

## When to use this form

Use this form to apply for a State Pension forecast. You can get a Pension forecast if you are more than four months from State Pension age.

### What your State Pension forecast will show

Your State Pension forecast will:

- show how much basic State Pension you may get based on your current circumstances and
- include details about any Graduated Retirement Benefit (GRB) you are entitled to.

If you are widowed, divorced, a surviving civil partner or your civil partnership has been dissolved and you have not remarried or entered into another civil partnership, your late or former spouse's or civil partner's National Insurance contributions (NICs) can sometimes be used to help you get a better pension.

The forecast will also tell you if your entitlement to basic State Pension can be improved.

### If you are within four months of State Pension age

If you are within four months of State Pension age do not complete this form. You should contact:

The Pensions Service  
International Pension Office  
Tyneview Park  
Whitley Road  
Benton  
Newcastle upon Tyne  
NE98 1BA  
United Kingdom.

You can phone them on + 44 191 218 7777, Monday to Friday 08.00 to 20.00.

### Our leaflet *Social Security abroad* (NI38)

Please read leaflet NI38 *Social Security abroad*. This tells you when you may have to pay UK NICs while abroad. It also gives general information on Social Security for people abroad and advice on paying voluntary NICs to the UK scheme. You can get a copy of leaflet NI38 from our website at [www.hmrc.gov.uk](http://www.hmrc.gov.uk)

To apply to pay voluntary National Insurance contributions, please complete the application form CF83 *Application to pay National Insurance contributions abroad*. You will find this form at the end of leaflet NI38.

If you:

- wish to pay voluntary NICs, please read your State Pension forecast before you send us form CF83
- have already sent us form CF83, please let us know if you wish to continue with your application once you have read your forecast.

If you have lived or worked in any of the countries listed in leaflet NI38, you should also read the relevant SA/CA leaflets.

SA leaflets can be found at [www.dwp.gov.uk](http://www.dwp.gov.uk)

CA leaflets can be found at [www.hmrc.gov.uk](http://www.hmrc.gov.uk)

## What to do now

Detach this page and keep it for your records. Fill in the form using capital letters and black ink. Where we have asked you to supply dates please use the format 'DD MM YYYY'. Then sign and date the declaration and send the completed form to:

HM Revenue & Customs  
Charity, Assets & Residence - Residency  
Benton Park View  
Newcastle upon Tyne  
NE98 1ZZ  
United Kingdom.

## How we use your information

HM Revenue & Customs is a Data Controller under the Data Protection Act 1998. We hold information for the purposes specified in our notification to the Information Commissioner, including the assessment and collection of tax and duties, the payment of benefits and the prevention and detection of crime, and may use this information for any of them.

We may get information about you from others, or we may give information to them. If we do, it will only be as the law permits to:

- check the accuracy of information
- prevent or detect crime
- protect public funds.

We may check information we receive about you with what is already in our records. This can include information provided by you, as well as by others, such as other government departments or agencies and overseas tax and customs authorities. We will not give information to anyone outside HM Revenue & Customs unless the law permits us to do so. For more information go to [www.hmrc.gov.uk](http://www.hmrc.gov.uk) and look for Data Protection Act within the search facility.





## A Your details

National Insurance number *if known*

Title, enter Mrs, Miss, Ms, Mr or other title

Surname

Previous surname *if applicable*

First name(s)

Date of birth

Nationality

Address

Address you would like your State Pension forecast sent to *if different from that shown above*

Home phone number *including country and area dialling code*

Work phone number *including country and area dialling code*

## B Overseas details

Please tell us the name of the country that you are working or living in, or that you intend to go to.

On what date did you, or do you intend to, arrive in that country?

On what date did you, or do you intend to, leave that country?

Have you ever lived or worked outside of the UK before?

No  Go to part C

Yes

If yes, please tell us the country and the period you lived there.

Country

From

To

Country

From

To

Country

From

To

## C Your National Insurance number

So we may check your National Insurance number, please tell us your last 2 addresses in the UK.

Address 1

Postcode

Address 2

Postcode

## D Your marital/civil partnership status

We may be able to use your spouse or civil partner's contributions towards your pension.

Please tick the box that applies to you and give dates. If you are no longer married we will ask you for more information later in the form.

Single  Go to part F

Married   
Please enter your date of marriage  

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Civil partner   
Please enter the date of commencement of your civil partnership  

--	--	--	--	--	--	--	--

Divorced   
Please enter the date of your divorce  

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Civil partnership dissolved   
Please enter the date of dissolution  

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## Your marital/civil partnership status

Widowed  *Men if widowed should also complete these boxes*

Please enter the date you were widowed

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Surviving civil partner

Please enter the date your civil partner died

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If you were widowed before 9 April 2001, have you claimed a Widow's Pension?

No  Go to part E Yes

If you were widowed on or after 9 April 2001, have you claimed any Bereavement Allowance or Widowed Parent's Allowance?

No  Yes

Was the marriage annulled?

No  Yes

Please enter the date of annulment below and send us your certificate of annulment

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Was the civil partnership annulled?

No  Yes

Please enter the date of annulment and send us your certificate of annulment

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## E Marriage/civil partnership details

If you are married, divorced, widowed, have a civil partnership or you are a surviving civil partner please give details below.

The date of your marriage/formation of your civil partnership *if you have already told us this date at part D you do not need to tell us again.*

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Your spouse or civil partner's surname

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## Marriage/civil partnership details

Your spouse or civil partner's first name(s)

Your spouse or civil partner's date of birth *if known*

Your spouse or civil partner's National Insurance number *if known*

Your spouse or civil partner's last address in the UK

  
  
  
  


Have you been married or had a civil partnership more than once?

No  Yes

If yes, please give details of each marriage or civil partnership

Dates of first marriage or civil partnership

From

To

Surname during first marriage or civil partnership

How did this marriage or civil partnership end?  
*Please tick one box.*

Divorced

Widowed

Dissolved

You are a surviving civil partner

Dates of second marriage or civil partnership

From

To

Surname during second marriage or civil partnership

How did this marriage or civil partnership end?  
*Please tick one box.*

Divorced

Widowed

Dissolved

You are a surviving civil partner

Dates of third marriage or civil partnership

From

To

Surname during third marriage or civil partnership

How did this marriage or civil partnership end?  
*Please tick one box.*

Divorced

Widowed

Dissolved

You are a surviving civil partner

Please provide details of any further marriages or civil partnerships on a separate sheet of paper and attach it to this form. Please tick this box if you have attached separate sheets of paper

If you are married or a civil partner but are about to get divorced or dissolve your civil partnership please tick this box

Please tell us your expected date of divorce or dissolution

## F Employment in the UK

Please tell us about your employment **immediately before** you left the UK.

*Please tick the box that applies to you and answer all related questions.*

Employed

Please give the exact date the employment ended

## Employment in the UK

Self-employed

Please give the exact date the self-employment ended

Unemployed and claiming benefit

Please tell us the name of the benefit you were receiving

The period you received this benefit

From

To

Unemployed but not claiming Jobseeker's Allowance

Not working

## G What you are doing now

We need to know what you are doing now.  
Please tick the box that applies to you

Working in the UK for an employer

Working abroad for an employer

Self-employed in the UK

Self-employed abroad

Not working

Unemployed

Working abroad as a Volunteer Development Worker

## H Employment overseas

If you are, or will be, working outside of the UK we need to know more about your employer.

Does your employer have a place of business in the UK?

No  Yes

Is your employer an International Organisation? *For example, part of the United Nations*

No  Yes

Is your employer an Overseas Government?  
*This might include working for an airline owned by another country, working in the armed forces, or in a public service such as teaching or nursing.*

No  Yes

Is your Contract of Service held by a UK employer?

No  Yes

Are you working for your employer as a self-employed person?

No  Yes

Please tell us the name(s) and address(es) of your employer(s) and the dates you were employed.

Name of employer 1

Address of employer 1

From

To

If you have more than 1 employer, please write their details on a separate piece of paper and attach it to this form.  
Please tick this box if you have attached separate sheets of paper

## I National Insurance contributions

If you are already abroad please tick the box(es) that apply to you now. If you are not abroad go to part J.

I am not paying any UK NICs

I am paying full rate UK Class 1 NICs as an employee

I am paying full rate UK Class 2 NICs as a self-employed person

I am paying reduced rate UK NICs (married women or widows only)

I am paying voluntary UK Class 3 NICs

I am paying voluntary UK Class 2 NICs

I am paying Volunteer Development Worker NICs

If you are paying voluntary UK NICs please advise how you pay.

By yearly payment

By Direct Debit from my bank/building society

Someone pays on my behalf (for example an agent)

## J About living in the UK

Have you ever lived in the UK for a continuous period of three years?

No  Yes

Are you ordinarily resident in the UK? *see leaflet NI38*

No  Yes

## K About UK benefits

If you are receiving any UK benefits please tick the box(es) that apply to you.

Incapacity Benefit/Employment and Support Allowance

Jobseeker's Allowance

Maternity Benefit

Severe Disablement Allowance

Another benefit   
Please state the name of the benefit

Child Benefit   
Please state your Child Benefit number

If you were receiving Child Benefit whilst you were living in the UK please tell us the date payment stopped

## Declaration

I declare that the information given on this form is correct and complete to the best of my knowledge.

I understand that if I knowingly give incorrect or incomplete information, action may be taken against me.

I understand that this is not a claim form.

Signature

Date

For official use

Date of enquiry

Date letter issued

Forms/leaflets issued

EPH/PA date