

# Withdrawn

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This publication is no longer current.

# Five **National Insurance Credits** that might apply to you



National Insurance Credits can **increase** the amount of State Pension you will receive

Here are five things you can claim National Insurance Credits for. Check if you are eligible at [www.gov.uk/national-insurance-credits/eligibility](http://www.gov.uk/national-insurance-credits/eligibility)

1



Spending 20-35 hours a week caring for someone

2



Performing jury service

3



Living abroad with a spouse or civil partner in the military

4



Caring for a child under 12 in your family if you are not the parent

5



Unemployed and looking for work, but not claiming benefit

See if you can claim at:  
[www.gov.uk/national-insurance-credits/eligibility](http://www.gov.uk/national-insurance-credits/eligibility)



Department  
for Work &  
Pensions