



Sources of help

Here you will find organisations and helplines that you may find useful when starting up and running your own business.

Sources of help

This document gives you information on:

- Business support and advice
- Training
- Market research and advertising
- Forming a business
- Business premises
- Tax, National Insurance and VAT
- Patents, trademarks and copyright
- Health and safety
- Employment rules
- Advertising
- Other government advice
- Legal information
- Professional service
- Trade associations
- Utility savings
- Banks
- Finance
- Debt advice
- Networking
- Benefits
- Personal support
- Other useful sites



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