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These notes provide:

- general guidance on capital gains
- guidance to help you prepare your computations (that must be included with the *Capital gains summary* pages of your tax return)
- guidance to help you fill in the *Capital gains summary* pages of your tax return, and
- appendices containing a glossary, details on reliefs and elections, a list of helpsheets and a computation working sheet for simple calculations of gains and losses.

*Words and phrases*, shown in italics, are explained further on in these notes or in the glossary on pages CGN 16 to CGN 18.

## General overview of capital gains and losses

The rules for working out capital gains and losses are sometimes complex and these notes do not attempt to explain everything that could affect your capital gains computations – there is much more in our helpsheets and manuals. Go to [hmrc.gov.uk/cgt](http://hmrc.gov.uk/cgt)

### Assets

You may have to pay Capital Gains Tax when you dispose of an asset which is worth more on disposal than when you acquired it. For Capital Gains Tax purposes, an asset is any form of property. The most common assets are:

- stocks, shares and units in unit trusts
- land and buildings
- business assets, such as goodwill.

Capital Gains Tax is payable for the increase in value of an asset.

If you make a loss disposing of an asset you may be able to set that loss against gains on other disposals or carry it forward to a later tax year.

You do not have to pay Capital Gains Tax if your taxable gains after deducting allowable losses for the year are, where due, less than your *annual exempt amount*. For 2012–13 the *annual exempt amount* is £10,600.

You are not entitled to the *annual exempt amount* for 2012–13 if you are not domiciled in the UK and are claiming to be taxed on the remittance basis for 2012–13. See the *Residence, remittance basis etc. notes* for more information. Go to [hmrc.gov.uk/worksheets/sa109-notes.pdf](http://hmrc.gov.uk/worksheets/sa109-notes.pdf) If this applies to you, and you have completed box 27 on the *Residence, remittance basis etc.* pages, we will ignore the *annual exempt amount* in working out the amount of Capital Gains Tax payable. If you have claimed the remittance basis in a past tax year and have made the election for your foreign capital losses to be allowable losses, then if you have remitted gains from that year in 2012–13 then any *annual exempt amount* due in 2012–13 may not be set against those remitted gains. If this applies then you may have to include an adjustment in box 8 (see page CGN 12).

### Disposals

A chargeable gain or allowable loss is made when an asset is disposed of.

If the disposal proceeds exceed the allowable cost of the asset you may have a chargeable gain. If they are less than the cost, you may have an allowable loss. In some situations, the allowable cost may be reduced because of a claim to a Capital Gains Tax relief in an earlier year. The gain or loss is then calculated using the reduced amount. Gains or losses may also take account of the *market value* of an asset on 31 March 1982 if you owned it at that date (see page CGN 5).

There are many ways you can make a disposal, including when an asset, or part of an asset (a *part disposal*), is:

- sold
- given away
- exchanged
- lost or destroyed.

Sales are the most common kind of disposal and in the rest of these notes we may refer to assets sold, rather than ‘disposed of’ (but please bear in mind that a gain, or loss, may arise on other kinds of disposal, not just sales).

There are also less common circumstances when you are treated as if you had made a disposal; for example, if your asset was reduced in value in order

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to increase the value of an asset owned by someone else, or if you received money because of your ownership of an asset and you will not be charged Income Tax on that money. If you are not sure, please contact us.

If you are resident and domiciled in the UK you are liable to pay Capital Gains Tax on all your chargeable capital gains, including gains on assets situated outside the UK, after taking off allowable losses. If you fail to declare a gain which arises outside the UK you could receive a penalty of up to 200% of the tax due. (Your domicile is usually determined by where you were born, or your father's place of birth – but it can be otherwise; if you are not sure please contact us.)

If you are resident but not domiciled in the UK you are still liable to pay Capital Gains Tax on your chargeable gains on assets situated in the UK. But if the 'remittance basis' applies to you, you will pay Capital Gains Tax on gains on non-UK assets only when those gains are remitted to the UK. Depending on your circumstances, the remittance basis may apply automatically or you may have to claim it (see the [Residence, remittance basis etc. notes](#) for more information).

In certain circumstances you may have to pay Capital Gains Tax on gains made by a company or a trust in which you have an interest. These include gains made by:

- certain types of company not resident in the UK and in which you are a participator (go to [hmrc.gov.uk](https://hmrc.gov.uk) for more details), or
- a trust not resident in the UK the gains of which are attributed to you because you are a settlor ([Helpsheet 299 Non-resident trusts and Capital Gains Tax](#) has more details), or
- a trust not resident in the UK the gains of which are attributed to you because you are a beneficiary who has received capital payments or benefits ([Helpsheet 301 Beneficiaries receiving capital payments from non-resident trusts: calculation of the increase in tax charge](#) has more details).

Include all such gains in box 31 unless they arise from gains of a non-UK resident trust attributed to you because you are a beneficiary who has received capital payments or benefits. You should enter these gains in box 32. You may deduct personal losses from gains included in box 31, but not from box 32.

## **Exemptions**

Some assets are exempt from Capital Gains Tax, including:

- private cars
- personal effects and goods worth up to £6,000 each when you dispose of them (see [Helpsheet 293 Chattels and Capital Gains Tax](#))
- Premium Bonds, savings certificates, British Savings Bonds
- stocks or shares within an Individual Savings Account (ISA)
- UK government stocks – known as gilts or gilt-edged securities
- personal injury compensation
- foreign currency for your own or your family's personal use outside the UK
- betting, lottery or pools winnings
- SAYE terminal bonuses
- compensation for mis-sold personal pensions taken out as a result of disadvantageous advice given between 29 April 1988 and 30 June 1994
- life insurance policies and deferred life annuity contracts, unless at any time acquired for actual consideration
- Enterprise Investment Scheme shares where Income Tax relief has been given (and not withdrawn) on them (see [Helpsheet 297 Enterprise Investment Scheme and Capital Gains Tax](#))

- Venture Capital Trust shares acquired within the annual limits and under certain conditions (see [Helpsheet 298 \*Venture capital trusts and Capital Gains Tax\*](#))
- Qualifying corporate bonds (see [Helpsheet 285 \*Share reorganisations, company takeovers and Capital Gains Tax\*](#))

If you lose money on the sale of exempt assets, those losses cannot reduce your chargeable gains. (However, special rules apply to Enterprise Investment Scheme shares and items of personal effects or goods which were acquired for more than £6,000; see the helpsheets for more information if you need it.)

### **Your main home**

Usually a tax relief called ‘Private Residence Relief’ will cover any gain you make on the sale of your main home (and if you make a loss, you will not be able to deduct that loss from other gains). [Helpsheet 283 \*Private Residence Relief\*](#) gives you more details. You may have to pay tax if:

- the gardens or grounds, including the house, are more than half a hectare (a little less than one and a quarter acres)
- part of the house has been used for purposes other than your home, for example, in your business
- the house has not been used as your home throughout your ownership (but you can ignore the last three years of ownership) see *Letting relief* on page CGN 20
- you have had a second home and the one sold has not been your main home throughout your ownership of it
- you acquired your home by way of gift on which *gifts holdover relief* was obtained.

If you are married or in a civil partnership and living with your spouse or civil partner only one property, which either or both of you own, can qualify for the relief at any one time.

### **Transfers of assets between connected persons**

If you dispose of an asset to, or acquire an asset from, a connected person the price paid should be replaced by the market value of the asset in working out your gain or loss. If you make a loss you can only set that loss against gains made on other disposals to the same connected person. These are known as *clogged losses*. Although they will be included in your total loss figure, please keep a separate record of each clogged loss carried forward to later years to make sure you deduct it correctly from future gains.

Connected persons are:

- your husband or wife or civil partner (but see the notes on page CGN 5 on transfers of assets between husbands and wives and civil partners)
- your brothers and sisters, and your spouse’s or civil partner’s brothers and sisters
- your, and your spouse’s or civil partner’s, parents, grandparents and other ancestors
- your, and your spouse’s or civil partner’s, children and other direct descendants
- the spouses or civil partners of any of the relatives mentioned above
- your business partners and their spouses or civil partners and relatives (except for genuine commercial acquisitions or disposals of partnership assets)
- any company you control, on your own or with any of the other people mentioned above
- the trustees of any settlement where you are, or any person connected with you is, a settlor.

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## **Transfers of assets between husbands and wives and civil partners**

If you sell or give an asset to your husband or wife or civil partner, and you are living together at some time in the tax year, there is no Capital Gains Tax to pay. We consider you are living together unless you are legally separated and that separation is likely to become permanent. We treat your *sale proceeds* as being of such an amount that you make neither a gain nor a loss. However, your husband or wife or civil partner will use the total of your costs to work out their gain or loss when they dispose of the asset and pay tax on any gain over the total period of ownership (yours and theirs) when they eventually sell the asset. For more detail on this see [Helpsheet 281 Husband and wife, civil partners, divorce, dissolution and separation](#).

## **Assets owned at 31 March 1982**

If you dispose of an asset that you owned at 31 March 1982, gains or losses are restricted to the amount of gain or loss since that date. Gains or losses on assets you owned at that date are calculated by reference to their value then, rather than their historical cost.

## **Disposal of shares or securities**

There are rules which you must apply when you dispose of shares or securities that match a disposal of shares or securities with an acquisition of shares or securities. These notes do not cover those rules in detail.

[Helpsheet 284 Shares and Capital Gains Tax](#) provides more information.

Generally you are treated as disposing of shares in the following order:

- first, shares acquired on the same day as the disposal (the ‘same day’ rule)
- second, shares acquired in the 30 days following the day of disposal (the ‘bed and breakfasting’ rule) provided you were resident in the United Kingdom at the time of the acquisition if the relevant acquisition was on or after 22 March 2007
- third, all shares of the same class in the same company (the ‘Section 104 Holding’ rule)
- finally, if the above rules fail to exhaust the shares disposed of, the remaining shares are matched with later acquisitions, taking the earliest one first.

## **Allowable losses**

If the total costs of an asset exceed the disposal proceeds you have made a loss. For losses to be allowable they usually have to be claimed (see below). Total allowable losses of 2012–13 may usually be deducted from the total chargeable gains for the same year. There are restrictions on some losses, known as *clogged losses* (see page CGN 18), that can only be set against gains of certain types. And any loss arising as a result of an avoidance scheme may not be an allowable loss.

There are special rules for determining allowable losses when the *remittance basis* applies. If you do not make an election in the first year for which you claim the remittance basis then any losses on assets situated outside the UK in that year or subsequent years will not be allowable losses. If you do make an election (see page CGN 10 for details on how to make the election in your return) then ‘foreign losses’ are allowable against chargeable gains of the same year (subject to certain ordering rules) but are not allowable against gains of an earlier year which are taxed on the remittance basis in the year of loss or in a later year. Go to [hmrc.gov.uk](https://hmrc.gov.uk) for more detail.

Where losses on the sale of any assets are taken into account with gains in calculating an aggregate gain on which you have claimed Entrepreneurs' Relief, that loss will not then otherwise be an allowable loss available to set against other gains. See [Helpsheet 275 \*Entrepreneurs' Relief\*](#) and the guidance on page CGN 12 for completing box 6.

If the losses exceed the gains, you have losses to carry forward to deduct from future gains. You can in certain limited circumstances claim to set a loss against income of the same year or the previous year ([Helpsheet 286 \*Negligible value claims and Income Tax losses on disposals of shares you have subscribed for in qualifying trading companies\*](#) and [Helpsheet 297 \*Enterprise Investment Scheme and Capital Gains Tax\*](#) have more information).

When you deduct losses brought forward from gains of a later year (after deducting losses of the same year, first) you only use enough losses brought forward to reduce the gains to the *annual exempt amount*. You must use up brought forward losses from 1996–97 and later years before deducting losses from 1995–96 and earlier years.

In some rare circumstances you can carry back losses to deduct from gains of earlier years. If you would like to know more about carrying back losses, or if you have trading losses that are more than your taxable income (see [Helpsheet 227 \*Losses\*](#)) and you wish to set some or all of those losses against your capital gains, please contact us.

Losses made since 1996–97 must be notified to us within four years of the end of the tax year in which they were made. As any such notice is treated as if it were a claim these notes will simply refer to a 'claim' for a loss.

You can do this by filling in the [Capital gains summary](#) pages of your tax return and making clear in the accompanying computation that you are making a claim(s) and what the claim is for. The guidance later in these notes explains how losses may be deducted from gains once claimed. The latest date for claiming 2012–13 losses is 5 April 2017. Losses made in 1995–96 and earlier years did not have to be claimed – they are brought forward each year until used up (but only after the losses of 1996–97 and later years have been used).

You may not deduct personal losses from gains of a trust not resident in the UK, which are attributed to you because you are a beneficiary and have received capital payments or benefits. Include such gains in box 32 and enter any additional amount of tax in box 9. [Helpsheet 301 \*Beneficiaries receiving capital payments from non-resident trusts: calculation of the increase in tax charge\*](#) will help you complete these boxes.

You may deduct personal losses from gains of a trust not resident in the UK which are charged on you as settlor.

### Gains of earlier years

Some gains that were made before 2012–13 may be taxable in 2012–13. You must include these gains in box 31. For example, where:

- rollover relief was claimed on the purchase of a wasting asset, see [Helpsheet 290 \*Business Asset Rollover Relief\*](#), or
- gifts holdover relief has been claimed on a transfer of an asset to you and you have become non-resident, see [Helpsheet 295 \*Relief for gifts and similar transactions\*](#), or
- a gain has been deferred as a result of a share reorganisation in which you have been issued with qualifying corporate bonds, see [Helpsheet 285 \*Share reorganisations, company takeovers and Capital Gains Tax\*](#), or



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- you have claimed a deferral of a gain on a subscription for Enterprise Investment Scheme or Venture Capital Trust shares, see [Helpsheet 297 Enterprise Investment Scheme and Capital Gains Tax](#) or [Helpsheet 298 Venture capital trusts and Capital Gains Tax](#), or
- a gain accrued in 2008–09, 2009–10, 2010–11 or 2011–12 when you were regarded as a ‘temporary non-resident’, see [Helpsheet 278 Temporary non-residents and Capital Gains Tax](#), or
- a gain that was previously claimed to be unremittable and that gain became remittable in the year, or
- a foreign chargeable gain remitted to the United Kingdom in 2012–13 that arose in an earlier year, see the *Residence, remittance basis etc. notes*. Go to [hmrc.gov.uk/worksheets/sa109-notes.pdf](https://hmrc.gov.uk/worksheets/sa109-notes.pdf) for more information.

The next section gives you information about Capital Gains Tax rates. The Capital Gains Tax rate(s) on a gain you made in an earlier year, including gains which have been reduced by  $\frac{4}{9}$  for Entrepreneurs’ Relief, where the charge on that gain has been deferred to 2012–13 will be the rate(s) at the time the deferral ends and the gain becomes liable to tax. Gains on disposals before 23 June 2010 which are deferred until 6 April 2012 or later will therefore be liable to Capital Gains Tax at the 18% or 28% rates, in the same way as gains arising on disposals on or after that date.

### Capital Gains Tax rates

Capital gains are taxable at:

- 18% where your total taxable income and gains after all allowable deductions (including losses, the Income Tax personal allowance and the *annual exempt amount*) are less than the upper limit of the basic rate Income Tax band (£34,370 for 2012–13 unless this limit is extended for Gift Aid payments or certain pension contributions)
- 28% (where you are not claiming Entrepreneurs’ Relief).

Where the date of sale is on or after 23 June 2010 gains qualifying for Entrepreneurs’ Relief are taxable at 10% (unless the qualifying gains were made before 23 June 2010, see [Helpsheet 275 Entrepreneurs’ Relief](#)).

Entrepreneurs’ Relief is subject to a lifetime limit of qualifying capital gains for each individual. For 2012–13 the limit is £10,000,000. If you think relief may be due or a claim for the relief needs to be made, details and examples are given in [Helpsheet 275 Entrepreneurs’ Relief](#).

You can work out your taxable income and the amount of the basic rate band available by downloading the *Tax calculation summary notes* from [hmrc.gov.uk/worksheets/sa110-notes.pdf](https://hmrc.gov.uk/worksheets/sa110-notes.pdf) or asking the Self Assessment Orderline for a copy. This will show how we will work out the Capital Gains Tax payable based on the entries in your tax return. The *Tax calculation summary notes* have a Working Sheet which sets out the steps in the Self Assessment calculation, including the capital gains element. We will work this out for you if you file online. See the guide [How to fill in your tax return](#) for more information on how to file online. You will need to know how we will work out the Capital Gains Tax payable where you have to include an adjustment to this amount in box 8 of the *Capital gains summary* pages, see page CGN 8.

In working out the Capital Gains Tax payable, you may deduct losses and the *annual exempt amount* (where due) in the way which minimises the tax due unless there is a specific rule that limits how they may be deducted such as for *clogged losses*.

We will work out the amount of Capital Gains Tax payable for you based on the entries in your *Capital gains summary* pages but see below for the times when you may need to adjust our calculation of the Capital Gains Tax payable.

### Adjustment to Capital Gains Tax

You do not need to read this section unless you have:

- a capital gain that has Foreign Tax Credit Relief (see [Helpsheet 261 Foreign Tax Credit Relief: capital gains](#)).  
We will not know which gains qualify for Foreign Tax Credit Relief and so will not be able to work out for you the most beneficial way to deduct *losses* and the *annual exempt amount* to minimise the Capital Gains Tax payable
- a capital gain that includes an additional liability in respect of non-resident or dual resident trusts (see notes for box 9 and [Helpsheet 301 Beneficiaries receiving capital payments from non-resident trusts: calculation of the increase in tax charge](#)). We will not know from your entries on the *Capital gains summary* pages which gains are subject to an additional liability and so will not be able to work out for you the most beneficial way to deduct *losses* and the *annual exempt amount* to minimise the Capital Gains Tax payable
- in an earlier tax year you claimed remittance basis and have made the election for foreign losses and in 2012–13 you are entitled to the *annual exempt amount* and have remitted gains of that earlier year. If so, you may not deduct the 2012–13 *annual exempt amount* from those gains
- claimed remittance basis for the year and have made the election for foreign losses and foreign losses of the year are set against foreign chargeable gains that are not remitted
- *clogged losses* that can only be deducted from particular gains but these losses are included in box 6 (such losses cannot be included in box 7 unless they can be used in the tax year).

The notes on page CGN 7 explain that we will work out how much Capital Gains Tax you owe based on your entries on the *Capital gains summary* pages and how you can work out what that amount will be. In the cases above the way we work out Capital Gains Tax may not correctly calculate the amount of tax chargeable and you may need to make an adjustment to the tax otherwise chargeable which could not be inferred from the other figures in boxes on your return. Box 8 is where you can make any such adjustment.

Any adjustment may either increase (for example, where there is a restriction for *clogged losses*) or decrease the amount of Capital Gains Tax payable by you compared to our calculation. Where more than one adjustment is necessary then you should only report the net adjustment in box 8. You must explain in your computations how any adjustment has been calculated.

Example 1 on the next page shows how an entry in box 8 may be required taking *clogged losses* as the reason for the adjustment.



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## Example 1

Your entries on the *Capital gains summary* page show that you have total gains of £30,600 and losses of the year (in box 6) of £10,000. (There is £25,000 of basic rate band available to set against gains.)

We would work out your gains and Capital Gains Tax as follows:

Total net gains after losses (£30,600 minus £10,000)	£20,600
<i>Less annual exempt amount</i>	£10,600
Taxable gains	£10,000
Capital Gains Tax payable (£10,000 x 18%)	£1,800

If the losses are *clogged losses* and cannot be deducted from the gains of £30,600 then the correct position is:

Total net gains (no deduction for losses)	£30,600
<i>Less annual exempt amount</i>	£10,600
Taxable gains	£20,000
Capital Gains Tax payable (£20,000 x 18%)	£3,600
Increase in Capital Gains Tax due to <i>clogged losses</i> (£3,600 minus £1,800)	£1,800

You must show this increase in box 8 as an adjustment to the Capital Gains Tax payable to ensure that you pay the right amount of Capital Gains Tax.

## Your computations

**Prepare your capital gains computations before you start filling in the *Capital gains summary* pages.**

First, gather together any paperwork you may need, such as:

- contracts for purchase or sale of assets
- invoices for work you have had done to improve the asset
- copies of any valuations you have obtained
- brokers notes.

Then, prepare your computation of gain or loss. You will have to do this separately for each asset sold. We require your computations and the completed *Capital gains summary* pages with your tax return. There is a computation Working Sheet on page CGN 21 that you may be able to use. The next few paragraphs will help you with your computations.

Some gains that were made before 2012–13 may be taxable in 2012–13. You must include these gains in box 31: see page CGN 15 for more information.

It is up to you how you prepare your computations but it may be easier if you follow the approach we set out here. You may be able to use the Working Sheet on page CGN 21. Use as many copies as you need. The Working Sheet is for straightforward calculations of gains or losses and can be used for a disposal of land or other assets. You can also use it for a disposal of shares but only if it is a disposal of the whole of your holding of a particular class of shares.

You will not be able to use the Working Sheet if:

- the asset has been acquired by the exercise of an option, or
- the disposal is a *part disposal*, or
- you have to aggregate gains and losses on the sale of any assets to calculate the aggregate gain on which you wish to claim Entrepreneurs' Relief.

- 1 Start with a full description of the asset (for example, number, type of shares sold and the company's name or address of the building or land) and the *date of sale*. If the disposal was between connected persons, say so.
- 2 Next, enter the *sale proceeds* or *market value*, as appropriate, taking off the incidental costs of selling the asset to give you your net disposal proceeds.
- 3 Now enter the date of acquisition and work out what the asset has cost you over your period of ownership; that is, the *acquisition cost* (reduced by any earlier claim to tax relief, if applicable) plus any *incidental costs of acquisition* and *improvement costs*.
- 4 Take the total costs away from your net disposal proceeds to work out the gain or loss.
- 5 Enter any capital gains reliefs (see pages CGN 18 to CGN 20) claimed or elections made, and show the capital gain after any reliefs or elections.
- 6 Total all your gains (including gains of earlier years taxable this year) and losses for the year.
- 7 Deduct losses from gains to reach the taxable gains. Use losses of the year before losses brought forward from earlier years. You only need to use enough losses brought forward to reduce the total of all your gains to the *annual exempt amount* where due (see page CGN 2) for the year.

### **Estimates and valuations**

There may be occasions when you have to estimate figures – please make it clear in your computations which figures are estimated, and why.

Valuations may be necessary, particularly if you sell assets that were acquired from, or sell assets to, people to whom you are *connected*, or sell only part of an asset (a *part disposal*).

Again, please make clear any use of valuations in your computations, and attach a copy. Please say who carried out the valuation and whether they were independent and suitably qualified. And if you have already asked us to check your valuation by sending us a form CG34, please make this clear in your computations. Where valuations have been made of land and buildings, give a description of the property, whether it is freehold/leasehold, and any tenancies affecting your ownership at the valuation date(s). Attach a copy of the plan if this helps identification.

We may decide to check your valuations. We use specialist valuers to value a range of assets including unlisted shares, land, works of art and goodwill. If we make enquiries about your valuations you will be able to discuss your values with our valuers. If we cannot reach agreement you can appeal to an independent tribunal.

We do not always make enquiries. If we do not, you should not assume we agree with your valuations.

### **How to make a Capital Gains Tax claim, an election or give any notice in your tax return**

If you wish to make any claim, election (except an election for foreign losses to remain allowable if you have claimed remittance basis: see pages CGN 5 and CGN 19 for more information) or give any notice (for example, for allowable capital losses) for Capital Gains Tax purposes in your tax return you must put an 'X' (as appropriate) in boxes 20, 26 or 34 on pages CG 1 or CG 2 of the *Capital gains summary* pages. You must also provide

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details of each claim, election (including an election for foreign losses to remain allowable) or notice in the 'Any other information' box, box 36 or in your computations including a clear statement that a claim or an election is being made or a notice is being given in respect of a particular gain or loss. The Capital Gains Tax helpsheets provide more detail about how you should make particular claims or elections in a tax return.

## **Filling in the Capital gains summary pages**

You must enter details from your computations onto the *Capital gains summary* pages completing any boxes relevant to your gains and losses for the tax year. Begin by filling in the three separate sections for:

- *listed shares and securities* (boxes 16 to 21)
- *unlisted shares and securities* (boxes 22 to 27)
- *property and other assets and gains* (boxes 28 to 35).

Then, once you have completed boxes 16 to 35, fill in the summary section at the beginning of the *Capital gains summary* pages (boxes 3 to 15).

If you want to elect for your losses on foreign assets to be allowable losses you will need to complete box 36 on the *Capital gains summary* pages even if you have not made any disposals in the year.

Your computation by itself is insufficient, as is completing only boxes 3 to 15, (so please do not cross through the pages or mark them 'see attached').

We will use the information you provide on the *Capital gains summary* pages to work out how much, if any, Capital Gains Tax is payable for 2012–13. You must therefore complete all boxes of the *Capital gains summary* pages that are relevant to you, even if you choose to work out how much tax you owe.

## **Summary of your enclosed computations**

### **Box 3 *Total gains***

Enter the total amount of all your gains made before any losses (but see the next paragraph) are deducted but after any reliefs, elections or claims are taken into account (apart from the *annual exempt amount*). This amount is the total of the gains from boxes 19, 25, 31, and 32.

Where, there are deferred gains arising from before 23 June 2010, the net gains before 23 June 2010 qualifying for Entrepreneurs' Relief (that is before the relief is deducted) should be entered in box 15, see notes on box 15 on CGN 13. See also the notes on box 6 on Page CGN 12 where losses are taken into account in working out the aggregate amount on which Entrepreneurs' Relief is claimed.

### **Box 4 *Gains qualifying for Entrepreneurs' Relief (but excluding gains deferred from before 23 June 2010)***

Enter the total amount of all your gains made on or after 6 April 2012 (and in the period 23 June 2010 to 5 April 2011 that were deferred gains) that qualify for Entrepreneurs' Relief.

### **Box 5 *Gains invested under Seed Enterprise Investment Scheme and qualifying for exemption***

Enter here the total of all your gains made on the disposal of assets in the year to 5 April 2013 which are claimed to be exempt because of reinvestment

into shares issued to you, or treated as issued to you, in that year by one or more Seed Enterprise Investment Companies. You should use and attach the claim forms provided with the SEIS3 certificates. Include in boxes 19, 25, or 31 only those gains, if any, which remain after deducting the amounts treated as exempt.

See [Helpsheet 393 Seed Enterprise Investment Scheme – Income Tax and Capital Gains Tax reliefs](#) for more information.

#### **Box 6 Total losses of the year**

Enter the total amount of all your losses of the year taken from your computations including losses entered in box 14, any *clogged losses* and (if remittance basis applies) allowable losses arising on disposals of assets situated outside the UK. If you do have any *clogged losses*, please keep a separate record of each clogged loss carried forward to later years to make sure that it is deducted correctly from future gains. You should also identify in your computations any losses which are clogged and say why they are clogged. You may also need to enter details in box 8, see the notes on page CGN 10 for more detail.

If you have disposed of a number of individual assets which are taken together for an Entrepreneurs' Relief claim and any of those assets were sold at a loss, those losses should not be included in this box. They will have been taken into account in arriving at the chargeable gain on which the claim is made and the net chargeable gain included either in the box 3 or 4 total (see the notes for boxes 3 and 4 on page CGN 11).

#### **Box 7 Losses brought forward and used in the year**

Enter the amount of losses brought forward from earlier years which are used in the year. You also only use losses brought forward to reduce gains to the *annual exempt amount* (where due) for the year. *Clogged losses* brought forward can only be set against gains of certain types.

#### **Box 8 Adjustment to Capital Gains Tax**

This box will not apply to many people. Enter the amount of the adjustment needed to increase or reduce the amount of capital gains tax we will calculate based on your entries on the *Capital gains summary* pages. See the notes on page CGN 8 for more detail. You must explain in your computations how any adjustment has been calculated. If your adjustment reduces the amount of Capital Gains Tax payable, please put a minus sign in the box provided before the adjustment figure.

#### **Box 9 Additional liability for non-resident or dual resident trusts**

This box will not apply to many people. The amount to enter in this box is an additional amount of tax. You may have to pay this if gains are taxable on you as a beneficiary of a non-UK resident trust and there is a gap between the gain arising and you receiving a payment or benefit from the trust. If you think this may apply, ask for [Helpsheet 301 Beneficiaries receiving capital payments from non-resident trusts: calculation of the increase in tax charge](#) to work out the amount of tax to go into this box.

#### **Box 10 Losses available to be carried forward to later years**

Enter here the total of all unused losses you have available, of the year and from earlier years, to be carried forward to later years. Include any unused *clogged losses*. To make sure they are used correctly in future years keep a

## **Contacts**

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[hmrc.gov.uk/sacontactus](http://hmrc.gov.uk/sacontactus)

separate record of each of your unused *clogged losses*. You should also keep separate records of both unused losses claimed for 1996–97 and later years and for 1995–96 and earlier years.

### **Box 11 *Losses used against an earlier year's gain***

This box only applies in very limited circumstances. The most common case is explained in [Helpsheet 282 \*Death, personal representatives and legatees\*](#). There is more information in our capital gains manual, go to [hmrc.gov.uk/manuals/cgmanual](http://hmrc.gov.uk/manuals/cgmanual) to find out about the circumstances when losses can be carried back to earlier years.

### **Boxes 12 and 13**

These boxes will not apply to most people as you cannot usually set off capital losses against income. [Helpsheet 286 \*Negligible value claims and Income Tax losses on disposals of shares you have subscribed for in qualifying trading companies\*](#) and [Helpsheet 297 \*Enterprise Investment Scheme and Capital Gains Tax\*](#) have more information about the circumstances when you can.

### **Box 14 *Income losses of 2012–13 set against gains***

This box will not apply to most people. Enter here the amount of any allowable trading losses that you wish to set against chargeable gains.

You should only enter the lower of:

- the total losses you can claim, and
- the amount required to reduce the figure of gain, after capital losses of the year have been set off, to zero.

[Helpsheet 227 \*Losses\*](#) provides more information on trading losses.

### **Box 15 *Deferred gains from before 23 June 2010 qualifying for Entrepreneurs' Relief***

This box applies only to gains made before 23 June 2010 qualifying for Entrepreneurs' Relief that were deferred. Enter the amount of qualifying gains on which Entrepreneurs' Relief is claimed and before the  $\frac{4}{9}$  reduction – see the notes on pages CGN 7 and CGN 8. See also [Helpsheet 275 \*Entrepreneurs' Relief\*](#) for more information and details of the lifetime limit for qualifying gains.

## **Listed shares and securities**

### **Box 16 *Number of disposals***

Enter here the number of disposals of *listed shares and securities* in the year to 5 April 2013. For the purposes of this box count all disposals of the same class of share or security in the same company made on the same day as a single disposal. Ignore disposals you do not make in your own capacity, for example, disposals you make as a trustee.

### **Box 17 *Disposal proceeds***

Enter the total disposal proceeds for all *listed shares and securities* before any reliefs, claims or elections are made. In some circumstances the amount you receive should be replaced in your calculation by the *market value* of the asset you disposed of.

**Box 18 Allowable costs (including purchase price)**

Enter the total allowable costs which will usually include the purchase price, any *incidental costs of purchase and sale*, and any *improvement costs*.

**Box 19 Gains in the year, before losses**

Enter here the total figure of all gains on *listed shares and securities*.

This figure should be the gains after any relief, claims or elections have been taken into account but before any losses are deducted (except where losses have been taken into account in arriving at the chargeable gain on which you are making a claim to Entrepreneurs' Relief, see boxes 3, 4 and 6).

**Box 20 If you are making any claim or election**

Put 'X' in this box if any disposal in this section is affected by a Capital Gains Tax claim or election made in this tax return.

**Box 21 If your computations include any estimates or valuations**

If you put 'X' in this box provide more details in your computation – see page CGN 10.

**Unlisted shares and securities****Box 22 Number of disposals**

Enter here the number of disposals of *unlisted shares and securities* in the year to 5 April 2013. For the purposes of this box count all disposals of the same class of share or security in the same company made on the same day as a single disposal. Ignore disposals you do not make in your own capacity, for example, disposals you make as a trustee.

**Box 23 Disposal proceeds**

Enter the total disposal proceeds for all *unlisted shares and securities* before any reliefs, elections or claims are made. In some circumstances the amount you receive should be replaced in your calculation by the *market value* of the asset you disposed of.

**Box 24 Allowable costs (including purchase price)**

Enter the total allowable costs which will usually include the purchase price, any *incidental costs of purchase and sale*, and any *improvement costs*.

**Box 25 Gains in the year, before losses**

Enter here the total figure of all gains on *unlisted shares and securities*.

This figure should be the gains after any reliefs, claims or elections have been taken into account but before any losses are deducted (except where losses have been taken into account in arriving at the chargeable gain on which you are making a claim to Entrepreneurs' Relief, see boxes 3, 4 and 6).

**Box 26 If you are making any claim or election**

Put 'X' in this box if any disposal in this section is affected by a Capital Gains Tax claim or election made in this tax return.

**Box 27 If your computations include any estimates or valuations**

If you put 'X' in this box provide more details in your computation – see page CGN 10.



## **Contacts**

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## **Property and other assets and gains**

### **Box 28 *Number of disposals***

Enter here the number of disposals of property and other assets made in the year to 5 April 2013. Attributed gains are not disposals and should not be included in the total number of disposals entered here. If you have disposed of a number of individual assets which are taken into account together to work out the chargeable gain on which you have claimed Entrepreneurs' Relief then count each disposal of an asset that is taken into account.

### **Box 29 *Disposal proceeds***

Enter the total disposal proceeds for all property and other assets and gains before any reliefs or claims are made. In some circumstances the amount you receive should be replaced in your calculation by the *market value* of the asset you disposed of.

### **Box 30 *Allowable costs (including purchase price)***

Enter the total allowable costs which will usually include the purchase price, any *incidental costs of purchase and sale*, and any *improvement costs*.

### **Box 31 *Gains in the year, before losses***

Enter here the total figure of all gains on disposals of property and other assets. This figure should be the gains after any relief, claims or elections have been taken into account but before any losses are deducted (except where losses have been taken into account in arriving at the chargeable gain on which you are making a claim to Entrepreneurs' Relief, see boxes 3, 4 and 6).

Also include:

- gains attributed to you where personal losses can be set off (see pages CGN 3, CGN 5 and CGN 6)
- gains of earlier years becoming taxable this year (see pages CGN 6 and CGN 8 for more information), and
- gains on the recovery of certain loans and guarantee payments (see [Helpsheet 296 \*Debts and Capital Gains Tax\*](#)).

Please note that gains in the list above do not result from a disposal of an asset in the year and should not include disposal proceeds for such gains in box 29.

### **Box 32 *Attributed gains where personal losses cannot be set off***

This box only applies in very limited circumstances – see pages CGN 2 and CGN 3. Enter the amount of any gains of trustees attributed to you as a beneficiary of a non-UK resident trust who has received capital payments or benefits.

### **Box 33 *is not in use***

### **Box 34 *If you are making any claim or election***

Put 'X' in this box if any disposal in this section is affected by a Capital Gains Tax claim or election made in this tax return.

### **Box 35 *If your computations include any estimates or valuations***

If you put 'X' in this box provide more details in your computation – see page CGN 10.

### **Box 36 Please give any other information in this space**

If there is any information you would like to add to your computations, please tell us in box 36. For example, you should use this box to tell us if you are making an election for your losses on foreign assets to be allowable losses by writing in the box 'I elect for my foreign losses to be allowable losses'. If gains have been excluded from your computations, for example because they are unremittable, please provide full details of your claim within this box.

Please send us your computations, valuations and specified claim forms with the *Capital gains summary* pages of your tax return.

## **Appendices**

### **Glossary**

#### ***Annual exempt amount***

Usually you do not pay Capital Gains Tax on the first £10,600 of your chargeable gains (after deducting losses) for the tax year 2012–13 (known as the 'annual exempt amount'). You are not entitled to the *annual exempt amount* for 2012–13 if you are not domiciled in the UK and are claiming to be taxed on the remittance basis for 2012–13. Also, if you have made the election for foreign losses then if in a later year you remit a foreign chargeable gain which accrued in a year in which the *annual exempt amount* was not due, then no *annual exempt amount* may be set against that remitted gain in the later year. See the *Residence, remittance basis etc. notes*. For more information go to [hmrc.gov.uk/worksheets/sa109-notes.pdf](http://hmrc.gov.uk/worksheets/sa109-notes.pdf)

#### ***Date of sale***

If the sale or disposal was under contract, the date of sale is usually the date of the contract. For example, you sell a house by exchanging contracts on 25 March 2013 and complete on 9 April 2013; the disposal takes place in the tax year 2012–13, not 2013–14. If, unusually, the contract is conditional, so that one or more conditions have to be met before the contract becomes binding, the date of sale is the date on which the last of the conditions is met.

Where there is no contract, the date of sale will be when ownership is transferred. Or, if you receive a capital sum from an asset but do not dispose of it, the date you received the money will be treated as the date of disposal.

#### ***Market value***

The *market value* of an asset is the price that asset might reasonably be expected to have fetched on a sale in the open market on the date of its disposal or acquisition. Use the *market value* in place of the price you received if you gave away an asset, deliberately sold it for more or less than its full value, or disposed of it to a connected person. *Market value* will also apply where you have acquired the asset in similar circumstances to the disposals above, if you have inherited the asset or have become absolutely entitled to settled property.

For shares and securities listed on the Stock Exchange Daily Official List the *market value* in all normal circumstances is the lower of:

- the figure one quarter up from the lower of the two prices in the quotations for the relevant day, and
- the figure halfway between the highest and lowest prices of recorded bargains for that day.

## **Contacts**

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## **Part disposal**

If you have made a disposal of part of an asset, this may be the disposal of a physical part of the asset, or an interest or right in or over the whole or part of the asset, there are rules to allocate expenditure between the part disposed and the part retained. These are:

- expenditure which relates wholly to the part disposed of is deductible in full
- expenditure which relates wholly to the part retained is not deductible
- the proportion of expenditure that relates to the part disposed of, and is deductible in the computation of the gain, is normally calculated with the formula  $A/(A+B)$  where A = the disposal consideration and B = the value of the part retained at the time of the part disposal.

### **Example 2**

You sell part of an asset for £25,000. The asset costs £30,000 and the part of the asset retained is worth £50,000. To work out your gain or loss you can deduct the following expenditure:

$$£30,000 \times [£25,000 / (£25,000 + £50,000)] = £10,000$$

Where the part of the asset sold, particularly in the case of shares and securities, is a recognisable fraction of the asset, the allowable expenditure may be allocated according to that fraction to avoid unnecessary valuation work. The expenditure not allowed this time can be allowed on a later disposal.

This treatment does not apply to certain transactions, for example, subleases granted out of short leases, certain transactions in land, options. If you are unsure if the normal part disposal formula can apply please see

[www.hmrc.gov.uk/manuals/cgmanual/CG12730](http://www.hmrc.gov.uk/manuals/cgmanual/CG12730) onwards for more detail.

## **Sale proceeds**

Sale or disposal proceeds may include:

- cash, payable now or in the future, or anything that can be turned into cash, unless it is taxable as income
- the value of an asset received in exchange for the asset you disposed of
- the value of a right to receive future payments where the amount of these payments is not known at the date of disposal.

If you know what you will receive after the date of disposal include the total now in your computation. If it becomes clear later that you will not receive some of the proceeds you can make a claim for the calculation to be adjusted. If the disposal proceeds included in your computation are going to be paid in instalments over a period of more than 18 months you may not have to pay all the tax now – please contact us.

## **Incidental costs of disposal/sale and incidental costs of acquisition**

You can deduct certain disposal costs and amounts that add to the cost of purchasing an asset as long as they are directly referable to the disposal or acquisition of the asset. These costs are:

- fees, commission or payment for professional advice for establishing relevant valuations or apportionments required for the purpose of the computation of the gains (but not any costs of calculating the gains or Capital Gains Tax liability)
- the cost of transfer or conveyance
- Stamp Duty and Stamp Duty Land tax
- advertising costs.

If the asset had an expected life of 50 years or less, allowable costs and expenses may be limited to reflect the remaining life of the asset.

### ***Acquisition cost***

The amount paid out or, in certain cases, the *market value*, to acquire the asset. If you created the asset yourself, (such as goodwill in a business), the costs of creating the asset, if any.

### ***Improvement costs***

The cost to improve the value of an asset so long as that improvement is still reflected in the asset at the time of sale.

### ***Listed shares and securities***

For the purpose of completing these pages only ‘listed shares and securities’ means any of the following:

- shares or securities of a company listed on a recognised stock exchange throughout the period you owned them – ignoring any period when the listing or quotation was temporarily suspended – go to [hmrc.gov.uk](http://hmrc.gov.uk) for more details
- shares in a company that was a UK open-ended investment company (OEIC) throughout your period of ownership
- units in a unit trust that was an authorised unit trust, throughout your period of ownership
- shares or units in an offshore fund (these are similar to UK OEICs and unit trusts) that has been approved by HMRC as a ‘reporting fund’. If you disposed of shares or units in an offshore fund that is not a reporting fund you may need to complete the *Foreign* pages – see Box 41 of the *Foreign notes* for more information.

### ***Unlisted shares and securities***

For the purposes of these pages only, any shares or securities not within the ‘listed shares and securities’ definition above. Shareholdings in Alternative Investment Market (AIM) companies are regarded as ‘unlisted’.

### ***Clogged losses***

The most common type of clogged loss is a loss on disposal to a connected person. These losses can only be set against gains on disposals to the same connected person (see page CGN 4). The other clogged loss is a loss transferred to you after 15 June 1999 by trustees when you become absolutely entitled to settled property. These losses can only be set, and in priority to any other losses, against gains arising on the same asset, or an asset derived from that asset.

## **Capital gains reliefs (and elections)**

Some reliefs have to be claimed and you must make your claim by clearly stating it in your attached computation. Any notice of a loss on the sale of an asset you give us will be treated as if it were a claim. Some claims have to be made on a separate claim form which you complete and attach to your tax return along with your computation. Others, such as *Private Residence Relief*, are due without needing to make a claim. In some cases, you may wish to make an election, such as for remittance basis (foreign losses). You must make your election by clearly stating it in your attached computation. We only explain briefly here a few reliefs and elections. For more detailed guidance go to [hmrc.gov.uk](http://hmrc.gov.uk) or see our helpsheets.

## **Contacts**

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**Private Residence Relief** – see page CGN 4 and [Helpsheet 283 Private Residence Relief](#).

**Remittance basis entitlement** – if you were not domiciled in the UK, gains arising before 6 April 2008 on assets situated outside the UK were only charged to Capital Gains Tax when they were received in the UK, this treatment was automatic. After 5 April 2008 this ‘remittance basis’ treatment is no longer necessarily automatic, it may be necessary to make a claim if you wish the remittance basis to apply to you in a particular year. *The Residence, remittance basis etc. notes* explain this fully.

**Remittance basis (foreign losses)** – if you are claiming to be taxed on the remittance basis, losses on assets situated outside the UK are not normally allowable losses. However, in the first tax year in which you make such a claim you can also make an irrevocable election for these ‘foreign losses’ to be allowable against chargeable gains, subject to certain rules. The [Residence, remittance basis etc. notes](#) explain this fully. If you want to make an election in this return please do so in box 36 (Any other information) or in your attached computations. You must clearly state you are making the election and you can do this by writing ‘I elect for my foreign losses to be allowable losses’.

**Rollover relief** – allows gains on the disposals of business assets to be deferred if replacement assets are acquired. [Helpsheet 290 Business Asset Rollover Relief](#) explains this fully and includes a claim form.

**Gifts holdover relief** – allows gains to be deferred when certain assets are given away for less than their market value. [Helpsheet 295 Relief for gifts and similar transactions](#) explains this fully and includes the relevant claim form that you must use.

**Dependent Relative Relief** – allows relief on the disposal of a home you provided for a dependent relative before 6 April 1988. If you are claiming this relief, please state this clearly in your computation. [Helpsheet 283 Private Residence Relief](#) gives more detail.

**Entrepreneurs’ Relief** – allows relief on gains on disposals of certain business assets by individuals. [Helpsheet 275 Entrepreneurs’ Relief](#) gives details of the lifetime limit that applies to gains and full details of how you should calculate the relief.

**Enterprise Investment Scheme and Venture Capital Trust disposal** – see [Helpsheet 297 Enterprise Investment Scheme and Capital Gains Tax](#) and [Helpsheet 298 Venture capital trusts and Capital Gains Tax](#), which tell you what reliefs may be claimed.

**Seed Enterprise Investment Scheme** – see [Helpsheet 393 Seed Enterprise Investment Scheme Income Tax and Capital Gains Tax relief](#), which tells you what reliefs may be claimed.

**Unremittable gains and gains becoming remittable** – both refer to disposals abroad, and either you are claiming not to be taxed because it is impossible to bring the gain into the UK, or you previously claimed this and are now able to bring the gain into the UK.

**Negligible value claims** – see [Helpsheet 286 Negligible value claims and Income Tax losses on disposals of shares you have subscribed for in qualifying trading companies](#), which tells you how to make a claim that an asset you own at the time of your claim has become of negligible value so that you are treated as making a disposal of the asset. If you are making a claim please state this clearly in your computation of the gain or loss on the disposal of the asset to which the claim relates.

***Relief for foreign tax paid*** – if you have paid tax overseas on a foreign gain and wish to claim credit against UK tax, see [Helpsheet 261 Foreign Tax Credit Relief: capital gains](#).

***Letting relief*** – if you only get partial Private Residence Relief because you have let some or all of your home as residential accommodation, you may be entitled to further relief – see [Helpsheet 283 Private Residence Relief](#).

***Business Incorporation Relief*** – defers a gain made when a business is transferred to a company – see [Helpsheet 276 Incorporation Relief](#).

***Relief on certain disposals of shares to the trustees of an approved share incentive plan*** – if you think you might be entitled to this relief see [Helpsheet 287 Employee share and security schemes and Capital Gains Tax](#).



## Computation Working Sheet (for straightforward calculations) – complete one sheet for each asset sold

Description of asset *for example, type and number of shares sold or address of property*

--

Date of sale *DD MM YYYY*

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

Disposal/sale proceeds or market value *if appropriate*

A	<input type="text"/>	£
---	----------------------	---

Incidental costs of disposal/sale

B	<input type="text"/>	£
---	----------------------	---

**Net disposal proceeds** *box A minus box B*

C	<input type="text"/>	£
---	----------------------	---

Date of acquisition *DD MM YYYY*

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Cost or 31 March 1982 value see *page CGN 5*

D	<input type="text"/>	£
---	----------------------	---

Incidental costs of acquisition

E	<input type="text"/>	£
---	----------------------	---

Improvement costs

F	<input type="text"/>	£
---	----------------------	---

**Total costs** *boxes D + E + F*

G	<input type="text"/>	£
---	----------------------	---

**Gain or loss** *box C minus box G*

H	<input type="text"/>	£
---	----------------------	---

Capital gains elections or reliefs not the annual exempt amount and description

I	<input type="text"/>	£
---	----------------------	---

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**Net gain** *box H minus box I*

J	<input type="text"/>	£
---	----------------------	---

## Information

- Go to [hmrc.gov.uk/contactus](https://hmrc.gov.uk/contactus)
- Phone the SA Helpline on **0845 9000 444**.
- Phone the SA Orderline on **0845 9000 404** for paper copies of the helpsheets and forms.

## Capital gains helpsheets

Helpsheet 261	<i>Foreign Tax Credit Relief: capital gains</i>
Helpsheet 275	<i>Entrepreneurs' Relief</i>
Helpsheet 276	<i>Incorporation Relief</i>
Helpsheet 278	<i>Temporary non-residents and Capital Gains Tax</i>
Helpsheet 281	<i>Husband and wife, civil partners, divorce, dissolution and separation</i>
Helpsheet 282	<i>Death, personal representatives and legatees</i>
Helpsheet 283	<i>Private Residence Relief</i>
Helpsheet 284	<i>Shares and Capital Gains Tax</i>
Helpsheet 285	<i>Share reorganisations, company takeovers and Capital Gains Tax</i>
Helpsheet 286	<i>Negligible value claims and Income Tax losses on disposals of shares you have subscribed for in qualifying trading companies</i>
Helpsheet 287	<i>Employee share and security schemes and Capital Gains Tax</i>
Helpsheet 288	<i>Partnerships and Capital Gains Tax</i>
Helpsheet 290	<i>Business Asset Rollover Relief</i>
Helpsheet 292	<i>Land and leases, the valuation of land and Capital Gains Tax</i>
Helpsheet 293	<i>Chattels and Capital Gains Tax</i>
Helpsheet 294	<i>Trusts and Capital Gains Tax</i>
Helpsheet 295	<i>Relief for gifts and similar transactions</i>
Helpsheet 296	<i>Debts and Capital Gains Tax</i>
Helpsheet 297	<i>Enterprise Investment Scheme and Capital Gains Tax</i>
Helpsheet 298	<i>Venture capital trusts and Capital Gains Tax</i>
Helpsheet 299	<i>Non-resident trusts and Capital Gains Tax</i>
Helpsheet 301	<i>Beneficiaries receiving capital payments from non-resident trusts: calculation of the increase in tax charge</i>
Helpsheet 393	<i>Seed Enterprise Investment Scheme – Income Tax and Capital Gains Tax relief</i>

For more information on helpsheets, go to [hmrc.gov.uk/selfassessmentforms](https://hmrc.gov.uk/selfassessmentforms)

These notes are for guidance only and reflect the position at the time of writing. They do not affect any rights of appeal. Any subsequent amendments to these notes can be found at [hmrc.gov.uk/selfassessmentforms](https://hmrc.gov.uk/selfassessmentforms)