

PENSION AWARENESS 2025



PENSIONS CHALLENGE

Pensions can be confusing, but we all need one to secure a comfy future. That's why, we've cut the jargon and added a bit of fun, so grab a cuppa and let's get to grips with our pensions together.

Challenge 1.

Find out how much you've got in your pension?

This may seem like a simple question, but many people don't know how much they've got in their pension, or that their employer contributes some money too.

You should be able to find out how much you have in your pension on your pension statement or by logging into your online account (if you have one). If you don't have one, or can't find your log-in details, speak to your HR department.

Notes.

Tick Box

Challenge 2.

Gain control of any forgotten or old pensions

Somewhere out there, in the eternal and infinite cosmos, or a small desk drawer (the one at the top that's usually reserved for the things too insignificant and important), is a pension. Or at least the details of one.

Maybe you've misplaced them. The name of the provider, or the pension account number? If you can find out the name of your pension provider, get in touch with them directly. If you don't know the name of your pension provider, try getting in contact with your previous employer and let them know when you worked there.

If you don't have any of this information, don't worry, all is not lost. The government has a free service called [The Pension Tracing Service](#), which can help. www.gov.uk/find-pension-contact-details

Notes.

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Challenge 3.

Take stock

Once you've completed challenges 1 and 2, you should be able to work out how much you've saved up so far. Get on excel, create a spreadsheet (if that's your thing) or open notes, even use a pen and paper, and write this figure down.

If you have other savings/investments, property, other income, etc. that you're going to use in retirement – include a separate figure for this.

Don't forget, you may be entitled to the State Pension – if you've paid enough National Insurance contributions – so be sure to include this amount too.

Notes.

Challenge 4.

Work out how much pension you're going to need

Okay, not an easy equation to answer, but we've got some handy tips to help.

A good way to work out how much you may need is to jot down all your expenditures now and use this as a guide to create a plan for how much you will need in the future.

Group your expenses into different categories, like the essentials, subscriptions, travel. All that kind of stuff.

Once you've worked out your everyday expenses, you can start to factor in the fun things you want to do in retirement – things like holidays, trips, and treats. Ask yourself, are you on course for a retirement that covers all your needs?

One great step to working out a picture-perfect pension is to use the [Retirement Living Standards](https://www.retirementlivingstandards.org.uk/) as a barometer. The Standards provides a rough guide for what income you may need to attain various standards of living. www.retirementlivingstandards.org.uk/

Notes.

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Challenge 5.

Ask yourself, is this going to be enough?

Hopefully, by now, you know how much you've got and you have a good idea of how much you're going to need, so are you headed in the right direction? Or do you need to make some tweaks to your plan?

If you're on track, well done - give yourself a big high five! If you're not on track, don't worry, there are things you can do to start boosting your pension savings:

- If your employer offers a match, grab it! It's free money.
- Try bumping up your contributions bit by bit—maybe every time you get a raise or bonus, send a little more to future you. The minimum amount you have to pay into your pension is 8% of your salary, but The Living Wage Foundation recommends aiming for at least 12% to reach a more comfortable standard of living. Remember, you're not paying all of this, 5% comes from you and 3% from your employer.
- Check on your investments. If they're not performing as well as you need them to, they might need shaking up a bit. For example, you could invest your pension more adventurously if you're younger, with the aim this will grow your pot more in the long-term, because you have a longer time to ride the ups and downs of the stock-market. Remember though, investments can wobble and while we hope for gains, nothing's guaranteed.

Notes.

Challenge 6.

Get your beneficiary form up to date

You can't usually leave pension savings in your will, so you need to make sure you have nominated who you would like to receive your pension if you die.

You should be able to nominate a beneficiary via a form from your pension provider, or ask someone from your HR or pension team.

Notes.

Tick Box