



## Check in on your pension

It's important that you regularly review your plan for retirement. One of the best ways to do this is by viewing your Benefit Statement on My Pension Online (MPO). Your Statement shows you how your pension is growing month by month, as well as any flexibilities and family benefit you may have.

For help understanding the new Benefit Statement please [read our short guide](#), [visit our online FAQs](#) or [watch our video walkthrough](#).

[Log in to My Pension Online](#)

If you don't have an MPO account, it's simple to sign up. [Visit our Registration page](#).

\*In most cases members who are currently or have previously been employed in a teaching capacity and have qualified for benefits can view an online Statement. However, due to the complexities of some cases it's not always possible and it requires a member of our team to generate it. [Please contact us via MPO](#) to request this.



## Neonatal & care leave

From 6 April 2025, legislation was passed to introduce statutory or family leave for parents whose baby is in intensive care, called Neonatal Care leave. It applies to parents of children born on or after 6 April 2025 and allows a parent up to 12 weeks paid leave.

A further type of leave, Carer's leave was also introduced on 6 April 2024. Unlike, Neonatal Care leave, Carer's leave is unpaid.

[Find out what this means for your pension in our full story](#)



## Stay ahead of scams

We've been made aware of a phishing email being sent to members with our branding on. The emails contain a link to update your details.

If you receive such an email, please delete it and do not click the link as it's a scam.

We would not ask you to update your details via an email link. We always encourage you to log in to My Pension Online to update your details if needed.

For more information about what to watch out for and what to do if you think you have been the victim of a scam, read the full story.

[Read our scam awareness news story](#)



## Understand your pension

To help you understand your teacher's pension and the benefits it provides now and in the future, please read our short guide.

It provides information on how the Scheme works and how to make sure you're getting the most from it.

[Read our 'Understanding your pension' guide](#)



## Protect your loved ones

In most cases your teacher's pension provides an income for your family if you were to pass away. This includes an In-service death grant, if you die while still in teaching service.

To ensure that this grant goes to those who you intend, make sure your nomination is kept up to date on MPO. It's important to check it regularly, especially following any family changes such as marriage. For example - a spouse may be entitled to a pension automatically, but if someone else is named as the death grant beneficiary your spouse wouldn't receive it. You must ensure you update your nomination.

[Find out more by reading our Family Benefits guide](#)

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



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