



# Living Well North Tyneside

Supporting Health and Wellbeing

This will help you make an informed decision about taking money from your pension pots.

Appointments last around **60 minutes**.

You can have an appointment if:

you're **aged 50 or over**, and

you have a **UK-based defined contribution pension pot** (this could be a personal or workplace pension).

**It doesn't matter how small your pension pot is.**

**If you're under 50 or only have a defined benefit pension you won't be able to have a Pension Wise appointment, but we can still help you.**

Call us free on 0800 011 3797 or use our webchat. One of our pension specialists will be happy to help.

Opening times: Monday to Friday: 9am to 5pm (helpline) 9am to 5pm (webchat). Closed on bank holidays.

Book online [HERE](#)



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