



# PLANNING FOR END OF LIFE YOUR LIVING WILL

LET ME TELL YOU WHAT I WANT SO I CAN GET ON WITH  
THE BUSINESS OF LIVING

COMMUNITY WORKSHOP  
FRIDAY 27 SEPTEMBER 2 TO 6PM  
FRIENDS MEETING HOUSE,  
12 JESUS LANE,  
CAMBRIDGE CB5 8BA

*Death is universal and inevitable; we just don't know when it will happen. It could be as a result of old age, a terminal illness, a stroke, an accident or an injury.*

*Whilst we cannot control the time and cause of our death we can influence where and how we are cared for. On this workshop we will provide information on how you can plan for the end of your life.*

*We believe this can be done at any stage of life so there is more likelihood that your preferences will be respected and you can relieve those you love of having to make difficult decisions on your behalf*

**Kirsten Lavers & Aly Dickinson, End of Life Doulas, will cover in a straightforward and interactive way: -**

- ✓ **Advance Decisions to Refuse Treatment**
- ✓ **Advance Statements**
- ✓ **Lasting Power of Attorney**
- ✓ **Do Not Attempt Resuscitation**
- ✓ **Who will speak for you when you can no longer speak for yourself**
- ✓ **Mental Capacity/Dementia**
- ✓ **Do Not Hospitalise**
- ✓ **Organ Donation**
- ✓ **Funeral Planning**
- ✓ **Online presence**
- ✓ **Starting your own end of life plan**

Cost: £65 with Early Bird fee £55 for bookings before 2 September 2019.  
Limited free and reduced cost places for those short of funds.

To register your interest please email Kirsten [kirstenlavers@me.com](mailto:kirstenlavers@me.com) quote 'APDAY Cambridge' in title or call her on 07545 218251

Facebook: <https://www.facebook.com/lwdw.uk/>

Websites: <https://www.lwdwtraining.uk/>  
<https://eol-doula.uk/>