What is this Privacy Policy for?

This privacy policy is for websites www.sarahrussellhypnotherapy.co.uk and  
www.mamainmind.co.uk. It is served by Sarah Russell Hypnotherapy and governs the privacy of its users who choose to use it.

The policy sets out the different areas where user privacy is concerned and outlines the obligations & requirements of the users, the website and website owners. Furthermore the way this website processes, stores and protects user data and information will also be detailed within this policy.

The Website

This website and its owners take a proactive approach to user privacy and ensure the necessary steps are taken to protect the privacy of its users throughout their visiting experience. This website complies to all UK national laws and requirements for user privacy.

Use of Cookies

This website does not currently use cookies to better the users experience while visiting the website.

This website does not currently use tracking software to monitor its visitors to better understand how they use it.

Contact & Communication

Users contacting this website and/or its owners do so at their own discretion and provide any such personal details requested at their own risk. Your personal information is kept private and stored securely until a time it is no longer required or has no use, as detailed in the Data Protection Act 1998. Every effort has been made to ensure a safe and secure form to email submission process but advise users using such form to email processes that they do so at their own risk.

This website and its owners use any information submitted to provide you with further information about the products / services they offer or to assist you in answering any questions or queries you may have submitted. This includes using your details to subscribe you to any email newsletter program the website operates but only if this was made clear to you and your express permission was granted when submitting any form to email process. Or whereby you the consumer have previously purchased from or enquired about purchasing from the company a product or service that the email newsletter relates to. This is by no means an entire list of your user rights in regard to receiving email marketing material. Your details are not passed on to any third parties.

Email Communication

This website does not currently operate an email newsletter program.

Future email marketing campaigns published by this website or its owners may contain tracking facilities within the actual email. Subscriber activity is tracked and stored in a database for future analysis and evaluation. Such tracked activity may include; the opening of emails, forwarding of emails, the clicking of links within the email content, times, dates and frequency of activity [this is by no far a comprehensive list].  
This information is used to refine future email campaigns and supply the user with more relevant content based around their activity.

In compliance with UK Spam Laws and the Privacy and Electronic Communications Regulations 2003 subscribers are given the opportunity to un-subscribe at any time through an automated system. This process is detailed at the footer of each email campaign. If an automated un-subscription system is unavailable clear instructions on how to un-subscribe will by detailed instead.

External Links

Although this website only looks to include quality, safe and relevant external links, users are advised adopt a policy of caution before clicking any external web links mentioned throughout this website. (External links are clickable text / banner / image links to other websites, similar to; Yogabirth or [The](http://www.newportholidaycottages.co.uk/) Breastfeeding Network)

The owners of this website cannot guarantee or verify the contents of any externally linked website despite their best efforts. Users should therefore note they click on external links at their own risk and this website and its owners cannot be held liable for any damages or implications caused by visiting any external links mentioned.

Adverts and Sponsored Links

This website does not currently contain sponsored links and adverts.

Social Media Platforms

Users are advised to use social media platforms wisely and communicate / engage upon them with due care and caution in regard to their own privacy and personal details. This website or its owners may ask for personal or sensitive information through social media platforms and encourage users wishing to discuss sensitive details to contact them through primary communication channels such as by telephone or email.

Communication, engagement and actions taken through external social media platforms that this website and its owners participate on are custom to the terms and conditions as well as the privacy policies held with each social media platform respectively.

This website may use social sharing buttons which help share web content directly from web pages to the social media platform in question. Users are advised before using such social sharing buttons that they do so at their own discretion and note that the social media platform may track and save your request to share a web page respectively through your social media platform account.

Resources & Further Information

* [Data Protection Act 1998](http://www.legislation.gov.uk/ukpga/1998/29/contents)
* [Privacy and Electronic Communications Regulations 2003](http://www.legislation.gov.uk/uksi/2003/2426/contents/made)
* [Privacy and Electronic Communications Regulations 2003 - The Guide](http://www.ico.gov.uk/for_organisations/privacy_and_electronic_communications/the_guide.aspx)
* [Twitter Privacy Policy](http://twitter.com/privacy)
* [Facebook Privacy Policy](http://www.facebook.com/about/privacy/)
* [Google Privacy Policy](http://www.google.com/privacy.html)
* [Linkedin Privacy Policy](http://www.linkedin.com/static?key=privacy_policy)
* [Mailchimp Privacy Policy](http://mailchimp.com/legal/privacy/)
* [Fillable PDF Forms Creation](http://www.jamieking.co.uk/PDF_form_design.html)
* [Website Privacy Policy Template](http://www.jamieking.co.uk/resources/free_sample_privacy_policy.html)

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