



Planning for Retirement













Things to consider

Staying
healthy and
physically
active

Staying connected and socially active

Having a purpose and sense of identity

Having enough money

Directory

Health & Wellbeing

Volunteering

Learning

Work

Money





Try out a new activity or sport

Join a gym or an exercise class

Staying healthy and physically active

Spend more time outdoors and in nature Take part in a social or guided walk





Volunteer with likeminded people

Staying connected and socially active

Join an exercise class or walking group

Sign up for a group course or workshop





Learn a new skill or start a new project

Use your skills to help or mentor others

Having a sense of purpose and identity

Find a working pattern which suits you

Give back to society or your local community





Seek
expert
financial
advice

Make a budget

Having enough money

Continue
working on a
part-time or
consultancy
basis

Understand your pension options





Health & Wellbeing



Active Ageing Bristol aims to get more people aged 55 and over across Bristol involved in physical activity. It provides a comprehensive directory of the activities on offer, with a focus on those which are suitable for beginners, people wishing to return to exercise, and those wishing to try something new in a fun and social environment.

Life Cycle UK encourages people to get (back) into cycling by offering training, social activities, free bike repairs and affordable refurbished bikes. It runs group rides and a buddy scheme specifically for people aged 50 and over.





Come on Board is a project run by All-Aboard Watersports in partnership with Bristol Ageing Better. It offers free taster sessions in a range of watersports activities, including kayaking and rowing, for people aged 50+.





Health & Wellbeing



The Well Aware website provides information on a wide range of organisations, support groups, community groups, events and activities that can help improve health and wellbeing in Bristol and South Gloucestershire.

Wesport offers comprehensive information on health & wellbeing, an A-Z of sports and physical activities, and details of clubs, centres and opportunities in the West of England.





The NHS provides lots of information and guidelines on staying healthy and active, including physical activity guidelines, fitness guides, exercise tips, plus information on eating well, sleep and tiredness, and emotional and mental wellbeing.





Volunteering

Information & advice on volunteering or becoming a trustee



The NCVO provides advice on the benefits of volunteering, becoming a volunteer, where and how to look for opportunities, and your rights as a volunteer.

How Charities Work is run by the NCVO and offers an overview of becoming a trustee – where to find trustee roles and links to other useful resources and guides.





Gov.uk provides information and advice on becoming a charity trustee – eligibility, typical roles and duties, liability – and links to other useful guides.





Volunteering

Where to find volunteering opportunities

















Learning

























Work

National Careers Service The National Careers Service provides information, advice and guidance on learning, training and work, including finding a job, CV writing, interviews, and skill health checks.

Ways 2 Work is an employment support service run by Bristol City Council. Their website provides a directory of useful organisations and details of upcoming job fairs, courses, workshops, and other events.





West of England Works offers employment support for people who have been unemployed for 12+ months, including 1-2-1 and group sessions, placements and work experience, and help with job applications and interviews.





Work



Age UK provides support and advice on work for people aged 50 and over, covering searching for a job online, registering with a recruitment agency, and changing careers.

Independent Age offers information and advice on working in later life, including tax and Natural Insurance, flexible working options, returning to work, and finding work.





BRAVE Enterprise is an advice service for small businesses and those wishing to start a small business.





Work



The Age Diversity Forum is a social enterprise championing age diversity in the workplace.

Prime Candidate is run by the Age Diversity Forum and includes job listings and a training and advice centre specifically for older workers.





Tutor Hunt is an online database of tutors in academic subjects, languages, the arts, health and IT for both young and adult learners. It is free to register as a tutor.





Money

The PENSIONS Advisory Service

The Pensions Advisory Service works to make pensions accessible and understandable for everyone. They provide independent and impartial information and guidance about pensions, free of charge, to members of the public.

The YourPension.gov.uk website is managed by the Department of Work and Pensions (DWP) and offers information on retirement planning and the State Pension, along with age-specific information and interactive tools for people who want to plan for their retirement.





Pension Wise offer free and impartial government guidance about defined contribution pension options. They can help anyone aged 50 or over who has a personal or workplace pension, and wants to make sense of their options.





Money



The Money Advice Service is a free and impartial advice service, set up by government. It offers advice and guides, tools and calculators, and online and telephone support on a range of areas including retirement & pensions, homes & mortgages, and work & benefits.

Independent Age offers free, impartial information and advice on a range of financial areas including pensions, tax, and benefits.





Age UK provides free financial and legal support and advice for people aged 50 and over, covering benefits & entitlements, income & tax, pensions, wills & power of attorney, and fraud.





Money



Tax Help for Older People is a charity service from Tax Volunteers that provides free, independent and expert advice and help for people aged 60+ on lower incomes (£20,000 gross per annum or less.)

The Financial Conduct Authority website hosts the Financial Services Register, a public directory with details of firms and individual financial advisors who have been regulated by the FCA.





The Law Society website hosts Find a Solicitor, a public register of organisations and individuals providing legal advice who have been regulated by the Solicitors Regulation Authority (SRA).