



# Spreading the News



# 2023



Look what's  
happening this  
year ...



# Spreading the News



Speakup working together with ...



NHS England



And ECHO  
(Extension of Community  
Healthcare Outcomes)



Have 3 Free online events ...  
To help people Understand  
what is important about:



- DNACPR
- Future Planning
- The Mental Capacity Act



## DNACPR

### Do Not Attempt Cardiopulmonary Resuscitation

In some cases doctors may decide not to try and re-start a person's heart if it stops beating

This is called DNACPR



Our Free online event will tell you why this decision is sometimes made

Two dates to choose from:



- Tuesday 7<sup>th</sup> March 2023  
(10.30am – 12.00pm)

Or



- Monday 20<sup>th</sup> March 2023  
(10.30am – 12.00pm)

To book your place please follow the link below ...

click



<https://echo.zoom.us/meeting/register/tZYvcOmvrD4uG9fF10D3M32imyLOSEifGC->



## Future Planning



Planning for your future can be ...  
Good for you



Good for your family



Our Free online event will show you  
how to make your Plans

Two dates to choose from:



- Tuesday 4<sup>th</sup> April 2023  
(10.30am – 12.00pm)

Or



- Tuesday 18<sup>th</sup> April 2023  
(10.30am – 12.00pm)



## Mental Capacity Act ...



The Mental Capacity Act is a law which says what has to happen when people have to make important decisions



It says what must be done to help people who are unable to make the decision on their own



Our Free online event will help you understand how this law works



Two dates to choose from:

- Tuesday 9<sup>th</sup> May 2023  
(10.30am – 12.00pm)

Or



- Tuesday 6<sup>th</sup> June 2023  
(10.30am – 12.00pm)



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Details of how to book for the Future Planning and Mental Capacity events will be sent out nearer the time ...

Or you can get more details now by emailing:



[sally@Speakup.org.uk](mailto:sally@Speakup.org.uk)

Or



[ian@Speakup.org.uk](mailto:ian@Speakup.org.uk)



Hope to see you all soon