



**Living Well**  
North Tyneside  
Supporting Health and Wellbeing

## Citizens Advice - Pension Wise

Pension Wise is a service from MoneyHelper, backed by government. We offer free, impartial guidance to over 50s. We'll explain the options to take money from your pension pots.

At your Pension Wise appointment our pensions specialists will explain how each option works and the other things you need to think about. They'll also explain how each option is taxed and provide information about how to look out for scams.

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 ([Opens in a new window](#)). One of our pension specialists will be happy to help.

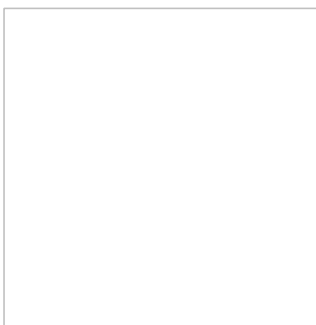
Opening times: Monday to Friday: 9am to 5pm (helpline) 9am to 5pm (webchat). Closed on bank holidays.

Book online [HERE](#)



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