

Privacy Policy

This privacy policy sets out how All-Mobile Pilates uses and protects any information that you give us when you use our website or complete a health questionnaire. All-Mobile Pilates is owned and run by Ann-Maree Purnell and provides 1-1, group mat classes and workshops/retreats from either a clients home, or Roynons Dance School, DM Dance studios and Bursledon Community Centre.

All-Mobile Pilates is committed to ensuring that your privacy is protected and complies with the General Data Protection Regulations 2018. Should we ask you to provide certain information by which you can be identified when using our website, then you can be assured that it will only be used in accordance with this privacy statement. Personal Data you give us about you via our website contact form, by email, during telephone conversations and face to face, is kept securely and used only to help Ann-Maree Purnell and Deanna White to answer your enquiry, provide relevant information about our service and carry out the service. We will only contact you in response to your enquiry and only send information out via email once a professional relationship has been established. All-Mobile Pilates may change this policy from time to time by updating this page. You should check this page from time to time to ensure that you are happy with any changes. This policy is effective from 28/5/2018.

Information you may voluntarily give us via our contact form or health questionnaire:

- your name
- email address
- contact telephone number
- address and postcode
- other information relevant to your personal requirements

What we do with the information you give us

We have a legitimate interest in helping you and as such will use this information to understand your needs and provide you with a better service, and in particular for the following reasons:

- to provide information relevant to your well-being
- to improve our services
- for internal record keeping

We do not share personal data without prior permission.

Security

We are committed to ensuring that your information is secure. In order to prevent unauthorised access or disclosure, we have put in place suitable physical, electronic and managerial procedures to safeguard and secure the information we collect online. The paper copies of the health questionnaires are kept in a locked filing cabinet which can only be accessed by Ann-Maree Purnell.

How we use cookies

A cookie is a small file which asks permission to be placed on your computer's hard drive. Once you agree, the file is added and the cookie helps analyse web traffic or lets you know when you visit a particular site. Cookies allow web applications to respond to you as an individual. The web application can tailor its operations to your needs, likes and dislikes by gathering and remembering information about your preferences.

We use traffic log cookies to identify which pages are being used. This helps us analyse data about web page traffic and improve our website in order to tailor it to customer needs. We only use this information for statistical analysis purposes and then the data is removed from the system.

Overall, cookies help us provide you with a better website, by enabling us to monitor which pages you find useful and which you do not. A cookie in no way gives us access to your computer or any information about you, other than the data you choose to share with us.

You can choose to accept or decline cookies. Most web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer. This may prevent you from taking full advantage of the website.

Links to other websites

Our website may contain links to other websites of interest. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst

visiting such sites and such sites are not governed by this privacy statement. You should exercise caution and look at the privacy statement applicable to the website in question.

Controlling your personal information

You may refuse or withdraw consent for us to store the information you have given us at any time without detriment simply by emailing or telephoning us (however please note that clinical information must be stored for 8 years). You have the right to request a copy of the information we hold about you without charge, or for your information to be erased at any time. If you would like a copy of the information held on you please write to us at 13 Bronte Way, Bitterne, Southampton SO197JG

If you believe that any information we are holding on you is incorrect or incomplete, please write to or email us as soon as possible, at the following address. We will promptly correct any information found to be incorrect.

We will not sell, distribute or lease your personal information to third parties unless we have your permission or are required by law to do so.