

# As Parliament looks at the Taylor Review this week, we must remember that zero hours contracts aren't all bad

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A business owner from East London has said that zero hours contracts aren't all bad, after his experience of flexible working allowed him to start his agency.

Ben Caine, founder of content marketing agency The Copywriting King, was working for well-known pub brand J D Wetherspoon when he started his business based around his copy and content writing experience as a journalist.

Ben said: "Working on a zero hours contract gave me flexibility so I was able to invest time into developing my skills. I know zero hours contracts have a bad reputation and aren't for everyone, but for some, they're a great concept so banning them would be harmful to the economy and potential small business owners like me."

His comments come as Matthew Taylor, Leader of the Government's review of modern working practices, appears before Parliament's Business, Energy and Industrial Strategy Select Committee tomorrow.

Ben added: "I was able to reduce my hours when needed so I could train to be a journalist and when I wanted to start my business I reduced my hours again too. I was lucky to have a manager and company that allowed me to be flexible, but without my zero hours contract I wouldn't have had the time to start my business and find my first few clients."

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## About Benchmark Content

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### Images:

1. <https://journalink-static.s3.amazonaws.com/releases/1e1c7e0c6eb099843d168b69c40afe2e.jpg>

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