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the brain injury association

factsheet

Self-employment after brain injury

Introduction

Running your own business can be very demanding, especially after a brain injury. It requires high levels of motivation, organisation, planning and thinking skills, which can all be affected by your injury. However, it can also be a hugely rewarding and empowering way of making a living.

For these reasons, it would be a good idea to talk this option through with your Disability Employment Advisor, family, friends, GP, occupational therapist, or other healthcare professionals, before making any decisions.

Finding out more

If you decide you want to take this option there are a number of services that can help. Your local Jobcentre Plus and Disability Employment Advisor are the best places to start and they will be able to advise on local support services. Other sources of help and support are as follows:

- **Business Link** in England, **Business Gateway** in Scotland and **Flexible Support for Business** in Wales all provide information, advice and support to help start, maintain and develop your own business.
- **The Citizens' Advice Bureau** provides a range of useful information about self-employment including guidance on setting up business, employing other people and financial issues. They provide a factsheet covering these issues which can be downloaded from their website at www.citizensadvice.org.uk.
- **HM Revenue & Customs** provides a helpline for people who are self-employed, where you can register and get help with tax, national insurance and VAT. It is a good idea to contact HM Revenue & Customs before going into business to ask about tax obligations.
- **The Association of Disabled Professionals** helps disabled people to set up their own business through the **Disabled Entrepreneurs' Network (DEN).** The organisation provides a range of support services and a resource guide called *Setting up in Business*?, which is available to disabled people for the price of postage.

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190 Bagnall Road,
Old Basford,
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Helpline: 0808 800 2244
Email: helpline@headway.org.uk
Website: www.headway.org.uk

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- **The Prince's Trust** can offer financial support and business support services to people aged 18-30 who are starting their own business. This includes advice from a volunteer business mentor for up to three years after you start.

- **PRIME** is an organisation set up to provide support, advice and training for setting up a business in England, Scotland and Wales for people aged over 50.

- **Scottish Enterprise network** can give details of local enterprise agencies and provide other assistance. **Firstport** (Scotland only) offers free support to people who want to set up a business which will have direct social or environmental benefits. It also administers the Scottish Government's Enterprise Fund.

- **Local enterprise agencies (England, Wales and Northern Ireland only)** give free general advice and support to small businesses. Training courses are also available, which are often free. Details of local enterprise agencies are available from the National Federation of Enterprise Agencies.

- In Northern Ireland, **Invest NI** gives general advice, counselling and support to small businesses about setting up a business, trading status, sources of finance, finding premises and preparing a business plan. Grants are also available.

- **Inbiz (England only)** provides help and support to long-term unemployed people who want to become self-employed.

Full contact details of all these organisations are included below.

Useful Organisations

Association of Disabled Professionals
BCM ADP
London WC1N 3XX
Tel: 01204 431638
Email: info@adp.org.uk
Web: www.adp.org.uk

Business Gateway (Scotland)
Practical help, advice and support for new and growing businesses in Scotland.
Tel: 0845 609 6611
Web: www.bgateway.com

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Business Link
Provides free business advice and support.
Web: www.businesslink.gov.uk

Citizen's Advice Bureau (CAB)
See local telephone directory for details, or visit www.citizensadvice.org.uk.

Disabled Entrepreneurs' Network (DEN)
Email: info@disabled-entrepreneurs.net
Web: www.disabled-entrepreneurs.net

Enterprise Northern Ireland
Workspace
Draperstown
County Derry
Tel: 028 7962 8113
Fax: 028 7962 8973
Email: info@workspace.org.uk
Website: www.workspace.org.uk

Firstport (Scotland only)
54 Manor Place
Edinburgh
EH3 7EH
Tel: 0131 220 0511 or 0845 478 6336
Email: info@firstport.org.uk
Website: www.firstport.org.uk

Flexible Support for Business (Wales)
Information and support for starting a business in Wales
Tel: 03000 6 03000
Web: www.business-support-wales.gov.uk

HM Revenue & Customs
Newly Self-Employed Helpline: 0845 915 4515
Web: www.hmrc.gov.uk

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Invest NI
Bedford Square
Bedford Street
Belfast
BT2 7ES
Tel: 028 9023 9090
Fax: 028 9043 6536
E-mail: info@investni.com
Website: www.investni.com

Inbiz (England only)
Enterprise House
8 Yarn Road
Stockton-on-Tees
TS18 3NA
Tel: 01642 610610
Fax: 01642 610611
Helpline: 0800 0321 001
E-mail: info@inbiz.co.uk
Website: www.inbizonline.co.uk

National Federation of Enterprise Agencies (England and Wales only)
12 Stephenson Court
Fraser Road
Priory Business Park
Bedford
MK44 3WH
Tel: 01234 831 623
Fax: 01234 831 625
E-mail: enquiries@nfea.com
Website (general): www.nfea.com

PRIME
Astral House
1268 London Road
London
SW16 4ER
Tel: 0800 783 1904
Email: prime@ace.org.uk
Web: www.primeinitiative.co.uk

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The Prince's Trust
18 Park Square East
London NW1 4LH
Tel: 020 7543 1234
Freephone Helpline: 0800 842 842
Email: webinfops@princes-trust.org.uk
Web: www.princes-trust.org.uk

Scottish Enterprise Network
5 Atlantic Quay
150 Broomielaw
Glasgow
G2 8LU
Tel: 0141 248 2700
Network helpline: 0845 6078787 or 0141 228 2000
E-mail: network.helpline@scotent.co.uk
Website: www.scottish-enterprise.com

To discuss any issues raised in this factsheet, or to find details of our local Groups and Branches, please contact the Headway helpline free of charge on 0808 800 2244, or by email at helpline@headway.org.uk. You can also find more information and contact details of Groups and Branches on our website at www.headway.org.uk.

Headway produces a range of booklets and factsheets covering brain injury related issues. Booklets cost £3.50 each and can be ordered from the website or on 0115 924 0800. Factsheets are freely downloadable from the website.

Brain injury survivors and carers can receive free copies of appropriate booklets from the helpline.

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