

## 1. Privacy Policy

Last updated: [Insert Date]

At Mind On Side, your privacy is very important to us. This policy explains how we collect, use, store, and protect your personal information.

Who We Are:

Mind On Side

[www.mindonside.com](http://www.mindonside.com)

[info@mindonside.com](mailto:info@mindonside.com)

Glasgow, UK

We may collect your name, email, phone number, and details you choose to share about your situation. We only use this to provide you with the services you have requested.

You have the right to:

Access your data

Ask for it to be updated or deleted

Withdraw consent

Complain to the ICO: [www.ico.org.uk](http://www.ico.org.uk)

We take data protection seriously and will only store your information securely and for as long as necessary.

## 2. Cookie Policy

Last updated: [Insert Date]

Our website uses cookies to improve your experience and to understand how visitors use our site.

What are cookies?

Cookies are small text files stored on your device when you visit a website. They help improve site performance, remember your preferences, and enhance your browsing experience.

What cookies do we use?

- Essential cookies help the site function properly
- Analytics cookies help us understand how visitors use the site (e.g. Google Analytics)
- Functionality cookies remember your preferences (like form details)

Can I turn cookies off?

Yes you can adjust your browser settings to block or delete cookies. Please note, this may affect how the website works.

By using our website, you consent to the use of cookies as outlined in this policy.

## 3. Accessibility Statement

Last updated: [Insert Date]

At Mind On Side, we are committed to making our website accessible to as many people as possible, including those with:

- Visual impairments
- Dyslexia
- Neurodivergence
- Physical disabilities
- Mental health conditions

We aim to:

- Use plain language wherever possible
- Ensure good colour contrast and clear fonts
- Make content keyboard- and screen-reader-friendly
- Keep navigation simple and consistent
- Provide downloadable formats (PDFs) where helpful

If you experience any difficulty accessing content or need information in a different format, please contact us:

[info@mindonside.com](mailto:info@mindonside.com)

We're happy to support your needs and improve accessibility wherever we can.