

Britain's pensioners 'worrying themselves sick' over state pension

Express.co.uk readers have hit out at the amount of state pension available to Britons, claiming that it is not enough to provide even "a basic standard of living".

BBC Money Box experts explain increases to State Pension

A [new Express.co.uk poll](#) has shown a staggering 97 percent of readers do not think the [state pension](#) is sufficient.

The full state pension totals £10,600.20 annually while those on the basic state pension rate receive £8,122.40 a year.

New research has shown that to [achieve a minimum standard of living during retirement](#), a single person needs a total pension income of £12,800 a year.

The study by the [Pension and Lifetime Savings Association](#) (PLSA) shows that a "moderate" lifestyle will cost retirees £23,300 a year, while they will need £37,300 a year to be "comfortable".

Just 72 percent of the population is on track to reach at least the minimum standard of living in retirement. This means that millions of Britons dependent on the state pension will struggle with their day-to-day living costs.

READ MORE: [Pensioners at risk of undersaving by seven years](#)



a staggering 97 percent of readers do not think the state pension is sufficient (Image: Getty)

In a poll that ran from 4pm on Monday, May 15, to 11am on Thursday, May 18, [Express.co.uk](https://www.express.co.uk) asked readers: "Is the state pension enough to live on in retirement?"

Overall, 2,297 readers responded with the overwhelming majority, 97 percent (2,224 people) said "no" it is not enough, while just three percent (57 people) said "yes". A further 16 people said they did not know either way.

In the comments left below the accompanying article, [readers participated in a lively debate on the value of the state pension.](#)

Don't miss...

[**State pension underpayments hit £630million - thousands due back pay over £11k \[LATEST\]**](#)

[**War Widows Association win after seven-year battle for pension justice \[REPORT\]**](#)

[**Basic state pension fury as millions get £2,500 less and gap gets worse**](#)

[INSIGHT]



Just 72 percent of the population is on track to reach the minimum standard of living in retirement (Image: Getty)

The overwhelming argument was that the state pension is not sufficient, with username pollywollydoodle commenting: "The state pension is appalling. Why can't the UK respect our pensioners and look after them."

Likewise, username mrmoan said: "The UK state pension is pathetic and doesn't even come close to providing a basic standard of living."

Another, username Basaria agreed writing: "It's nowhere near enough to live on." They added: "Some of my neighbours are struggling on the state pension, and worry themselves sick over their heating bills."

However, other readers noted that several factors influenced the value for money Britons got from their state pension. Username imaginarskywizard said: "Depends on your lifestyle and where you live. It's impossible to put a blanket figure on it."

WHAT IS STATE PENSION?

You can claim the basic state pension if you're:

- A man born before April 6, 1951
- A woman born before April 6, 1953
- If you were born later you'll need to claim the new state pension.
- The most you can get on the basic state pension is **£156.20** per week.
- The full new state pension is **£203.85** per week.

EXPRESS FINANCE

The state pension is reportedly set to increase by a further seven percent next April (Image: EXPRESS.CO.UK)

To support pensioners, the Conservative Government introduced the [triple lock guarantee](#) in 2010 to ensure that the state pension increased by the highest of inflation, average earnings increase or 2.5 percent.

From April the state pension increased by a record 10.1 percent and is [reportedly set to increase by a further seven percent next spring](#), in line with September's forecasted inflation rate.

This will mean that the full state pension will increase by £742 to £11,342

while the basic rate will increase by more than £500 to £8,691.