



## View your new Benefit Statement

We've been working on updating member Benefit Statements to reflect the Transitional Protection changes.

You'll now be able to view a Benefit Statement - RSS on your My Pension Online (MPO) account. This replaces your Benefit Statement and shows you the two options you'll need to choose between when you come to retire.

Similar to the Benefit Statement, you'll be able to see any flexibilities and family benefit as well as a breakdown of the Transitional Protection options.

In most cases you don't need to decide which option you want at the moment - you'll be asked to choose once you submit a retirement application. However, if you wish to purchase Retrospective Additional Pension (for final salary service) you need to do this within the next six months. You can find out more about this and if you're eligible on [our website](#).

To understand the new Benefit Statement - RSS, we've created a [short walkthrough guide](#), you can also read our [FAQs](#).

For help logging into MPO please watch our video or read our [troubleshooting guide](#). If you haven't got an account you can [register on our website](#).

[Go to your new Statement](#)



## Member presentations

To help you understand your pension, we offer free presentations that discuss different aspects of the Scheme.

These include information for new starters and getting the most from your teacher's pension. You can learn how to increase your pension and get help navigating My Pension Online (MPO).

[Book your presentation](#)



## Changes to your pension contribution rates

Following a consultation by The Department for Education, member contribution rates will be changed from 1 April 2025.

This is to ensure that the Scheme remains appropriately funded and that members continue to pay an average of 9.6% overall.

Please visit our website to see the new contribution tiers and an example of how this might impact you.

[View the new contribution rates](#)



## Increase your pension

If you'd like to increase your pension using Faster Accrual, you'll need to ensure we have your application for the 2025/26 year by 31 March 2025 (you need to leave enough time for your employer to complete their part).

The easiest way to apply for Faster Accrual is via [My Pension Online](#).

Faster Accrual elections last a year so it's important to remember to renew them annually.

[Learn more about flexibilities](#)



## Watch our bitesize videos

We know that pensions can seem confusing, so to make things simpler, we've broken down some of the key themes into short videos.

These include information on family benefits, part-time work and ill-health. We also have videos to help you understand Transitional Protection. Take a look at our YouTube page and get to know your pension.

[Visit our YouTube channel and subscribe](#)



## CETV update

We're aware that some members have been impacted by a delay in providing Cash Equivalent Transfer Values (CETVs) and Pension Sharing Orders (PSOs).

We recently provided an update about this on our website.

[View our latest CETV update](#)



## Use our Scheme calculators

We've a range of calculators to help you plan for your future.

We've recently updated our Death grant calculator to reflect the Transitional Protection changes.

We also have a Scheme personalised calculator which uses your information to create a forecast. To help you use the calculator, we've created a [short walkthrough video](#).

[Visit My Pension Online](#)

[www.teacherspensions.co.uk](http://www.teacherspensions.co.uk)



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