



Free
FUTURE MATTERS
EVENTS
October/November 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 additional Free Events to not only meet the team, discuss your thoughts but also put your affairs in order!

1. Funeral Planning & Wills - What, why, how? North London Library Manor Gardens N7 6JX
Tuesday 31 October 15:00 – 17:00hrs

Future Matters will be presenting a session on what are the key points you should cover when putting together your Funeral Plans and Wills. The session will offer practical help and guidelines. Come along in person to North London Library (1st Floor). After the session all attendees will receive information on how to download both Funeral and Will planners.

2. Death Café Almeida Café & Bar, Almeida Street, London N1 1TA
Friday 17 November 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 Café at a 20% discount.

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



[For more info & to book](#)



[For more info & to book](#)

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