Contact the Future Pension Centre

Contact the Future Pension Centre for questions about the State Pension or to ask for a forecast.

This page is also available in Welsh (Cymraeg).

You can also check your State Pension forecast online to find out how much you could get and how you can increase it.

Future Pension Centre helpline

If you used the call back request form to pay voluntary National Insurance contributions, you do not need to contact the helpline. DWP Retirement Services will contact you.

Telephone: 0800 731 0175
Telephone from outside the UK: +44 (0)191 218 3600
Welsh language telephone: 0800 731 0175

Textphone: 0800 731 0176
Textphone from outside the UK: +44 (0)191 218 2051
Welsh language textphone: 0800 731 0456

Relay UK (if you cannot hear or speak on the phone): 18001 then 0800 731 0175

British Sign Language (BSL) video relay service if you're on a computer - find out how to use the service on mobile or tablet

Monday to Friday, 8am to 6pm
Find out about call charges

You can also write to:

Freepost DWP Pensions Service 3

Do not write anything except the freepost address on the envelope. You do not need a postcode or a stamp.

Related content

Delay (defer) your State Pension

Personal pensions

The basic State Pension

The new State Pension

Beta   This is a new service. Help us improve it and give your feedback (opens in new tab).

English | Cymraeg

Sorry, you can no longer submit a call back request to pay voluntary National Insurance contributions

The 'Request a call back to pay voluntary National Insurance contributions' service has closed.

If you submitted a call back request form, you do not need to call us. We will contact you.

Find out about paying voluntary National Insurance contributions.