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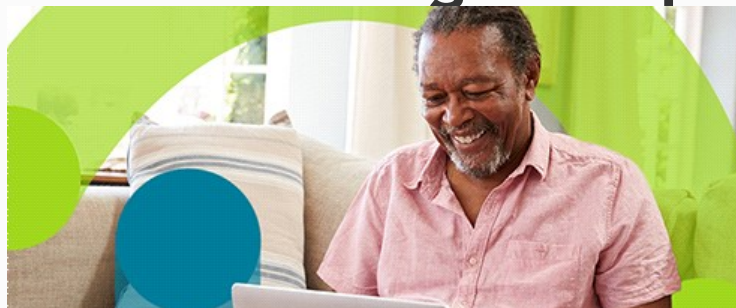
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We're experiencing high levels of contact, we appreciate your patience at this time.

Where can I get help?



We're not authorised to offer financial advice. However we can provide you with information which may help you to make a decision about financial decisions but we can't steer you on the decision you wish to make. We'd recommend you consult with an Independent Financial Advisor.

You can get information from Money Helper who have [a list of Independent Financial Advisors \(This link opens in a new window\)](#) or check out their website at www.moneyhelper.org.uk/en [\(This link opens in a new window\)](#) to give you an idea of how actively managing your money can help you have enough to live on.

If you need any more information about retirement planning you can [read our guide \(PDF, 15.3 MB\) \(This link opens in a new window\)](#).

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Forms

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

[Forms](#)

Calculators

Estimate your final pension.

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