

Energise Health and Nutrition Privacy Policy

Our contact details

Name: Vicky and Simon Wilson

Address: 2/4 Ash Lane, Rustington, West Sussex, BN16 3BZ

Phone Number: 07776 140140

E-mail: enquiries@energisehealth.co.uk

Website: www.energisehealth.co.uk

The type of personal information we collect

We currently collect and process the following information:

- Name, email address and contact number.

How we get the personal information and why we have it

Most of the personal information we process is provided to us directly by you for one of the following reasons:

- An enquiry or to join our mailing list.

Under the General Data Protection Regulation (GDPR), the lawful bases we rely on for processing this information are:

Your consent. You are able to remove your consent at any time. You can do this by contacting

[Vicky Wilson enquires@energisehealth.co.uk](mailto:enquires@energisehealth.co.uk)

How we store your personal information

Your information is securely stored.

We keep client records for 7 years after their last appointment or for children 7 years after their 18th birthday. We will then dispose of your information by shredding paper files and deleting electronic records.

Your data protection rights

Under data protection law, you have rights including:

Your right of access - You have the right to ask us for copies of your personal information.

Your right to rectification - You have the right to ask us to rectify personal information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

Your right to erasure - You have the right to ask us to erase your personal information in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact us at

Phone Number:07776 140140

E-mail:enquiries@energisehealth.co.uk

if you wish to make a request.

How to complain

If you have any concerns about our use of your personal information, you can make a complaint to us at

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You can also complain to the ICO if you are unhappy with how we have used your data.

The ICO's address:

Information Commissioner's Office

Wycliffe House

Water Lane

Wilmslow

Cheshire

SK9 5AF

Helpline number: 0303 123 1113

ICO website: <https://www.ico.org.uk>