



## **Privacy Policy**

Effective Date: May 2025

Website: [www.menobelly.co.uk](http://www.menobelly.co.uk)

Owner: Meno Belly Ltd

This Privacy Policy explains how we collect, use, and protect your personal information when you visit our website or engage with our services. We are committed to safeguarding your privacy and complying with data protection laws, including the General Data Protection Regulation (GDPR).

Meno Belly Ltd is the data controller responsible for your personal data under this policy.

## **What Information We Collect**

Where health-related data is collected for coaching purposes, we do so only with your explicit consent and in line with Article 9 of the UK GDPR. This data will be used strictly to provide personalised coaching services and will not be shared without your consent.

We may collect the following types of information:

- Personal identification details (name, email address, phone number)
- Health-related information (only when voluntarily provided in forms or assessments)
- Payment information (processed securely via third-party providers like Shopify)
- Website usage data (via cookies or analytics tools like Google Analytics)

## **How We Use Your Information**

Our legal bases for processing your personal data include your consent (e.g. for newsletters), performance of a contract (e.g. when delivering coaching services), and our legitimate interests (e.g. improving our services), unless otherwise required by law.

Your data may be used for:

- Responding to enquiries or scheduling discovery calls
- Delivering coaching or consulting services
- Sending newsletters or updates (only if you've opted in)
- Improving our website and service delivery
- Maintaining records for internal and legal purposes

We will never sell, rent, or share your personal information for marketing purposes without your explicit consent.

## **Storing and Securing Your Data**

We take data protection seriously. Your personal information is stored securely using trusted platforms (e.g. Google Workspace, Practice Better, or similar), and access is limited to



authorised personnel only. We implement suitable measures to prevent unauthorised access, alteration, or disclosure of your data.

We retain personal data only for as long as necessary to fulfil the purposes outlined in this policy, including legal, accounting, or reporting requirements. Coaching records may be retained for up to 7 years in line with professional standards.

### **Cookies and Analytics**

Our website may use cookies to enhance user experience and collect anonymous usage data. You can choose to disable cookies through your browser settings.

### **Your Rights**

You have the right to:

- Access the personal data we hold about you
- Request correction or deletion of your data
- Withdraw consent at any time
- Lodge a complaint with the Information Commissioner's Office (ICO), the UK's data protection authority, if you believe your rights have been violated

To exercise any of these rights, please contact: [info@menobelly.co.uk](mailto:info@menobelly.co.uk)

### **Third-Party Links or Tools**

Our website may include links to external websites. We are not responsible for the privacy practices or content of those sites.

Meno belly Ltd uses third party tools such as Mailchimp to send out emails and newsletters and Shopify for processing payments.

### **Changes to This Policy**

This policy may be updated occasionally to reflect changes in regulations or business practices. The updated version will be posted on this page with a revised effective date.

### **Contact**

If you have any questions or concerns about this privacy policy or how your data is handled, please contact:

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Email: [info@menobelly.co.uk](mailto:info@menobelly.co.uk)

Website: [www.menobelly.co.uk](http://www.menobelly.co.uk)