

# PLANNING FOR YOUR RETIREMENT WORKSHOPS

"This course  
was more  
valuable to  
me than a gold  
watch"



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



# Importance of planning for your retirement

As people are working and living longer, 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

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



## 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.

## Who should attend?

Our workshops are designed for people planning to leave employment within the next 10-15 years. However, the earlier individuals start to plan for retirement the better so everyone is welcome.

## Content

A full day workshop provides independent and impartial advice in the following four areas:

### Money and Tax

Understanding pensions and your options

Financial planning

Making the most of your money

Savings and investments

### Legal issues

Wills

Lasting Powers of Attorney

Advance Care Planning

Equity release

### Health & Wellbeing

Keeping active

Maintaining strength and balance

Mindfulness

Nutrition

### Planning your time and activities in retirement

Managing change and transition

Opportunities and challenges to be aware of

Planning your time and keeping connected

Action plan for your future

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 who delivers sessions on our workshops. Age UK Lancashire are not an introducer and we are not paid by the businesses who are delivering the course modules. Age UK Lancashire's role is to facilitate the workshops and we are not responsible for the technical content.

"Inspired me to put a plan in place"

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



## Costs

Individual	£190 (+VAT)
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Individual and partner	£320 (+VAT)
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## Further information and booking

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

**[www.ageuklancs.org.uk](http://www.ageuklancs.org.uk)**

To discuss booking onto our workshop or for further information please contact Anne Oliver:

 **07807 338783**

 **[yourfuture@ageuklancs.org.uk](mailto:yourfuture@ageuklancs.org.uk)**

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

