## Privacy

This privacy policy applies between you, the User of this Website and 1ST CONTACT PHYSIOTHERAPY. the owner and provider of this website www.1stcontactphysiotherapy.co.uk.

1ST CONTACT PHYSIOTHERAPY takes the privacy of your information very seriously. This privacy policy applies to our use of any and all Data collected by us or provided by you in relation to your use of the Website. Please read this privacy policy carefully.

Definitions and interpretation In this privacy policy, the following definitions are used:

#### Data

Collectively all information that you submit to 1ST CONTACT PHYSIOTHERAPY via the Website. This definition incorporates, where applicable, the definitions provided in the Data Protection Act 1998 and the European Union's 2018 General Data Protection Regulation (GDPR);

#### Credit & Debit Card Data

We do not store credit card details nor do we share customer details relating to financial data with any 3rd parties;

#### Cookies

A small text file may be placed on your computer by this Website when you visit certain parts of the Website and/or when you use certain features of the Website. Details of the cookies used by this Website are set out in the clause below (Cookies);

#### UK and EU Cookie Law

The Privacy and Electronic Communications (EC Directive) Regulations 2003 as amended by the Privacy and Electronic Communications (EC Directive) (Amendment) Regulations 2011 and the European Union's 2018 General Data Protection Regulation;

## User or you

Any third party that accesses the Website and is not either (i) employed by 1ST CONTACT PHYSIOTHERAPY. and acting in the course of their employment or (ii) engaged as a consultant or otherwise providing services to 1ST CONTACT PHYSIOTHERAPY, and accessing the Website in connection with the provision of such services: and

# Website

The website that you are currently using, www.1stcontactphysiotherapy.co.uk, and any sub-domains of this site unless expressly excluded by their own terms and conditions.

In this privacy policy, unless the context requires a different interpretation:

The singular includes the plural and vice versa;

References to sub-clauses, clauses, schedules or appendices are to sub-clauses, clauses, schedules or appendices of this privacy policy;

A reference to a person includes firms, companies, government entities, trusts and partnerships;

"including" is understood to mean "including without limitation";

Reference to any statutory provision includes any modification or amendment of it:

The headings and sub-headings do not form part of this privacy policy.

Scope of this privacy policy

This privacy policy applies only to the actions of 1ST CONTACT PHYSIOTHERAPY and Users with respect to this Website. It does not extend to any websites that can be accessed from this Website including, but not limited to, any links we may provide to social media websites or externally-facing URLs provided throughout the course of using 1ST CONTACT PHYSIOTHERAPY.

### Data collected

We may collect the following Data, which includes personal Data, from you:

Name, company name, email addresses and telephone numbers; in each case, in accordance with this privacy policy.

Our use of Data

For purposes of the Data Protection Act 1998 and GDPR, 1ST CONTACT PHYSIOTHERAPY acts as the "data controller".

We will retain any Data you submit for as long as 1ST CONTACT PHYSIOTHERAPY deems it necessary to provide adequate service to the User, unless explicitly asked by a User for their Data to be deleted.

Unless we specifically say otherwise, your Data will never be intentionally disclosed to third parties for the sake of administering better service, but never for marketing purposes through various affiliates and / or other companies within our group.

All personal Data is stored securely in accordance with the principles of the Data Protection Act 1998 and the European Union's General Data Protection Regulation. For more details on these two security regulations see the clause below (Security).

Any or all of the above Data may be required by us from time to time in order to provide you with the best possible service and experience when using our Website. Specifically, Data may be used by us for the following reasons: internal record keeping; improvement of our products / services; transmission by email of promotional materials that may be of interest to you.

# Third party websites and services

1ST CONTACT PHYSIOTHERAPY may, from time to time, employ the services of other parties for dealing with certain processes necessary for the operation of the Website. The providers of such services have access to certain personal Data provided by Users of this Website and may be located in various locations throughout the world.

Any Data used by such parties is used only to the extent required by them to perform the services that we request. Any use for other purposes is strictly prohibited. Furthermore, any Data that is processed by third parties will be processed within the terms of this privacy policy and in accordance with the Data Protection Act 1998 and GDPR.

#### Links to other websites

This Website may, from time to time, provide links to other websites. We have no control over such websites and are not responsible for the content of these websites. This privacy policy does not extend to your use of such websites. You are advised to read the privacy policy or statement of other websites prior to using them.

### Changes of business ownership and control

1ST CONTACT PHYSIOTHERAPY may, from time to time, expand or reduce our business and this may involve the sale and/or the transfer of control of all or part of 1ST CONTACT PHYSIOTHERAPY.

Data provided by Users will, where it is relevant to any part of our business so transferred, be transferred along with that part and the new owner or newly controlling party will, under the terms of this privacy policy, be permitted to use the Data for the purposes for which it was originally supplied to us.

We may also disclose Data to a prospective purchaser of our business or any part of it.

In the above instances, we will take steps with the aim of ensuring your privacy is protected.

Controlling use of your Data

Wherever you are required to submit Data, you will be given options to restrict our use of that Data. This may include the following:

Use of Data for direct or indirect marketing purposes; and you have the right to ask for a copy of any of your personal Data held by 1ST CONTACT PHYSIOTHERAPY.

You have the right to withdraw consent necessary to use the services provided by 1ST CONTACT PHYSIOTHERAPY at any time.

You have the right for your data to be deleted from the servers and databases of 1ST CONTACT PHYSIOTHERAPY.

Functionality of the Website

To use all features and functions available on the Website, you may be required to submit certain Data.

In order to use the service administered by www.1stcontactphysiotherapy.co.uk all Users must consent for 1ST CONTACT PHYSIOTHERAPY to use your data for purposes 1ST CONTACT PHYSIOTHERAPY sees fit as outlined elsewhere in the Privacy Policy. Refusal to offer consent is grounds for 1ST CONTACT PHYSIOTHERAPY to block access to services offered by www.1stcontactphysiotherapy.co.uk

A User may revoke consent at any time by emailing us at admin@1stcontactphysiotherapy.co.uk

# Security

Data security is of great importance to 1ST CONTACT PHYSIOTHERAPY and to protect your Data we have put in place suitable physical, electronic and managerial procedures to safeguard and secure Data collected via this Website.

If password access is required for certain parts of the Website, you are responsible for keeping this password confidential.

We endeavor to do our best to protect your personal Data. However, transmission of information over the Internet is not always perfectly secure and is done at your own risk. We cannot ensure the security of your Data transmitted to the Website.

#### Cookies

This Website may place and access certain Cookies on your compute www.1stcontactphysiotherapy.co.uk uses Cookies to improve your experience of using the Website and to improve our range of products and services.

www.1stcontactphysiotherapy.co.uk has carefully chosen these Cookies and has taken steps to ensure that your privacy is protected and respected at all times.

All Cookies used by this Website are used in accordance with current UK and EU Cookie Law.

This Website may place the following Cookies: Type of Cookie Purpose Strictly necessary cookies; these are cookies that are required for the operation of our website. They include, for example, cookies that enable you to log into secure areas of our website, use a shopping cart or make use of e-billing services. You can choose to enable or disable Cookies in your Internet browser. By default, most Internet browsers accept Cookies but this can be changed. For further details, please consult the help menu in your Internet browser.

You can choose to delete Cookies at any time; however you may lose any information that enables you to access the Website more quickly and efficiently including, but not limited to, personalisation settings.

It is recommended that you ensure that your Internet browser is up-to-date and that you consult the help and guidance provided by the developer of your internet browser if you are unsure about adjusting your privacy settings.

# General

You may not transfer any of your rights under this privacy policy to any other person. We may transfer our rights under this privacy policy where we reasonably believe your rights will not be affected.

If any court or competent authority finds that any provision of this privacy policy (or part of any provision) is invalid, illegal or unenforceable, that provision or part-provision will, to the extent required, be deemed to be deleted, and the validity and enforceability of the other provisions of this privacy policy will not be affected.

Unless otherwise agreed, no delay, act or omission by a party in exercising any right or remedy will be deemed a waiver of that, or any other, right or remedy.

For any questions or concerns relating to the use of your User Data while using 1ST CONTACT PHYSIOTHERAPY, you are welcome to contact the 1ST CONTACT PHYSIOTHERAPY.'s chosen Data Protection Officer who can be reached by sending an email to admin@1stcontactphysiotherapy.co.uk

Every user of 1ST CONTACT PHYSIOTHERAPY has a variety of rights relating to the use of their data while using 1ST CONTACT PHYSIOTHERAPY, including the right to lodge a complaint with a supervisory authority.

Changes to this privacy policy

1ST CONTACT PHYSIOTHERAPY reserves the right to change this privacy policy as we may deem necessary from time to time or as may be required by law. Any changes will be immediately posted on the Website and you are deemed to have accepted the terms of the privacy policy on your first use of the Website following the alterations. You may contact 1ST CONTACT PHYSIOTHERAPY by email at admin@1stcontactphysiotherapy.co.uk