

Privacy Policy

I take your privacy seriously and am committed to protecting your personal data in line with the UK GDPR (General Data Protection Regulation).

What information do I collect?

When you book a session, I may collect:

- Your name and contact details (email, phone number)
- Relevant health and lifestyle information (as provided in forms or during our session)
- Notes from our consultation to support your care

How is your data used?

Your data is used solely to:

- Deliver personalised nutrition advice
- Manage bookings and client records
- Contact you regarding your appointments or follow-up materials

Your information is never sold or shared with third parties, except as required by law.

How is your data stored?

Client notes and intake forms are stored securely in password-protected digital files or platforms. Any printed documents are stored in a locked, secure space.

You have the right to:

- Access your personal data
- Request corrections or deletion
- Withdraw consent at any time

To make a request, contact me at zoe@zoekirby.com.