

The Nurture Circle terms & conditions

These Terms & Conditions set out the agreement between you ("the participant") and Sarah Forster and Sarah Hatswell ("we", "us" or "the facilitators") in relation to your participation in The Nurture Circle.

By booking your place, you confirm that you have read, understood and agree to these Terms & Conditions.

Booking and payment

Your place on The Nurture Circle is confirmed once full payment has been received.

Places are limited and allocated on a first-come, first-served basis.

Attendance

The Nurture Circle is designed as a six-week programme, with each session building gently on the previous one.

Whilst we encourage you to attend every session, we understand that life with a baby can be unpredictable. If you're unable to attend a session, we are unable to offer refunds, transfers or alternative classes.

You'll receive a weekly email containing a recap and supporting video to help you continue practising at home, and we'll happily answer any questions when you return.

Refunds and cancellations

As places are reserved exclusively for each participant, bookings are non-refundable and cannot be transferred to a future cohort.

If you experience exceptional or unforeseen circumstances, please contact us. Whilst we cannot guarantee an alternative, we will always consider individual situations with care and compassion.

If we are required to cancel a session due to circumstances within our control, we will offer an alternative date wherever reasonably possible. If this is not possible, an appropriate refund will be provided.

Who can attend

The Nurture Circle is designed for mums and their babies from birth until they begin to crawl.

To help create a calm and relaxed environment for everyone, we kindly ask that older siblings do not attend. Babies from multiple births are, of course, very welcome.

Illness

To help protect everyone attending The Nurture Circle, we kindly ask that you do not attend if you or your baby are experiencing symptoms of a contagious illness, including sickness and diarrhoea, chickenpox, hand, foot and mouth disease, Covid-19, flu or a high temperature.

If you're unsure whether you should attend, please contact us and we'll be happy to advise.

Health and wellbeing

The techniques taught during The Nurture Circle are intended to support relaxation and wellbeing. They are not intended to diagnose, treat or cure medical conditions and should not replace advice from your GP, midwife, health visitor or another appropriately qualified healthcare professional.

Please let us know before the programme begins if either you or your baby has any medical condition, injury or circumstance that you feel we should be aware of so that we can support you appropriately.

Parents and carers remain responsible for the supervision, care and wellbeing of their own baby throughout each session.

Safeguarding

As healthcare professionals, we are committed to providing a safe and welcoming environment for all families.

If we have concerns about the safety or welfare of a child or vulnerable adult, we have a professional duty to act in accordance with current safeguarding legislation and guidance.

Photography and recording

From time to time we may take photographs or short video clips during The Nurture Circle for future marketing and promotional purposes.

We will always seek your permission beforehand, and no images of you or your baby will be used without your explicit consent.

To protect the privacy of everyone attending, we kindly ask that sessions are not photographed, filmed or recorded without the prior agreement of both the facilitators and other participants.

Personal belongings

Secure buggy and pram parking will be available within The Book Hotel grounds, with covered storage where possible, depending on the weather.

More information will be provided in your welcome email before the course begins.

Whilst every care will be taken, buggies, prams and all personal belongings are left at their owner's risk.

Liability

Whilst every reasonable effort is made to provide a safe, welcoming and enjoyable environment, participation in The Nurture Circle is entirely voluntary and at your own discretion.

Nothing in these Terms & Conditions excludes or limits liability where it would be unlawful to do so.

To the fullest extent permitted by law, Sarah Forster and Sarah Hatswell shall not be liable for any indirect or consequential loss arising from participation in The Nurture Circle.

Privacy

Any personal information you provide will be used solely for the administration of The Nurture Circle and in accordance with our Privacy Policy.

Changes

We reserve the right to make reasonable changes to the programme, venue, facilitators or session content where necessary. Should any significant changes be required, participants will be informed as soon as reasonably possible.

Intellectual property

All written materials, videos, handouts and course resources remain the intellectual property of Sarah Forster and Sarah Hatswell unless otherwise stated.

These materials are provided for your personal use only and must not be copied, reproduced, shared or distributed without our prior written permission.

Governing law

These Terms & Conditions are governed by the laws of England and Wales. Any disputes arising in connection with The Nurture Circle shall be subject to the exclusive jurisdiction of the English courts.

Questions?

If you have any questions before booking, we'd love to hear from you.

Sarah Forster

sarah@bysarahforster.com

Sarah Hatswell

sarahhatswell1967@gmail.com