



The Menopause
Wellness Centre

PRIVACY POLICY

This website privacy policy describes how The Menopause Wellness Centre protects and makes use of the information you provide when you use this website.

If you are asked to provide information when using this website, it will only be used in the ways described in this privacy policy.

This policy is updated from time to time. The latest version is published on this page.

If you have any questions about this policy, please email:

sharon@menopausewellnesscentre.com

Introduction

We gather and use certain information about individuals in order to provide services to you and to enable certain functions on this website.

We also collect information to better understand how visitors use this website and to present timely, relevant information to them.

What data we gather

We may collect the following information:

- Name
- Contact information including email address
- Website usage data
- Other information relevant to client enquiries
- Other information pertaining to special offers and surveys

How we use this data

Collecting this data will help us understand how we can help and enable us to deliver and improve our services.

Specifically, we may use data:

- For our own internal records.
- To improve the services we provide.
- To contact you in response to a specific enquiry.
- To customise the website
- To send promotional emails about services and offers that may be relevant to you.
- To contact you for market research purposes.



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Cookies and how we use them

What is a cookie?

Cookies are small pieces of data that websites store on a user's computer or device when they visit the site.

These cookies serve various purposes and are used by websites for several functions, including:

1. **Session Management:** Cookies are often used to manage user sessions. When you log into a website, a session cookie may be created to remember your login status so you don't have to re-enter your credentials on every page.
2. **Personalisation:** Websites use cookies to personalise your experience. They can remember your preferences, such as language settings or the contents of your shopping cart on an e-commerce site.
3. **Tracking and Analytics:** Cookies are used to collect data on how users interact with a website. This information helps website owners understand user behavior, improve site design, and tailor content to their audience.
4. **Advertising:** Many websites use cookies to deliver targeted advertising. Cookies track your online behavior, and advertisers can use this data to display ads that are more relevant to your interests and browsing history.
5. **Security:** Cookies can enhance website security by, for example, detecting and preventing fraudulent activity or attacks.
6. **Third-Party Services:** Websites often incorporate third-party services such as social media buttons, embedded videos, or maps. These services may also use cookies to function properly.
7. **Remembering Login Credentials:** Cookies can remember your login details, making it convenient for you to access websites without having to enter your username and password each time.

It's important to note that while cookies have legitimate uses and are essential for many web functions, there are also concerns related to privacy and security. Some users may choose to manage or disable cookies through browser settings to control how websites collect and use their data. Additionally, there are laws and regulations in various regions that require websites to inform users about their use of cookies and obtain their consent in some cases, especially for tracking and advertising cookies.

Websites typically have privacy policies that outline how they use cookies and handle user data, so it's a good practice to review these policies to understand how your data is being used when you visit a website.



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Receiving marketing information

If you would rather we did not contact you for marketing purposes, you can opt out easily, via one of these methods:

- Unsubscribe to emails using the link in the footer of all our marketing emails.
- Send an email to sharon@menopausewellnesscentre.com

Sharing data with 3rd parties

We will never lease, distribute or sell your personal information to third parties unless we have your permission or the law requires us to.

Any personal information we hold about you is stored and processed under our data protection policy, in line with the Data Protection Act 1998.

Security

We will always hold your information securely.

We also follow stringent procedures to ensure we work with all personal data in line with the Data Protection Act 1998.

Links from our site

Our website may contain links to other websites.

Please note that we have no control of websites outside the www.menopausewellnesscentre.com domain. If you provide information to a website to which we link, we are not responsible for its protection and privacy.