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For Immediate release

Don't let your retirement be too taxing, warns charity

While many organisations are celebrating the valuable contributions made by pensioners as part of the [UK Older People's Day](#) on October 1<sup>st</sup> the national charity [Tax Help for Older People](#) is urging the over sixties to make timely checks that they are not contributing too much....in income tax.

**Chief Executive Graham Sherburn** said "Tax can become more, not less complicated after retirement or semi-retirement. Over the last few months many people will have been notified by HMRC of new tax codes or overpayments or underpayments of income tax. These can be very confusing, especially as many of us rely on our employer to deal with our tax payments while we are employed. This can be a whole new world to some over-sixties and comes at a time when other challenges such as illness, disability and bereavement can also hit. Before long we will be at the end of October when the deadline for paper filed tax self- assessments falls. We urge anyone over the age of sixty, and on a lower income, to seek clarification on any aspect of their income tax liability they do not understand. A simple tax health check can set your mind at rest and more complex problems can be sorted out. This service is completely free, independent and confidential".

As well as its national helpline and network of volunteer tax advisers, the charity is also working with local organisations to help people. **Graham Sherburn** confirmed "We are delighted to be working with local Age UK centres, Citizens Advice Bureaux and local authorities to reach and help local people with their income tax problems. Our working partnerships mean that we can see people face to face when that is the best way to help, bringing the expertise of our specialist area of advice right to where it is most needed, in local towns and cities and in people's homes. The UK Older Peoples Day celebrates what older people give to society. We are working hard to ensure that we are giving them something back and supporting older people when they need advice and support at this time and all year round."

If you are an older person on a lower income, or someone acting on their behalf then can contact the Tax Help for Older People on its lo-call helpline **0845 601 3321** or **01308 488066**

**Notes to Editor**

**Tax Help for Older People** is a service provided by the charity **Tax Volunteers**, offering free, independent and expert help and advice

**PRESS RELEASE**

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on personal tax matters to older people (approaching 60 or over) on lower incomes (less than £20,000 per year). The service operates across the UK, with a national helpline and a network of over 450 professionally trained tax volunteers. In 2013/14, Tax Help for Older People delivered over 20,000 individual tax advice sessions to over 10,000 older people. For further information visit [www.taxvol.org.uk](http://www.taxvol.org.uk)

**Tax Volunteers** publishes its 'Tax health check for older people' annually and distributes over 10,000 copies. See <http://www.taxvol.org.uk/our-services/publications/>

**HMRC** independent research estimates that in any one year there will be in excess of over one million taxpayers who need some additional help or support to deal with their tax affairs, over and above that which can be offered by HMRC's own telephone contact centres. 20% of all taxpayers are pensioners, **Tax Volunteers** estimate that there are potentially 50,000 older people in the UK in need of additional help and assistance with personal tax, tax credit or pension credit problems.

**For further information on Tax Help for Older People tax services contact**

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