

LPP

Local Pensions Partnership
Administration

Spring Newsletter 2022



Contents

Welcome to our Spring 2022 newsletter	3
2022 P60s – coming soon	4
Pension pay dates	5
PensionPoint	6
Is your pension ready for a spring clean?	7
Your latest pension increases	8
My journey to retirement	10
Are you thinking of moving abroad?	12
Age discrimination update	14
Life is for Living update	15
Taking care of your health and wellbeing	16
Ill health and your pension	18
Tax and your pension	19
Ask the Expert!	20
Have you nominated your beneficiary?	21
Putting members first	21
We're on YouTube!	21



We've all seen our fair share of changes over the last 12 months, many of which have been out of our control. But at LPPA, we try to focus on those areas where we can make a positive difference.

Welcome to our Spring 2022 newsletter

We've all seen our fair share of changes over the last 12 months, many of which have been out of our control. But at LPPA, we try to focus on those areas where we can make a positive difference – such as bringing you more effective ways to manage your pension.

Some of you may have already had an email about PensionPoint – our new online portal, where you can view your pension details in just a few clicks. Others will be getting an email from us later in the year. Don't worry, when it's time to register, we'll make sure you have everything you need to get started.

This is just one of the changes we're introducing to make your life easier. And to help us get it right, we've created a Member Panel, made up of members from across all the schemes we administer. We get feedback throughout the year and talk about ways LPPA can make improvements on how we communicate with our members.

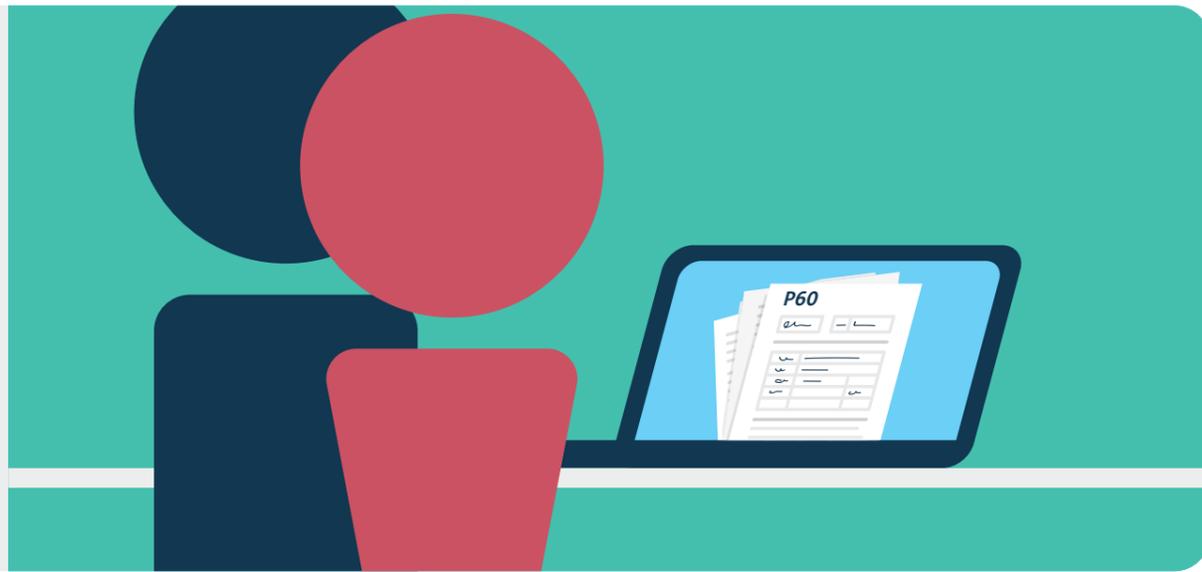
In this Spring 2022 newsletter, we've tried to cover off all the latest news and developments, but we also wanted to share some tips, ideas and inspiration on how to make the most out of your retirement.

I hope you enjoy the content and please take a moment to pass on your feedback, we'd love to hear your thoughts.

Best wishes

Jo Darbyshire
Managing Director, LPPA

2022 P60s – coming soon



With the new financial year starting on 6 April 2022, we're pleased to confirm that your electronic P60 will be available to view on your secure online account by 31 May 2022.

If you have been asked to submit a self-assessment tax return, all you need is an electronic P60. Although, if you have opted out of our electronic communications, you will receive your P60 by post (no later than 31 May 2022).

How to access your P60

When it's ready, your P60 will be available to view and download from the documents section.

If you haven't registered yet, just follow these three simple steps:

1. Visit the [Access my online account page](#) on the LPPA website.
2. Select **Register** from the first drop-down box and your pension scheme from the second.
3. Follow the on-screen instructions to activate your account.

For PensionPoint access

Members of Bedfordshire Fire, Bexley, Hammersmith & Fulham, Hertfordshire, Hertfordshire Fire, Kent Fire, London Fire, LPFA – [click here](#)

If you're struggling to get started, you might find our [2-minute video useful](#)

For My Pension Online access

Members of Cumbria, Cumbria Fire, Lancashire, Lancashire Fire, Lancashire Police, Merseyside Fire – [click here](#)

If you're a member of Ealing, Brent, Havering or Newham pension scheme, please speak to your payroll provider to get a copy of your P60.

Pension pay dates



If you want to plan your pension pay dates, here are those all-important dates for your diary for the next 12 months:

Bedfordshire	Bexley	Lancashire police	All other schemes
Thurs 28 Apr 2022	Weds 27 Apr 2022	Fri 29 Apr 2022	Fri 29 Apr 2022
Thurs 26 May 2022	Fri 27 May 2022	Weds 1 May 2022	Tues 31 May 2022
Thurs 30 Jun 2022	Mon 27 Jun 2022	Thurs 30 Jun 2022	Thurs 30 Jun 2022
Thurs 28 Jul 2022	Weds 27 Jul 2022	Fri 29 Jul 2022	Fri 29 Jul 2022
Thurs 25 Aug 2022	Fri 26 Aug 2022	Thurs 1 Sept 2022	Weds 31 Aug 2022
Thurs 29 Sept 2022	Tues 27 Sept 2022	Fri 30 Sept 2022	Fri 30 Sept 2022
Thurs 27 Oct 2022	Thurs 27 Oct 2022	Tues 1 Nov 2022	Mon 31 Oct 2022
Thurs 24 Nov 2022	Fri 25 Nov 2022	Thurs 1 Dec 2022	Weds 30 Nov 2022
Thurs 22 Dec 2022*	Tues 20 Dec 2022*	Fri 30 Dec 2022*	Fri 30 Dec 2022*
Thurs 26 Jan 2023	Fri 20 Jan 2023	Weds 1 Feb 2023	Tues 31 Jan 2023
Thurs 23 Feb 2023	Mon 27 Feb 2023	Weds 1 Mar 2023	Tues 28 Feb 2023
Thurs 30 Mar 2023	Mon 27 Mar 2023	Fri 31 Mar 2023	Fri 31 Mar 2023

Please be aware that if you have your pension paid into an overseas bank account, these dates may be delayed by up to two working days.

* December pay dates may vary depending on your scheme. Please check with your employer.

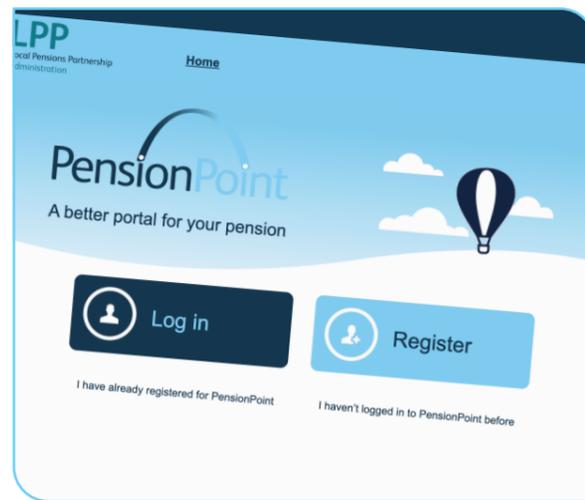


If you haven't already heard, **PensionPoint** is our new online pension portal, designed to make your life easier when it comes viewing, updating and managing your pension details.

Depending on your scheme, you may be already up and running on **PensionPoint**. If not, you can expect an email from us later in the year explaining how to get started and what to expect.

The benefits of **PensionPoint**

- ✓ An online account that puts you in control of your pension.
- ✓ Real time access to all your relevant pension information.
- ✓ A pension summary page with notifications of any important updates.
- ✓ A personal information page, where you can update your details in just a few clicks.
- ✓ New added features to help you manage your pension, with more enhancements being introduced as the year goes on.



Will this change affect my pension benefits?

No, you'll be happy to hear that your pension benefits will not be affected, and you'll continue to receive copies of your P60 and payslips online within **PensionPoint** (see our P60 article in this newsletter, which explains how this will work).

What happens next?

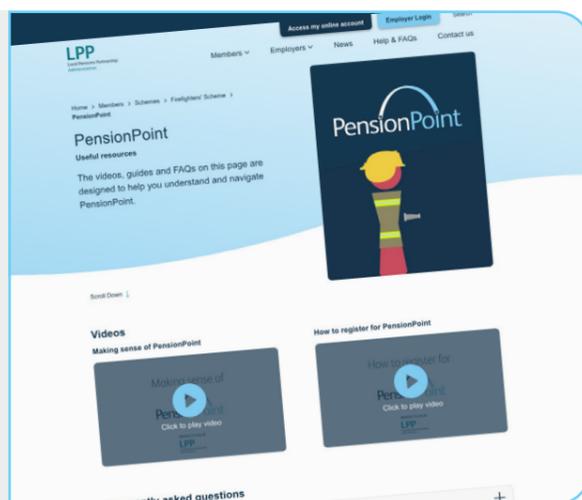
Depending on your scheme, you'll be given access to **PensionPoint** at different times over the next 12 months. As soon as we know your launch date, we'll drop you an email to let you know how to register, log in and navigate the site.

For now, there is nothing further to do.

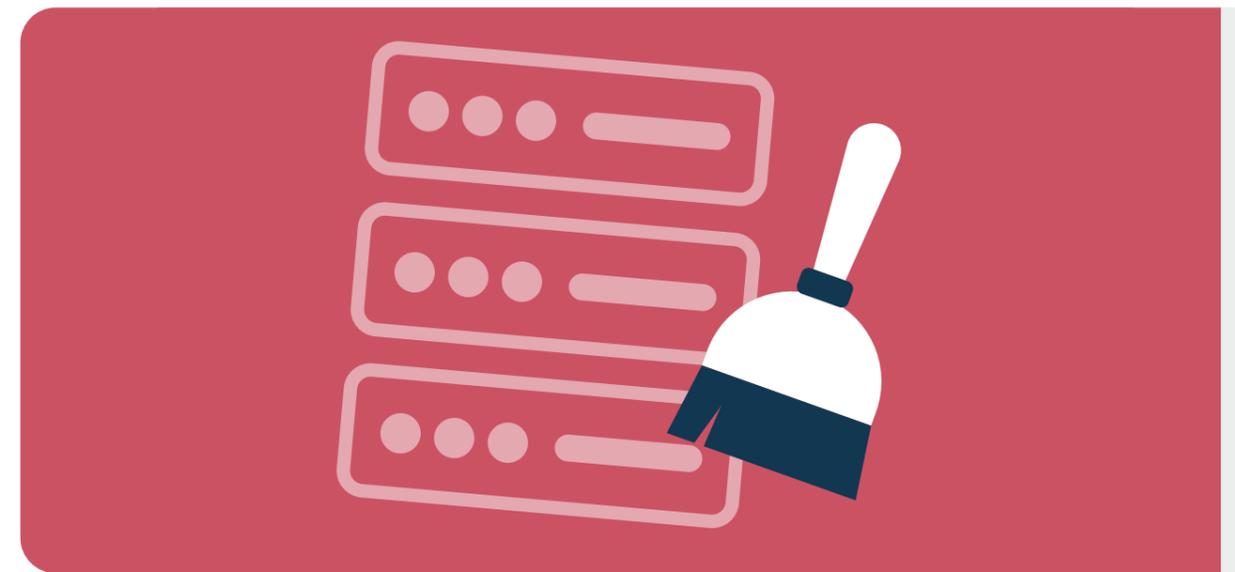
Where can I get more information?

If you have any questions on **PensionPoint**, we've put together a dedicated resource page with tips, information and videos on how to get started.

Visit our [PensionPoint resource page](#)



Is your pension ready for a spring clean?



In order for us to help you get the most out of your pension, it's important that you keep us updated with any changes in your personal circumstances.

If you move house, get married or update your personal details, be sure to let us know. This will ensure you get your pension payments on time, along with any other information that may help you through retirement.

Your pension checklist

Let us know if:

- You are moving house or changing your address
- Have changed your landline or mobile number
- Have a new email address
- Are moving abroad or returning to the UK
- Have changed your bank account
- Have recently married or formed a civil partnership
- It's also important to let us know about those life events that are a little more sensitive – such as divorce or bereavements. We have teams in place to support you through the process and they can help you make all the necessary adjustments to your pension.

Most of these details can be updated online – just head over to your online account by visiting lppapensions.co.uk

Your latest pension increases



Pensions Increase 2022

The government has approved the rate of increase for **all** public service pensions.

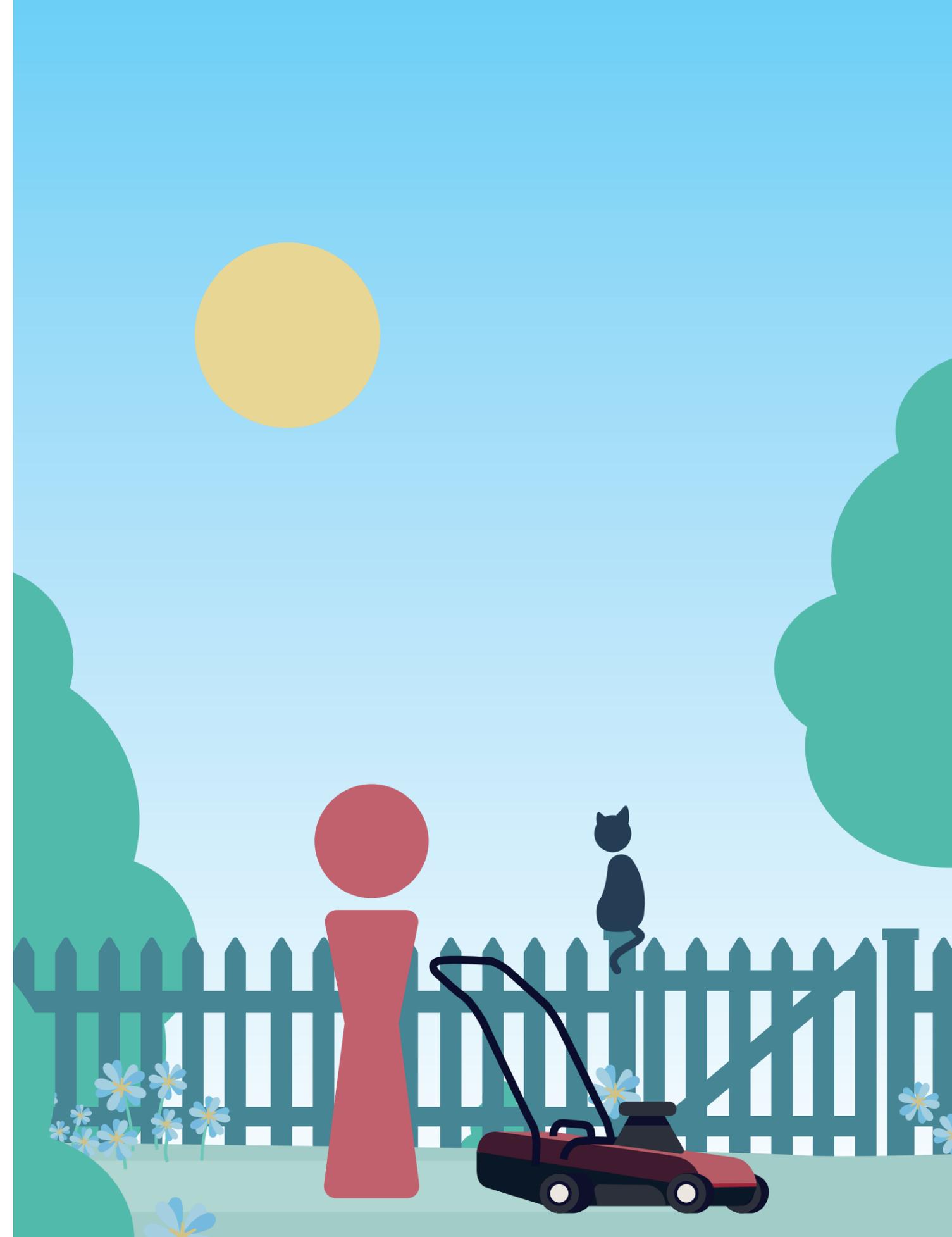
This increase was effective from 11 April 2022 and is for all those in receipt of their pension before 6 April 2021 (except those under 55 who retired on grounds other than ill health).

The increase is set in line with the Consumer Price Index in September 2021, which is **3.1%**.

For pensions that began on or after 6 April 2021, the amount is pro-rated depending on the date your pension started. The increases are as follows:

6 April 2021 – 26 April 2021	3.10%
27 April 2021 -26 May 2021	2.84%
27 May 2021 – 26 June 2021	2.58%
27 June 2021 – 26 July 2021	2.33%
27 July 2021 – 26 August 2021	2.07%
27 August 2021 – 26 September 2021	1.81%
27 September 2021 – 26 October 2021	1.55%
27 October 2021 – 26 November 2021	1.29%
27 November 2021 – 26 December 2021	1.03%
27 December 2021 – 26 January 2022	0.78%
27 January 2022 – 26 February 2022	0.52%
27 February 2022 – 26 March 2022	0.26%

Please be aware, we do not have the power to pay any additional increases to the figures shown.



My journey to retirement



Retirement can mean different things to different people, from making the most of your freedom and being able to relax, to discovering new opportunities.

And as you can see from our interview, retirement comes in different shapes and sizes!

Here's an interview with one of our members who chose to become a Ski Instructor after retiring from the police - thanks to some lifestyle changes and sensible retirement planning.

How long did you serve as a Police Officer?

I served as a Police officer with Lancashire Constabulary for 24 years.

What were the highlights in your career?

As all officers will know, every day in the Police service offers a different challenge and there is rarely anything like a predictable day. During my career I worked on some serious cases I was also fortunate to have worked with many highly motivated colleagues who were dedicated to the job and the camaraderie I formed with my peers was a major highlight in my service.

What did you find challenging over the years?

There were many challenging days during my police career. When you're investigating serious crime and murders, you go through a whole gamut of emotions. I would say the biggest challenge was not always having the adequate resources to manage the investigations.

Did you review your pension regularly?

Prior to joining the Police, I served in the Army. I wanted to ensure that I maximised my accrued pension, so immediately transferred it into the Police scheme. This procedure took some time, however the pension office kept me informed of the process and it all went through smoothly. I ensured that I regularly reviewed my pension throughout my career.

When did you start planning your retirement?

One of the most common questions within the Police service is, "How long have you got left to do?" For some, your retirement date is set in stone, however, in my case I was planning to start a career in Snowsports so the ideal time to retire was just prior to the winter skiing season.

Is there anything you would have done differently when planning your pension?

No

When you decided to retire how did you find the process?

I found the whole process very simple. Having notified the pension office of my retirement date, I was kept updated with all the relevant information and every detail was carried out as I would have expected.

What made you decide to become a Ski Instructor?

Skiing has always been my passion. Initially as a holiday skier and then during my time in the army I participated in Alpine racing - representing my regiment in races across the Alps. After my racing days were over, I qualified as an instructor and Mountain leader, so I was really motivated to pursue a career in this area, once I had left the Police.

How do you find your work-life balance now compared to your time as a Police officer?

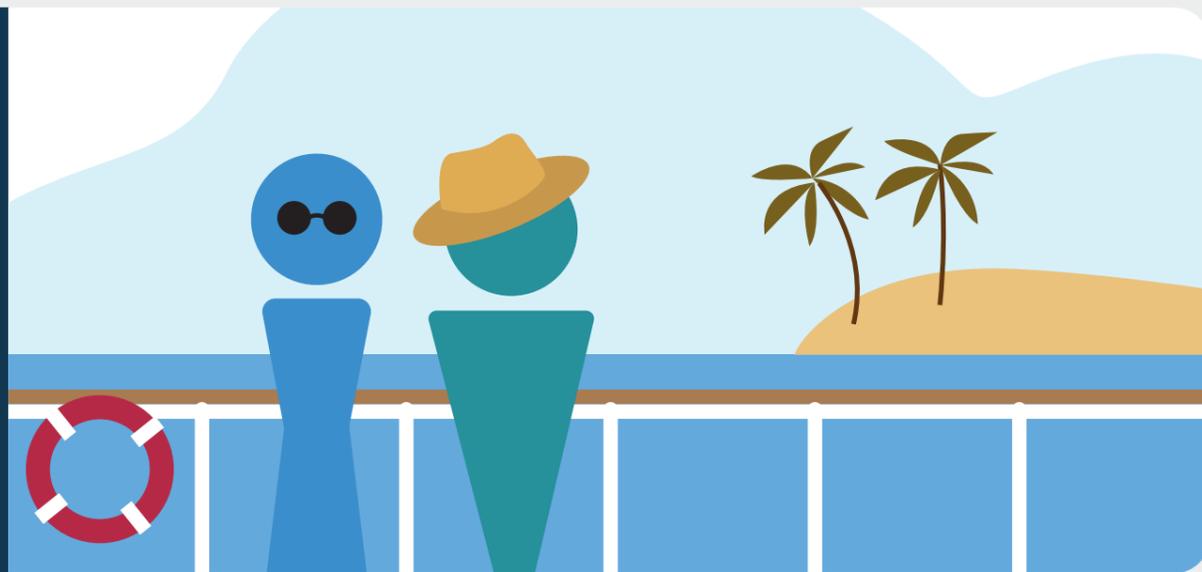
There's a huge difference! I am still very busy working, but I know I can plan events, as I'm not going to get that call in the middle of the night to turn in or have to travel at a moment's notice.

What advice would you give to others who are planning to take on a new career or hobby once they have retired?

If you are planning to start your own business or begin a new career, I would say do your research and assess your personal circumstances. Take advice on investments and don't just go with your gut feelings. Most of all do something that you enjoy.



Are you thinking of moving abroad?



Did you know?

12% of people over 55 in the UK, plan to move abroad to retire

People often spend time thinking about their future and planning their retirement. Some see it as a chance to take up a new hobby or alternative career, while others see it as the perfect opportunity to move abroad, reset the clock and experience a new culture!

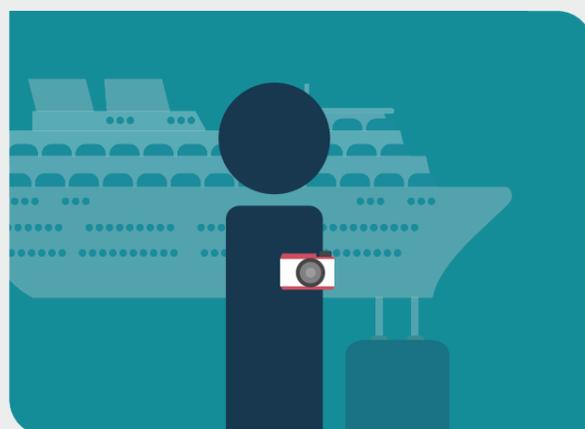
Taking the leap

Moving to another country can be a big decision, particularly if it's something you haven't done before. So, it's a good idea to do some research and look at the pros and cons of living abroad.

Here are some things to consider:

- **Rent or buy** – think about what works best for you financially.
- **Full-time or part-time** – Will you fly south for the winter and come home in summer?
- **Sell up or stay put** – what you want to do with your current home in the UK.

- **High life or low cost** – look into the average living costs and the services that are provided in the country you're considering. For example, what is the healthcare service like and what would it cost?
- **Native or new language** – would you be happy to learn a new language or would you prefer to move to an English-speaking country.
- **Close by or far away** – think about the travel distance from the UK to your chosen destination. Do you want to be able to go back to the UK regularly to see family and friends?



Where in the world?

As they say, 'the world is your oyster!' So how do you decide where your new home might be?

For some inspiration, here is a breakdown of where our LPPA members are currently spending their time in retirement.



How your work pension will reach you

No matter where you are in the world, if we manage your payroll, we will ensure that your pension payments are made to you through your chosen bank account. Just be aware there may be a slight delay, if you live abroad (typically only a couple of days).

If you opt to spend time both in the UK and abroad, you must choose which country you want your pension to be paid in –

[Retirement FAQs](#) • [Local Pensions Partnership Administration \(lppapensions.co.uk\)](#)

Taxes and Benefits

Taxes and benefits sometimes differ from country to country, but you may still be able to claim UK benefits.

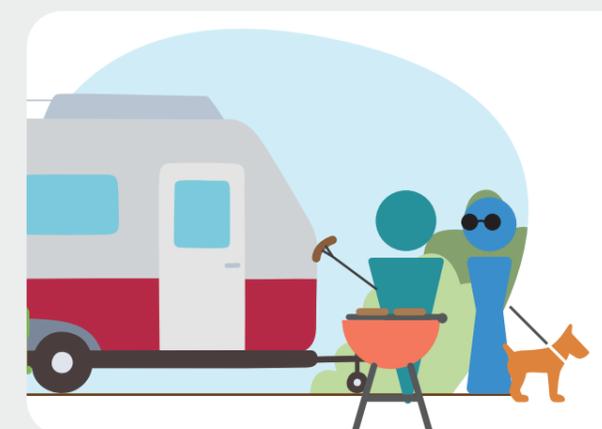
Remember, for tax purposes, you will need to tell HMRC that you're moving or retiring abroad to make sure you pay the correct amount of tax.

Visit [Moving or retiring abroad - GOV.UK \(www.gov.uk\)](#) for more information.

Managing your state pension, taxes and benefits

State Pension

Your State pension works in a similar way. If you have paid enough UK National Insurance contributions to qualify, your pension will be paid to you either into your UK bank account or the country you're living in - State Pension if you retire abroad - GOV.UK ([www.gov.uk](#))



Age discrimination update



Just to let you know...

You may be aware of a recent age discrimination ruling that has had an impact on members of certain workplace pension schemes. Here's a quick update on who it affects and what you can expect.

Local Government Pension Scheme members

For anyone who retired before 1 April 2014, you will not be affected by the McCloud case. Plus legislation was applied to anyone who retired after 1 April 2014, to make sure you don't miss out on any payments. While there is unlikely to be any change to your pension payments, we will contact you if you are affected at all.

For more information please visit [McCloud remedy update](#)

Police Scheme members

We will be carrying out checks once we have more details in October 2023. At this point, we'll be contacting all members who retired after 1 April 2015.

More information is available on our website at [Remedy • Local Pensions Partnership Administration \(lppapensions.co.uk\)](#)

Firefighters' Scheme members

We will be carrying out checks once we have more details in October 2023. At this point, we'll be contacting all members who retired after 1 April 2015.

More information is available on our website at [Remedy • Local Pensions Partnership Administration \(lppapensions.co.uk\)](#)

Life is for Living!

UPDATE



What does retirement mean to you?

This was the question we asked in our **Life is for Living** retirement campaign, which we launched last year.

The aim of the campaign was to discover what retirement means to pension members, young and old. So, we sent out a quick survey to members of different age groups to ask them to sum up retirement in a single word, sentence or photograph.

Over 12,000 members responded - from those in their teens to those well into retirement. You may have even been one of those who send us a response (thank you, if you did).

What we discovered

We found that the concept of retirement evolves as people get older and their priorities change. But it is mostly thought of as a life stage that, above all else, promotes 'time' and 'freedom'.

The top five most popular words found in the responses were 'time' (mentioned 32 per cent of times), 'freedom' (22 per cent), and 'family' (12

per cent), followed by 'opportunities' (6 per cent), and 'travel' (5 per cent).

Read our report

You can read about our key findings from this research in our report, *Discovering the true meaning of retirement*. It includes the top ten most popular words for each age group, a breakdown of the responses, and some interesting 'food for thought' sections.

You might also want to watch our video, which includes some of our favourite images and responses. You may even see your own response or photo (if you sent us one).

To download the report and watch the video, visit our [Life is for Living page](#). You can also view our press release about the research here.

We'd just to say a big thank you to all those members who took part in our Life is for Living campaign – we couldn't have done it without you.

Taking care of your health and wellbeing

In your retirement it's more important than ever to take care of yourself, both mentally and physically. [According to Mental Health First Aid \(MHFA\), '1 in 4 people in the UK experience mental health issues each year.'](#) 

On the flipside, studies show that there is approximately a 20% to 30% lower risk of depression and dementia for adults participating in daily physical activity.*

There are lots of ways to take care of your health and wellbeing, from taking up a new hobby to discovering new skills. It's also important to keep on top of your finances if you want to get the most out of your retirement.

Save or spend?

As a starting point, it's a good idea to think about the lifestyle you want to achieve and how much it's realistically going to cost. Alongside everyday expenses, this might involve things like travel, home improvements and hobbies.

As well as working out your monthly pension, be sure to consider any additional sources of income, such as savings, investments and rental properties. But remember, your state pension won't kick in until you're at State Pension Age, which is currently 66. So, if you've retired early, you may need a contingency plan if you don't already have something in place.

Dedicate time to others...

It can be difficult to go from working every day to suddenly having spare time. For some, this is great as it allows you to relax and wind down, but you might find having too much time on your hands a little overwhelming. That's why some people choose to keep some kind of work commitment going – even if it's part time.

You may already have a new career in mind or even have a new role in place. If not, you might also want to consider volunteer work. Charities and local community organisations are always in need of volunteers, and it can be incredibly rewarding.

Becoming a volunteer is a great two-way relationship as it gives you the opportunity to share your knowledge and experience and in return, it benefits your mental and physically wellbeing.

[Do It](#)  is a website that connects people to a volunteering role, anywhere in the UK. There are over 70,000 non-profit organisations listed, including Cats Protection, MS Society and many Universities.

...but make time for yourself

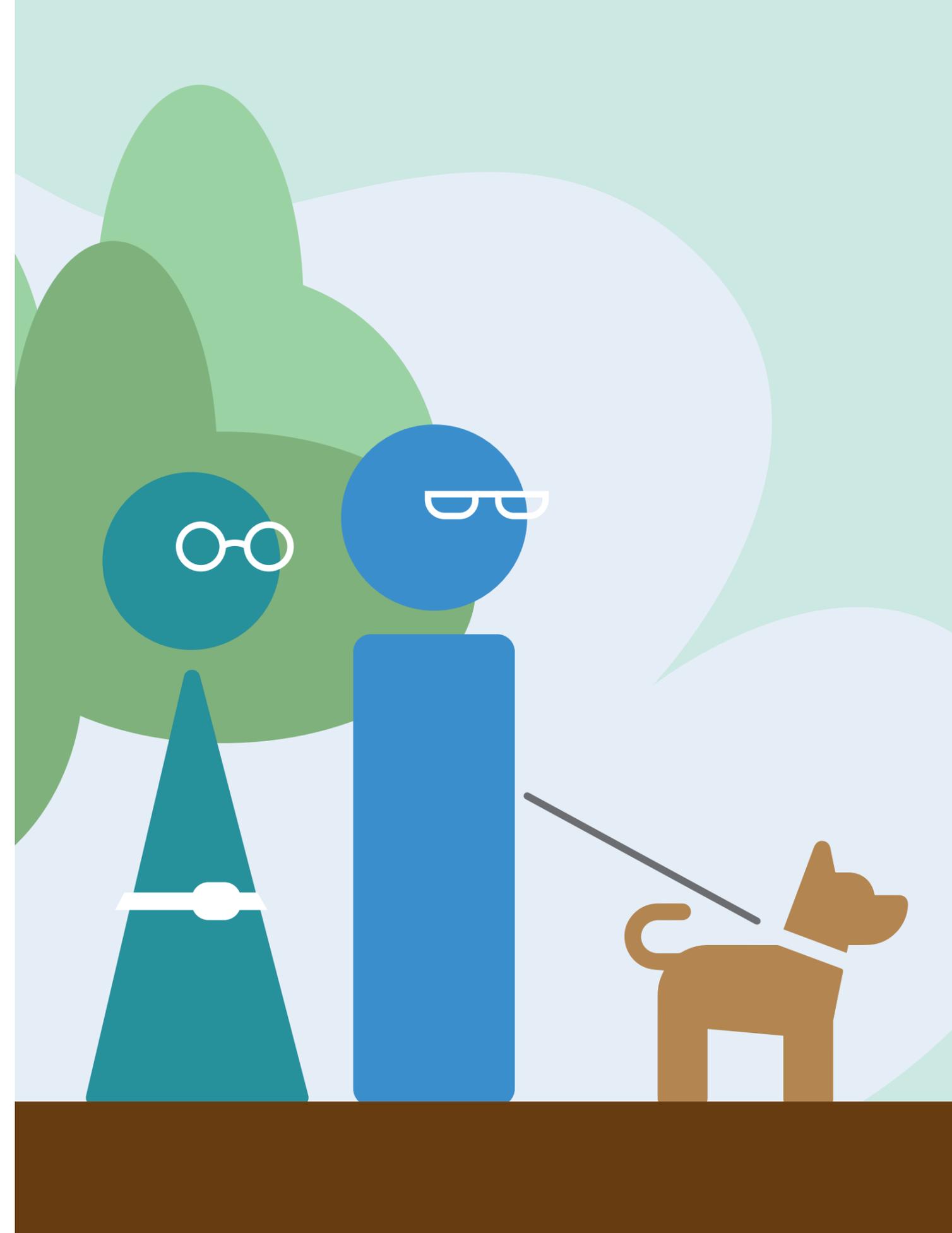
Depression and anxiety are very common amongst many people, particularly aged 55 and over. According to Age UK, 'Nearly half of adults in the UK have experienced depression.' Symptoms include low mood, lack of energy, low self-esteem and disrupted sleep.

Here are some simple ways to keep your spirits up:

- **It's good to talk** – speak to someone. It doesn't have to be family or friends. You can get independent advice from charities such as [MIND](#)  or [Samaritans](#) 
- **Keep moving** – exercising up to 20 minutes a day can really help boost your energy and mood.
- **Rest and reboot** – it's important to look after your body and mind, so getting plenty of sleep will help you face the day.
- **Eat well** – having a balanced diet helps to reduce the risk of heart disease and diabetes. It also helps boost your energy levels.

It's important to remember that mental health is just as important as any physical condition, so there is no shame in visiting a doctor if you feel you can't manage it alone.

**A report on physical activity from the four home countries' Chief Medical Officers. London: Department of Health, 2011*



Ill health and your pension

According to research in 2021 from the Trade Union Congress, one in eight people are forced out of work due to ill health before reaching state pension age.

Unfortunately, retirement isn't always the happy chapter in life you might have planned. But if you have been forced to retire early due to a serious illness or medical condition, your workplace pension includes some welcome financial protection.

What is ill health retirement?

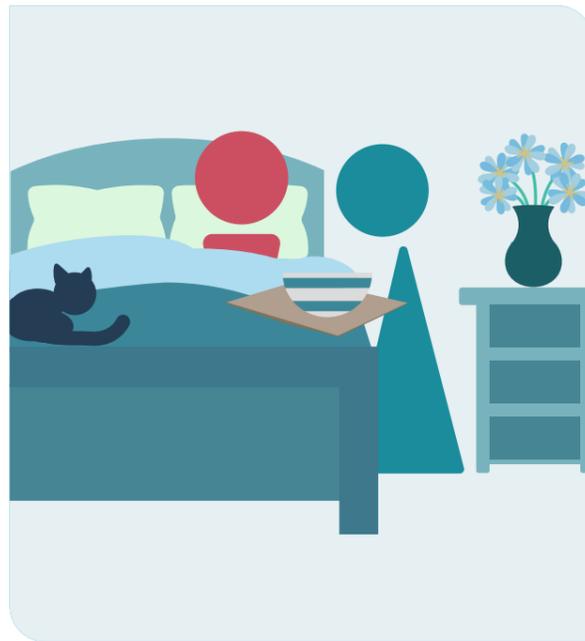
Ill health retirement allows you to receive your pension early when you're not well enough to work. Depending on your scheme, you may have received your pension benefits early, without reductions, as long as you meet certain criteria such as:

- You're permanently unable to do your job (until your Normal Pension Age).
- You're not capable of undertaking gainful (paid) employment for a minimum of 30 hours a week (for at least a year).
- You meet the two-year vesting period (you have paid into your pension for at least two years).

To qualify for ill health retirement, your condition would usually need to be verified by a doctor or an independent occupational health physician – as well as the employer.

Useful links and resources

Whether you qualify for ill health retirement or are suffering with ill health, there are a number of online resources that provide help, support and information. You may find the following links useful.



Information on ill health retirement

- [LPPA website](#) LGPS Ill health retirement.
- [Police 2015 scheme](#) Ill health.
- [LGA website](#) Firefighters' Pension Scheme information about ill health retirement.
- [Gov.uk website](#) Early retirement, your pension and benefits – Government information that covers ill health retirement.
- [Gov.uk website](#) Ill health retirement: early medical retirement – Information about ill health retirement from MoneyHelper.

Financial and practical support when dealing with serious ill health

- [Citizens Advice](#) Information on what benefits to claim if you're sick or disabled.
- [NHS](#) An NHS Social care and support guide, which explains different care options and where to get support.
- [CISFA UK](#) Support for anyone experiencing chronic illness.
- [Marie Curie](#) Care and support for people living with terminal illness.

Tax and your pension

While all pensions are subject to tax deductions, the amount of tax you pay in your retirement depends on your personal circumstances and any other income you might have. So, it's good to know what can affect tax and what you can do to keep it under control.

Factors that affect tax

The size of your pension income

If your total annual income is more than your Personal Allowance (for most people this is currently £12,570), you'll pay tax on your pension. To learn more, visit [HMRC](#)

Your pension lump sum

You're allowed to take up to 25 per cent of your pension as a tax-free lump sum, depending on your circumstances. This is something to think about, when considering your future finances..

Re-employment

If you take up a new job, you will pay tax on your earnings – just as you did before you retired. Also, it's important to let us know you do take up any relevant re-employment, as this could impact your pension.

Moving abroad

Overseas tax laws can affect your pension options (such as if you haven't yet taken your tax-free lump sum). You can learn more about tax and what to consider when spending your retirement overseas in our article, [Are you thinking of moving abroad?](#)

Claiming tax allowances

Depending on your circumstances, there are times where you might be able to claim allowances on your pension to help reduce your tax.

For example, if you're married or in a civil partnership, you could claim marriage allowance to help reduce your tax by as much as £252 a year. To find out more, visit the Income tax page on [GOV.UK](#)

Paying the right tax

To make sure you are paying the right tax, it's worth contacting HMRC (see below). This is especially important if you have income from more than one source, like a job with another employer.

Getting tax help and advice

While at LPPA, we can't offer advice on tax, there are plenty of organisations that do. Here are some links that might come in useful.

- [Get help with Tax](#)
- [HMRC](#) For tax queries, phone 0300 200 3000
- [MoneyHelper](#)

Did you know?

Research from the Pensions Policy Institute (PPI) shows people can end up paying up to 200 times more tax than they need to, depending on their retirement choices.

It's also wise to get professional tax advice from an independent financial advisor (IFA). You can visit the Financial Advisor Bureau, or websites like [unbiased.co.uk](#) to find an IFA that's suitable, nearest to you and registered by the Financial Conduct Authority (FCA).

Alternatively, the charity, [Tax Help for Older People](#) offers free, independent and expert help and advice to those you can't afford to pay for one.



Ask the expert!

Alison Marsh
Retirements team

We recently caught up with one of our LPPA administration experts, Alison Marsh, to find out what it's like to work here at LPPA and what pension insights she can share with us.

How long have you worked for LPPA?

I started working for the Pensions Department in June 2012; at the time this was under Lancashire County Council and has now become LPPA. I initially worked on the Data Team and moved to Pensions Casework from April 2013.

What do you enjoy the most?

I enjoy training and helping new staff to learn and develop their skills. I also enjoy the variety of work as in my current role I still process cases relating to retirement, but I am also given the opportunity to do other things as well like training and helping to support the team.

What's the hardest thing to deal with in your role?

At the moment we're having to manage the way we work because we're in the process moving over to a new administration system. It's particularly difficult trying to split my time between processing and supporting the team, but I know the new system is going to have a positive impact on members, so it'll all be worthwhile.

What do you do to ensure good member service?

I try to be honest, and I always try to do what I say I am going to do and when I am going to do it.

What tips do you have for our members which could improve their experience?

If you're still working, speak to your employer about your retirement to request estimates.

Also, visit our website as there is a lot of useful information on there about the retirement process that may help you make decisions – both before and after retirement.

Any other good tips?

Make sure you advise us if you change your address / email address details. And if you're in the process of retiring, dig out a copy of your birth certificate, marriage certificate and any other documentation that may be relevant.

It's useful to have these to hand, as they may be needed to update our records.

Have you nominated your beneficiary?

Did you know that depending on your scheme, if you are aged 75 or under and die during the first 10 years of receiving your pension (or 5 years in some cases), subject to scheme rules, we pay a lump sum (death grant) to your beneficiaries?

You can nominate any person or organisation and it doesn't have to all go to one place. Plus you can choose to divide the sum between family, friends and charity – the choice is yours.

Updating your nomination is easy

You can express your wish as to who receives this lump sum by completing your nomination form online. [Find out more](#)

The easiest way to nominate your beneficiary, is to login to your online account [Access my online account](#) • [Local Pensions Partnership Administration \(lppapensions.co.uk\)](#)

Putting members first

At LPPA, we know how important it is to get our communications right and provide the best possible service for our members. So, last year, we created some Member Panels consisting of members from our Local Government, Police and Firefighters' Schemes.

The purpose of the panels is to discuss our communications, find out what's missing and constantly improve our approach. At each session we focus on a different area, such as emails, web pages or member letters, and we ask for honest feedback on how we might improve our communications going forward.

We'd like to pass on a big thank you to all our panel members who have given up their time to pass on their thoughts and opinions. We really appreciate your support.

We're on YouTube!

Did you know we have our own LPPA YouTube channel? Take a look and you'll find lots of useful tools and information about your pension. Plus there are some useful videos on LPPA if you want to find out more about us and how we can help.

[Take a look and see for yourself](#)



How can we improve our
newsletter?

Please take a minute to let us know what you
think of our newsletter.

Complete our short survey 

Contact Us

To contact us, please visit: www.lppapensions.co.uk/contact-lppa 

Please note: if you send us any correspondence by tracked mail you may receive a notice from Royal Mail saying they were unable to deliver the item. This is only because our mail is being sorted off site due to Covid-19. Rest assured we will still receive your mail so there is no need to call us we will action your mail in the usual manner.

LPP

Local Pensions Partnership
Administration