

## BUILDING HEALTH

Nichola Elvy established Building Health to be a ground-breaking consultancy specialising in providing occupational health services to the demolition and groundwork industries. Building on her experience as a trained nurse and a 10 year career as a health and safety inspector Nichola decided to branch out on her own.

To start up her business Nichola overcame severe depression and many challenges:

**“I’ve had to make sacrifices along the way and that’s meant family and social life have suffered but I was determined to make this happen and I’m thrilled that I have!”**



SE Enterprise adviser Tony Goldstein became her business advisor – and her friend. He guided her through key set-up issues such as planning her finances, forecasting cash flow, changing from a sole trader to a limited company, issuing shares, employing staff and general business planning. She was also able to take advantage of our training workshops for herself and her staff.

Building Health now operates across the UK, counting some of the largest demolition companies as well as small family-run firms among its clients. The business has won a number of awards including Lewisham Business Awards in 2006 and Building magazine's Best Occupational Health Initiative. "What matters is developing the services our clients really need," she says.

Nichola has worked incredibly hard to make the business flourish and has just booked her first holiday in three years.

[www.buildinghealth.co.uk](http://www.buildinghealth.co.uk)

