

PRIVACY POLICY

This is the privacy notice of T.J WALKER SERVICES Trading as The Woman Centred Way. In this document, "we", "our", or "us" refer to T.J WALKER SERVICES Trading as The Woman Centred Way. Our registered office address and details can be obtained by emailing Teresa Walker at teresa@thewomancentredway.com

Introduction 1. This is a notice to inform you of our policy about all information that we record about you. It sets out the conditions under which we may process any information that we collect from you, or that you provide to us. It covers information that could identify you ("personal information") and information that could not. In the context of the law and this notice, "process" means collect, store, transfer, use or otherwise act on information. 2. We regret that if there are one or more points below with which you are not happy, your only recourse is to leave our website immediately. 3. We take seriously the protection of your privacy and confidentiality. We understand that all visitors to our website are entitled to know that their personal data will not be used for any purpose unintended by them, and will not accidentally fall into the hands of a third party.

4. We undertake to preserve the confidentiality of all information you provide to us, and hope that you reciprocate. 5. Our policy complies with UK law accordingly implemented, including that required by the EU General Data Protection Regulation (GDPR). 6. The law requires us to tell you about your rights and our obligations to you in regards to the processing and control of your personal data. We do this now, by requesting that you read the information provided at www.knowyourprivacyrights.org 7. Except as set out below, we do not share, or sell, or disclose to a third party, any information collected through our website.

All subscribers, readers, and visitors to The Woman Centred Way are strongly encouraged to read this statement in its entirety.

After your initial reading, we also strongly encourage you to review them periodically as changes may occur.

Diolch yn fawr.

Thank you.

TERESA WALKER.

WEBSITE DISCLAIMER:

The Woman Centred Way was created for informational purposes only and is not meant to replace the advice or information provided by your personal medical physician, dietician, nutritionist, or other healthcare provider. The content of the website are the personal views and opinions

of the site owner and are not intended to align with any company, endorsement, ethnic group, individual, marketing campaign, organization, religion or website.

The information and content on this website is for general information purposes only.

The information is provided by The Woman Centred Way and while we endeavour to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the website or the information, products, services, or related graphics contained on the website for any purpose. Any reliance you place on such information is therefore strictly at your own risk.

In no event will we be liable for any loss or damage including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from loss of data or profits arising out of, or in connection with, the use of this website. For the avoidance of doubt, anyone who reads The Woman Centred Way website cannot hold the website, its owner, or its contributor's liable in any way for what is stated or displayed.

YOUR INFORMATION:

When you use our site, there are a number of ways in which you provide information, and other data to us.

When you create an account on our website, buy a product or service from us, or otherwise agree to our terms and conditions, a contract is formed between you and us.

In order to carry out our obligations under that contract we must process the information you give us. Some of this information may be personal information.

By using this site, you consent to us processing and collecting this data, on the terms and for the reasons which are explained below:

We may use your information to:

- Send you our newsletters from time to time.
- Ensure that content from our site is presented in the most effective manner for you and your computer.
- Provide you with information, products or services that you request from us or which we feel may interest you, where you have consented to be contacted for such purposes.
- Carry out our obligations arising from any contracts entered into between you and us.
- Notify you about changes to our service.
- Through this website you are able to link to other websites which are not under the control of The Woman Centred Way.
- We have no control over the nature, content and availability of those sites. The inclusion of any links does not necessarily imply a recommendation or endorse the views expressed within them.
- Please note that if you click on, or follow, any links from our site to external websites, our privacy policy will no longer apply.
- Please check the privacy policies of any such external site before submitting any personal data, as we cannot accept any responsibility or liability in relation to them.

We process this information on the basis there is a contract between us, or that you have requested we use the information before we enter into a legal contract.

Additionally, we may aggregate this information in a general way and use it to provide class information, for example to monitor our

performance with respect to a particular service we provide. If we use it for this purpose, you as an individual will not be personally identifiable.

We shall continue to process this information until the contract between us ends or is terminated by either party under the terms of the contract.

You may withdraw your consent at any time by instructing us via the following email address:

teresa@thewomancentredway.com

However, if you do so, you may not be able to use our website or our services further.

DATA STORAGE

The Woman Centred Way respects your privacy.

Any information you provide to Teresa Walker (name, email address, etc.) will not be released, sold, or rented to any entities or individuals outside of The Woman Centred Way.

The Woman Centred Way is not responsible for the content of external sites. You are advised to read the privacy policy of external sites before disclosing any personal information.

We do not store credit card details nor do we share customer details with any 3rd parties.

We take your privacy very seriously, and will take all reasonable steps to protect your personal data, but please be aware that any data which you send to our site is sent at your own risk, though we take all reasonable steps to ensure your data is treated securely and in accordance with this Privacy Policy.

RECORD KEEPING

Here at The Woman Centred Way, in order to give professional treatments, I will need to ask for and keep relevant information about yourself, and your health. I will only use this for informing any treatments and any advice I give as a result of your treatment. The information to be held is:

- Your contact details
- Medical history and other health-related information (which I will take from you at first consultation)
- Treatment details and related notes (which I will take after each consultation)
- I will NOT share your information with anyone else (unless required for legal process) without explaining why it is necessary, and getting your explicit consent.

Please note, that it is a condition of our Insurance Policy to take and retain client records. The policy wording notes:

The records shall be kept for at least 7 years following the last occasion on which treatment was given. In the case of treatment to minors, it is advisable that records should be kept for at least 7 years after they reach the age of majority (18).

None of your therapy/personal information is stored or shared online. Records are handwritten and stored in a lockable cabinet, to which only I have access. After the required period of time, all records are destroyed. ACCESS TO INFORMATION

You have the right under the Data Protection Act to access the information which we hold about you. If you wish to exercise this right, please send your request to teresa@thewomacentredway.com

N.B: Review of this privacy policy

We may update this privacy notice from time to time as necessary. The terms that apply to you are those posted here on our website on the day you use our website.

If you have any question regarding our privacy policy, please contact us.

FOR FURTHER INFORMATION ABOUT DATA PROTECTION

Information Commissioner's Office Wycliffe House Water Lane Wilmslow Cheshire SK9 5AF

Tel: 0303 123 1113 (local rate) or 01625 545 745 if you prefer to use a national rate number

Fax: 01625 524 510