

Latest help available from Business Link

Services

Health Checks

Free and confidential, health checks take stock of where a business is currently and will ensure that the business owner is in the best possible position to take early action to increase their chances of surviving the economic downturn.

For more information visit www.businesslink.gov.uk/east/healthcheck

Free workshops and seminars

Charges have been removed for our workshops and seminar programme until the end of March 2009. Workshops are held in over 90 locations across the East of England and provide expert advice and support to new and existing businesses.

[Free workshops press release](#)

Funding towards expert help and advice

Businesses that have been trading for over 12 months may be eligible for a £500 voucher redeemable in exchange for consultancy services following an online or face-to-face health check with a Business Link adviser.

[Voucher press release](#)

Anonymous helpline

The helpline offers anonymity to business owners who want to discuss their business issues without disclosing their identity. Dialling 08453 13 45 10 will put the caller straight through to an experienced information adviser from the service who will provide confidential business support, without asking for contact or identity information.

[Helpline press release](#)

New collateral

The Recession Survival Guide

The latest in our series of business essential guides; the facts about recession including 10 top tips for planning your business survival.

[Recession Survival Guide](#) (pdf)

The Know magazine: edition 2

Our twice yearly magazine; this edition covers the latest news, legislation, case studies, support available and much more.

[The Know](#) (pdf)