



Retirement Info

The most popular websites related to preparing effectively for retirement and to being successfully retired are list below

General

<http://www.agewatch.net>
<https://www.ageuk.org.uk>
<https://www.citizensadvice.org.uk>
<https://www.ageing-better.org.uk>
<https://www.royalvoluntaryservice.org.uk>
<https://www.carersuk.org>

Finances

<https://www.retirementlivingstandards.org.uk>
<https://www.yourpension.gov.uk>
<https://www.pensionwise.gov.uk>
<https://www.moneyadvice.service.gov.uk>
<https://www.moneyandpensions.service.gov.uk>
<https://www.pensionsadvisoryservice.org.uk>

Health

<https://www.mentalhealth.org.uk/publications/how-to-in-later-life>
<https://www.nhs.uk/live-well/healthy-weight/>
<https://www.agewatch.net/diet/>
<https://www.helpguide.org/>

Fitness

<https://www.nhs.uk/live-well/exercise/>
<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/>
<https://www.helpguide.org/home-pages/exercise-fitness.htm>
<https://www.agewatch.net/fitness/>



Leisure

<https://www.thechallengehub.org>

<https://discussion.roadscholar.org/b/blog/posts/top-12-hobbies-for-retirement>

<https://www.ageco.co.uk/viewpoint/health-and-lifestyle/hobbies-for-retirement/>

<https://www.newretirement.com/retirement/what-to-do-in-retirement/>

<https://www.gov.uk/government/get-involved/take-part/volunteer>

<https://sixtyandme.com/start/>

Learning

<https://arden.ac.uk/>

<https://www.bbk.ac.uk/>

<http://www.open.ac.uk/>

<https://www.wea.org.uk/>

<https://www.coursera.org/>

<https://www.futurelearn.com/>

<https://www.bachelorsportal.com/>

<https://www.hotcoursesabroad.com/>

<https://www.bbc.co.uk/bitesize/subjects>

<http://www.workandlearning.co.uk/projects/retirement/>

<https://www.ageuk.org.uk/search/?q=Education+and+training>

<http://www.retirementexpert.co.uk/learning-for-free-retirement.html>

Meditation

<https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/>

<https://www.mindful.org/how-to-meditate-3/>

<https://www.psychologytoday.com/gb/basics/meditation>

<https://www.healthline.com/health/mental-health/types-of-meditation>

<https://www.catholicnewsagency.com/resource/238664/guide-to-meditation>

<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/mindfulness/>