

Useful links

We've created a factsheet where you can find useful links that you'll need to help understand your teacher's pension and the Scheme.



Resources

We've a great deal of resources that can help you manage and understand your pension:

- [Member A to Z](#) - here you can find links to all our key topics
- [Guides](#) - access our handy member guides equipped with information for each career stage
- [Factsheets](#) - you can download our factsheets that cover topics from joining the scheme to applying for retirement
- [Case studies](#) – our case studies explore teachers at different stages of their career and lives and how they manage their pension.

My Pension Online (MPO)

MPO is a secure portal that allows you to check in on your pension whenever it suits you. Here's links to get help you get familiar with MPO and make the most of the benefits available to you:

- [Register to MPO](#) - all you'll need to sign up is your personal details, your National Insurance number, and an email address
- ['How to register to My Pension Online'](#) - check out our video to help you understand the registration process
- [My Pension Online guide](#) - read our resource for a step-by-step guide to MPO.

Site sections

Our website is divided into sections so you can access the right information that relates to the stage of your career:

- [New Starter](#) – we've highlighted everything you need to know as a new starter to the Scheme
- [Working Life](#) – find out how your benefits affect you in your working life
- [Planning Retirement](#) – get familiar with your retirement process so when the time comes it's not so daunting
- [Once Retired](#) – now you've retired it's even more important to stay on top of your pension
- [Scheme Changes](#) – keep up to date with all the scheme changes including Goodwin, Transitional Protection and Phased Withdrawal.

Information

Here's links to important information on our website:

- [Transitional Protection](#) – you may be affected by Transitional Protection, to understand more head to our dedicated page
- [FAQs](#) - we've compiled a list of our most frequently asked questions and our answers
- [News](#) - keep up to date with the latest news that affects you as a member
- [Calculators](#) – use our calculators to help with your pension planning
- [Lifestyle](#) – our dedicated lifestyle page aims to provide you with resources and support throughout your teaching journey.

Applications

Here you'll find our online and downloadable forms that are divided into sections so you can find the right one you'll need:

- [Applying for retirement](#)
- [Family and dependants](#)
- [Joining or leaving the Scheme](#)
- [Managing your pension](#)

Contact us

You'll find various methods of contact below if you're after something more general or need to get in touch with us directly:

- [My Pension Online \(MPO\)](#) - our secure messaging option is available through MPO
- [Contact centre: 0345 6066166](#) - When contacting us we're required to complete some simple verification checks before making amendments to personal details. Please ensure you have the following details to hand: Full name, Date of Birth, National Insurance number and your Teachers' Pensions Reference number
- [Social media](#) - stay connected and find us across your favourite networks.