

## Exploring Retirement

Bangor, United Kingdom  
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Year Founded:

2013

**Organization type:**

nonprofit/ngo/citizen sector

Project Stage:

Growth

**Budget:**

< \$1,000

Website:

<http://www.exploringretirement.co.uk>

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### Project Summary

#### Elevator Pitch

**Concise Summary: Help us pitch this solution! Provide an explanation within 3-4 short sentences.**

The Exploring Retirement website is a free, online monthly magazine that features reports on the scientific studies into healthy ageing and well-being. It also regularly showcases examples of activities that provide meaning in purpose in later life.

#### About Project

**Problem: What problem is this project trying to address?**

Everyone approaching retirement asks themselves the question "What will I do with my life now that I have the freedom to choose how I spend my time?" There is a great deal of information on how to invest our savings for retirement but remarkably little on how to invest our most precious resource, the time that is left to us.

**Solution: What is the proposed solution? Please be specific!**

Exploring Retirement is based on published studies drawn from around the world, allowing us to share examples of purposeful retirement living provided by active retirees. It is written by retired people, for retired people and makes use of web based technology to disseminate its message to everyone who needs to read it.

### Impact: How does it Work

**Example: Walk us through a specific example(s) of how this solution makes a difference; include its primary activities.**

People in the U3A know about the U3A. Men in Men's Sheds know about other men in sheds. Usually they have heard about each other - just. None of those I have met have heard of Friendship Force International, REACH, Beacon Hill Village, Discover What's Next etc. etc.

**Impact: What is the impact of the work to date? Also describe the projected future impact for the coming years.**

The challenges of retirement can best be solved by people who are retired and who have had to face these challenges themselves. We are in danger of reinventing the wheel, not once but over and over! Exploring Retirement is meant to be a one stop shop where we can share best practice. To date I know of no other web site that freely shares information in this way. We are unique!

### Sustainability

**Financial Sustainability Plan: What is this solution's plan to ensure financial sustainability?**

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Exploring Retirement is self-funded on a very small budget. A larger budget might enable us to - a. publicise the web site more effectively b. meet with other innovators and attend conferences to keep up to date b. make greater use of streaming video technology on our web site

**Marketplace: Who else is addressing the problem outlined here? How does the proposed project differ from these approaches?**

Many people are addressing the challenge by producing tailored solutions but no one that I know of is addressing the challenge by researching and sharing these solutions with others.

**Team**

**Founding Story**

I received my PhD in the psychology of retirement in 2006 and in 2007 was awarded a Churchill Travel Fellowship that allowed me to visit the United States for 4 weeks to meet with innovators and thought leaders in the Third Age. It was while pondering how to share what I have learnt that I conceived Exploring Retirement as an online magazine.

**Source URL:** <https://www.changemakers.com/node306408/entries/exploring-retirement>