

This GDPR Privacy Policy details how THE CALM FOLK will meet its obligations under GDPR.

THE CALM FOLK takes your data privacy seriously and we respect the trust you place in us in our use of your data and we work hard to protect it, securely, and maintain compliance with the relevant data protection legislation.

We will never sell, share, or give-away your personal data to be used by other parties.

The subject of data privacy (and cookies) tends to get quite technical, so before we set out all the technical and legally compliant details, we have first set out our overall intent and approach in plain words and including some relevant and meaningful examples — we hope you find it clear and useful.

Your data and how we use it

Our overall approach is to minimise the amount of your data that we use and hold to that which is needed to deliver, manage, and promote our services to you.

For example, when we start to create a mailing list we would only need an email address to provide the subscription service. We do also ask for your first name (to help us to be polite when we contact you), but this is not compulsory and it is entirely up to you if you want to provide your name (or indeed what name you want to provide).

We only ask you for further information if and when necessary. For example, for other services such as one-to-one coaching, we may need to hold and use your telephone number, or, if you wish to receive THE CALM FOLKIES BREATHING BUDDY we will need a full name and postal address. In such circumstances, we would add this information to the records we hold about you.

Where you purchase content or products from THE CALM FOLK, you will use either Stripe or PayPal to make payment; THE CALM FOLK DOES NOT have any access to the payment card details you use

Website cookies

Like most online businesses, our website (THECALMFOLK.CO.UK) and the third-party services we use to provide online services rely on cookies and other similar tracking and analytic technology (very small files that are downloaded onto your computer when you visit our pages). These help us to: understand how people find and use our website and online content, improve our services and user experiences, and help to manage and market our business – they are necessary for the successful operation of our business. As required by legislation and where applicable our website displays a Cookie Notice to inform you that we and our third-party partners use cookies and provide you with the option to accept or reject these. We rely on these technologies to help provide our services and run the My Zendays business and we are grateful to our site visitors that accept their use.

Questions, concerns, or complaints about our use of your personal data

THE CALM FOLK tries to meet the highest standards when collecting and using personal data.

We therefore take any concerns or complaints we receive about this subject very seriously.

We encourage you to bring any concerns or complaints to our attention, for example, if you think that our collection or use of information is unfair, misleading, or if your data has been unfairly shared, or lost or held inappropriately, then do contact us.

Any queries please contact Louise@thecalmfolk.co.uk