

! Don't invest unless you're prepared to lose all the money you invest. This is a high-risk investment and you are unlikely to be protected if something goes wrong. Take 2 minutes to learn more.

HOW TO CLAIM SEIS TAX RELIEF

A practical checklist to keep to hand when claiming Seed Enterprise Investment Scheme (SEIS) relief. Work through it before you invest, when you claim and while you hold the shares.

01

QUALIFY

Check the company and yourself before you invest.

02

CLAIM

Wait for your SEIS3 certificate, then submit.

03

KEEP

Hold the shares and stay qualifying.

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01 BEFORE YOU INVEST

QUALIFY

THE COMPANY

- ☐ It has Advance Assurance from HMRC. If it doesn't, a suitably qualified person (a tax adviser, not the founder) has explained why the company still qualifies.
- ☐ It meets the SEIS company conditions, which are specific and change over time. Check the current rules at gov.uk.
- ☐ The company understands its ongoing SEIS obligations and, ideally, gives relevant warranties in the investment documentation.

YOU, THE INVESTOR

- ☐ You're subscribing for newly issued ordinary shares, paid for in full and in cash.
- ☐ You aren't an employee of the company. Special rules apply to directors, with exemptions for both paid and unpaid roles.
- ☐ You, together with certain associates, won't hold more than 30% of its ordinary share capital, voting rights or assets on a winding up.
- ☐ You intend to hold the shares for at least three years from the date they're issued.
- ☐ You understand your capital is at risk: these companies often fail, the shares are illiquid and you should be prepared to lose the full amount you invest.

02 AFTER YOU INVEST

CLAIM

- ☐ Wait for your SEIS3 certificate. The company must file an SEIS1 compliance statement with HMRC before it can issue one, so you can't claim until it arrives. If it's later than expected, your first call is to the company, not HMRC.
- ☐ Enter the SEIS3 details on your Self Assessment return for the tax year the shares were issued or the previous tax year: company details, amount invested, share issue date and HMRC reference.
- ☐ Not registered for Self Assessment? Complete the claim form and ask HMRC to give the relief through your PAYE code.
- ☐ Get tax advice on how the relief is best used.
- ☐ Claim as soon as you have everything you need. Don't leave it near the deadline.

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03 TO KEEP YOUR RELIEF

KEEP

- ☐ Hold the shares for at least three years from the date they were issued.
- ☐ Before taking an employed role or increasing your stake beyond the limits, check the tax position first.
- ☐ Remember relief can be withdrawn if the company stops meeting the SEIS conditions.
- ☐ Keep your SEIS3 and claim records somewhere you'll find them again.

TWO DATES TO REMEMBER

Claim deadline

Five years after 31 January following the end of the tax year in which the shares were issued, or are treated as issued where a carry-back election has been made.

Holding period

At least three years, running from the date the shares were issued, not from the date you claimed.

WHAT YOU CAN CLAIM

1 Income tax relief

50% of your investment, up to £200,000 a year.

2 Reinvestment relief

Exempt up to 50% of a gain reinvested into qualifying SEIS shares on which you also obtain SEIS income tax relief, to a maximum exempt gain of £100,000.

3 CGT exemption on disposal

Gains on the shares may be tax-free after three years.

4 Loss relief

Further relief on your net loss if the company fails.

5 Inheritance tax business relief

Qualifying unlisted shares held for at least two years may qualify for Business Relief. For deaths on or after 6 April 2026, 100% relief is available within the £2.5m combined Business and Agricultural Relief allowance, with 50% relief potentially applying above that amount.

IMPORTANT NOTICE:

This checklist is a general overview of SEIS and isn't personal tax advice. The tax benefits available under SEIS qualifying investments are dependent on individual circumstances and may be subject to change in the future. If you're unsure how the rules apply to you, speak to a qualified tax adviser and check current HMRC guidance before you claim.

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