



## How to contact the Menzies pensions department:

Write: Pensions Department  
John Menzies Ltd  
Lochside House  
3 Lochside Way  
Edinburgh  
EH12 9DT

Phone: 0131 459 8161/3 (9am to 5pm Monday to Friday)

Email: [pensions@menziesaviation.com](mailto:pensions@menziesaviation.com)

## How to contact Scottish Widows:

Write: Scottish Widows Workplace Savings  
PO Box 24173  
69 Morrison Street  
Edinburgh  
EH3 1HP

Phone: 0800 085 4993 (8am to 6pm Monday to Friday)

Email: [workplacesavings@scottishwidows.co.uk](mailto:workplacesavings@scottishwidows.co.uk)

Menzies Portal: <https://www.scottishwidows.co.uk/save/Menzies.html>

## How to contact NEST:

Write: NEST  
Nene Hall  
Lynch Wood Business Park  
Peterborough  
PE2 6FY

Phone: 0300 020 0090 (8am to 8pm 7 days a week)

Email : [support@nestpensions.org.uk](mailto:support@nestpensions.org.uk)

Website : <https://www.nestpensions.org.uk/schemeweb/nest.html>

Log in to your NEST account for the first time here:

[https://www.nestpensions.org.uk/schemeweb/NestWeb/faces/secure/USER\\_REG/pages/activateYourAccount.xhtml](https://www.nestpensions.org.uk/schemeweb/NestWeb/faces/secure/USER_REG/pages/activateYourAccount.xhtml)

**Note: If you are unsure who to contact, please contact the Menzies pensions department**

**People. Passion. Pride.** Since 1833.