



PRIVACY POLICY

This privacy policy applies between you, the User of this Website and Carrie Swain, the owner and provider of this Website. Carrie Swain takes the privacy of your information very seriously. This privacy policy applies to our use of any and all Data collected by us or provided by you in relation to your use of the Website or our Services.

Please read this privacy policy carefully.

DEFINITIONS AND INTERPRETATION

1. In this privacy policy, the following definitions are used:

Data	means collectively all information that you submit to Carrie Swain via the Website. This definition incorporates, where applicable, the definitions provided in the Data Protection Laws;
Data Protection Laws	means any applicable law relating to the processing of personal Data, including but not limited to the Directive 96/46/EC (Data Protection Directive) or the GDPR and any national implementing laws, regulations and secondary legislation, for as long as the GDPR is effective in the UK;
GDPR	means the General Data Protection Regulation (EU) 2016/679;
Carrie Swain, we or us	means Carrie Swain of 1012 Anlaby Road, Hull, HU4 6AT;
User or you	means any third party that accesses the Website and is not either (i) employed by Carrie Swain and acting in the course of their employment or (ii) engaged as a consultant or otherwise providing services to Carrie Swain and accessing the Website in connection with the provision of such services; and
Website	means the website that you are currently using, http://www.carrieswainhypnotherapy.com and any sub-domains of this site unless expressly excluded by their own terms and conditions.

2. In this privacy policy, unless the context requires a different interpretation:

- 2.1 the singular includes the plural and vice versa;
- 2.2 references to sub-clauses, clauses, schedules or appendices are to sub-clauses, clauses, schedules or appendices of this privacy policy;
- 2.3 a reference to a person includes firms, companies, government entities, trusts and partnerships;

- 2.4 “including” is understood to mean “including without limitation”;
- 2.5 reference to any statutory provision includes any modification or amendment of it;
- 2.6 the headings and sub-headings do not form part of this privacy policy.

SCOPE OF THIS PRIVACY POLICY

- 3. This privacy policy applies only to the actions of Carrie Swain and Users with respect to this Website. It does not extend to any websites that can be accessed from this Website including, but not limited to, any links we may provide to social media websites.
- 4. For purposes of the applicable Data Protection Laws, Carrie Swain is the “data controller”. This means that Carrie Swain determines the purposes for which and the manner in which, your Data is processed.

DATA COLLECTED

- 5. We may collect the following Data, which includes personal Data, from you:
 - 5.1 contact Information such as email addresses and telephone numbers;
 - 5.2 IP address (automatically collected);
 - 5.3 web browser type and version (automatically collected);in each case, in accordance with this privacy policy.

HOW WE COLLECT DATA

- 6. We collect Data in the following ways:
 - 6.1 data is given to us by you; and
 - 6.2 data is collected automatically.

DATA THAT IS GIVEN TO US BY YOU

- 7. Carrie Swain will collect your Data in a number of ways, for example:
 - 7.1 when you contact us through the Website,
 - 7.2 when you contact us by telephone, post or email;
 - 7.3 or when you contact us through any other means;in each case, in accordance with this privacy policy.

DATA THAT IS COLLECTED AUTOMATICALLY

- 8. To the extent that you access the Website, we will collect your Data automatically. For example, we automatically collect some information about your visit to the Website. This information helps us to make improvements to Website content and navigation and includes your IP address, the date, times and frequency with which you access the Website and the way you use and interact with its content.

OUR USE OF DATA

9. Any or all of the above Data may be required by us from time to time in order to provide you with the best possible service and experience when using our Website. Specifically, Data may be used by us for internal record keeping, in accordance with this privacy policy.
10. We may use your Data for the above purposes if we deem it necessary to do so for our legitimate interests. If you are not satisfied with this, you have the right to object in certain circumstances (see the section headed "Your rights" below).
11. We may share your data with third parties to whom we have outsourced certain tasks, such as IT, business administration or analytics services.
12. We may share your personal data with our insurers or other professional advisors (e.g. lawyers, bankers, auditors) in connection with services they provide to us.

CONFIDENTIALITY AND DISCLOSURE OF YOUR DATA

13. In certain circumstances, your right to confidentiality may need to be overridden and Carrie Swain may be required to share personal information. The responsibility of whether or not information should be disclosed with or without a person's consent, lies with Carrie Swain. Examples of such circumstances are:
 - 13.1 When there is a serious risk of harm to the individual, as in a threatened suicide or other serious self-harm.
 - 13.2 Where the person is in such poor health that he/she is unable to consent but requires emergency lifesaving treatment.
 - 13.3 To protect others. For example, information about possible abuse should be disclosed to the appropriate agency.
 - 13.4 To prevent a serious criminal act, especially where others may be endangered. Although there is no obligation in general to pass on knowledge of a crime, it is a criminal offence to:
 - 13.4.1 Deliberately mislead the police.
 - 13.4.2 Receive a reward of any kind in return for not notifying the police about a criminal act.
 - 13.4.3 Fail to notify the police about an act that could be construed as an act of terrorism.
 - 13.4.4 Fail to notify the police about an act that could be construed as drug trafficking.
 - 13.4.5 Knowingly take monies from a benefits agency fraudulently.

KEEPING DATA SECURE

14. We will use technical and organisational measures to safeguard your Data, for example:
 - 14.1 access to your account is controlled by a password and a user name that is unique to you.
 - 14.2 we store your Data on secure servers.
15. Technical and organisational measures include measures to deal with any suspected data breach. If you suspect any misuse or loss or unauthorised access to your Data, please let us know immediately by contacting us via this email address: info@carrieswain.com.

16. If you want detailed information from Get Safe Online on how to protect your information and your computers and devices against fraud, identity theft, viruses and many other online problems, please visit www.getsafeonline.org. Get Safe Online is supported by HM Government and leading businesses.

DATA RETENTION

17. Unless a longer retention period is required or permitted by law, we will only hold your Data on our systems for the period necessary to fulfil the purposes outlined in this privacy policy or until you request that the Data be deleted.
18. Even if we delete your Data, it may persist on backup or archival media for legal, tax or regulatory purposes.

YOUR RIGHTS

19. You have the following rights in relation to your Data:
 - 19.1 **Right to access** – the right to request (i) copies of the information we hold about you at any time, or (ii) that we modify, update or delete such information. If we provide you with access to the information we hold about you, we will not charge you for this, unless your request is “manifestly unfounded or excessive.” Where we are legally permitted to do so, we may refuse your request. If we refuse your request, we will tell you the reasons why.
 - 19.2 **Right to correct** – the right to have your Data rectified if it is inaccurate or incomplete.
 - 19.3 **Right to erase** – the right to request that we delete or remove your Data from our systems.
 - 19.4 **Right to restrict our use of your Data** – the right to “block” us from using your Data or limit the way in which we can use it.
 - 19.5 **Right to data portability** – the right to request that we move, copy or transfer your Data.
 - 19.6 **Right to object** – the right to object to our use of your Data including where we use it for our legitimate interests.
20. To make enquiries, exercise any of your rights set out above, or withdraw your consent to the processing of your Data (where consent is our legal basis for processing your Data), please contact us via this email address: info@carrieswain.com.
21. If you are not satisfied with the way a complaint you make in relation to your Data is handled by us, you may be able to refer your complaint to the relevant data protection authority. For the UK, this is the Information Commissioner’s Office (ICO). The ICO’s contact details can be found on their website at <https://ico.org.uk/>. We are registered with the ICO under registration number ZA490860.
22. It is important that the Data we hold about you is accurate and current. Please keep us informed if your Data changes during the period for which we hold it.

LINKS TO OTHER WEBSITES

23. This Website may, from time to time, provide links to other websites. We have no control over such websites and are not responsible for the content of these websites. This privacy policy does not extend to your use of such websites. You are advised to read the privacy policy or statement of other websites prior to using them.

CHANGES OF BUSINESS OWNERSHIP AND CONTROL

24. Carrie Swain may, from time to time, expand or reduce our business and this may involve the sale and/or the transfer of control of all or part of Carrie Swain. Data provided by Users will, where it is relevant to any part of our business so transferred, be transferred along with that part and the new owner or newly controlling party will, under the terms of this privacy policy, be permitted to use the Data for the purposes for which it was originally supplied to us.
25. We may also disclose Data to a prospective purchaser of our business or any part of it.
26. In the above instances, we will take steps with the aim of ensuring your privacy is protected.

GENERAL

27. You may not transfer any of your rights under this privacy policy to any other person. We may transfer our rights under this privacy policy where we reasonably believe your rights will not be affected.
28. If any court or competent authority finds that any provision of this privacy policy (or part of any provision) is invalid, illegal or unenforceable, that provision or part-provision will, to the extent required, be deemed to be deleted and the validity and enforceability of the other provisions of this privacy policy will not be affected.
29. Unless otherwise agreed, no delay, act or omission by a party in exercising any right or remedy will be deemed a waiver of that, or any other, right or remedy.
30. This Agreement will be governed by and interpreted according to the law of England and Wales. All disputes arising under the Agreement will be subject to the exclusive jurisdiction of the English and Welsh courts.

CHANGES TO THIS PRIVACY POLICY

31. Carrie Swain reserves the right to change this privacy policy as we may deem necessary from time to time or as may be required by law. Any changes will be immediately posted on the Website and you are deemed to have accepted the terms of the privacy policy on your first use of the Website following the alterations.
32. You may contact Carrie Swain by email at info@carrieswain.com.

ATTRIBUTION

33. This privacy policy was created using a document from Rocket Lawyer (<https://www.rocketlawyer.co.uk>).