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[Helena Sutan](#) November 13, 2021

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A PROMINENT CAMPAIGN GROUP has issued a STATE PENSION CALL FOR HELP, highlighting the misery of one lady on a frozen payment.

Because of the triple lock mechanism, the state pension is normally increased every year. This results in a 2.5 percent increase in the total, regardless of inflation or average earnings. However, British citizens who opt to retire abroad in specified countries are not eligible for this benefit. While the amount is payable overseas, it is not increased unless it is required by law.

For persons living in the European Economic Area, Gibraltar, Switzerland, or nations with a social security agreement with the UK, the state pension only increases once a year; however, increases are not accessible in Canada or New Zealand.

Many people who retired overseas have expressed their dissatisfaction with the lower state pension amount as a result of this strategy.

It has been claimed that it is putting a burden on people's finances and ability to cope.

Valerie Hepplestone, 78, who receives a state pension of about £43 per week, has found herself in this scenario.

She and her husband Ian live in South Africa, but she is apprehensive about

the future of her finances.

“My husband also has a frozen pension of £66 every week,” Ms Hepplestone remarked. He suffers from Alzheimer’s disease, Parkinson’s disease, and heart problems.

“Simply paying our medical aid contributions costs us £60 every week.”

“We have a tiny retirement annuity that supplements the pension,” she says.

“Inflation in South Africa is really high,” Ms Hepplestone added, “only this month power increased by 13%.”

“It’s scary to think about the future because food, rates and taxes, and fuel prices are all rising, but our income is staying the same.”

“Even after leaving the UK, we continued to pay National Insurance contributions in the belief that our pension would be secure.”

“We had no idea it was going to be frozen.”

The End Frozen Pensions Campaign brought Ms Hepplestone’s story to light, along with a number of others.

According to the organisation, there are approximately 500,000 British retirees living on the so-called “frozen” state pension all over the world.

End Frozen Pensions recently sent a letter to Prime Minister Boris Johnson outlining their goals and what they think will be done to address the issue.

“As British citizens and workers,. “Brinkwire Summary News,” the letter read.