

Privacy Policy for Moment mindfulness

At **Moment Mindfulness**, accessible from <https://momentmindfulness.co.uk/>, we are committed to protecting and respecting your privacy. This Privacy Policy explains how we collect, use, disclose, and safeguard your personal information when you visit our website. Please read this policy carefully. By using our website, you agree to the collection and use of information in accordance with this policy.

1. Information We Collect

We may collect and process the following data about you:

1.1 Personal Information:

- Name
- Email Address
- Phone Number
- Any other information you voluntarily submit through forms on our site
- Your child's name and age
- Your child's medical and/or learning needs

1.2 Usage Data:

- IP address
- Browser type and version
- Time zone settings
- Operating system and platform
- Information about your visit (pages viewed, time on site, etc.)

1.3 Cookies:

Our website uses cookies to distinguish you from other users. Cookies help us improve your experience by analysing website traffic and customizing content.

2. How We Use Your Information

We may use the personal information we collect for the following purposes:

- To provide and maintain our services
- To notify you about changes to our services
- To manage registrations and respond to your enquiries
- To improve our website and user experience
- To comply with legal obligations

3. Legal Basis for Processing Your Data

Under UK GDPR, we process your personal data under the following legal bases:

- **Consent:** When you provide your personal data for a specific purpose (e.g, signing up for our sessions).
- **Contractual necessity:** When processing is required to perform a contract with you or to take steps at your request before entering into a contract.
- **Legal obligation:** Where we are required by law to process your data.
- **Legitimate interests:** When processing your data is necessary for our legitimate business interests (e.g., improving services), provided your rights are not overridden.

4. Disclosure of Your Information

We may share your personal information in the following situations:

- **Third-party service providers:** To help us deliver our services, such as website hosting, email marketing, and analytics tools.
- **Legal obligations:** If required by law or in response to legal requests (such as a court order or subpoena).
- **Business transfers:** If we are involved in a merger, acquisition, or sale of assets, your personal information may be transferred.

5. Data Retention

In line with our insurance policy, retain your client information for five years and is used only to fulfil the purposes we collected it for, including to meet legal, accounting, or reporting requirements. If you no longer want us to hold your data, you may request deletion in accordance with your rights outlined below.

6. Your Data Protection Rights

Under data protection law, you have the following rights regarding your personal data:

- **Right to access:** You have the right to request copies of your personal data.
- **Right to rectification:** You have the right to request correction of any inaccurate or incomplete data.
- **Right to erasure:** You can request the deletion of your personal data.
- **Right to restrict processing:** You have the right to request that we restrict the processing of your data.
- **Right to data portability:** You have the right to request the transfer of your data to another organization.
- **Right to object:** You have the right to object to the processing of your personal data.

If you wish to exercise any of these rights, please contact us at
Lauren@momentmindfulness.co.uk

7. Data Security

Our website created with Godaddy has inbuilt SSL layered technology to implement appropriate security measures to protect your personal data from accidental loss, unauthorized access, alteration, or disclosure. A lock icon will appear in our website's URL to show your connection is secure, if you cannot see this icon, please use an alternative search engine to ensure your information is protected. However, please note that no internet transmission is 100% secure, and we cannot guarantee the security of your data transmitted to our site.

8. Third-Party Links

Our website may contain links to third-party websites. We are not responsible for the privacy practices or the content of these external sites. We encourage you to read their privacy policies before providing any personal data.

9. Children's Privacy

Our website is not intended for individuals under the age of 16, however we will collect personal data from a child with parental consent. Should we find any data has been collected without the consent of the parent/guardian, we will take steps to delete the data as soon as possible.

10. Changes to This Privacy Policy

We may update this Privacy Policy from time to time to reflect changes in our practices or for other operational, legal, or regulatory reasons. Any changes will be posted on this page, and the "Effective Date" at the top will be updated accordingly.

11. Contact Us

If you have any questions about this Privacy Policy, or if you wish to exercise your data protection rights, please contact us:

Email: Lauren@momentmindfulness.co.uk

Terms and Conditions created January 2026

Updated: May 2026

To be reviewed January 2027