

Privacy Policy

Last updated: 9 September 2026

Introduction

We are committed to protecting your personal data in accordance with the General Data Protection Regulation (GDPR). The GDPR is a European Union law that sets out strict rules on how organizations can collect, use, and store personal data.

This privacy policy explains what personal data we collect, why we collect it, how we use it, and how you can exercise your rights over your data.

Data Controller

The data controller responsible for this website is Theresa Paul who can be contacted at hello@lalsd.co.uk

This website contains links to third-party websites, which have their own data controllers and privacy policies. This privacy policy applies only to this website.

Lawful basis for processing

We process personal data in accordance with GDPR. The GDPR requires us to have a lawful basis for processing personal data. The lawful bases for processing are:

- Consent: You have given us your consent to process your data for a specific purpose.
- Performance of a contract: We need to process your data to perform a contract with you, for example, to provide you with our services.
- Legitimate interests: We have a legitimate interest in processing your data for certain purposes, such as to improve our services or to protect our legal rights.
- Legal obligation: We may be required to process your data by law, for example, to comply with tax laws.
- Vital interests: We may process your data if it is necessary to protect your vital interests or the vital interests of another person.
- Public interest: We may process your data in the public interest, for example, to prevent fraud or to protect national security.

For each method by which we collect personal data, this privacy policy documents our lawful basis for processing the data. Where we rely on your consent to process your data, we explain how you can withdraw your consent and delete your data.

Withdrawing consent and deleting data

You can withdraw your consent to the processing of your data at any time. To do this, please contact us using the details provided in this privacy policy.

If you withdraw your consent, we may still be able to process your data if we have another lawful basis for doing so, such as the performance of a contract or a legal obligation.

You can also request that we delete your data. We will delete your data as soon as it is no longer necessary for the purposes for which we collected it. However, we may be required to retain some of your data for legal or regulatory reasons.

Security

The GDPR requires us to implement appropriate technical measures to protect data. We use a variety of security measures to protect your data, including:

- Data encryption: We use Transport Layer Security (TLS), also known as Secure Sockets Layer (SSL), to encrypt any data you supply to us through our website. This means that your data is protected as it travels over the internet.
- Access control: We restrict access to your personal data to authorised employees and contractors who need to access it to perform their job duties.

Disclosures

In addition to any sharing of personal information described elsewhere in this privacy policy, we may disclose personal information for legal reasons. For example, we may disclose personal information if we are required to do so by law, or if we believe that disclosure is necessary to protect our rights, property, or safety, or the rights, property, or safety of others.

We may also disclose personal information if we believe that disclosure is necessary to investigate, prevent, or take action regarding potential violations of our terms of service or other policies, or to protect the safety of our users.

Changes to this Privacy Policy

We may occasionally make changes to this privacy policy. Following any changes, the date at the top of this privacy policy will be updated. If any change allows for wider access to data, such changes will only apply to data collected after the date of the updated privacy policy.

Cookies

Cookies are small pieces of text that are stored by your browser. Each cookie has a name and is associated with a particular site. When your browser sends a request to a site (for example, to download a page, image, or video), the computer that responds (known as a server) may tell your browser to set one or more cookies. When your browser makes further requests to the same site it sends the cookies back to the server. This allows the server to remember you as you browse the site and provide features such as shopping baskets or password-protected areas. For more information on the cookies we use, see our cookie policy.

We collect the following personal data from you:

Contact information, such as your name, email address and phone number.

We collect your name and email address, and if required your phone number when:

- You complete a form on the site to join our mailing list.
- You submit a comment through a 'leave a comment' form (we also collect your comment.)
- You register your interest for an activity such as a training course.

If you wish to delete a comment and/or remove your contact information, please contact us with your request.

Lawful basis for processing: Consent: You have given us your consent to process your data for a specific purpose.

Why? You have given your consent by checking the box on the form.

Data collected by third parties on our behalf

Wix.com

Our website is hosted by Wix.com. Wix.com use cookies, which are small pieces of data stored on a site visitor's browser. They are typically used to keep track of the settings users have selected and actions they have taken on a site. For more information on the cookies we use, see our cookie policy.

For Wix.com's Privacy Policy, please visit <https://www.wix.com/about/privacy>

Lawful basis for processing: Compliance with a legal obligation.

Why? To comply with the GDPR obligation to implement appropriate technical measures to protect data.

Google Analytics

We use Google Analytics to track visitor interaction with our site in order to produce statistical reports. Google collects details of the pages you view and the time you viewed them, the features of your browser, and your IP address. For more information on how Google handles the data it collects, see Google's privacy policy <https://policies.google.com/privacy>

Lawful basis for processing: Pursuance of our legitimate interests

Why? To allow us to analyse how visitors interact with our site in order to improve our site and our services.

Contact Us

If you have any questions about this Privacy Policy, you can contact us by email at hello@lalsd.co.uk