

# Let's Talk

## State Pensions

**Police  
Mutual**

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State pensions are regular payments from the government that most people can claim in later life.





When you receive your state pension will depend on when you were born and this age is regularly reviewed to make sure that the State Pension is affordable and fair. People are living longer, and spending a larger proportion of their adult life in retirement than in the past. When the State Pension was introduced in 1948, a 65-year-old could expect to spend 13.5 years in receipt of it, this has been increasing ever since. Currently, for most people their pension age will be between 67 and 68, click [here](#) to check out your state pension age.

The amount you receive will depend on certain factors, including the number of years in which you've made National Insurance contributions and the date you reach the State Pension age. Click [here](#) for a pension forecast from the government's website.

Your State Pension age may be different to the age you can take your workplace pension, which can usually be taken between the ages of 55 and 75.

The new State Pension came into effect in 2016, replacing the basic State Pension which existed before it. Which pension you will be paid will depend on whether you reached State Pension age before the new State Pension came into force. For more details on each scheme, click [here](#) for the new scheme and [here](#) for the previous scheme.



**A working individual makes National Insurance contributions to get the state pension. The amount of benefit received will depend on the amount of NI contributions made. For the current tax year, 2024-25 the full new state pension is £221.20 per week.**

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