



Understanding your teacher's pension

2025

How does my pension
work?

Your teacher's pension

Your pension is a defined benefit.

In the UK there are two main types of pensions - **defined benefit** and **defined contribution**. The Teachers' Pension Scheme is a **defined benefit** scheme. This means that the amount of pension you build up in the Scheme is based on your salary and how long you've paid into the Scheme. It provides a guaranteed income for life.

In comparison a **defined contribution scheme** provides a pension based on how much you contribute, how those contributions are invested and the success of those investments.



Your teacher's pension is one of only eight schemes backed by the government and is one of the key benefits of a teaching career.

How does your pension build up?

1. You pay in

You pay in contributions each month, based on your salary. The amount you pay in will change as your earnings change. You can find the latest contribution rates on our [website](#).

2. Your employer pays in

Each month you pay in, your employer also contributes to the cost of the Scheme.

3. You build up a 'pot' each year

As part of the career average scheme you accrue (build up) benefits each year based on 1/57th of your annual pensionable earnings. This is added to your 'pot'. Find out more about this [with our factsheet](#).

4. This gets revalued each year

We revalue the total 'pot' each year to keep it up to date with increases in prices. As long as you're active in the Scheme we'll add on an extra 1.6% too.

You'll qualify for a pension once you've got two years qualifying service.

How to stay connected with your pension

My Pension Online

Your teacher's pension stays with you throughout your career* and you can easily keep track of it through My Pension Online (MPO). MPO is a secure portal that allows you to check and manage your pension online.

It's simple to register and only takes a couple of minutes.

All you need is:

1. Your personal details
2. Your National Insurance number
3. An email address (we recommend a personal one- as when you change employer you can lose access to your establishment account).

You'll also need to set-up Multi Factor Authentication (MFA) after registration. There are three methods to choose from; SMS, Email or Authenticator App.

*as long as you're with a eligible employer



[Register on our website](#)

Your Benefit Statement

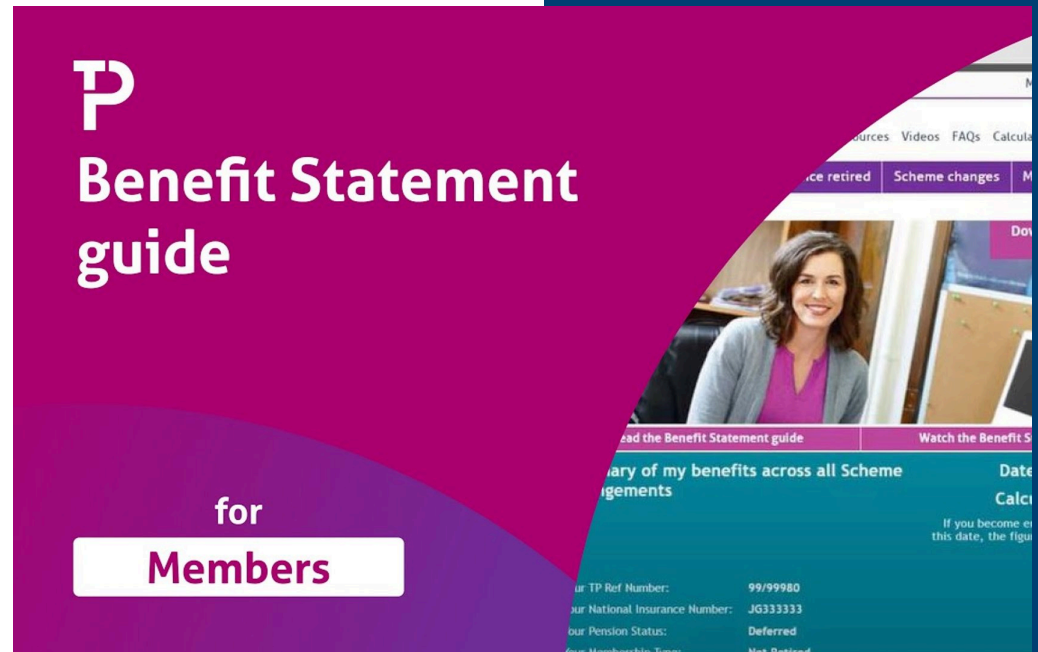
Once you've two years pensionable service (find out more about what this means [on our website](#)) you'll be able to view a Benefit Statement on My Pension Online.

Your Benefit Statement shows an estimate of the benefits you've built up in the Scheme to date. If you're in active pensionable employment, it'll get updated monthly. Checking it regularly is a great way to make sure you're working towards the retirement you want.

Your Statement is created based on the information we receive from your employer. You can find out more about this on the next page.

We've resources to help you understand your Benefit Statement.

- [Guide](#)
- [FAQs](#)



Your service history

We calculate your pension benefits based on your salary throughout your career. It's your employer who provides us with your salary and service details.

Sometimes, however, the information provided might be incorrect or incomplete, which is why we recommend you check your service history on a regular basis. You can do this through MPO.

It's important to check in on your service history at key times during your career, for example when you change employer, receive a promotion, move to part-time work or return from maternity or paternity leave. Spotting any inaccuracies early can help to correct them quickly and easily.

Any gaps or inaccuracies found when you're applying for retirement could delay your payment or result in an incorrect calculation.

To find out what to do if you think you have missing or incorrect service please take a look at our [online FAQs](#).



Resources to help you

Use our online resources

1. Calculators

We've a range of calculators to help you get a better understanding of your pension. These include quick estimates on [our public site](#), as well as calculators on MPO, which provide a more personalised estimate of what you could receive when you retire.

[Visit MPO](#)

2. Guides

We've condensed all of the relevant Scheme information into handy member guides, designed specifically for your career stage.

These include information on how to increase your pension, part time working, death benefits and more.

[Read our guides](#)

3. Videos

If you prefer to watch, rather than read we've videos covering a range of topics to help you understand your pension.

From understanding MPO to applying for flexibilities, you'll be able to find something to help you.

[Visit our YouTube channel](#)

4. Presentations

Our online presentations are ran by our wonderful in house team and cover topics including:

- Introduction for new starters
- Getting the most from your teacher's pension
- Planning for Retirement.

[Register for a presentation](#)

Useful links and contacting us

Get in touch

The best way to contact us is through [My Pension Online](#). You can also contact us using the methods below:

Call us: 0345 6066166 (UK)

Write to us: Teachers' Pensions Unit 5, The Beehive Lingfield Point Darlington, DL1 1RW

Message us: Secure web messaging on our website. Open 24 hours day, responses will be sent Monday - Friday, 9:00am to 4:20pm (excluding bank holidays)

Follow us on social and send us a message with any general queries:
www.teacherspensions.co.uk/social.

- [Member hub](#)
- [FAQs](#)
- [MPO registration](#)
- [MPO Log in](#)
- [Calculators](#)
- [Latest news](#)
- [Social media](#)

This document is aimed at providing a brief introduction to the Teachers' Pension Scheme.. Please visit our website for further information regarding your pension and any actions you need to take.

Where there is any difference between the legislation governing the Teachers' Pension Scheme and the information in this factsheet the legislation will apply.

Thank you for reading

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