

Strength Through Motherhood

Privacy Policy

Strength Through Motherhood (“we”, “us”, “our”) is committed to protecting and respecting your privacy. This policy explains what personal information we collect from clients who book or attend our classes and activities, how we use it, and your rights in relation to it.

1. Who We Are

Strength Through Motherhood is the data controller responsible for the personal information described in this policy. If you have any questions about this policy or how your data is handled, you can contact us at strengththroughmotherhood@gmail.com.

2. The Information We Collect

To enrol you and your child onto our classes and activities, and to run our sessions safely, we may collect the following information about you and your child:

- Your name and date of birth
- Your child's name and date of birth
- Your address
- Your phone number and email address
- Payment details, to process bookings and payments
- Any other information you provide us with in order to enrol onto our classes or activities, such as relevant health or medical information needed to run a session safely

3. How We Use Your Data

We will always be clear at the point we collect your information about what we intend to use it for. In general, we use your personal information to:

- Process your booking and manage your place on a class or activity
- Take payment for classes and activities
- Communicate with you about your booking, including any changes, cancellations, or rescheduling
- Run our sessions safely, including taking account of any health information you have shared with us

Marketing and newsletters: if you would like to receive newsletters or hear about our other services, we will only use your information for this purpose if you actively opt in by ticking a tickbox at the point your information is collected. We will never sign you up to marketing communications without your consent.

4. Who Has Access to Your Information

Your personal information is accessed only by Strength Through Motherhood. We do not sell, rent, or share your information with third parties, except where required to process payments or where we are

required to do so by law.

5. Updating Your Information and Unsubscribing

- You can update or correct your information at any time by emailing strengththroughmotherhood@gmail.com.
- If you have opted in to receive newsletters or marketing communications, you can unsubscribe at any time by clicking the unsubscribe link in any email, or by emailing us directly.

6. How Long We Keep Your Data

We keep your personal information only for as long as necessary to provide our classes and activities to you, to meet our legal and accounting obligations, and, where you have opted in, to continue sending you marketing communications until you unsubscribe or ask us to stop.

7. Keeping Your Data Safe

We take reasonable steps to keep your personal information secure and to protect it from loss, misuse, or unauthorised access.

8. Your Rights

You have the right to ask what information we hold about you, to ask us to correct or update it, to withdraw consent to marketing at any time, and to ask us to delete your information where we are not required to keep it for legal or safety reasons. To exercise any of these rights, please email strengththroughmotherhood@gmail.com. If you have concerns about how your data has been handled, you also have the right to raise a complaint with the Information Commissioner's Office (ICO).

9. Changes to This Policy

We may update this privacy policy from time to time. The current version will always be available on request.