



Free
FUTURE MATTERS EVENTS
May 2024

During 'Dying Matters Awareness' week, **6 - 12 May 2024**, communities are encouraged across the country to come together to talk about death, dying and grief. This year the theme, will focus on the language that we use around death, dying and grief: '**Dying Matters Awareness Week | Hospice UK**'. The following week, **13 - 19 May 2024**, is 'Dementia Awareness' week. One in three of us born in the UK will develop dementia in our lifetime, and by 2025 one million people will be living with dementia in the UK. Future Matters is offering a series of **free** events covering Advance Care / End of Life Planning and the opportunity to talk about Death, Dying and Bereavement.

1. Wednesday 8 May 11:00 – 15:00hrs - Dying for a Cuppa Islington Green Park- Upper Street/Essex Road, London N1 1NR.

Enjoy a free tea/coffee and chat to members of the Future Matters team about Advance Care or End of Life planning including Advance Care Plans, Lasting Powers of Attorney, Wills and Funeral Planning. We will happily talk them through with you. No booking is necessary to this event.

2. Friday 10 May 11:00 – 13:00hrs - Death Café Almeida Café & Bar - Almeida Street, London N1 1TA

The Future Matters team continues to facilitate Death Cafes at the Almeida Cafe & Bar. 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'
- Philosophical discussion or personal experiences around death and dying scenarios

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

3. Tuesday 14 May 10:30 – 12:30hrs - Advance Care Planning & Lasting Powers of Attorney: What, Why, How? Islington North London Library - Manor Gardens, London N7 6JX

Get free guidance on how to put together Advance Care Plans and Lasting Powers of Attorney. Setting up a Lasting Power of Attorney ("LPA") may sound complicated, but it is a simple way of protecting your health and your finances together with the people you trust.

4. Thursday 23 May 10:30 – 12:30hrs – Wills & Funeral Planning: What, Why, How? Islington North London Library - Manor Gardens, London N7 6JX

Get free practical guidance for setting up a Will. Putting everything in order means that it will be less for your family/friends to deal with at such an emotional time. Also covered is how to organise and set up your Funeral Plans, choosing in advance what you want and what you do not want to happen.

To find out more for all the Events and to register via Eventbrite (as applicable), refer below:

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Dying for a Cuppa Islington Green Park N1 1NR No booking required	Death Café Almeida Café & Bar N1 ITA For more info & to book	Advance Care Planning & Lasting Powers of Attorney Islington North Library N7 6JX For more info & to book	Wills & Funeral Planning Islington North Library N7 6JX 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