

# flyingstart



**Name:** Fiona Davies  
**Age:** 35 years  
**Business name:** Flame Interiors  
**Service:** Interior design  
**Website:** [www.flame-interiors.com](http://www.flame-interiors.com)  
**University:** University of Plymouth

*'The aim of my business is to be Design Paracetamol, I take the headache out of interior design. Flame Interiors provides you with peace of mind, space that works and a "wow" factor to be proud of.'*

## Description of business:

Flame Interiors provides a comprehensive contemporary interior design service, creating imaginative, stylish, functional and well designed spaces for the residential and commercial (specifically hospitality) markets. The consideration of space as a whole, coupled with great knowledge and experience of products, colours and spatial planning, saves a client time, money and energy.

Fiona has always been passionate about interior design. Choosing to leave her career in television, she decided to pursue her love of design, and went back to college to train for a Foundation Degree in Interior Spatial Design.

## At a glance....

**Degree:** Interior Spatial Design  
**Started Trading:** August 2007  
**Funding:** None

## Services:

Flame Interiors provides a comprehensive service combining all aspects of interior design, including colour consultancy, lighting, furniture, product design/sourcing, decoration, spatial planning, soft furnishings and project management.

## Fiona Davies on how Flying Start has helped:

'I attended the Flying Start programme in January 2008. I was in my final year of my Foundation degree and five months into my business. It was great to be on this particular programme as many of the delegates were creative types too. This meant that as well as great, informative, realistic and challenging teaching, I received great mentoring and also the chance to bounce ideas around with like minded people. I gained confidence and have kept going despite the difficulties in getting going, as i am able to rely on the solid foundations the Flying Start programme help me to set in place.'

## About the FlyingStart Programme

This 12-month business start-up programme for new entrepreneurs is delivered by the NCGE and supported by the UK Government's Department for Business, Innovation and Skills (BIS). An intensive three-day residential training course is followed by 12 months' specialist mentoring and support. The aim is to have 60% of all graduates trading within one year. FlyingStart ensures all new graduate businesses have a ready-made national and regional network, a dedicated mentor, appreciate the 'know-hows and know-whos' of practical business, and understand how to make money.