

# Privacy Policy

This is the privacy policy of the website “mayohomeopathy.ie” operated by Stephen Blendell (also known herewith as “us”, “we” and “I”). This Data Protection notice informs you of our privacy policy, what data we collect and how it is used to stored.

## Data We May Collect

Information sent by email through this website is deleted as soon as the sender’s query has been dealt with.

I do not share personal data with any third party unless required by law or upon request of the respective individual and it shall be released only with your written permission. Where you disclose the personal data of others, you must ensure you are entitled to do so.

We may collect and process the following data about you:

- Information that you provide by filling in forms on our site, notably the “subscriber” email request, using the email link to contact us,
- When contributing comments to blogposts we may store your email address, through the websites automated system, though not share it;
- If you contact us via this website, we may keep a record of that correspondence which may include your name, email address, contact number or any other information you volunteer. This will be deleted as soon as the query has been dealt with;
- Details of your visits to our site and usage data including, but not limited to, traffic data, IP address, location data, browser type, referral source, length of visit, as part of our Jetpack software for collecting traffic data and insights. Third party agents like *Jetpack* (see <https://automattic.com/cookies/>) and *Register 365* may use cookies for conversion and referral tracking. Cookies typically expire after 30 days, though some may take longer. No personal information is stored, saved or collected. (If you wish to change, accept or delete the use of cookies you can do so through your browser security settings to block all cookies from this website and its external serving vendors.
- When using the social media *Share* buttons, you do so at your own discretion and responsibility, knowing the respective social media platforms may track and save your action, and information this action provides, through your social media account. Using and engaging with the share buttons requires being subject to the terms and conditions as well as the privacy policies of the respective social media platform.

## Where we send your data

Visitor comments may be checked through an automated spam detection service.

## Personal Privacy Rights

Rights for individuals under the GDPR include:

Individuals are provided with legal rights governing the use of their personal data. These grant individuals the right to understand what personal data relating to them is held, for what purpose, how it is collected and used, with whom it is shared, where it is located, to object to its processing, to have the data corrected if inaccurate, to take copies of the data and to place restrictions on its processing. Individuals can also request the deletion of their personal data.

These rights are known as Individual Rights under the Data Protection Act 2018. The following list details these rights:

- The right to be informed about the personal data being processed;
- The right of access to your personal data;
- The right to object to the processing of your personal data;
- The right to restrict the processing of your personal data;

- The right to rectification of your personal data;
- The right to erasure of your personal data;
- The right to data portability (to receive an electronic copy of your personal data)

### **Why We Collect Personal Data**

We will use your personal data for the performance of our services to you, to administer our business and to respond to any requests from you about services we provide.

#### **Comments**

When visitors leave comments on the site we collect the data shown in the comments form, and also the visitor's IP address and browser user agent string to help spam detection.

An anonymized string created from your email address (also called a hash) may be provided to the Gravatar service to see if you are using it. The Gravatar service privacy policy is available here: <https://automattic.com/privacy/>. After approval of your comment, your profile picture is visible to the public in the context of your comment.

### **Data Retention and Deletion**

The retaining of data is necessary where required for contractual, legal or regulatory purposes or for our legitimate business interests for statistical analysis and service and product development and marketing purposes.

You are free to subscribe to follow the blog. Your data will not be shared with third parties nor used for marketing purposes. You are free to self-subscribe to "follow" the weblog, at your own discretion and consent, and likewise "unfollow" at any time by clicking on the relevant link.

Please contact us at [stephenblendell@mayohomeopathy.ie](mailto:stephenblendell@mayohomeopathy.ie) if you object to the use of, or you have any questions relating to the use of, your data, or the retention of your personal data.

### **Third Party websites and External Links**

For information and educational purposes, this website includes links to other websites and sources of information. Users are advised adopt a policy of caution before clicking on any external web links mentioned throughout this website. Once you have used these links to leave our site, please note we have no control and are not responsible for third parties and encourage you to review their privacy policy.

Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracing your interaction with the embedded content if you have an account and are logged in to that website.

#### **Embedded content from other websites**

Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracing your interaction with the embedded content if you have an account and are logged in to that website.

### **Analytics: Who we share your data with and how long we retain your data**

If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue.

For users that register on our website (if any), we also store the personal information they provide in their user profile. All users can see, edit, or delete their personal information at any time (except they cannot change their username). Website administrators can also see and edit that information.

### **Changes to this Notice**

Whenever we make a change, we will post the updated policy on this page. You should check this page frequently to ensure you are aware of updated policies.

We encourage you to review our Privacy Notice whenever you access the website to stay informed about our information practices and the ways you can help protect your privacy.

If you disagree with any changes to this Privacy Notice and do not wish your information to be subject to the revised Privacy Notice, you will need to deactivate with us and stop using our services. Your use of our services after the posting of such changes shall constitute your consent to such changes.

Effective from 18 June 2018