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People's routines previous studies have suggested the people's health and well-being can deteriorate after retirement this is a study of 400 English adults over the age of 50 for 6 years after they retire low compared with the same number of people who was still working but with the same in terms of age and sex and health and all the rest of it they reach as many different organisations or clubs or societies but the belongs to and the also answered questions on the physical health and quality of life the study published in the British medical journal open so you proper science found that 6 % of those who sampled died in the 1st 6 years after they finished work but the risk of dying decreased if people continue to stay active through clubs book clubs church groups that sort of thing bring much anything the inculcated a sense of getting out

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of the house meeting people having friends a regular commitment to a social activity of some kind oh 3.5 6 oh 6 oh 9.3 is my number you can text 8.8 5 oh tweet At LDC and what of the new hobby is the EU to cup when you retired to keep active what are you planning to do when you retire with your spare time I think everyone's taste there's a bloke in the Oregon ago for worldwide you're long cruise but what about the whole piece in which you might seek to indulge one she retired when you think of all like spare time going to have all of the forces of I wish I'd time to do that which had time to go under the said do that how you finish that sentence oh 3.5 6 oh 6 oh 9.3 text 8.8 5 oh tweet at l b c. um no for you planning to do with your spare time in retirement and will you find yourself going down the would have

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to take up a brand new hobby new interest learning the piano learning a language joining the club during a gem perhaps do you recall a minute oh 3.5 6 oh 6 oh 9.3 to a few years away from eastern looking for ideas on the sports field and also have to promise to smalling to answer this question which is the latest iconic tv show to be rebooted and remade it is and it will come back with a bright new cast because although one of them are no longer with us are you being served the tv show which you may or may not remember was set in a department store grace brothers department stores coming back for a one-off special earlier on only from issue rather the new cast celebrating 60 years the BBC comedy are all the iconic characters wall feature in the remake but obviously not played

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by the was a comic actors and actresses the wrong reform of the original cast who were still alive am I guess from the main cost one there we go you might remember is Mike Berry who is normally still alive but he was on tv show called the Voice Last week it is one of the chairs ok it's the singing competition with the chairs you know he failed to make it through the blind audition what the blind the singer's now doing oh should right so this is called blind addition because teachers facing away past really the blind for was the largest just facing in the opposite direction but if I turn my chair right that happening are no it doesn't mean I'm in any sense line does my diary anyway I was on the voice as we can see he's erm he's he's still alive and very much so you played Mr Spooner in there are you being served I

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am My memory of that particular issue inevitably is mrs slocumb spruce see and the interest that was aroused in him in that's never seen ever saw mrs logan's precision lost talking about issues always concern for a placebo you never actually got to see it sees said it is simply trust the script writers of screens some were mrs slocumb spruce he was being attended to Mr Humphreys will be back as well played of course by a different actor as well am a statement released by the BBC's a is picking up with Jeremy Lloyd and David Croft much-loved comedy left of Guinness you can tell us abreast pressure these canny assure all bring grace brothers and some of the nation's all time there was a gong characters back mrs slocumb pussy and all will return captain peacock peacock miss brahms she want Labour Wendy Richard's you went into Eastenders and some the age of