

Privacy Notice (General Data Protection Regulation)

Personal Trainer

Contact details (please see below)

This privacy notice covers the client and contracted services detailed within this contract.

In order for me to provide a support service to you, it is necessary for me to collect and record certain information about you and, if appropriate, about your carer/next-of-kin. Information may also be received from a third party (e.g. a family member, Adult Social Care, external organisation).

This information will include your name, address, contact details, and may also include details about your medical condition(s) and personal history.

Please be assured that your information will be used appropriately in line with data protection legislation and will be stored securely. I will aim to maintain high standards and adopt best practice for all record keeping at all times.

The information you provide will only be used for the contracted services purpose and will not be used for any other purpose without your permission. I will not share any information about you with any other person or organisation without your express permission (or that of your carer/next-of-kin), unless I have safeguarding concerns, in which case I will only share information with Adult Social Care or Healthcare professionals involved in your care.

I will retain your information for a period of 8 years from the date this contract ceases. This is in line with the retention schedule set for all East Sussex Adult Social Care records, which is 8 years after the date of the last contact.

Under data protection legislation, you have the right:

- to be informed why, where and how I use your information
- to ask for access to your information
- to ask for your information to be corrected if it is inaccurate or incomplete
- to ask for your information to be deleted or removed where there is no need for me to continue processing it
- to ask me to restrict the use of your information
- to object to how your information is used

Autumn Years Fitness, 12 Edmund Road, Hastings, TN35 5JZ

T: 07811 394 236

E: autumnyearsfitness@gmail.com

W: www.personal-fitness-trainer.uk



Find us on
Facebook: Autumn Years Fitness

Should you have any further queries on the uses of your information, please speak directly to me.

You can also contact the Information Commissioner's Office for further GDPR information or to make a complaint:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF

Phone: 0303 123 1113 (local rate) or 01625 545 745

By signing this notice you (and/or your carer/next-of-kin) give your consent to the above. You may withdraw your consent in writing at any time.

Client Or Carer/Next of Kin Signature.....

Provider Signature.....

Date.....

Autumn Years Fitness, 12 Edmund Road, Hastings, TN35 5JZ
T: 07811 394 236
E: autumnyearsfitness@gmail.com
W: www.personal-fitness-trainer.uk

 Find us on
Facebook: Autumn Years Fitness