

BACKGROUND:

Aliya Porter of Porter Nutrition understands that your privacy is important to you and that you care about how your personal data is used. I respect and value the privacy of everyone who visits this website, www.porternutrition.co.uk and will only collect and use personal data in ways that are described here, and in a way that is consistent with my obligations and your rights under the law.

Please read this Privacy Policy carefully and ensure that you understand it. Your acceptance of this Privacy Policy is requested before accessing services where data is collected.

1. Definitions and Interpretation

In this Policy the following terms shall have the following meanings:

“Account”	means an account required to access and/or use certain areas and features of my Site;
“Cookie”	means a small text file placed on your computer or device by my Site when you visit certain parts of my Site and/or when you use certain features of my Site. Details of the Cookies used by my Site are set out in Part 14, below; and
“Cookie Law”	means the relevant parts of the Privacy and Electronic Communications (EC Directive) Regulations 2003;

2. Information About me

My Site is operated by Aliya Porter trading as a sole trader under the name of Porter Nutrition.

Registered address: 64 Old Moat Lane, Manchester, M20 1DD.

Data Protection Officer: Aliya Porter.

Email address: porternutritionuk@gmail.com.

Telephone number: 07986 809633.

Postal address: 64 Old Moat Lane, Manchester, M20 1DD.

I am regulated by the Association for Nutrition.

3. What Does This Policy Cover?

This Privacy Policy applies to your use of my Site and for users of my services. My Site may contain links to other websites. Please note that I have no control over how your data is collected, stored, or used by other websites and I advise you to check the privacy policies of any such websites before providing any data to them.

4. **What Is Personal Data?**

Personal data is defined by the UK General Data Protection Regulation and the Data Protection Act 2018 (collectively, “the Data Protection Legislation”) as ‘any information relating to an identifiable person who can be directly or indirectly identified in particular by reference to an identifier’.

Personal data is, in simpler terms, any information about you that enables you to be identified. Personal data covers obvious information such as your name and contact details, but it also covers less obvious information such as identification numbers, electronic location data, and other online identifiers.

5. **What Are My Rights?**

Under the Data Protection Legislation, you have the following rights, which I will always work to uphold:

- a) The right to be informed about my collection and use of your personal data. This Privacy Policy should tell you everything you need to know, but you can always contact me find out more or to ask any questions using the details in Part 15.
- b) The right to access the personal data I hold about you. Part 13 will tell you how to do this.
- c) The right to have your personal data rectified if any of your personal data held by me is inaccurate or incomplete. Please contact me using the details in Part 15 to find out more.
- d) The right to be forgotten, i.e. the right to ask me to delete or otherwise dispose of any of your personal data that I hold. Please contact me using the details in Part 15 to find out more.
- e) The right to restrict (i.e. prevent) the processing of your personal data.
- f) The right to object to me using your personal data for a particular purpose or purposes.
- g) The right to withdraw consent. This means that, if I am relying on your consent as the legal basis for using your personal data, you are free to withdraw that consent at any time.
- h) The right to data portability. This means that, if you have provided personal data to me directly, I am using it with your consent or for the performance of a contract, and that data is processed using automated means, you can ask me for a copy of that personal data to re-use with another service or business in many cases.
- i) Rights relating to automated decision-making and profiling. I do not use your personal data in this way.

For more information about my use of your personal data or exercising your rights as outlined above, please contact me using the details provided in Part 15.

It is important that your personal data is kept accurate and up-to-date. If any of the personal data I hold about you changes, please keep me informed as long as I have that data.

Further information about your rights can also be obtained from the Information Commissioner’s Office or your local Citizens Advice Bureau.

If you have any cause for complaint about my use of your personal data, you have the right to lodge a complaint with the Information Commissioner’s Office. I would welcome

the opportunity to resolve your concerns myself, however, so please contact me first, using the details in Part 15.

6. What Data Do You Collect and How?

Depending upon your use of my Site, I may collect and hold some or all of the personal and non-personal data set out in the table below, using the methods also set out in the table. Please also see Part 14 for more information about my use of Cookies and similar technologies. I do not collect any data relating to criminal convictions and/or offences

Data Collected	How I Collect the Data
Identity Information including name, gender, date of birth, children’s names, gender, date of birth, signature.	Client registration forms, Email, post Other communications with clients (such as calls or messaging)
Contact information including address, email address, telephone number.	Client registration forms
Business information including business name, job title, contact information.	Emails, LinkedIn, contracts, social media (such as Facebook and Instagram)
Payment information including card details, bank details	Square, Starling Bank, Cooperative Bank (Smile).
Profile information including likes and dislikes, hobbies, weight, height, waist circumference, blood pressure, medical history, family history, sleep patterns, bowel habits, education/work histories, academic/professional qualifications, hobbies, family composition, religious affiliations	Client registration forms. Client forms from consultations. Food and drink diaries Emails, post and other communications with clients (such as calls or messaging) Client consultations
Permissions including permission to be added to the mailing list or use photographs or quotes	Registration forms Evaluation forms

7. How Do You Use My Personal Data?

Under the Data Protection Legislation, I must always have a lawful basis for using personal data. The following table describes I may use your personal data, and my lawful bases for doing so:

What I Do	What Data I Use	my Lawful Basis
Registering you on my Site.	Name Contact details Nature of enquiry Registration for training	Legitimate interest so I can supply you with the information you have requested.
Providing and managing your access to my Site.	None.	N/A.

Personalising and tailoring your experience on my Site.	None.	N/A.
Administering my Site.	None.	N/A.
Administering my business.	Name Contact details. Permissions to be on the mailing list Permissions to Photographs Quotes	Marketing with consent.
Supplying services to you.	Identity Information including name, gender, date of birth, children's names, gender, date of birth, signature. Contact information including address, email address, telephone number. Profile information including likes and dislikes, hobbies, weight, height, waist circumference, blood pressure, medical history, family history, sleep patterns, bowel habits. Business information including business name, job title, contact information.	To be able to offer the service requested.
Managing payments for services.	Payment information including card details, bank details.	Legitimate interest to receive payment.
Communicating with you.	Contact information including address, email address, telephone number. .	To provide the service to you and perform our contract.
Supplying you with information by email that you have opted-in-to (you may opt-out at any time by contacting me.	Contact information including name and email address .	Consent received.
Marketing	Quotes and name	Consent received

With your permission and/or where permitted by law, I may also use your personal data for marketing purposes, which may include contacting you by email, telephone, text message or post with information, news, and offers on services. You will not be sent any unlawful marketing or spam. I will always work to fully protect your rights and comply with my obligations under the Data Protection Legislation and the Privacy and Electronic Communications (EC Directive) Regulations 2003, and you will always have

the opportunity to opt-out. I will always obtain your express opt-in consent before sharing your personal data with third parties for marketing purposes and you will be able to opt-out at any time.

Third Parties whose content appears on my Site may use third-party Cookies, as detailed below in Part 14. Please refer to Part 14 for more information on controlling cookies. Please note that I do not control the activities of such third parties, nor the data that they collect and use themselves, and I advise you to check the privacy policies of any such third parties.

I will only use your personal data for the purpose(s) for which it was originally collected unless I reasonably believe that another purpose is compatible with that or those original purpose(s) and need to use your personal data for that purpose. If I do use your personal data in this way and you wish me to explain how the new purpose is compatible with the original, please contact me using the details in Part 15.

If I need to use your personal data for a purpose that is unrelated to, or incompatible with, the purpose(s) for which it was originally collected, I will inform you and explain the legal basis which allows me to do so.

In some circumstances, where permitted or required by law, I may process your personal data without your knowledge or consent. This will only be done within the bounds of the Data Protection Legislation and your legal rights.

8. How Long Will You Keep My Personal Data?

I will not keep your personal data for any longer than is necessary in light of the reason(s) for which it was first collected. Your personal data will therefore be kept for the following periods (or, where there is no fixed period, the following factors will be used to determine how long it is kept):

Type of Data	How Long I Keep It
Identity Information including name, gender, date of birth, children’s names, gender, date of birth, signature clinical and records of services provided.	8 years.
Contact information including address, email address, telephone number.	8 years or longer if needed for mailing list.
Business information including business name, job title, contact information.	8 years.
Payment information including card details, bank details	5 years after the 31 January submission deadline of the relevant tax year
Profile information including likes and dislikes, hobbies, weight, height, waist circumference, blood pressure, medical history, family history, sleep patterns, bowel habits	8 years.
Permissions including permission to be added to the mailing list or use photographs or quotes	As long as permission is granted for

9. How and Where Do You Store or Transfer My Personal Data?

I will only store or transfer your personal data in relation to my processing within the UK. This means that it will be fully protected under the Data Protection Legislation. If you are based abroad, I will send your information to you where you are based, but not ordinarily to third parties

Please contact me using the details below in Part 15 for further information about the particular data protection mechanisms used by me when transferring your personal data to a third country.

The security of your personal data is essential to me, and to protect your data, I take a number of important measures, including the following:

- limiting access to your personal data to those employees, agents, contractors, and other third parties with a legitimate need to know and ensuring that they are subject to duties of confidentiality;
- procedures for dealing with data breaches (the accidental or unlawful destruction, loss, alteration, unauthorised disclosure of, or access to, your personal data) including notifying you and/or the Information Commissioner's Office where I am legally required to do so;
- We will ensure that only encrypted, password protected devices (computers, laptops, phones and USB sticks) are used to store personal electronic data.
- Data shall only be sent to a printer on a password protected network
- Only cloud services which comply with UK GDPR will be used.
- Only where explicit consent is given will client names and comments be used on social media, no other data will be put on social media.
- Notifications on mobile phones will not show the sender or details of the message when the phone is in locked mode
- All non-electronic personal data will be stored in a locked storage cabinet and only Aliya Porter shall have access to the cabinet.
- A clear desk policy is in operation
- Where it is necessary to remove personal data from the locked cabinet, it shall be kept on the person of Aliya Porter at all times.

10. Do You Share My Personal Data?

I will not normally share any of your personal data with any third parties.

In some limited circumstances, I may be legally required to share certain personal data, which might include yours, if I am involved in legal proceedings or complying with legal obligations, a court order, or the instructions of a government authority. I may be required to share your data without your consent when this is in your own or the public interest (for example safeguarding concerns).

If any of your personal data is shared with a third party, as described above, I will take steps to ensure that your personal data is handled safely, securely, and in accordance with your rights, my obligations, and the third party's obligations under the law, as described above in Part 9.

If any personal data is transferred outside of the EEA, I will take suitable steps in order

to ensure that your personal data is treated just as safely and securely as it would be within the UK and under the Data Protection Legislation, as explained above in Part 9.

If I sell, transfer, or merge parts of my business or assets, your personal data may be transferred to a third party. Any new owner of my business may continue to use your personal data in the same way(s) that I have used it, as specified in this Privacy Policy.

11. **How Can I Control My Personal Data?**

- 11.1 In addition to your rights under the Data Protection Legislation, set out in Part 5, when you submit personal data via my Site, you may be given options to restrict my use of your personal data. In particular, I aim to give you strong controls on my use of your data for direct marketing purposes (including the ability to opt-out of receiving emails from me which you may do by unsubscribing using the links provided in my emails or at the point of providing your details).
- 11.2 You may also wish to sign up to one or more of the preference services operating in the UK: The Telephone Preference Service (“the TPS”), the Corporate Telephone Preference Service (“the CTPS”), and the Mailing Preference Service (“the MPS”). These may help to prevent you receiving unsolicited marketing. Please note, however, that these services will not prevent you from receiving marketing communications that you have consented to receiving.

12. **Can I Withhold Information?**

You may access most parts my Site without providing any personal data at all. However, to use some features and functions available on my Site or within my service you may be required to submit or allow for the collection of certain data.

You may restrict my use of Cookies. For more information, see Part 14

13. **How Can I Access My Personal Data?**

If you want to know what personal data I have about you, you can ask me for details of that personal data and for a copy of it (where any such personal data is held). This is known as a “subject access request”.

All subject access requests should be made in writing and sent to the email or postal addresses shown in Part 15.

There is not normally any charge for a subject access request. If your request is ‘manifestly unfounded or excessive’ (for example, if you make repetitive requests) a fee may be charged to cover my administrative costs in responding.

I will respond to your subject access request within one month of receiving it. Normally, I aim to provide a complete response, including a copy of your personal data within that time. In some cases, however, particularly if your request is more complex, more time may be required up to a maximum of three months from the date I receive your request. You will be kept fully informed of my progress.

14. **How Do You Use Cookies?**

My Site may place and access certain first-party Cookies on your computer or device. First-party Cookies are those placed directly by me and are used only by me I use Cookies to facilitate and improve your experience of my Site and to provide and improve services. I have carefully chosen these Cookies and have taken steps to ensure that your privacy and personal data is protected and respected at all times.

By using my Site, you may also receive certain third-party Cookies on your computer or device. Cookies are not integral to the functioning of my Site and your use and experience of my Site will not be impaired by refusing consent to them.

All Cookies used by and on my Site are used in accordance with current Cookie Law.

Before Cookies are placed on your computer or device, you will be shown a pop up requesting your consent to set those Cookies. By giving your consent to the placing of Cookies you are enabling me to provide the best possible experience and service to you. You may, if you wish, deny consent to the placing of Cookies; however certain features of my Site may not function fully or as intended.

In addition to the controls that I provide, you can choose to enable or disable Cookies in your internet browser. Most internet browsers also enable you to choose whether you wish to disable all Cookies or only third-party Cookies. By default, most internet browsers accept Cookies, but this can be changed. For further details, please consult the help menu in your internet browser or the documentation that came with your device.

You can choose to delete Cookies on your computer or device at any time, however you may lose any information that enables you to access Our Site more quickly and efficiently including, but not limited to, login and personalisation settings.

It is recommended that you keep your internet browser and operating system up-to-date and that you consult the help and guidance provided by the developer of your internet browser and manufacturer of your computer or device if you are unsure about adjusting your privacy settings.

15. **How Do I Contact You?**

To contact me about anything to do with your personal data and data protection, including to make a subject access request, please use the following details

Email address: porternutritionuk@gmail.com

Telephone number: 07986 809633.

16. **Changes to this Privacy Policy**

I may change this Privacy Notice from time to time. This may be necessary, for example, if the law changes, or if I change my business in a way that affects personal data protection.

Any changes will be immediately posted on my Site and you will be deemed to have accepted the terms of the Privacy Policy on your first use of my Site following the alterations. I recommend that you check this page regularly to keep up-to-date. This

Privacy Policy was last updated on 22/1/2025