**Website Privacy Policy**

Core Health Physio (“we” / “us’” / “our”) understands that your privacy is important to you and that you care about how your personal data is used. We respect and value the privacy of everyone who visits this website, corehealthphysio.com (“our site”) and will only collect and use personal data in ways that are described here, and in a way that is consistent with our obligations and your rights under the law. Please read this Privacy Policy carefully and ensure that you understand it. Your acceptance of this Privacy Policy is deemed to occur upon your first use of our site. If you do not accept and agree with this Privacy Policy, you must stop using our site immediately.

**Information about us:**

“our site” is owned and operated by Sarah Crosby Physio. A registered sole trader.

Data Protection Officer: Sarah Crosby

Email address: sarah@corehealthphysio.com

Telephone number: 07525 042529

We are regulated by The Health and Care Professionals Council (“HCPC”)

We are a member of the Chartered Society of Physiotherapy (“CSP”) and Pelvic, Obstetric and Gynaecological Physiotherapy (“POGP”).

**1. What Does This Policy Cover?**

* 1. This Privacy Policy applies only to your use of “our site”. “Our site” may contain links to other websites. Please note that we have no control over how your data is collected, stored, or used by other websites and we advise you to check the privacy policies of any such websites before providing any data to them.

**2. What Is Personal Data?**

* 1. Personal data is defined by the General Data Protection Regulation (EU Regulation 2016/679) (the “GDPR”) and the Data Protection Act 2018 (collectively, “the Data Protection Legislation”) as ‘any information relating to an identifiable person who can be directly or indirectly identified in particular by reference to an identifier’. Personal data is, in simpler terms, any information about you that enables you to be identified. Personal data covers obvious information such as your name and contact details, but it also covers less obvious information such as identification numbers, electronic location data, and other online identifiers.

**3. What Are Your Rights?**

* 1. Under the Data Protection Legislation, you have the following rights, which we will always work to uphold:
  2. The right to be informed about our collection and use of your personal data: This Privacy Policy should tell you everything you need to know, but you can always contact us to find out more or to ask any questions using the details found below and the right to access the personal data we hold about you.
  3. The right to have your personal data rectified if any of your personal data held by us is inaccurate or incomplete. Please contact us using the details below.
  4. The right to be forgotten, i.e. the right to ask us to delete or otherwise dispose of any of your personal data that we hold. Please contact us.
  5. The right to restrict (i.e. prevent) the processing of your personal data.
  6. The right to object to us using your personal data for a particular purpose or purposes.
  7. The right to withdraw consent. This means that, if we are relying on your consent as the legal basis for using your personal data, you are free to withdraw that consent at any time.
  8. The right to data portability. This means that, if you have provided personal data to us directly, we are using it with your consent or for the performance of a contract, and if that data is processed using automated means, you can ask us for a copy of that personal data to re- use with another service or business in many cases.
  9. Rights relating to automated decision-making and profiling. We do not use your personal data in this way.
  10. For more information about our use of your personal data or exercising your rights as outlined above, please contact us using the details below.
  11. It is important that your personal data is kept accurate and up- to-date. If any of the personal data we hold about you changes, please keep us informed as long as we have that data.  
      Further information about your rights can also be obtained from the Information Commissioner’s Office or your local Citizens Advice Bureau.
  12. If you have any cause for complaint about our use of your personal data, you have the right to lodge a complaint with the Information Commissioner’s Office. We would welcome the opportunity to resolve your concerns ourselves, however, so please contact us first, using the details below.

**4. What Data Do We Collect and How?**

* 1. Depending upon your use of "our site”, we may collect and hold some or all of the personal and non-personal data set out below. We do not collect personal data relating to children or data relating to criminal convictions and/or offences. We may collect any ‘special category’ or ‘sensitive’ personal data through the contact form on our Site.
  2. We may collect some or all of the following data:
     1. Identity Information including name, title, date of birth, gender;
     2. Contact information including address, email address, contact number;
     3. Business information including business name, job title, profession;
     4. Sensitive health related information;
  3. Technical information including IP address, browser type and version, operating system.

**5. How Do We Use Your Personal Data?**

* 1. Under the Data Protection Legislation, we must always have a lawful basis for using personal data. Specifically, we may use your data for the following purposes:
     1. Providing and managing your access to our site
     2. Responding to communications from you;
     3. Supplying our services to you;
     4. Personalising and tailoring your experience on our site;
     5. Supplying you with information by email and/or post that you have opted-in-to (you may opt-out at any time by clicking the unsubscribe link on the email or by contacting us at sarah@corehealthphysio.com)
  2. With your permission and/or where permitted by law, we may also use your personal data for marketing purposes, which may include contacting you by email and/or telephone and/or text message and/or post with information, news, and offers on our products and/or services. You will not be sent any unlawful marketing or spam.
  3. We will always work to fully protect your rights and comply with our obligations under the Data Protection Legislation and the Privacy and Electronic Communications (EC Directive) Regulations 2003, and you will always have the opportunity to opt-out. We will always obtain your express opt-in consent before sharing your personal data with third parties for marketing purposes and you will be able to opt-out at any time.
  4. Third Parties whose content appears on our site may use third- party Cookies. Please note that we do not control the activities of such third parties, nor the data that they collect and use themselves, and we advise you to check the privacy policies of any such third parties.
  5. We will only use your personal data for the purpose(s) for which it was originally collected unless we reasonably believe that another purpose is compatible with that or those original purposes and need to use your personal data for that purpose. If we do use your personal data in this way and you wish us to explain how the new purpose is compatible with the original, please contact us using the details below.
  6. If we need to use your personal data for a purpose that is unrelated to, or incompatible with, the purpose(s) for which it was originally collected, we will inform you and explain the legal basis which allows us to do so.
  7. In some circumstances, where permitted or required by law, we may process your personal data without your knowledge or consent. This will only be done within the bounds of the Data Protection Legislation and your legal rights.

**6. How Long Will We Keep Your Personal Data?**

* 1. We will not keep your personal data for any longer than is necessary in light of the reason(s) for which it was first collected.

**7. How and Where Do We Store or Transfer Your Personal Data?**

* 1. We will only store or transfer your personal data within the UK. This means that it will be fully protected under the Data Protection Legislation.
  2. The security of your personal data is essential to us and to protect your data, we take a number of important measures, including the following:
     1. limiting access to your personal data to those employees, agents, contractors, and other third parties with a legitimate need to know and ensuring that they are subject to duties of confidentiality;
     2. procedures for dealing with data breaches (the accidental or unlawful destruction, loss, alteration, unauthorised disclosure of, or access to, your personal data) including notifying you and/or the Information Commissioner’s Office where we are legally required to do so;

**8. Do We Share Your Personal Data?**

* 1. We will not share any of your personal data with any third parties for any purposes, subject to the following exceptions.
  2. If we sell, transfer, or merge parts of our business or assets, your personal data may be transferred to a third party. Any new owner of our business may continue to use your personal data in the same way(s) that we have used it, as specified in this Privacy Policy.
  3. In some limited circumstances, we may be legally required to share certain personal data, which might include yours, if we are involved in legal proceedings or complying with legal obligations, a court order, or the instructions of a government authority.

**9. How Can You Control Your Personal Data?**

* 1. In addition to your rights under the Data Protection Legislation, set out in Part 4, when you submit personal data via our site, you may be given options to restrict our use of your personal data. In particular, we aim to give you strong controls on our use of your data for direct marketing purposes (including the ability to opt-out of receiving emails from us which you may do by unsubscribing using the links provided in our emails).
  2. You may also wish to sign up to one or more of the preference services operating in the UK: The Telephone Preference Service (“the TPS”), the Corporate Telephone Preference Service (“the CTPS”), and the Mailing Preference Service (“the MPS”). These may help to prevent you receiving unsolicited marketing. Please note, however, that these services will not prevent you from receiving marketing communications that you have consented to receiving.

**10. Can You Withhold Information?**

* 1. You may access our site without providing any personal data at all.

**11. How Can I Access My Personal Data?**

* 1. If you want to know what personal data we have about you, you can ask us for details of that personal data and for a copy of it (where any such personal data is held). This is known as a “subject access request”.
  2. All subject access requests should be made in writing and sent to the email or postal addresses shown below.
  3. There is not normally any charge for a subject access request. If your request is ‘manifestly unfounded or excessive’ (for example, if you make repetitive requests) a fee may be charged to cover our administrative costs in responding.
  4. We will respond to your subject access request within one month of receiving it. Normally, we aim to provide a complete response, including a copy of your personal data within that time. In some cases, however, particularly if your request is more complex, more time may be required up to a maximum of three months from the date we receive your request. You will be kept fully informed of our progress.

**12. How Do I Contact You?**

* 1. To contact us about anything to do with your personal data and data protection, including to make a subject access request, please use the following details.

Email address: sarah@corehealthphysio.com Telephone number: 07525 042529

**13. Changes to this Privacy Policy**

* 1. We may change this Privacy Policy from time to time. This may be necessary, for example, if the law changes, or if we change our business in a way that affects personal data protection.
  2. Any changes will be immediately posted on our site and you will be deemed to have accepted the terms of the Privacy Policy on your first use of our site following the alterations. We recommend that you check this page regularly to keep up-to-date.

**14. Security of your personal information**

* 1. We will take reasonable technical and organisational precautions to prevent the loss, misuse or alteration of your personal information.
  2. All electronic financial transactions entered into through our website will be protected by encryption technology.
  3. You acknowledge that the transmission of information over the internet is inherently insecure, and we cannot guarantee the security of data sent over the internet.