

Teachers' Pensions Cookie Preferences

We use cookies to give the best experience on our site. Some essential cookies are needed to make the site work and we'd also like to set some additional ones to understand how you use the site, when accessed directly or via a third-party site, to help us improve the usability and services available. You can control these by clicking 'Manage Cookies'. Information on the cookies we use can be found on our [privacy page](#).

[Manage Cookies](#)[Accept All Cookies](#)[For Members](#) [For Employers](#)[Member Registration](#) [Log in](#)[Lifestyle](#) [Resources](#) [Videos](#) [FAQs](#) [Calculators](#) [Forms](#) [News](#)[New starter](#)[Working life](#)[Planning retirement](#)[Once retired](#)[Scheme changes](#)[My Account](#)

How do I contact Prudential

You can contact Prudential by calling 0345 600 0343 Monday to Friday, 8.30am to 6pm. You can also visit their website at www.pru.co.uk/connect

Last Updated: 05/03/2021 10:58

Forms

Ready to apply? Our forms page has everything you'll need to get started.

[> Forms](#)

Calculators

Get an insight into how your pension is built and explore your options.

[> Calculators](#)

FAQ's

Find the answers with our range of Frequently Asked Questions.

[> FAQs](#)

Get the most out of your pension >

Follow us on social media

Find us on social media to get the latest news and announcements from Teachers' Pensions

[> Like us on Facebook](#)[> Join us on LinkedIn](#)[> Follow us on X](#)[> Subscribe to our YouTube channel](#)[Contact Us](#) [Glossary](#) [Legal](#) [Privacy](#) [Security](#) [Accessibility](#) [Site Map](#) [Links](#) [Governance](#) [Department for Education](#)

Copyright © Teachers' Pensions 2025 All rights reserved. Pension Scheme Registry Number 10005209 (2010 scheme and earlier); and 10276733 (2015 scheme)