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Resources



Our resources section is full of tools and resources to help you manage your pension.

Need to figure something out or make an application? We've got lots of calculators to help you with your pension planning sums and forms to help you apply.

Our handy member guides offer you all the important scheme information you need based on your career stage. And check out our real life case studies of teachers understanding the facts and figures of their pensions.

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Video

Understand the Scheme.

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Video

Find out more about MPO.

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Latest News

The latest policy updates and announcements about the scheme and the news that affects it:

[➤ Latest factor changes](#)

[➤ Changes to Lifetime Allowance from 6 April 2024](#)

[➤ Improved member homepage](#)

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