

Spring 2025

Your Pension News

Welcome to the latest update on your Howdens Retirement Savings Plan (HRSP). In this edition of the newsletter we'll cover:

- Market fluctuations and your pension investments.
- Making the most of your money – are you saving enough?
- Free retirement webinars available to help you make the right choices.
- Finding lost pensions
- Keeping an eye on your pension plan while out and about

If you have any queries about your Howdens Retirement Savings Plan or other benefits, please contact Standard Life: workplace.standardlifepensions.com/howden/contact.

You can also contact Howdens pension team at: pensions@howdens.com.

Market fluctuations and your pension investments – could patience be rewarded?

When stock markets and other investment markets are fluctuating it's natural to worry about how this may impact your pension and other investments. It's important to remember that pension savings is a long term investment and reacting in the short term could worsen any losses.

Standard Life's short video and in-depth Q&A explain some of the main things to think about when markets are moving and how this could affect the value of your pension investments.



What if the value of my pension goes down video

<https://www.standardlife.co.uk/articles/article-page/what-if-the-value-of-my-pension-plan-goes-down>



Market volatility Q&A

<https://www.standardlife.co.uk/investments/guides/market-volatility>



Making the most of your money

You wouldn't turn down a pay rise would you? Or the chance to have more in your retirement savings pot?

As well as your own contribution each month into your pension plan, Howdens help by paying in too. And just by paying in an extra 1% per month (in addition to the 4% core contribution), Howdens would also pay in an extra 1% (up to 12%).

Use the contribution calculator tool to help you decide how much to pay into the Plan and how much it would cost you.

lets look at what an extra 1% contribution for Charlie who earns £30,000 per year would mean:

1% - Charlie paid in an extra **1% (£25 per month)**, in addition to the **4%** core contribution.

+

1% - Howdens would match this **1%** (up to **12%**).

= **£600** (An extra **£50** per month into Charlies pension totalling **£600** per year!)

Remember, the value of investments can go down as well as up and could be worth less than originally invested.



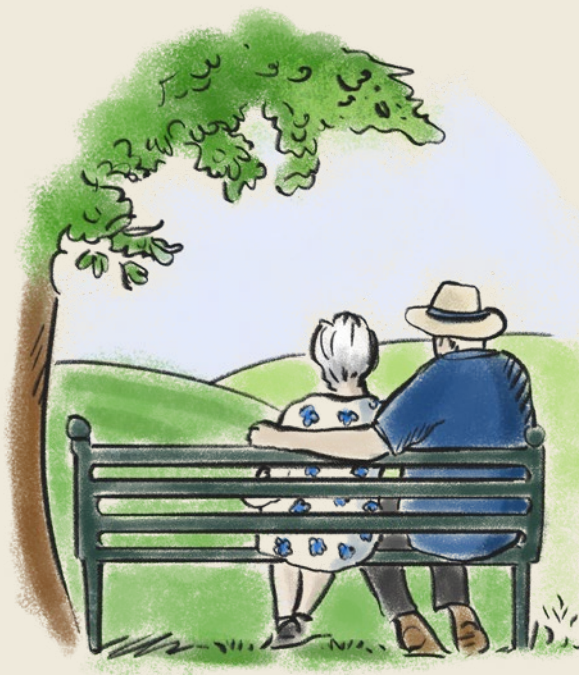
Log in to Benefits Hub to review your contributions and use the contribution calculator tool.

<https://my.lifelens.co.uk/howdens>



Use the retirement income tool on the Standard Life app to see how an increase in contributions could make a difference to your future.

<https://www.standardlife.co.uk/app>



Planning for retirement? We're here to help

Whether it's soon or still a while off, it's good to know your options.

Standard Life's free retirement webinars can help you make informed choices about:

- Taking money from your pension
- Using your pension savings
- How your money is invested
- Where to get more support

Each session ends with a live Q&A with retirement experts.

Webinars run regularly and though they are designed for those over 50 and coming up to retirement, anyone can join!



<https://www.standardlife.co.uk/retirement/events>



How do you find a lost pension?

Over the years, it's easy to lose track of pensions, especially if you've had multiple jobs.

The result? It's estimated that there are 3.3 million lost pensions in the UK, worth almost £31.1 billion in total.

These lost pensions, which are now worth an average of £9,470 – rising to £13,620 amongst the aged 55–75 cohort – could make a real difference to people's retirement if they were reunited with their owners.

Standard Life's partner, Raindrop, specialises in finding these lost pensions. Whether you're a Standard Life customer or not, they can help you find your old pensions and combine them into one pot, if it's right for you.



<https://www.standardlife.co.uk/find-my-pensions>

Keeping an eye on your pension while out and about

Take control of your financial future. Planning for your retirement at a time and place that suits you has never been easier.

With the Standard Life app you can keep an eye on your pension savings whenever and wherever suits you best.

The app lets you see the value of your pension investments and allows you to use the tools and manage your pension plan whilst on the go.



Download your Standard Life app today and start building your future.

<https://www.standardlife.co.uk/app>

Find out more about your Howdens pension

Your Howdens Retirement Savings Plan brochure talks through how your pension works, your contribution level options, what happens when you retire, as well as ways to engage and keep up to date with your pension and make sure you're on the right track.



library.standardlife.com/wsme1how.pdf

It's easy
to manage my
Savings Plan
on the go



www.standardlife.co.uk

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