



Department
for Work &
Pensions

Information about State Pension and Bereavement Benefits if you live outside of the UK

We have many ways we can communicate with you

If you would like braille, British Sign Language, email, a hearing loop, translations, large print, audio or something else contact us.

If you get State Pension call **+44 (0) 191 218 7777**
or textphone **+44 (0) 191 218 7280**.

If you get Bereavement Benefit call **+44 (0) 191 206 9390**
or textphone **+44 (0) 191 218 7280**.

About yearly uprate payments when living outside of the UK

State Pension and Bereavement Benefits payments usually increase in April of each year to help with the cost of living increases. We call this yearly uprates.

If you live outside of the UK on or around April of each year, (when the payments increase), your payments will only increase if you live in:

- a European Economic Area (EEA) country
- Switzerland
- Gibraltar, or
- a country that has a social security reciprocal agreement with the UK (this does not include Canada or New Zealand).

If you live part of the year outside of the UK, you must choose which country you want your payments to be paid in. You cannot be paid in one country for part of the year and another for the rest of the year.

If you return to live in the UK, let us know straight away, as we can increase your payments to the current rates paid in the UK.

For more information, including which countries are in the EEA and have a reciprocal agreement with the UK, go to **www.gov.uk/state-pension-if-you-retire-abroad**

About reporting changes of circumstances

You must report any changes in your circumstances straight away. Your claim might be stopped or reduced if you do not report changes straight away. Some changes might mean we can pay you more money. See 'How to report changes' for our contact details.

Changes you must report if you get State Pension

You must contact State Pension straight away, if you:

- move or intend to move to another country permanently
- go into a residential care home, even if it is temporary
- go into prison or are held in legal custody
- get married or form a civil partnership
- get divorced or your civil partnership is dissolved
- stop or start getting another social security benefit, or
- your husband, wife or civil partner starts or stops getting another social security benefit
- your husband, wife or civil partner dies.

Changes you must report if you get Bereavement Benefit

You must contact Bereavement Benefit straight away if you:

- move or intend to move to another country permanently
- go into prison or are held in legal custody
- start living with someone as if you are married to them
- get married or form a civil partnership
- stop or start getting another social security benefit
- stop looking after a child or young person under 20.

Other changes you must report

Tell us straight away if you change your:

- telephone or mobile phone number
- address
- name
- bank details, and
- if you have someone who has authority to look after your affairs and that person changes.

If you get paid too much

You may have to repay overpaid money if you:

- did not report a change straight away
- gave wrong information
- were overpaid by mistake.

How to report changes or contact us

For more information, go to

www.gov.uk/international-pension-centre

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Our opening hours are Monday to Friday, 8am to 6pm.

Or you can write to:

The International Group

The Pension Service 11

Mail Handling Site A

Wolverhampton

WV98 1LW

United Kingdom

For more information about benefits and support available, go to

www.gov.uk/browse/benefit

You can also report deaths using the Tell Us Once service. It is free to use and lets the paying benefit offices and local council services know in one go. For more information, go to

www.gov.uk/tell-us-once

Treating people fairly

We are committed to the Equality Act 2010 and treating people fairly. To find out more about this law, search 'Equality' on

www.gov.uk

This leaflet gives you general information only and is not a complete statement of the law.