

# From Retired to Redefined: Resources

## Books

Celia Dodd, *Not Fade Away: How to Thrive in Retirement* (Bloomsbury Publishing, 2018)

Siobhan Daniels, *Retirement Rebel* (Vertebrate Publishing, 2022)

Hector Garcia and Francesc Miralles, *Ikigai. The Japanese Secret to a Long and Happy Life* (Hutchinson, 2017)

Lynda Gratton and Peter Scott, *The 100-Year Life. Living and Working in an Age of Longevity* (Bloomsbury, 2020)

Jan Hall and John Stokes, *Changing Gear: Creating the Life You Want After a Full-on Career* (Headline Publishing Group, 2021)

Berit Lewis, *Ageing Upwards: A Mindfulness-Based Framework for the Longevity Revolution* (Practical Inspiration Publishing, 2023)

Lucy Ryan, *Revolting Women: Why Midlife Women Are Walking Out* (Practical Inspiration Publishing, 2023)

Andrew Scott, *The Longevity Imperative. Building a Better Society for Healthier, Longer Lives* (Basic Books, 2024)

Densie Taylor, *Rethinking Retirement for Positive Ageing: Creating a Meaningful Life After Full-time Work* (Routledge, 2024)

## Programmes

*Live to 100: Secrets of the Blue Zones*, created by Dan Buettner, 2023, Netflix,  
<https://www.netflix.com/title/81214929>

## Podcasts

Sam Baker, *The Shift*: <https://open.spotify.com/show/59aYxJoRk0yljoqoJTr1nO>

Siobhan Daniels, *Retirement Rebel: Live After 60*: <https://www.retirementrebel.co.uk>

Emma Thomas, *Middling Along*: <https://middlingalong.com>

Avivah Wittenberg-Cox, *4-Quarter Lives*:  
[https://www.youtube.com/playlist?list=PLMIGWoDKneYsoK7j-CRlvvqLznM5z\\_2LJ](https://www.youtube.com/playlist?list=PLMIGWoDKneYsoK7j-CRlvvqLznM5z_2LJ)

## Groups/communities/charities

Noon – organisation and community which supports and inspires women who are in their midlife stage

<https://noon.org.uk>

Restless – digital community for the over-50s

<https://restless.co.uk>

55/redefined – for the modern over 50 consumer

<https://55redefined.co>

WB Directors – a purpose-led business working to increase diversity in executive and non-executive leadership, supporting women into non-executive board roles and supporting diverse talent to reach their potential: <https://wbdirectors.co.uk>

Brilliant Minds – funds early-stage start-ups for the over-50s: <https://brilliant-minds.com/>

Intergenerational England – an organisation dedicated to bridging the generational divide, fostering connections across generations, sectors, and government to create a more inclusive and resilient society.

<https://www.intergenerationalengland.org>

U3A – a UK-wide movement of locally-run interest groups where people who are no longer working full time can come together to learn for fun.

<https://www.u3a.org.uk>

Reach Volunteering – an organisation focused on connecting professionals who want to volunteer, with charities requiring volunteers with specific skills and experience

<https://reachvolunteering.org.uk/>

Doit Life – government website for volunteers

<https://www.doit.life/volunteer>

National Council for Voluntary Organisations – membership organisation that champions volunteers and charities

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

Third Sector – organisation which focuses on voluntary sector news and jobs

<https://www.thirdsector.co.uk>

Carers UK – charity dedicated to improving the lives of carers

<https://www.carersuk.org/about-us/>

Centre for Ageing Better – an organisation focused on tackling inequalities in ageing.

<https://ageing-better.org.uk/>

Women on boards

[https://www.pageexecutive.com/advice/region/united-kingdom/women-on-boards-  
neds](https://www.pageexecutive.com/advice/region/united-kingdom/women-on-boards-<br/>neds)