

PRIVACY POLICY

1. Introduction

- a) We (Karen Finn/Let's talk health) are committed to safeguarding the privacy of our website visitors and customers; in this policy we explain how we will handle your personal data.
- b) We will ask you to consent to this website's use of cookies in accordance with the terms of this policy when you first visit the website (see separate Cookie Policy)
- c) You are under no legal obligation

2. How we use your personal data

- a) In this Section 2 we have set out:
 - i. the general categories of personal data that we may process;
 - ii. the purposes for which we may process personal data; and
 - iii. the legal bases of the processing.
- b) We may process data about your use of our website and services ("usage data"). The usage data may include your IP address, geographical location, browser type and version, operating system, referral source, length of visit, page views and website navigation paths, as well as information about the timing, frequency and pattern of your service use. The source of the usage data is our analytics tracking system. This usage data may be processed [for the purposes of analysing the use of the website and services. The legal basis for this processing is our legitimate interests, namely monitoring and improving our website and services to be able to offer the best customer experience and tailor the choices available.
- c) We may process information that you post for publication on our website or through our services such as product reviews ("publication data"). The publication data may be processed for the purposes of enabling such publication and administering our website and services. The legal basis for this processing is consent through the submittal of reviews of our products and/or services.
- d) We may process information that you provide to us for the purpose of subscribing to our email notifications and/or newsletters ("notification data"). The notification data may be processed for the purposes of sending you the relevant notifications and/or newsletters. The legal basis for this processing is the performance of a contract between you and us and/or taking steps, at your request, to enter into such a contract.
- e) We may process information contained in or relating to any communication that you send to us ("correspondence data"). The correspondence data may include the communication content and metadata associated with the communication. Our website will generate the metadata associated with communications made using the website contact forms. The correspondence data may be processed for the purposes of communicating with you and record-keeping. The legal basis for this processing is our legitimate interests, namely the proper administration of our website and business and communications with users.
- f) We may process any of your personal data identified in this policy where necessary for the establishment, exercise or defence of legal claims, whether in court proceedings or in an administrative or out-of-court procedure. The legal basis for this processing is our legitimate interests, namely the protection and assertion of our legal rights, your legal rights and the legal rights of others.

- g) We may process any of your personal data identified in this policy where necessary for the purposes of obtaining or maintaining insurance coverage, managing risks, or obtaining professional advice. The legal basis for this processing is our legitimate interests, namely the proper protection of our business against risks.
- h) In addition to the specific purposes for which we may process your personal data set out in this Section 2, we may also process any of your personal data] where such processing is necessary for compliance with a legal obligation to which we are subject, or in order to protect your vital interests or the vital interests of another natural person.

3. Providing your personal data to others

- a) We may disclose your personal data to any member of our group of companies (this means our subsidiaries, our ultimate holding company and all its subsidiaries) insofar as reasonably necessary for the purposes, and on the legal bases, set out in this policy.
- b) We may disclose your personal data to our insurers and/or professional advisers insofar as reasonably necessary for the purposes of obtaining or maintaining insurance coverage, managing risks, obtaining professional advice, or the establishment, exercise or defence of legal claims, whether in court proceedings or in an administrative or out-of-court procedure.
- c) We may disclose your enquiry data to one or more of those selected third party suppliers of goods and services identified on our website for the purpose of enabling them to contact you so that they can offer, market and sell to you relevant goods and/or services. Each such third party will act as a data controller in relation to the enquiry data that we supply to it; and upon contacting you, each such third party will supply to you a copy of its own privacy policy, which will govern that third party's use of your personal data.
- d) In addition to the specific disclosures of personal data set out in this Section 3, we may disclose your personal data where such disclosure is necessary for compliance with a legal obligation to which we are subject, or in order to protect your vital interests or the vital interests of another natural person. We may also disclose your personal data where such disclosure is necessary for the establishment, exercise or defence of legal claims, whether in court proceedings or in an administrative or out-of-court procedure.

4. International transfers of your personal data

- a) We use Mailchimp for provision of our newsletter and email notification services. This means that if you sign up to our newsletter some of your details such as email address and name, may be stored and processed by Mailchimp on servers outside of the EU. You can find out more about Mailchimp's privacy policy here: <https://mailchimp.com/legal/privacy/>
- b) We use Google Analytics, this means that some of your usage data may be stored by Google on servers outside of the EU. You can read more about Google's Privacy Policy here: <https://policies.google.com/privacy>.

5. Retaining and deleting personal data

- a) This Section 5 sets out our data retention policies and procedure, which are designed to help ensure that we comply with our legal obligations in relation to the retention and deletion of personal data.
- b) Personal data that we process for any purpose or purposes shall not be kept for longer than is necessary for that purpose or those purposes.

- c) In some cases, it is not possible for us to specify in advance the periods for which your personal data will be retained. In such cases, we will determine the period of retention based on the following criteria:
- d) Notwithstanding the other provisions of this Section 5, we may retain your personal data where such retention is necessary for compliance with a legal obligation to which we are subject, or in order to protect your vital interests or the vital interests of another natural person.

6. Amendments

- a) We may update this policy from time to time by publishing a new version on our website.
- b) You should check this page occasionally to ensure you are happy with any changes to this policy.

7. Your rights

- a) In this Section 7, we have summarised the rights that you have under data protection law. Some of the rights are complex, and not all of the details have been included in our summaries. Accordingly, you should read the relevant laws and guidance from the regulatory authorities for a full explanation of these rights.
- b) Your principal rights under data protection law are:
 - i. the right to access;
 - ii. the right to rectification;
 - iii. the right to erasure;
 - iv. the right to restrict processing;
 - v. the right to object to processing;
 - vi. the right to data portability;
 - vii. the right to complain to a supervisory authority; and
 - viii. the right to withdraw consent.
- c) You have the right to confirmation as to whether or not we process your personal data and, where we do, access to the personal data, together with certain additional information. That additional information includes details of the purposes of the processing, the categories of personal data concerned and the recipients of the personal data. Providing the rights and freedoms of others are not affected, we will supply to you a copy of your personal data. The first copy will be provided free of charge, but additional copies may be subject to a reasonable fee.
- d) You have the right to have any inaccurate personal data about you rectified and, taking into account the purposes of the processing, to have any incomplete personal data about you completed.
- e) In some circumstances you have the right to the erasure of your personal data without undue delay. Those circumstances include: the personal data are no longer necessary in relation to the purposes for which they were collected or otherwise processed; you withdraw consent to consent-based processing; you object to the processing under certain rules of applicable data protection law; the processing is for direct marketing purposes; and the personal data have been unlawfully processed. However, there are exclusions of the right to erasure. The general exclusions include where processing is necessary: for exercising the right of freedom of expression and information; for compliance with a legal obligation; or for the establishment, exercise or defence of legal claims.
- f) In some circumstances you have the right to restrict the processing of your personal data. Those circumstances are: you contest the accuracy of the personal data;

processing is unlawful but you oppose erasure; we no longer need the personal data for the purposes of our processing, but you require personal data for the establishment, exercise or defence of legal claims; and you have objected to processing, pending the verification of that objection. Where processing has been restricted on this basis, we may continue to store your personal data. However, we will only otherwise process it: with your consent; for the establishment, exercise or defence of legal claims; for the protection of the rights of another natural or legal person; or for reasons of important public interest.

- g) You have the right to object to our processing of your personal data on grounds relating to your particular situation, but only to the extent that the legal basis for the processing is that the processing is necessary for: the performance of a task carried out in the public interest or in the exercise of any official authority vested in us; or the purposes of the legitimate interests pursued by us or by a third party. If you make such an objection, we will cease to process the personal information unless we can demonstrate compelling legitimate grounds for the processing which override your interests, rights and freedoms, or the processing is for the establishment, exercise or defence of legal claims.
- h) You have the right to object to our processing of your personal data for direct marketing purposes (including profiling for direct marketing purposes). If you make such an objection, we will cease to process your personal data for this purpose.
- i) You have the right to object to our processing of your personal data for scientific or historical research purposes or statistical purposes on grounds relating to your particular situation, unless the processing is necessary for the performance of a task carried out for reasons of public interest.
- j) To the extent that the legal basis for our processing of your personal data is:
 - ix. consent; or
 - x. that the processing is necessary for the performance of a contract to which you are party or in order to take steps at your request prior to entering into a contract,
- k) ...and such processing is carried out by automated means, you have the right to receive your personal data from us in a structured, commonly used and machine-readable format. However, this right does not apply where it would adversely affect the rights and freedoms of others.
- l) If you consider that our processing of your personal information infringes data protection laws, you have a legal right to lodge a complaint with a supervisory authority responsible for data protection. In the UK, this is the Information Commissioner's Office, which enforces the data protection law (www.ico.org.uk). You may do so in the EU member state of your habitual residence, your place of work or the place of the alleged infringement.
- m) To the extent that the legal basis for our processing of your personal information is consent, you have the right to withdraw that consent at any time. Withdrawal will not affect the lawfulness of processing before the withdrawal.
- n) You may exercise any of your rights in relation to your personal data by written notice to us.

8. Third-party websites

- a) Our website includes hyperlinks to, and details of, third party websites.
- b) We have no control over, and are not responsible for, the privacy policies and practices of third parties.

9. Personal data of children

- a) Our website and services are targeted at persons over the age of 18.
- b) If we have reason to believe that we hold personal data of a person under that age in our databases, we will delete that personal data.

10. Updating information

- a) Please let us know if the personal information that we hold about you needs to be corrected or updated.
- b) To have your information removed or rectified, please contact karen@karenfinn.net.

11. Controller & processor of data

- a) For the purposes of processing your personal data I am the sole controller and processor of data as defined by the General Data Protection Regulation 2018 (GDPR). I am your first point of contact for any queries regarding the use of the personal data that I hold about you.
- b) Should you have a question about the data I store, my contact details are: Email: karen@karen.finn.net.
- c) Should you visit other websites that we link to from www.karenfinn.net, your rights are governed by their privacy policies.