

# Your Prudential Pension Newsletter

## June 2026

### See how your retirement plans are shaping up

Whether retirement is just around the corner or still years away, many of us aren't sure if we're saving enough. It can be difficult to picture what life after work will look like – and even harder to understand how much it might cost. Taking time to think about this now can help you feel more prepared.

### What could your retirement look like?

One helpful way to think about this is to start with the kind of lifestyle you want in retirement – whether that's covering the basics, having a bit more flexibility, or enjoying a more comfortable way of life. Thinking about where you see yourself can give you a clear starting point for planning.

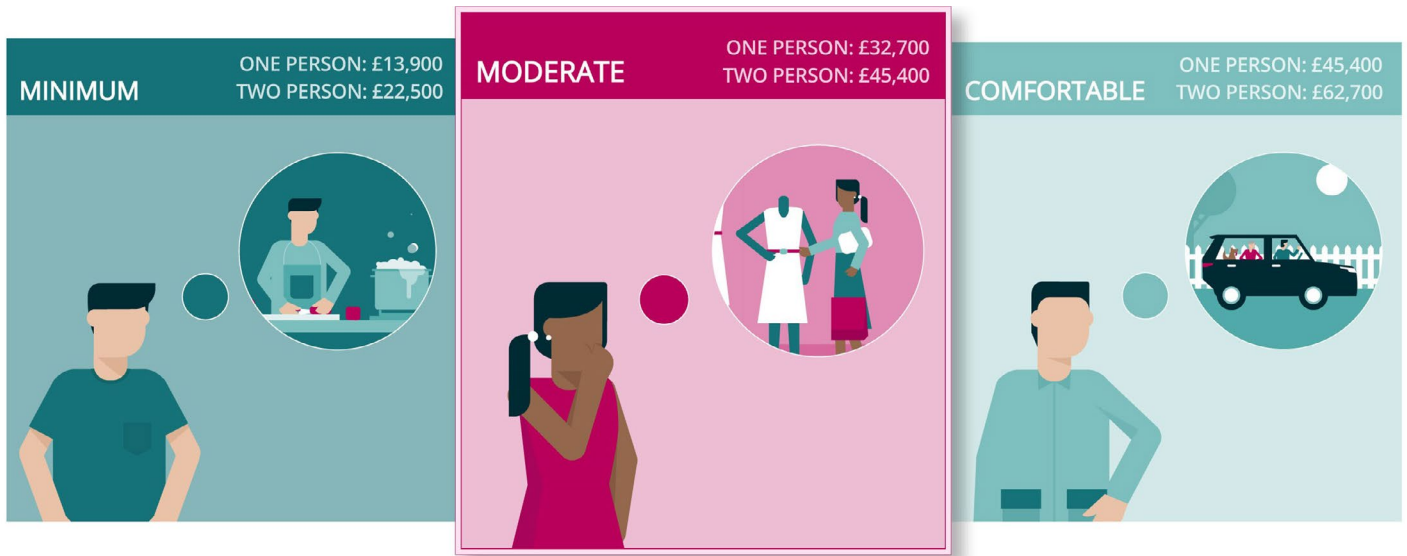
The **Retirement Living Standards (2026)**, provided by Pensions UK and developed in partnership with Loughborough University, offer a useful guide to what different retirement lifestyles might cost. Based on independent research into UK spending, they set out three levels of retirement living – minimum, moderate and comfortable – helping you translate your lifestyle goals into a potential income target (after tax):

- **Minimum:** Meets your everyday needs, with a little extra for things you enjoy.
- **Moderate:** Gives you more choice and flexibility, with room for occasional treats.
- **Comfortable:** Allows for more freedom and the ability to enjoy additional comforts and experiences.

**Explore each category in more detail** to build a clearer picture of what life in retirement could look like – and how this can help you plan ahead.

## What might this cost?

They have outlined an example of typical annual spending across the different lifestyles:



For example, a moderate lifestyle might give you more flexibility for hobbies or occasional travel, while a comfortable lifestyle could include more regular holidays or helping family financially.

These figures are a guide – the amount you'll need will depend on your own plans, priorities and circumstances, and may change over time. These examples don't include rent or mortgage costs. If you expect to have housing costs in retirement, you'll need to factor these in separately.

## How can we help you plan?

Understanding what you might need is the first step. Next, see how this compares to what your pension could provide.

We offer a range of retirement planning tools to help you:

- **Estimate your future income based** on your current pension savings.
- **Explore different retirement scenarios** and see how choices could affect your income.
- **Understand your options** when it comes to taking your pension.



### Retirement Contributions Calculator

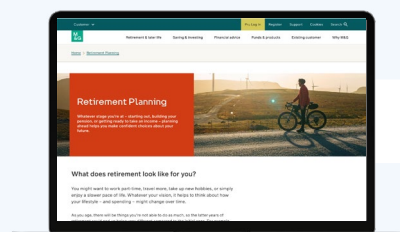
See what your monthly contributions could add up to in retirement



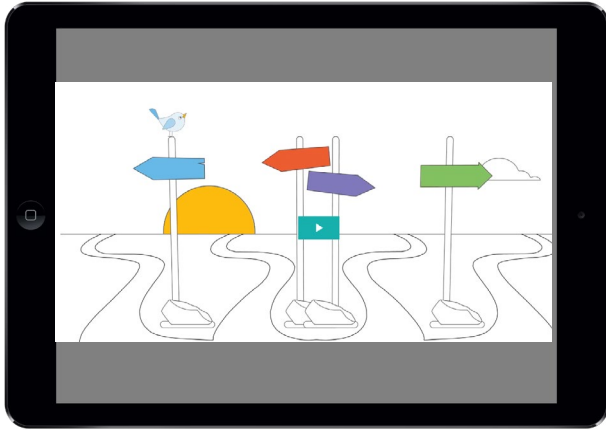
### Income Tax and Tax Relief Calculator

See how much tax relief you could get on your pension contributions

Using these tools can help you build a clearer picture of your retirement and identify any gaps early, so you have more time to take action if needed. Even small changes now can make a meaningful difference later. You'll find more guidance, tools and support on our **Retirement Planning page**.



Visit our **Retirement Planning page**



## Watch: your retirement options explained

Understanding your options can feel complex, especially as you get closer to retirement. This short video introduces the different ways you may be able to take your pension, helping you understand the choices available and what they could mean for you.



**Watch our  
short video**

### Need more personalised support?

If you're unsure whether you're on track, you may want to speak to a financial adviser. They can help you understand your options and create a plan that's tailored to you. If you don't already have a financial adviser, you can find one at [pru.co.uk/find-an-adviser](https://pru.co.uk/find-an-adviser) or [unbiased.co.uk](https://unbiased.co.uk)