Mothership: Privacy Policy

Last updated: October 2026

At Mothership, we care about your privacy. This policy explains what information we collect when you book or attend a Mothership pregnancy talk circle, how we use it, and the choices you have over your information.

What information we collect

When you book a Mothership session, we may collect information such as:

- Your name
- Email address
- Phone number
- Your booking and payment details
- The Mothership session you have booked
- Any information you choose to share with us when booking or attending a circle

We only ask for information that we need to organise your booking and provide you with the Mothership experience.

How we use your information

We use your information to:

- Process and manage your booking
- Contact you about your session
- Let you know about changes, cancellations or important information
- Help us organise and run Mothership sessions
- Respond to questions or requests from you
- Send you information about future Mothership sessions or events where you have chosen to hear from us

We will not sell your personal information or share it with third parties for their own marketing purposes.

Information shared during Mothership

Mothership is designed to be a relaxed and confidential space for pregnant women to talk openly and connect with one another.

We ask everyone attending to respect the privacy of the group and not share another attendee's personal stories or information outside the circle.

However, we cannot guarantee that other attendees will keep information shared within the group confidential, so please only share what you are comfortable sharing.

Pregnancy and health information

Mothership is not a medical service. We do not need you to provide medical or health information in order to book a session.

If you choose to share information about your pregnancy, health or personal circumstances with us, we will treat it respectfully and only use it where necessary to support your participation in Mothership.

Please avoid sharing medical information through the booking form unless specifically requested.

Payments

Payments are processed through our chosen booking/payment provider. We do not store your full payment card details.

Your payment information may be processed and stored by the relevant payment provider in accordance with their own privacy policy.

Third-party services

We may use trusted third-party services to help us run Mothership, such as booking, payment, email or website providers.

These providers may process your personal information on our behalf and are required to handle it securely and in accordance with applicable data protection laws.

How long we keep your information

We only keep your personal information for as long as we reasonably need it for the purposes described above, including to manage bookings, keep appropriate business records and meet any legal or accounting requirements.

When information is no longer needed, we will securely delete or anonymise it where appropriate.

Your rights

Under UK data protection law, you have rights relating to your personal information, including the right to:

- Ask what personal information we hold about you
- Ask us to correct inaccurate information
- Ask us to delete your information in certain circumstances
- Ask us to restrict how we use your information in certain circumstances
- Object to certain uses of your information
- Withdraw your consent where we rely on consent to use your information

If you would like to exercise any of these rights, please contact us using the details below.

Marketing

If you choose to receive updates from Mothership, you can unsubscribe at any time by using the unsubscribe link in our emails or contacting us directly.

We won't send you marketing emails simply because you have attended a Mothership session unless you have a lawful basis to do so and, where required, you have given your consent.

Cookies

Our website may use cookies and similar technologies to help it function properly, understand how people use the website and improve your experience.

Where required by law, we will ask for your consent before using non-essential cookies.

Keeping your information safe

We take reasonable steps to protect your personal information from loss, misuse, unauthorised access or disclosure.

However, no online system can be guaranteed to be completely secure.

Contact

If you have any questions about this privacy policy or how we use your information, please contact:

Mothership
Email: cleodoula@gmail.com

If you are unhappy with how we have handled your personal information, you also have the right to make a complaint to the UK's data protection regulator, the Information Commissioner's Office (ICO).

You can find out more about the ICO and your data protection rights on its website.

This privacy policy may be updated from time to time. The latest version will always be available on our website.