



Contributions bands increase - 10.1%

The Consumer Price Index measures the inflation or deflation over the year, which is based on the average change in prices over the year. This year it rose by 10.1% to September 2022, which means that the salary bands for member contribution rates will increase by 10.1% from 1 April 2023.

[View this year's rates](#)



Transitional Protection online resources

It's important you understand Transitional Protection, why changes are being introduced and if you're affected by the changes.

To help you understand if you're affected, we've developed a decision tree, which asks you a series of simple questions about your pension and teaching career and then provides you with the relevant information based on your answers.

You should also sign up for My Pension Online to ensure you have access to the latest information available and new online resources.

Understand if you're affected



Want to get more from your pension?

To learn more about your Scheme, how to increase your retirement benefits and plan for retirement join us for our free online training.

Spaces are limited so register quickly



Flexibilities deadline

Want to increase your pension? If so, Faster Accrual allows you to pay higher contributions to increase your pension for a particular scheme year.

If you have a Faster Accrual election you want to renew or you'd like to start one from 1 April 2023, it needs to be applied for by 31 March 2023. Please ensure you leave enough time for your employer to process their part of the application.

The easiest way to apply for Faster Accrual is via My Pension Online. **Register today** to complete the form and gain access to lots more benefits.

Find out more about Faster Accrual



Multi Factor Authentication (MFA) making online accounts even safer

As part of our commitment to make our users' online experience safer, faster, and more efficient we implemented MFA last year. MFA refers to an additional layer of security over a static PIN and enhances the safety of our online portal - My Pension Online.

Signing up for My Pension Online means you can check and manage your teacher's pension at a time that's convenient to you. It's easy to sign up.

All you need is:

- Your personal details
- Your National Insurance number
- An email address - we recommend a personal one, so you don't lose access to your account.

When signing up for My Pension Online and MFA we recommend you use an Authenticator App as it offers the highest levels of account protection.

[Register today](#)



New resources

Pensions can seem complicated, but we've been working hard behind the scenes to help keep things simple.

We've created eight brand new short and simplified videos on our website covering topics such as opting in, death benefits, family leave, going part-time and more.

The aim of these videos is to help you understand our processes and support you through your pension journey.

[Watch now](#)



Need help with financial wellbeing?

Make sure you understand the value of your pension by registering for a My Pension Online account. Your online account also offers you a range of online resources to help with your financial planning.

Unfortunately, we can't provide financial advice, but [MoneyHelper](#) gives you free, impartial help for all your money and pension choices.

[Improve your financial wellbeing](#)



Follow us on social media

We've just launched TikTok which means we're the first public sector pension scheme on it. If you're active on TikTok, come and say hi and give us a follow.

We also have accounts on Facebook, Twitter, LinkedIn, Instagram and YouTube.

[Follow us for the latest news and information](#)

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