

PLANNING FOR YOUR RETIREMENT WORKSHOPS



"Really interactive,
and am excited
about my retirement.
I will be much more
prepared and creative
with a plan in place."



Demographics of the North West and Lancashire

As people are living longer and with the State Pension age rising to 66 in October 2020, retirement planning has never been more crucial to ensure flexibility, choice and security in later life.

Have you thought about:


- The age at which you would like to retire?
- The amount of money you will need to support your intended lifestyle?
- How much you will have to live on in retirement?
- What you are going to do with your free time?
- How you are going to keep fit and healthy?

If NOT, you may not experience the retirement you want or expect! We can help.

Workshop aims, benefits and outcomes

Our one day Retirement Planning workshops will help you to address these questions and to:

- Prepare for your future and be in a position to make the most of your retirement
- Feel more informed in some key areas linked to retirement planning, including money and legal issues, health and wellbeing and managing your "free time"
- Feel more comfortable talking to your employer about your retirement plans



"Good pace, great presentations, everyone should do this course. Even young people!"

Why learn with Age UK Lancashire?

Using our years of experience as the leading voice for older people in Lancashire, we have designed this workshop to give you the most useful information that we know you will need when approaching retirement. The content of the course is specifically tailored for people approaching retirement and will give you the right the tools and information you need to enjoy a well-planned, healthy and happy retirement.



"Thank you for the sessions,
planning can be fun!"

Who will benefit from the workshop

Our retirement planning courses are designed for anyone planning to retire/semi-retire within the next 5-10 years. However, the earlier that we start to plan for retirement the better, so anyone is welcome and will benefit from early planning.

Content

The workshop is delivered in a friendly, welcoming and informal environment, with the main aim to give you as much information as possible to plan for a great retirement. The four main areas we cover are:

Money and Tax	Legal issues
Understanding pensions and your options	Wills
Financial planning	Lasting Powers of Attorney
Making the most of your money	Advance Care Planning
Savings and investments	Equity release
Health & Wellbeing	Planning your time and activities in retirement
Keeping active	Managing change and transition
Maintaining strength and balance	Opportunities and challenges to be aware of
Mental health and Mindfulness	Planning your time and keeping connected
Nutrition	Action plan for your future

"Inspired me to
put a plan in place".

Age UK Lancashire uses a transparent and open process to choose the Solicitors, Independent Financial Advisors and Health Trainers who deliver the technical content on the workshops. We have clear expectations and criteria for choosing each business that delivers sessions on our workshops. Age UK Lancashire is not an introducer and we are not paid by the businesses that are delivering the course modules. Age UK Lancashire's role is to facilitate the workshops and we are not responsible for the technical content.

Costs

Individual	£190 (+VAT)
Individual and partner	£320 (+VAT)

Further information and booking

Courses can be booked online on the 'Our services' page at:

www.ageuklancs.org.uk

To discuss booking onto a workshop or for further information please contact:

 **Anne Oliver: 07807 338783**
 **yourfuture@ageuklancs.org.uk**

"Well balanced day of professional presentations which should have given all delegates food for thought".

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