

## Find out more about pension credit

This will include what pension credit is, eligibility, and how much you could get.

**Online:**

<https://www.gov.uk/pension-credit>

**Paper guide:**

We can email or send a paper guide to you in the post

**Telephone:**

You can call our advice line to speak to one of our team

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## Check if you are eligible for pension credit and other means tested benefits.

You will need to have ready details about your income and savings and your partner if you have one.

**Online:**

Age UK National's benefit check calculator -

<https://benefitscheck.ageuk.org.uk/Home/Start/>

**Paper form:**

We can email or post a paper form to complete and return to us via post or email so we can check your eligibility.

**Telephone:**

You can call our advice line to book a Telephone Benefit check appointment. These usually take about 30 minutes .



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## Apply

**Online:**

Via the government website:

<https://www.gov.uk/pension-credit/how-to-claim>

**Paper form:**

You can call the Department of Work and Pensions and request a form.

Telephone: 0800 99 1234

Textphone: 0800 169 0133

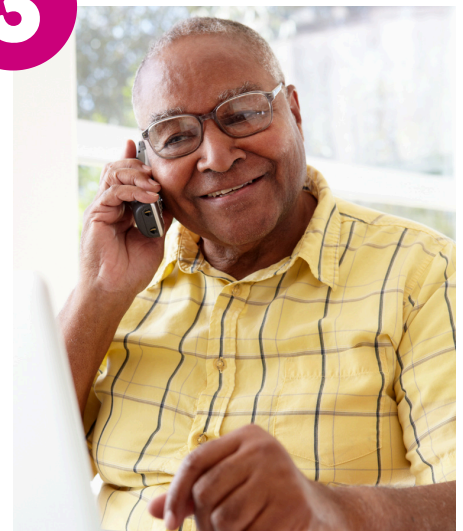
Relay UK (if you cannot hear or speak on the phone): 18001 then 0800 99 1234. You can also print the forms off online.

**Telephone:**

Telephone: 0800 99 1234

Textphone: 0800 169 0133

Relay UK (if you cannot hear or speak on the phone): 18001 then 0800 99 1234



# Pension Credit Guide

## Can Age UK Norfolk Help Me?

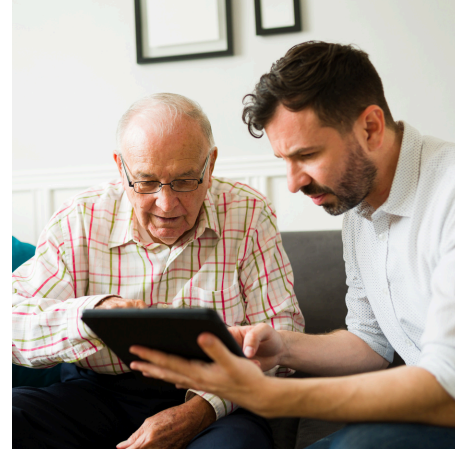
We can help you complete an application for Pension credit. Our trained Benefits team usually offer this service via a prebooked telephone appointment, but we can also consider a home visit in certain circumstances.

Contact Age UK Norfolk for a guide, benefit check, telephone information or advice, or help to claim:

Telephone: 0300 500 1217

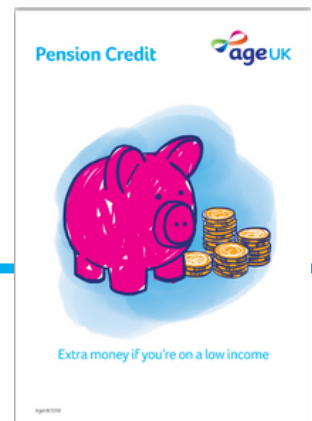
Email: [advice@ageuknorfolk.org.uk](mailto:advice@ageuknorfolk.org.uk)

Website: <https://www.ageuk.org.uk/norfolk/about-us/contact-us/>



## Key Dates:

- You can start your application up to 4 months before you reach state pension age
- You can apply any time after you reach State Pension age, but your application can only be backdated by 3 months.
- 21 December 2024 is the last date this year you can make a backdated claim for pension credit to receive the winter fuel payment



[Download Age UK's Pension Credit Guide](#)



## Making Norfolk a great place to grow older

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