

Privacy Policy of Menopause Self Care (MSC) CIC

Menopause Self Care (MSC) CIC respects and protects the privacy of individual information.

This is our privacy policy:

Who are we?

Menopause Self Care (MSC) CIC is a social enterprise.

We incorporated in May 2010 and are registered in the UK. Our Companies House Number is: 07243099.

What information do we collect about you?

Our lists comprise basic data such as your name and email address and sometimes, your phone number. We keep several years of correspondence. All of this is stored in cloud platforms that we believe to be secure.

If you take one of our in-person courses you are asked to sign a disclosure/disclaimer statement. This only includes your signature and the date of the course. We also ask course participants to complete an evaluation of the course and on this form you may or may not decide to add your name. If you do add your name, then this part of the evaluation form is anonymised by blacking it out once we read the content of the course evaluation and no later than a year after the date of the course.

On the course evaluation form, there is an opportunity to add your email address if you would like to be added to our Constant Contact Newsletter list. At any point you can opt out of the mailing list by clicking 'unsubscribe'.

We are interested in supporting you in your self-care and are here for you if we can help with resources for you. We consider ourselves a resource library on all-things having to do with healthy ageing. Our special focus, our thematic focus, is on supporting you in self-care, self-trust and self-respect, as you move through your life.

How will we use the information we have:

We never share any personal information to a third party. We use it simply to communicate resources of value to you, periodically via our newsletter: usually, once or twice a year.

Consent

We would like to send you information about and events and approaches which may be of interest to you. If you have consented to receive our newsletter, you may always opt out easily at a later date by clicking the 'unsubscribe' link at the bottom of the newsletter.

Access to your information

You have the right to request the information we hold about you. If you would like a copy of some or all of your personal information, please email or write to the following address: isabellaqm@live.co.uk

We may make a slight charge for this service.

We want to make sure that your personal information is accurate and up to date. You may ask us to correct or remove information that you think is inaccurate.

Cookies

Cookies are text files placed on a computer to collect standard internet log in information and visitor behaviour information. This information is used to track visitor use and compile statistical reports on website activity.

For further information visit: www.aboutcookies.org

Or www.allaboutcookies.org

Other websites

Our website may contain some links to other websites. This privacy policy only applies to this website so when you link to other websites you should read their own privacy policies.

Changes to our privacy policy

We keep our privacy policy under regular review and we will place any updates on the webpage. This privacy policy was last updated on the 17th August 2018.

How to contact us

Please contact us if you have any questions about our privacy policy or information we hold about you: by email to isabellaqm@live.co.uk