No two Death Cafés are ever the same! People are often surprised by the touching, useful and quite often light-hearted conversations. They might include:

- Shared experiences about how to start 'difficult conversations'
- Sometimes philosophical discussion or personal experiences around death and dying scenarios

Refreshments: hot/cold beverages, biscuits & cakes will be available for you to purchase at the Almeida Cafe.

**2. Lasting Powers of Attorney & Wills What, why, how? North London Library Manor Gardens N7 6JX
Tuesday 12 September 10:30 – 12:30hrs**

Get free guidance to putting together Lasting Powers of Attorney and Wills in place quickly and easily.

Setting up a Lasting Power of Attorney ("LPA") may sound complicated, but it is a simple way of protecting your health, your finances together with the people you trust.

Future Matters will be presenting a session on how to put Lasting Powers of Attorney in place and also offering practical guidelines for Wills. Come along in person to North London Library (1st Floor).

To find out more for both Events and to register via Eventbrite refer below:



[For more info & to book](#)



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To learn more about Future Matters and the service it provides refer to:

www.ageuk.org.uk/islington/future-matters

For further information regarding Gentle Dusk: www.gentledusk.org.uk