

Permission granted for the submission to be made public

My name is Teresa Schejbal, I am 83 years young. Worked in London since 1953 and paid my contributions.

My late husband and I emigrated to South Africa from London in 1969. Two years later when visiting family in London we decided to go to DWP office in Wimbledon (where we used to live) to make arrangements to continue paying our contributions from South Africa in order to qualify for full pension . Nobody there told us that our pension will be frozen . So we continued paying until my husband reached his retirement age.

We could have saved this money !!!!. Now I have to pay my own Medical Aid which costs a fortune . I get GBP 62 per week.

My older sister who passed away in 2016 was living in London , her accommodation was paid for by the NHS , free medical and had a helper 4 times a week to take care of her, shopping, cleaning her apartment etc all paid by the NHS.

Now I am in Poland visiting my son for a few months and receiving GBP 131 per week.

This is my story.

Best Regards

Teresa Schejbal