

Expert Accounting and Finance



What can I claim as a self-employed individual?



Read Now



As a self-employed individual the costs you can claim as allowable expenses are as follow:

Office costs: For example stationery or phone bills

Travel costs: For example fuel, parking, train or bus fares

Clothing expenses: For example uniforms

Staff costs: For example salaries or subcontractor costs

Things you buy to sell on: For example stock or raw materials

Financial costs: For example insurance or bank charges

Costs of your business premises: For example heating, lighting, business rates

Advertising or marketing: For example website costs

Training courses related to your business: For example refresher courses