

Your State Pension summary

▼ [Show your National Insurance number](#)

You can get your State Pension on 19 September 2030. Your forecast is

£179.60 a week

£780.94 a month, £9,371.27 a year

Your forecast

- is not a guarantee and is based on the current law
- does not include any increase due to inflation

You need to continue to contribute National Insurance to reach your forecast

Estimate based on your National Insurance record up to 5 April 2020

£161.06 a week

Forecast if you contribute another 4 years before 5 April 2030

£179.60 a week

£179.60 is the most you can get

You cannot improve your forecast any further, unless you choose to put off claiming.

If you're working you may still need to pay National Insurance contributions until 19 September 2030 as they fund other state benefits and the NHS.

[View your National Insurance record \(https://www.gov.uk/check-your-state-pension/account/nirecord\)](https://www.gov.uk/check-your-state-pension/account/nirecord)

Your forecast may be different if there are any changes to your National Insurance information. There is more about this in the [terms and conditions \(https://www.gov.uk/check-your-state-pension/terms-and-conditions?showBackLink=true\)](https://www.gov.uk/check-your-state-pension/terms-and-conditions?showBackLink=true).

You've been in a contracted-out pension scheme

Like most people, [you were contracted out of part of the State Pension \(https://www.gov.uk/check-your-state-pension/account/cope\)](https://www.gov.uk/check-your-state-pension/account/cope).

Putting off claiming

You can put off claiming your State Pension from 19 September 2030. Doing this may mean you get extra State Pension when you do come to claim it. The extra amount, along with your State Pension, forms part of your taxable income.

[More on putting off claiming \(opens in new tab\) \(https://www.gov.uk/deferring-state-pension\)](https://www.gov.uk/deferring-state-pension)