



## Our Agreement: Your Information & Privacy

All of the above information and any other medical and lifestyle information provided by forms or in conversation with my Therapist/Facilitator are correct to the best of my knowledge. I understand that additional notes may be made after verbal consultations and after activities/treatments.

I fully understand the sessions that I am about to undertake. To the best of my knowledge any contra-indications that may prevent the treatment or activity from going ahead have been disclosed and discussed. If my Therapist/Facilitator requires confirmation that a treatment/activity is suitable and safe I understand I may be required to provide a letter from one of my health professionals. I'm also aware that Holistic Therapies are not a substitute for medical advice, and while my Therapist/Facilitator may be able to signpost me to further support if they suspect issues, they are not qualified to diagnose conditions. They may be able to offer treatments for diagnosed issues, where it is agreed with a health professional and is complementary to medical care.

I am fully responsible for informing the Therapist/Facilitator of any changes to the information which has been provided, as well as any side effects or reactions to the therapy/activity. If the Therapist/Facilitator suggests adaptations that I and/or my child may require for safety or to avoid discomfort during activities I am fully responsible for ensuring these are being adhered to for your and/or your child's best interest and well-being.

Your data, including personal information about health, is required in order to provide safe and effective treatments/activities. It is recorded, handled and stored digitally with password protection according to the GDPR.

This information will be accessed by our session facilitators and therapists to provide services. It will NOT be shared outside of Big You, Little You without your consent except in medical emergencies, if we are legally obliged to (for insurance purposes for example) or if there is serious concern about a client's or child's welfare.

It is important for you to know that you are entitled to request access to copies of all information we hold on you and/or your child.

It is also important to note that some of the information we hold is exempt from the GDPR regulations requiring your information to be deleted or destroyed on request. This is because it is legally required to validate the therapists and training schools insurance. The data is legally required to be kept for a minimum of 7 years after your most recent treatment for persons 18 years or older and for those under 18 years of age (including foetuses in utero) the data is required to be kept for a minimum of 7 years after the persons 18<sup>th</sup> birthday or EDD. Any non-essential information will still be destroyed on request, and you will remain entitled to copies of all information we continue to hold.

Your information will only be used for the purposes stated.