

Privacy Notice: Deirdre Egan Nutrition

Deirdre Egan Nutrition holds some information about you. This document outlines how that information is used, who it may be shared with, and how it is kept secure.

This notice does not provide exhaustive detail. However, I am happy to provide additional information or explanation where needed. Any requests should be sent to nutrition@deirdreegan.co.uk. I keep my Privacy Notice under regular review. This version was last updated in June 2025.

1. What I Do

Deirdre Egan Nutrition provides nutritional therapy services to support and improve health through personalised diet and lifestyle interventions. I focus on preventative healthcare, the optimisation of physical and mental health, and the management of chronic health conditions. Consultations include dietary and lifestyle assessments, use of biochemical testing where appropriate, and tailored plans incorporating nutrition, supplement, and lifestyle advice.

I also deliver group workshops, seminars, and corporate wellness sessions.

2. How I Obtain Your Personal Data

Information provided by you:

You may share personal data with us by:

- Completing a health questionnaire
- Signing a terms of engagement form
- Attending consultations
- Communicating via email, phone, or post
- Making online or card payments

This may include:

- Name, address, contact details, and next of kin
- Appointment history and correspondence
- Medical history, dietary and lifestyle information, test results, clinic notes, supplement and medication use
- GP details
- Payment or bank details (where applicable)

This data is used to provide direct healthcare. The lawful basis for processing this information is legitimate interest.

In line with professional obligations, I retain client records for the period specified by BANT (7 years from last consultation, or until age 25 if under 18 at the time of consultation), for complaint handling and audit purposes. This is a contractual requirement under my

professional terms.

Information from other sources:

I may receive test results from functional testing companies or clinical notes from other healthcare providers. This information is only used with your explicit consent, and is processed under legitimate interest to support your care.

3. How I Use Your Personal Data

Deirdre Egan Nutrition acts as:

- Data controller for your healthcare data
- Data controller and processor for test results and third-party services (e.g., laboratories, supplement companies)
- Data processor for payments made online or by card

I will always handle your personal and health information in line with the General Data Protection Regulation (GDPR) and our professional code of conduct. Information is only accessed by authorised personnel and stored securely.

Your data may be used in cases of public interest (e.g., safeguarding or prevention of serious crime), or as required by law (e.g., a court order). I may use your email address for marketing or newsletters only with your explicit consent.

4. Do You Share My Information With Others?

Your information will only be shared with your consent, except where legally required or in situations of risk.

I may share information with:

- BANT or CNHC if required to investigate a complaint
- Contractors or advisors working on behalf of Deirdre Egan Nutrition (who are also bound by confidentiality)
- Biochemical testing or supplement companies, only with minimal personal detail as required to provide services
- Legal or crime prevention authorities, where required
- GP or other healthcare professionals, only with your explicit consent unless vital to safeguard life or wellbeing

I may share anonymised case details with professional peers for supervision or education, but only with your express written consent.

5. What Are Your Rights?

You have the right to:

- Access your personal data
- Request corrections or deletion
- Restrict or object to processing

- Request a copy of your data in a portable format
- Withdraw consent where applicable
- Make a complaint (see Section 9)

To exercise your rights, contact: nutrition@deirdreegan.co.uk

I will respond within 20 working days.

6. How Is My Data Kept Secure?

I follow GDPR and industry best practices to protect your data:

- Secure, encrypted storage
- Restricted access by authorised personnel only
- Confidential handling of all sensitive data
- Contracts in place with external data processors to maintain data security
- Password protection and encryption on all devices used to store data

Deirdre Egan Nutrition is registered with the Information Commissioner's Office (ICO) as a data controller.

7. How Long Do You Keep My Records?

In line with BANT and CNHC requirements:

- Adults: Records are kept for 7 years after your last consultation
- Children under 18: Records are kept until age 25, or 7 years after final consultation—whichever is later

8. Website Forms and Communications

My website may collect information via secure electronic forms for the purposes of client intake or communication. These forms are used solely to facilitate service delivery and are protected through secure transmission protocols where applicable.

9. Complaints

If you have any concerns about how your data is handled:

Email: nutrition@deirdreegan.co.uk

If unresolved, you can contact the Information Commissioner's Office (ICO) at www.ico.org.uk or call 0303 123 1113.