Factsheet 91

Pension Freedom and benefits

June 2025

About this factsheet

Changes to how you can use funds in your occupational or private pension were made in 2015. Once you reach the age of 55, you have freedom to access your pension savings or pension pot and to decide what to do with this money.

This factsheet contains basic information about your choices with respect to drawing down pension savings. You can contact Pension Wise for more information and guidance.

Age UK cannot give advice about what options are best for you. If possible and you can afford it, speak to a regulated independent financial adviser if you need advice about your decisions. See factsheet 43, *Getting legal and financial advice*, for information about independent financial advisers or check the MoneyHelper website.

This factsheet sets out the impact of different choices for drawing down pension funds on Universal Credit and Pension Credit. These cover issues affecting your income, your capital, and whether you have deprived yourself of money to increase entitlement.

The information in this factsheet is correct for the period June 2025 to May 2026, although benefit rates may change during the year.

The information in this factsheet is applicable to England, Scotland, Wales, and Northern Ireland.

Contact details for any organisation mentioned in this factsheet can be found in the *Useful organisations* section.

Contents

1 Introduction

- When you reach 55 years of age, you have choices about how, when, and if you can access private pension savings or pension pots. This applies to '*defined contribution pensions*' only.
- Whereas previously, you almost always had to buy an annuity with your pension pot, you now have a choice to draw down some, or all, of your pension pot, in one go, or at different times, or you can leave it invested.
- Pension Wise offers basic guidance and information on pension freedoms.
- Neither Pension Wise nor Age UK can give advice on your best options. Speak to a regulated independent financial adviser if you need advice – see factsheet 43, *Getting legal and financial advice* for more information.
- Be careful of scams – see section 9 for things to look out for.

2 What pensions are covered?

Pension freedoms apply to '*defined contribution pension*' pots only. These should not be confused with '*defined benefit pension schemes*' (or '*final salary schemes'*). If you have a private sector defined benefit pension or a funded public sector scheme, you can transfer to a defined contribution pension, provided you are not already taking your pension.

Defined contribution pensions can be accessed from age 55, so this may seem an attractive option. However, you may be worse off if you transfer out of a defined benefit scheme, even if your employer gives you an incentive to do so. If you consider this, seek advice from a regulated financial adviser. If the pot value is over £30,000, this is compulsory.

2.1 Defined contribution pensions - covered

Defined contribution pensions build up a pension pot using your and your employer's contributions plus investment returns and tax relief. If you are in a scheme through your workplace, your employer usually deducts your contributions from your salary before it is taxed. If you set the scheme up for yourself, you arrange the contributions yourself and the scheme reclaims the tax direct from HMRC.

2.2 Defined benefit pensions – not covered

Defined benefit pensions pay a secure income for life with annual increases. You may have one if you worked for a large employer, or in the public sector, for example, the NHS. Your employer contributes to the scheme and is responsible for ensuring there is enough money at the time you retire to pay your pension income.

You normally also contribute to the scheme. They usually continue to pay a pension to your spouse, civil partner, or dependants when you die.

3 Pension choices

There are six choices for your defined contribution pension pot. You can:

- Leave your pension pot untouched – i.e. it remains invested
- Seek a secure or guaranteed income for life – usually called an '*annuity*'
- Seek an adjustable income – often called a '*drawdown*'
- Take money in chunks – known as '*Uncrystallised Funds Pension Lump Sum*'
- Cash in the whole pot – usually subject to tax
- Mix of the above – either now or in the future.

You can exercise these options once you reach 55 years of age, although this can be earlier if you retire on ill-health grounds or have a protected retirement age. The minimum age is due to increase to 57 from 2028, in line with rises in State Pension age. It is important to consider the impact of the different options on your income tax and benefit entitlement.

Scams
Beware of scams or people offering high interest or unrealistic rewards – if it seems too good to be true, it probably is. If in doubt, check with Age UK Advice, Age Cymru Advice, Age Scotland or Pension Wise. See section 9 for more information about scams.

3.1 Leave pot untouched

It is up to you when you take your money. You might reach the normal retirement date under your scheme or have been sent a pack from your pension provider. Neither factor requires you to take out your money immediately. If you do not take anything, make sure you check the investments and charges under the pension contract.

3.2 Seek a secure income

You can use part, or the whole, of your pension pot to buy an annuity. Typically, an annuity provides you with a regular and guaranteed income. There are many different types of annuities available. The amount of annuity you get depends on how much you have in your pot, when you buy it, your age, your health and lifestyle, and the type of annuity.

It is a good idea to shop around for the best annuity deals as they vary and the company holding your pension funds may not offer the best deal. You do not have to buy an annuity from the company holding your pot. See section 2.3.1 of factsheet 12, *Planning your retirement: money and tax,* for more detailed information about annuities.

3.3 Seek an adjustable income (‘*flexi-access drawdown*’)

You can take 25 per cent of your pot as a single, tax-free cash sum. The other 75 per cent stays invested to give a regular, taxable income. You can decide what income you take and when you take it. Not all providers offer this option and if you decide to transfer funds to a provider who does, you may be charged a fee for this. You probably need to be involved in choosing and managing your investments and you may be charged a fee for this arrangement. Remember the value of your pot can go up or down since it is invested in the stock market.

3.4 Take money in chunks

You can take amounts of money from your pension pot until it runs out. You decide how much to take and when to take it. Your 25 per cent tax-free amount is not paid in one lump sum – you get it over time. Each time you take a chunk of money, 25 per cent is tax free and the rest is taxable. This option is known as ‘*Uncrystallised Funds Pension Lump Sum*’ (UFPLS). Some pension providers charge a fee to take cash out. Not all providers offer this option or set minimum levels of withdrawals. If your current provider does not offer it, you can transfer your pot to another provider but there might be a fee.

3.5 Cash in the whole pot

You can cash in the whole value of your pension pot in one go. However, you need to think about things such as how much tax you will pay on the amount taken and what you will live on when you retire. In particular, you need to be cautious if you decide to spend most, or all, of the money in one go, if you also claim certain benefits or require social care, now or in the future (see later sections).

3.6 Mix of the above

One of the most important things to understand is that, within these options, you have freedom to decide what to do with your pension pot after reaching 55 years of age. You can, for example, leave your pension pot to grow for a few years, withdraw 25 per cent tax free as income, and use the remainder to purchase an annuity. If you have multiple pots, you can use different options for each, e.g. leave one pot untouched and take cash in chunks from another.

Note

Speak to Pension Wise to better understand your options as your decision will affect your finances for the rest of your retirement. We recommend you seek advice from a regulated independent financial adviser before making choices about your pension pot. You will be charged for this kind of advice.

4 Tax

The general rule is you can take up to 25 per cent of your pension pot tax free. The remainder is subject to your usual marginal tax rate. This is the highest rate of income tax you are liable for in a financial year.

HMRC will treat any withdrawal from your '*pension pot*' as income in that tax year. The tax will be deducted before you get the money, often at a higher '*emergency rate*', but you may be able to reclaim some of that tax.

Be careful deciding when to take money from your pension pot as it may move you to a higher tax band, so you pay more tax and receive less money overall.

Example

Debra earns £10,000 a year from part-time work. She decides to top this up with a partial cash withdrawal from a pension pot of £6,000 to change her car. The first 25 per cent (£1,500) is tax free.

The remaining £4,500 is added to her income for that year, giving her an annual taxable income of £14,500. This is £1,930 over her personal allowance of £12,570, so tax is due at 20 per cent on £1,930, i.e. £386. She only has £5,614 to put towards her new car.

5 Universal Credit

Whilst you are under State Pension age, your entitlement to Universal Credit (UC) is usually only affected if you take money from your pension pot, either as capital or income. If you leave the pension pot untouched, this should not affect UC before you reach State Pension age.

You can claim UC if both you and your partner have not yet reached State Pension age. If you claim UC and you or your partner have reached State Pension age, the rules in section 5.1 apply to how money drawn from a pension pot affects UC.

However, if you or your older partner choose not to access your pension pot after reaching State Pension age, the rules in section 6.1 on *'notional income'* apply whilst you claim UC.

For more information, see factsheet 92, *Universal Credit*.

5.1 Income

Any regular income you receive is usually taken into account when calculating entitlement. If you buy an annuity paying a weekly, monthly, or annual income, the amount paid is taken fully into account. You may be paid less, or no, benefit as a result and may be no better off than before.

Case study – seek a secure income

John is 57 years old and lives with his wife Nora. John is paid £968.10 a month Universal Credit for him and Nora. This includes their monthly rent of £340.

John has £30,000 in his pension pot, which he uses to buy an annuity paying £130 a month. This is taken fully into account as income so Universal Credit is reduced to £838.10 a month. Their overall monthly income remains the same.

If you are a couple where one of you has reached State Pension age and that person decides to leave their pension pot untouched, the DWP include '*notional income*' in the assessment of the above benefits. This is an amount equivalent to the income you would have received if you had bought an annuity with the pension pot. See section 6.1.

5.2 Capital

If your pension pot remains untouched and you are below State Pension age, its value is ignored as a capital asset. However, if you take a lump sum from your pension pot, as partial drawdown or the whole amount, it is treated as capital in the means-test.

This may mean your entitlement is reduced or removed.

5.2.1 Capital limits

The capital limits are as follows. The *upper limit* is £16,000 – if your capital assets exceed this amount, you are not entitled to UC, regardless of your income. The *lower limit* is £6,000.

If you have more than £6,000 but less than £16,000, you are assumed to receive an income from your capital assets. This is calculated as '*tariff income*'. For every £250 above £6,000, you are assumed to receive £4.35 a month in tariff income for UC.

Case study – take whole pot

John cashes in the £30,000 pot in one go and receives £25,500 after tax. As John has more than £16,000 in capital, his Universal Credit payments stop immediately. UC is not payable again until his capital falls below £16,000.

John has money in the bank but no regular income and his rent payments are not covered. Depending on what John spends the money on, he may be affected by the deprivation rules (see section 7 for more information).

5.3 Mixture of income and capital

If you decide to take an adjustable income, you may find yourself affected by both income and capital rules. Similarly, if you decide to take money from your pension pot in chunks, it may be treated as either income or capital depending on the regularity of withdrawals.

Case study – seek an adjustable income

John takes £7,500 from his £30,000 pension pot as his 25 per cent tax free amount. As this exceeds the lower capital limit by £1,500, he is assumed to have a tariff income of £26.10 a month which is taken off his Universal Credit, leaving him with £942 a month.

He takes an investment income of £100 a month from the remainder of his pension pot. This is taken fully into account for UC. Their UC entitlement is £842 a month and their overall monthly income is £942. If John spends the £7,500, tariff income reduces, but he must make sure DWP do not treat him as having deprived himself of capital to receive more benefit (section 7).

6 Pension Credit

Pension Credit (PC) can be claimed if you and your partner have both reached State Pension age (currently age 66). If you are a mixed-age couple where one of you is over this age and the other is under, you must usually claim UC until you both reach this age.

If you already get PC and your partner has not reached State Pension age, the rules on how **their** pension pot affects these benefits is the same as in section 5.

This section only covers PC Guarantee Credit. It does not cover PC Savings Credit, which is only payable for people reaching State Pension age before 6 April 2016.

6.1 Income

If you claim PC and leave your pension pot alone, the DWP include '*notional income*'. This is an amount equivalent to the income you would have received if you had bought an annuity with the pension pot.

Case study – leave it alone

John and Nora reach State Pension age and John leaves his pension pot of £30,000 untouched. He claims PC to top up his State Pension of £230.25 a week. The award of Pension Credit for John and Nora is normally £116.35 a week.

He is happy with his increased income and decides to leave his pension pot to accrue more value. They have no other savings or income. The DWP calculate he could purchase an annuity of £30 a week. John's PC payments are reduced by £30 to £86.35 a week. Their overall weekly income is £316.60.

For PC, any income, such as an annuity or income drawdown, that you receive that is not disregarded is taken into account. Your entitlement to PC is reduced by an amount equivalent to income you have coming in. This includes deemed or notional income as described before.

6.2 Capital

Case study – seek a secure income
When John reaches State Pension age, he buys an annuity with his £30,000 pension pot. This provides a weekly income of £30.

Example
Aziz has £15,000 in savings and £2,750 in premium bonds. He is treated as having capital of £17,750. This is £7,750 over the lower capital limit of £10,000.

He is treated as having deemed income of £16 a week (16 lots of £500 or part of £500 above £10,000).

For PC, there is no upper capital limit. There is a lower capital limit of £10,000. Any capital you have less than £10,000 is disregarded entirely. If you have over £10,000, you are treated as having a weekly '*deemed*' income of £1 for every £500 (or part of £500) over the £10,000 limit.

If you withdraw your entire pension pot in one go, the deemed income rules apply.

Case study – take the whole lot
John and Nora reach State Pension age and he takes his £30,000 pension pot in one go. He puts £25,500 (after tax) into a savings account. He receives a State Pension of £230.25 a week. Their standard entitlement to PC is £116.35 a week, but the savings are assumed to generate deemed income.

The first £10,000 is disregarded, but the £15,500 excess generates deemed income of £31 a week, reducing their PC award to £85.35 a week. Their overall weekly income is £315.60. If his savings reduce, deemed income reduces and the amount of PC payable increases.

6.3 Mixture of income and capital

If you decide to seek an adjustable income, where you receive a lump sum payment and an investment income, you may be affected by both income and capital rules.

Similarly, if you decide to take your pension pot in chunks of money, it may be treated as income or capital, depending on the regularity of payments.

Case study – seek an adjustable income

John takes a 25 per cent drawdown from his £30,000 pension pot, equal to £7,500 and invests the remaining £22,500 in an annuity paying £22.50 a week. John receives State Pension of £230.25 a week and has no other income. John and Nora have a joint savings account with £5,000 invested.

As John and Nora have £12,500 (£7,500 from the pension pot and £5,000 in savings) in capital overall, they are £2,500 over the lower capital limit for PC. This generates a deemed income of £5 a week in total. This reduces their Pension Credit entitlement to £111.35 a week. The £22.50 annuity reduces their PC award to £88.85 a week. Their overall weekly income is £341.60.

7 Deprivation

If the Department for Work and Pensions (DWP) or HM Revenue and Customs (HMRC) or a local authority decide you spent money deliberately to allow you to claim benefit, or to increase how much you receive, or you have not taken up available income or capital, you may be treated as if that resource is available to you. This is '*notional capital*' or '*notional income*'.

The benefit authorities must establish that a '*significant operative purpose*' in depriving yourself of the money is, or was, to establish entitlement to UC, PC or HB. This is not always easy to decide and depends very much on your individual circumstances.

The benefit authorities must be able to show that you knew about the effects of spending money or giving it away. They must be satisfied you had a positive intention to secure benefit entitlement as a '*significant operative purpose*'.

On the other hand, the fact that securing benefit may have been a foreseeable consequence of an action does not automatically lead to the conclusion this was the intention behind the action. It all depends on the particular circumstances of your case.

Always keep evidence and receipts about any capital assets such as savings you dispose of. You can seek guidance from the DWP but they are often reluctant to give a definitive response until the money is gone.

With PC, pension-age HB and UC, you should not be held to have deprived yourself of capital if you pay off or reduce debts owed, or purchase goods or services that are reasonable in your circumstances.

Deprivation rules operate differently depending on whether you or your partner are under or over State Pension age. The following examples (one overleaf) show what may happen in different situations.

Case study - deprivation may not have occurred

John draws down the whole £30,000 pension pot. He has two unsecured loans of £10,000 each. He uses the £25,500 he receives after tax to clear these debts and keeps evidence to show this.

The DWP decide this is a reasonable decision as debts have been repaid and his PC and HB continue being paid. He has £5,500 in savings left, which is ignored as the lower capital limit for PC is £10,000.

Case study - deprivation may have occurred

John draws down the whole £30,000 pension pot and receives £25,500 after tax. John and Nora decide to go on holiday and spend £20,000 on a luxury cruise. John also pays a credit card bill of £5,000.

The DWP decide he has deprived himself of £20,000 as their holiday was extravagant and may have been to increase their PC entitlement. The DWP do accept payment of the credit card bill as reasonable.

The first £10,000 is ignored as this is the lower capital limit. This means notional income of £20 a week is applied to their PC. Their PC payment is reduced to £96.35 a week, on top of his State Pension of £230.25 a week. Total overall weekly income is £326.60.

These examples are for illustration only. Get advice if you plan to spend large sums of money and you get, or intend to claim, means-tested benefits. Also, if the DWP decide you have deprived yourself of capital as it may be possible to challenge the decision.

7.1 Universal Credit

7.1.1 Income

You should not be held to have deprived yourself of income if you decide to leave your pension pot alone whilst you are under State Pension age for UC.

7.1.2 Capital

You should not be held to have deprived yourself of capital if you decide to leave your pension pot alone whilst you are under State Pension age for UC.

If you draw down a sum of money from your pension pot that either removes or reduces your entitlement to UC and which you then spend, you may be held to have deprived yourself of the capital sum.

If so, DWP can treat you as still possessing the capital sum and apply notional capital rules. The decision about whether you have deprived yourself depends on your reasons for spending the money.

DWP guidance

DWP guidance on capital deprivation is at paragraph H1795 onwards at https://assets.publishing.service.gov.uk/media/65d336b3e1bdec2be1322238/admh1.pdf

DWP guidance on notional income is at paragraph H5150 onwards at https://assets.publishing.service.gov.uk/media/6790d9dd43f931eea1a34dc2/admh5.pdf

7.2 Pension Credit

7.2.1 Income

If you draw regular income from your pension pot through drawdowns, rather than buying an annuity, this is compared to the amount you would get from an annuity and whichever amount is higher is taken into account as notional income.

If you leave funds in your pension pot, you are treated as having notional income based on the annuity those funds could yield (see section 6.1, *Case study – leave it alone*).

If you take one or more lump sums from your pension pot, you are treated as having notional income on what is left in your pension pot after the capital drawdown(s).

If you claim Pension Credit as a couple and your partner is under State Pension age, notional income rules do not apply to any occupational or private pension your partner has yet to claim.

7.2.2 Capital

If you leave your pension pot untouched, you are treated as having a notional income from it (see section 6.1). If you draw down a sum of money from your pension pot that either removes or reduces your entitlement to Pension Credit and which you then spend, you may be held to have deprived yourself of the capital sum.

If so, DWP can treat you as still possessing the capital sum and apply the notional capital rules. The decision about whether you have deprived yourself in this case depends on your reasons for spending the money.

DWP guidance

DWP guidance on capital deprivation is at paragraph 84781 onwards at www.gov.uk/government/uploads/system/uploads/attachment_data/file/515170/dmgch84.pdf

DWP guidance on notional income is at paragraph 85400 onwards at www.gov.uk/government/uploads/system/uploads/attachment_data/file/599092/dmgch85.pdf

7.3 Diminishing capital

If notional capital rules are applied to a UC award, the amount of notional capital is reduced every 13 weeks by the amount of UC you would have received if these rules had not applied.

If you have notional capital rules applied to a Pension Credit claim, the amount of notional capital is reduced each week by the amount of Pension Credit you are losing.

Seek expert advice if you are affected from Age UK Advice, Age Cymru Advice, Age Scotland or Citizens Advice.

DWP guidance on diminishing capital:

- for **UC** from paragraph H1900 onwards at https://assets.publishing.service.gov.uk/media/65d336b3e1bdec2be1322238/admh1.pdf; and
- for **PC** from paragraph 84861 onwards at www.gov.uk/government/uploads/system/uploads/attachment_data/file/515170/dmgch84.pdf

See the following case study for how these rules should work in practice.

Case study - diminishing capital rules

DWP decide to treat John as having notional capital of £20,000. Of this, £10,000 is ignored as this is the lower capital limit. The other £10,000 generates deemed income of £20 a week, so his Pension Credit is paid at £96.35 a week. The notional capital then reduces by £20 a week, every week.

After 25 weeks, notional capital is reduced to £9,500 (25 weeks times £20 a week = £500). This means deemed income from the notional capital reduces to £19 a week and Pension Credit payments increase to £97.35 a week.

After another 27 weeks, the notional capital reduces to £8,987 (27 weeks times £19 a week = £513). Deemed income reduces to £18 a week and Pension Credit payments increase to £98.35 a week.

This process continues until the notional capital expires completely, which may take several years.

8 Social care and deprivation

There are similar rules around deprivation of capital and income if you receive social care services funded by your local authority, whether at home or in residential care, or you may need these services in the future.

For more information, see factsheet 40, *Deprivation of assets in social care*.

In **Wales**, see Age Cymru factsheet 40w, *Deprivation of assets in the means test for care home provision in Wales*.

In **Scotland**, see Age Scotland guide, *Care Home Guide: Funding.*

9 Scams

There are criminals taking advantage of these freedoms by tricking you into cashing in your pension pot and giving them your money to invest. Pension scams are serious as you could lose some, if not all, of your pension savings, or end up with a large tax bill (there can be high charges if you withdraw your pension savings early).

If you think you have been scammed or someone tries to scam you, report it to Action Fraud online or call 0300 123 2040 (in **Scotland**, report it to Police Scotland).

If you are considering investing your pension pot, talk to an adviser regulated by the Financial Conduct Authority (FCA). Check the FCA register of firms online and find an Independent Financial Adviser through the Money Helper website www.moneyhelper.org.uk/en/getting-help-and-advice/financial-advisers/choosing-a-financial-adviser

9.1 How to spot a pension scam

Fraudsters try different ways to persuade you to part with your pension cash, from promising opportunities that are simply too good to be true to giving you false information. They might:

- claim to know loopholes to get more than the usual 25 per cent tax-free
- offer high returns of over eight per cent from overseas investments, or new or creative investments
- offer a loan, saving advance, or cashback from your pension
- suggest you put all your money in a single investment (most financial advisers suggest spreading your money in different schemes)
- send paperwork to your door by courier requiring an immediate signature
- claim they can help you access your pension pot before the age of 55 (unless you are seriously unwell or have a certain type of scheme, this is not legally possible).

If you plan to take your pension early, check whether there are penalties for doing so. If it is a workplace pension, you may need your employer's agreement to do so.

Other signs you are being scammed

If you answer yes to any of these, you may be being scammed:

- Were you contacted out of the blue, over the phone or on your doorstep?
- Did you respond to an advert offering a free pension review?
- Are you being pressured into making a quick decision?
- Are the firm's only contact details a mobile phone number or a PO box address?
- Has the firm told you that you cannot call them back?

Never be fooled by an impressive website offering advice. Instead, visit the Pension Wise website for free and impartial guidance on your pension options. They never contact you out of the blue and they have only one website. You can register your interest for an over-the-phone or face-to-face appointment.

Also note that if you use Google to search for '*Pension Wise*', you are likely to see a number of sponsored adverts at the top of your search results for other companies. These are not the government funded Pension Wise service which can be found at:

www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise

For more information about Independent Financial Advisers, see section 12 of factsheet 43, *Getting legal and financial advice*.

For more information, see:

- Age UK information guide, *Avoiding scams*
- Age Scotland guide, *Avoiding scams*, or
- Pensions Regulator guidance at www.thepensionsregulator.gov.uk/pension-scams.aspx

Useful organisations

Action Fraud
www.actionfraud.police.uk
Telephone 0300 123 2040

Action Fraud is the national fraud reporting centre where enquirers should report fraud if they have been scammed or defrauded. They provide a central point of contact for information about fraud and financially motivated internet crime. In Scotland, contact Police Scotland.

Citizens Advice
In **England**, see www.citizensadvice.org.uk
Telephone 0800 144 8848
In **Wales**, see www.citizensadvice.org.uk/wales
Telephone 0800 702 2020
In **Scotland**, see www.cas.org.uk
Telephone 0800 028 1456
In **Northern Ireland**, see www.citizensadvice.co.uk

National network of advice centres offering free, confidential, independent advice, face to face or by telephone.

Financial Conduct Authority
www.fca.org.uk/consumers
Telephone 0800 111 6768

Regulate independent financial advisers (IFA's), website has searchable database of IFA's.

Financial Ombudsman
www.financial-ombudsman.org.uk
Telephone 0800 023 4567

Deals with complaints about financial services including pension providers.

Jobcentre Plus
www.gov.uk/contact-jobcentre-plus
Telephone 0800 055 6688

Part of the DWP, administers most benefit claims for people of working age and the regulated Social Fund.

MoneyHelper
www.moneyhelper.org.uk/en/pensions-and-retirement
0800 011 3797

Offer information and guidance on different types of pensions. They can help you if you want to complain about a workplace or private pension.

Pensions Ombudsman (The)
www.pensions-ombudsman.org.uk
Telephone 0800 917 4487

Independent organisation dealing with complaints about private and occupational pension schemes.

Pension Service (The)
www.gov.uk/contact-pension-service
Telephone 0800 731 0469
State Pension Forecasting Team 0800 731 0175

For details of state pensions, including forecasts and how to claim your pension.

Pension Wise
www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise
Telephone 0800 138 3944

Free and impartial government service, through Citizens Advice offering information and guidance about defined contribution benefits.

Police Scotland Fraud
www.scotland.police.uk/advice-and-information/scams-and-frauds/
Telephone 101

To report fraud and any other financial crime in Scotland.

Society of Later Life Advisers (SOLLA)
http://societyoflaterlifeadvisers.co.uk
Telephone 0333 2020 454

SOLLA aims to assist consumers and their families in finding trusted accredited financial advisers who understand financial needs in later life.

Tax Help for Older People
www.taxvol.org.uk
Telephone 01308 488 066

A national charity which provides free tax advice to older people who cannot afford to pay advisers' professional fees.

Age UK

Age UK provides advice and information for people in later life through our Age UK Advice line, publications and online. Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

Age UK Advice
www.ageuk.org.uk
0800 169 65 65
Lines are open seven days a week from 8.00am to 7.00pm

In Wales contact

Age Cymru Advice
www.agecymru.wales
0300 303 4498

In Northern Ireland contact

Age NI
www.ageni.org
0808 808 7575

In Scotland contact

Age Scotland
www.agescotland.org.uk
0800 124 4222

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Next update June 2026

The evidence sources used to create this factsheet are available on request.

Contact *resources@ageuk.org.uk*