

Ruth Kander BSc (Hons) RD AFHEA
Consultant Dietitian
Web: www.ruthkander.com
Email: ruth@yourdietmatters.com
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Privacy Policy for website and emails June 2018

Your Diet Matters with the registered address: 23 Park View Gardens, Hendon, NW4 2PR, are committed to protecting and respecting your privacy.

This policy sets out the basis on which any personal data we collect from you, or that you provide to us, will be processed by us. Please read the following carefully to understand our views and practices regarding your personal data and how we will treat it. By visiting <http://www.ruthkander.com> or www.yourdietmatters.co.uk you are accepting and consenting to the practices described in this policy.

For the purpose of the new GDPR Act 2018 (the Act), the data controller is Ruth Kander.

Ruth Kander is currently sole owner of Your Diet Matters and sole operator of the website www.ruthkander.com. The site www.yourdietmatters.com although registered to Ruth Kander unfortunately I have no control over it and am unable to amend or add any policies to it. In fact I am unable to do anything with it. Everything on it today (22 May 2018) is how is currently stays and will not be updated and nothing can be amended on it. I have no knowledge of the cookies status of it either. For a more up to date website please visit www.ruthkander.com.

INFORMATION WE MAY COLLECT FROM YOU

We may collect and process the following data about you:

Information you give us. You may give me information about you by filling in forms on my site <https://www.ruthkander.com> or by corresponding with me by e-mail or telephone or text message or What's app or Facebook messenger or Instagram messages or Linked In messages. This includes information you provide when you when you submit a request with my Site or send an email to ruth@yourdietmatters.com. The information you give me may include your name, address, e-mail address and phone number.

Information we collect about you.

With regard to each of your visits to my site we may automatically collect the following information:

technical information, including the Internet protocol (IP) address used to connect your computer to the Internet, your login information, browser type and version, time zone setting, browser plug-in types and versions, operating system and platform;
information about your visit, including the full Uniform Resource Locators (URL) clickstream to, through and from our site (including date and time); products you viewed or searched for; page response times, download errors, length of visits to certain pages, page interaction information (such as scrolling, clicks, and mouse-overs), and methods used to browse away from the page.

Information we receive from other sources. We may receive information about you if you use any of the other websites we link to. We may also work with third parties (including, for example, payment and delivery services) and may receive information about you from them.

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COOKIES

Our website uses cookies (and possibly pixels) to distinguish you from other users of our website. This helps us to provide you with a good experience when you browse our website and also allows us to improve our site.

USES MADE OF THE INFORMATION

We will not distribute, sell or lease your personal information to third parties unless we have your explicit permission or are required by law to do so. We use information held about you in the following ways:

Information you give to us.

We will use this information:

To carry out our obligations arising from any contracts entered into between you and us and to provide you with the information, products and services that you request from us.

To notify you about changes to our service;

To ensure that content from our site is presented in the most effective manner for you and for your computer.

Information we collect about you.

We will use this information:

To administer our Site and for internal operations, including troubleshooting, data analysis, testing, research, statistical and survey purposes;

To improve our Site to ensure that content is presented in the most effective manner for you and for your computer.

WHERE WE STORE YOUR PERSONAL DATA

Any queries we receive via contact forms is stored on the server which is not encrypted or secure should it be hacked. Your Diet Matters will take all steps reasonably necessary to ensure that your data is treated securely and in accordance with this privacy policy. We will hold records for at least six months in case of any queries that may arise.

Unfortunately, the transmission of information via the internet is not completely secure.

Although we will do our best to protect your personal data, we cannot guarantee the security of your data transmitted to our Site; any transmission is at your own risk. Once we have received your information, we will use strict procedures and security features to try to prevent unauthorised access. Your Diet Matters endeavours to delete emails as soon as they have been actioned or remove personal information from emails within a timely fashion.

Please note the email address ruth@yourdietmatters.com is not encrypted or secure should it be exposed to hacking. A more secure and encrypted email is rkander@fleetstreetclinic.com.

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YOUR RIGHTS

My Site contains links to websites of sources of information. If you follow a link to any of these websites, please note that these websites have their own privacy policies and that we do not accept any responsibility or liability for these policies. Please check these policies before you submit any personal data to these websites.

You may request details of personal information which we hold about you under the General Data Protection Regulation (GDPR).

If you would like a copy of the information held on you please contact Ruth Kander, Data Protection Officer, at this address ruth@yourdietmatters.com or rkander@fleetstreetclinic.com. If you believe that any information we are holding on you is incorrect or incomplete, please email or write to us as soon as possible at the above address. We will promptly correct any information found to be incorrect.

How you can withdraw and request to be deleted from our files

If you do not wish us to make use of your Personal Information in this way, please contact us at email ruth@yourdietmatters.com or rkander@fleetstreetclinic.com. You have the right to withdraw consent. Should you have any queries in relation to General Data Protection Regulation (GDPR) please contact us at the email address provided above.

CHANGES TO OUR PRIVACY POLICY

Any changes we may make to our privacy policy in the future will be posted on this page. Please check back frequently to see any updates or changes to our privacy policy.

CONTACT

Questions, comments and requests regarding this privacy policy are welcomed and should be addressed to ruth@yourdietmatters.com

Last Updated: 18 June 2018

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Privacy Policy Your Diet Matters May 2018

Your Diet Matters is committed to ensuring that your privacy is protected. Should we ask you to provide certain information by which you can be identified when using our services, you can be assured that it will only be used in accordance with this privacy policy.

This policy is effective as from 22nd May 2018.

Why we collect your data: We collect your personal data because you give us consent to do so, in order to provide our independent nutrition and dietetic services to you.

What we collect: We may collect the following information:

Information in relation to this consent form;

Your Diet Matters would like to keep your details to send you further information about our products and services. If you are happy for us to keep in touch, please let us know how you would like to hear from us: email post text phone

Your details will be held by Your Diet Matters Further information on how we use your information can be found on the Privacy Policy on our main website. You can change your preferences at any time by writing to us above or contacting ruth@yourdietmatters.com or call on 07780671006.

If you no longer wish to hear from Your Diet Matters please contact ruth@yourdietmatters.com / telephone: 07780671006 / 23 Park View Gardens, NW4 2PR details to unsubscribe from communications, confirming your name and address and stating that you wish to unsubscribe from Your Diet Matters communications.

Further clinical information in relation to reports from other health professionals. What we do with the information we gather: We require this information for the purpose of: Professional

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clinical record keeping of client information; Sharing information with relevant health professionals but would ask your permission first at all times.

Security We are committed to ensuring that your information is secure. In order to prevent unauthorised access or disclosure, we have put in place encrypted electronic systems and standard operating procedures to safeguard and secure the information we collect.

Controlling your personal information: We will not distribute, sell or lease your personal information to third parties unless we have your explicit permission or are required by law to do so.

You may request details of personal information which we hold about you under the General Data Protection Regulation (GDPR). If you would like a copy of the information held on you please contact Ruth Kander, Your Diet Matters, 23 Park View Gardens, NW4 2PR.
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How you can withdraw and request to be deleted from our files If you do not wish us to make use of your Personal Information in this way, please contact Ruth Kander, or email ruth@yourdietmatters.com. You have the right to withdraw consent.

Should you have any queries in relation to General Data Protection Regulation (GDPR) here are the contact details of our Data Controller: Ruth Kander: Email: ruth@yourdietmatters.com

Terms and Conditions Disclaimer –
Terms and Conditions Disclaimer – template

“On this page you can find our general terms & conditions. In order to ensure that both we and our clients are properly equipped to meet the demands of the latest EU personal data regulation (GDPR), we have integrated these demands into our general terms & conditions. We also have a data processor agreement that likewise meets the demands of the GDPR.

Please do not hesitate to contact us if you have any questions related to our terms and conditions or the GDPR.”

Sample Terms and Conditions – see <https://freelancedietitians.org/terms-conditions/>

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