

Methods Privacy Policy

Status: Approved

Version: 2026

Classification: Public

Distribution

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Welcome to the Method's privacy policy.

Methods respects your privacy and is committed to protecting your personal data. This privacy policy will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from)

and tell you about your privacy rights and how the law protects you.

Please also use the Glossary to understand the meaning of some of the terms used in this privacy policy.

1. IMPORTANT INFORMATION AND WHO WE ARE

PURPOSE OF THIS PRIVACY POLICY

This privacy policy aims to give you information on how **Methods Business and Digital Technology Limited and its associated companies** collect and process your personal data through your use of this website, including any data you may provide through this website.

This website is not intended for children and we do not knowingly collect data relating to children.

It is important that you read this privacy policy together with any other privacy notice or fair processing notice we may provide on specific occasions when we are collecting or processing personal data about you so that you are fully aware of how and why we are using your data. This privacy notice supplements the other notices and is not intended to override them.

CONTROLLER

Methods is made up of different legal entities. This privacy policy is issued on behalf of the Methods group so when we mention “Methods”, “we”, “us” or “our” in this privacy policy, we are referring to the relevant company in the Methods group responsible for processing your data. **Methods Business and Digital Technology Limited** is the controller and responsible for your personal data and this website (collectively referred to as “Methods”, “we”, “us” or “our” in this privacy policy).

We have appointed a data privacy manager who is responsible for overseeing questions in relation to this privacy policy. If you have any questions about this privacy notice, including any requests to exercise your legal rights, please contact the data privacy manager using the details set out below.

CONTACT DETAILS

Full name of legal entity: Methods Business and Digital Technology Limited

Data Protection Officer: Gareth Jones

Email address: Gareth.Jones@methods.co.uk

Postal address: 6- 10 Kirby Street, London EC1N 8TS

Telephone number: 020 7240 1121

Complaints Handling Framework

Methods operates a formal and auditable complaints handling framework for concerns relating to the use of personal data following changes to the Data Protection Act 2018 (DPA 2018) made by the Data (Use and Access) Act 2025.

We encourage complaints to be made to the organisation as the primary point of resolution for data protection complaints, rather than the UK’s Information Commissioner’s Office (ICO). Complaints regarding the handling of your data can be submitted directly to GDPR@Methods.co.uk where the organisations dedicated GDPR team will manage your complaint. Alternatively you can complain via the link on our [Website](#)

This does not remove an individual’s right to complain directly to the ICO. You have the right to make a complaint at any time to the Information Commissioner’s Office (ICO), the UK supervisory authority for data protection issues (www.ico.org.uk). We would, however, appreciate the chance to deal with your concerns before you approach the ICO, so would request that you contact us in the first instance.

We will manage complaints consistently via our formal and auditable complaints handling framework:

- Receipt of complaints will be acknowledged within 30 days starting when the complaint is received
- All complaints will be logged and tracked
- Our GDPR team will investigate without undue delay,
- Individuals shall be kept informed at appropriate stages of the process
- The outcome of the investigation will be clearly communicated without undue delay.
- All complaints will be tracked and retained for three years

CHANGES TO THE PRIVACY NOTICE AND YOUR DUTY TO INFORM US OF CHANGES

This version was last updated in June 2026.

It is important that the personal data we hold about you is accurate and current. Please keep us informed if your personal data changes during your relationship with us.

THIRD-PARTY LINKS

This website may include links to third-party websites, plug-ins and applications. Clicking on those links or enabling those connections may allow third parties to collect or share data about you. We do not control these third-party websites and are not responsible for their privacy statements. When you leave our website, we encourage you to read the privacy notice of every website you visit.

2. THE DATA WE COLLECT ABOUT YOU

Personal data, or personal information, means any information about an individual from which that person can be identified. It does not include data where the ability to identify an individual has been removed (anonymised data).

We may collect, use, store and transfer different kinds of personal data about you which we have grouped together as follows:

- **Identity Data** includes first name, maiden name, last name, username or similar identifier, marital status, title, date of birth and gender.
- **Contact Data** includes billing address, delivery address, email address and telephone numbers.
- **Technical Data** includes internet protocol (IP) address, your login data, browser type and version, time zone setting and location, browser plug-in types and versions, operating system and platform and other technology on the devices you use to access this website.
- **Profile Data** includes your username and password, your interests, preferences, feedback and survey responses. This will also include any information included in a submitted curriculum vitae (CV) or job application, including applications to work as a contractor or information shared during an interview.
- **Usage Data** includes information about how you use our website, products and services.
- **Marketing and Communications Data** includes your preferences in receiving marketing from us and our third parties and your communication preferences.

We also collect, use, and share **Aggregated Data** such as statistical or demographic data for any purpose. Aggregated Data may be derived from your personal data but is not considered personal data in law as this data does **not** directly or indirectly reveal your identity. For example, we may aggregate individuals' Usage Data to calculate the percentage of users accessing a specific website feature. However, if we were to combine non -

personal data in such a way that it can directly or indirectly identify an individual, we treat the combined data as personal data which will be used in accordance with this privacy notice.

We do not collect any **Special Categories of Personal Data** about you (this includes details about your race or ethnicity, religious or philosophical beliefs, sex life, sexual orientation, political opinions, trade union membership, information about your health and genetic and biometric data). That being said, in certain situations, where specific requirements are made for a particular role within the organization, we may require you to disclose previous criminal convictions. You may also disclose information about your health to us, where for example you require special adjustments to an interview process due to a disability. This information falls within a special category of personal data, and we treat this data with enhanced protections. We will always obtain your consent to collect this type of data and you will receive further information about the processing of that type of data, where applicable.

3. HOW IS YOUR PERSONAL DATA COLLECTED?

We use different ways to collect data from and about you including through:

Direct interactions. You may give us your Identity and Contact Data by filling in forms or by corresponding with us by post, phone, email or otherwise. This includes personal data you provide when you:

- apply for our products or services;
- apply for a job (both permanent and contractor roles) with us, directly or via a 3rd party application including any interview (if applicable);
- create an account on our website;
- subscribe to our service or publications;
- request marketing to be sent to you;
- give us feedback.

Automated technologies or interactions. As you interact with our website, we may automatically collect Technical Data about your equipment, browsing actions and patterns. We collect this personal data by using cookies, server logs and other similar technologies. We may also receive Technical Data about you if you visit other websites employing our cookies.

Please see our [Cookies Policy](#) for further details

Third parties or publicly available sources. We may receive personal data about you from various third parties and public sources as set out below

- analytics providers, such as Google, based outside the EU;
- advertising networks inside the EU; and
- search information providers inside the EU.
- contact, Financial and Transaction Data from providers of technical, payment and delivery services based inside the EU
- identity and Contact Data from data brokers or aggregators based inside the EU.
- identity and Contact Data from publicly available sources [such as Companies House and the Electoral Register based inside the EU

4. HOW WE USE YOUR PERSONAL DATA

We will only use your personal data when the law allows us to. Most commonly, we will use your personal data in the following circumstances:

- Where it is necessary for our legitimate interests (or those of a third party) and your interests and fundamental rights do not override those interests.
- Where we need to comply with a legal or regulatory obligation.

sending third party direct marketing communications to you via email or text message, or where we are required to collect any special categories of personal data. You have the right to withdraw consent to marketing/processing of special categories of personal data at any time by contacting us at info@methods.co.uk.

PURPOSES FOR WHICH WE WILL USE YOUR PERSONAL DATA

We have set out below, in a table format, a description of all the ways we plan to use your personal data, and which of the legal bases we rely on to do so. We have also identified what our legitimate interests are where appropriate.

Note that we may process your personal data for more than one lawful ground depending on the specific purpose for which we are using your data. Please contact us if you need details about the specific legal grounds we are relying on to process your personal data where more than one ground has been set out in the table below.

Purpose/Activity	Type of data	Lawful basis for processing including basis of legitimate interest
<p>The recruitment of potential candidates for permanent employment and contracting.</p> <p>The recruitment process may be via direct application to us (submission of CV or emails from prospective candidates) or an indirect application (via a 3rd party website or recruiter).</p> <p>We may also collect personal information about you in order to perform a BPSS and/or DBS check.</p>	<p>(a) Identity</p> <p>(b) Contact</p> <p>(c) Profile</p> <p>(d) Other information included in your CV and/or cover letter</p> <p>(e) Information provided to us by you during your interview</p> <p>(f) Special Categories of Personal Data may include information about a disability (only where you have supplied this information to us to take into account in the recruitment process, for example you may require adjustments during a test or interview, due to your disability)</p>	<p>The processing of your Personal Data is necessary for our legitimate interests to enable us to decide whether to appoint you to a role within the business and enter into a contract of employment (or for contractor services) with you and may include the following processes:</p> <p>Assess skills, qualifications and suitability for a role</p> <p>Carry out background/reference checks</p> <p>Communicate with you about the recruitment process</p> <p>Keep records relating to our hiring processes</p> <p>Comply with regulatory requirements.</p> <p>Keep your information on file for a period to allow full consideration of the application.</p> <p>In the event that the job application is unsuccessful, retain the information for a further period to allow us to consider you for any alternative roles.</p> <p>We will rely on the grounds of legitimate interests to process (and hold) your data for a period of 1 year, after which we will seek your express consent to retain your personal data. If you do not consent, we will delete your data.</p>

methods III

AN ALTEN COMPANY

<p>To manage our relationship with you which will include:</p> <p>(a) Notifying you about changes to our terms or privacy policy</p> <p>(b) Asking you to leave a review or take a survey</p>	<p>(a) Identity</p> <p>(b) Contact</p> <p>(c) Profile</p> <p>(d) Marketing and Communications</p>	<p>(a) Performance of a contract or agreement with you</p> <p>(b) Necessary to comply with a legal obligation</p> <p>(c) Necessary for our legitimate interests (to keep our records updated and to study how customers use our products/services)</p>
<p>To administer and protect our business and this website (including troubleshooting, data analysis, testing, system maintenance, support, reporting and hosting of data)</p>	<p>(a) Identity</p> <p>(b) Contact</p> <p>(c) Technical</p>	<p>(a) Necessary for our legitimate interests (for running our business, provision of administration and IT services, network security, to prevent fraud and in the context of a business reorganisation or group restructuring exercise)</p> <p>(b) Necessary to comply with a legal obligation</p>
<p>To deliver relevant website content and advertisements to you and measure or understand the effectiveness of the advertising we serve to you</p>	<p>(a) Identity</p> <p>(b) Contact</p> <p>(c) Profile</p> <p>(d) Usage</p> <p>(e) Marketing and Communications</p> <p>(f) Technical</p>	<p>Necessary for our legitimate interests (to study how customers use our products/services, to develop them, to grow our business and to inform our marketing strategy)</p>
<p>To use data analytics to improve our website, products/services, marketing, customer relationships and experiences</p>	<p>(a) Technical</p> <p>(b) Usage</p>	<p>Necessary for our legitimate interests (to define types of customers for our products and services, to keep our website updated and relevant, to develop our business and to inform our marketing strategy)</p>
<p>To make suggestions and recommendations to you about our services that may be of interest to you</p>	<p>(a) Identity</p> <p>(b) Contact</p> <p>(c) Technical</p> <p>(d) Usage</p> <p>(e) Profile</p>	<p>Necessary for our legitimate interests (to develop our products/services and grow our business)</p>

MARKETING

We strive to provide you with choices regarding certain personal data uses, particularly around marketing and advertising, to include:

PROMOTIONAL OFFERS FROM US

We may use your Identity, Contact, Technical, Usage and Profile Data to form a view on what we think you may want or need, or what may be of interest to you. This is how we decide which services and offers may be relevant for you (we call this marketing).

You will receive marketing communications from us if you have requested information from us or

purchased services from us and, in each case, you have not opted out of receiving that marketing.

THIRD-PARTY MARKETING

We will get your express opt-in consent before we share your personal data with any company outside the Methods group of companies for marketing purposes.

OPTING OUT

You can ask us or third parties to stop sending you marketing messages at any time by contacting us at any time.

Where you opt out of receiving these marketing messages, this will not apply to personal data provided to us as a result of a service purchase, warranty registration, service experience or other transactions.

COOKIES

You can set your browser to refuse all or some browser cookies, or to alert you when websites set or access cookies. If you disable or refuse cookies, please note that some parts of this website may become inaccessible or not function properly. For more information about the cookies we use, please see <https://methods.co.uk/cookie-privacy-policy/>

CHANGE OF PURPOSE

We will only use your personal data for the purposes for which we collected it, unless we reasonably consider that we need to use it for another reason and that reason is compatible with the original purpose. If you wish to get an explanation as to how the processing for the new purpose is compatible with the original purpose, please contact us.

If we need to use your personal data for an unrelated purpose, we will notify you and we will explain the legal basis which allows us to do so.

Please note that we may process your personal data without your knowledge or consent, in compliance with the above rules, where this is required or permitted by law.

5. Working with our partners and clients – Scientific Research

Alongside our core commercial services, we conduct scientific, statistical studies and publish research papers to drive public health insights.

Please note that our standard website visitor data is completely unrelated to these activities and is not utilised for research in any way.

Our research data is obtained via trusted public sector partners such as NHS England. The section below details exactly how this data is accessed, managed and protected.

Study Data

Methods Business and Digital Technology Ltd (MBDT), under ICO Data registration number Z7486810, access de-identified, pseudonymised health and care datasets hosted within NHS England's Secure Data Environment (SDE)

The Purpose

This data is accessed to solely conduct scientific and statistical research. The overarching objective of this work is to improve clinical outcomes, evaluate healthcare delivery and support public health planning.

Data Minimisation

No raw or individual-level patient data is downloaded, stored, or removed from the secure NHS Environment. We only export approved fully anonymised, aggregated statistical summaries that have passed strict NHS disclosure controls.

Lawful basis for processing

To access and analyse health data within NHS England's Secure Data Environment, we rely on the following legal bases under the UK GDPR and the Data Protection Act 2018:

- Article 6(1)(f) - **Legitimate Interests**: We have a legitimate interest in conducting scientific and statistical research to improve public health outcomes, evaluate healthcare delivery and support clinical advancements. This research provides a clear benefit to society and the wider public health landscape.
- Article 9(2)(j) - Research and Statistics- Health data is classified as "Special Category Data", we process it under a strict condition that it necessary for scientific, historical research , or statistical purposes. This is supported by **Schedule 1, Part 1, Paragraph 4 of the Data Protection Act 2018**

Safeguards in place

To protect your privacy, this processing is subject to rigorous technical and organisational safeguards. Our analysis is conducted entirely within a secure, audited environment provided by NHS England. No raw, identifiable patient data is ever extracted or stored on our own corporate networks, and all published research consists entirely of anonymous, aggregated statistical summaries

National Data Opt-Out

In line with the national data opt-out policy, opt-outs are not applied because the data is not Confidential Patient Information as defined in section 251(10) and section 251(11) of the National Health Service Act 2006.

Where individuals have opted out of disease registration by the National Disease Registration Service (NDRS), their data has been permanently removed from the registry and therefore will not be disseminated under this Data Sharing Agreement (DSA). <https://digital.nhs.uk/ndrs/patients/opting-out>

6. DISCLOSURES OF YOUR PERSONAL DATA

We may have to share your personal data with the parties set out below for the purposes set out in the table in paragraph 4 above.

- Internal Third Parties as set out in the Glossary.
- External Third Parties as set out in the Glossary.
- Third parties to whom we may choose to sell, transfer, or merge parts of our business or our assets. Alternatively, we may seek to acquire other businesses or merge with them. If a change happens to our business, then the new owners may use your personal data in the same way as set out in this privacy policy.

We require all third parties to respect the security of your personal data and to treat it in accordance with the law. We do not allow our third-party service providers to use your personal data for their own purposes and only permit them to process your personal data for specified purposes and in accordance with our instructions.

7. INTERNATIONAL TRANSFERS

We do not transfer your personal data outside the European Economic Area (EEA).

8. Intra-Group data sharing and operational shared services

Methods Business and Digital Technology Ltd ultimate parent is ALTEN SA. Although Methods acts independently and as a separate legal entity the Alten group will work together in the UK for operational efficiency. In certain cases, the processing of personal data may involve other companies within ALTEN Group and vice versa. Where such intra-group data sharing occurs, Methods ensures that appropriate safeguards are in place to protect personal data in accordance with the requirements of the GDPR and Data Protection Act 2018.

Methods undertakes to ensure that any such processing for or by another group entity is carried out with appropriate guarantees, including the implementation of suitable technical and organizational measures, and, when required, the use of standard contractual clauses or equivalent legal mechanisms.

9. DATA SECURITY

We have put in place appropriate security measures to prevent your personal data from being accidentally lost, used or accessed in an unauthorised way, altered or disclosed. In addition, we limit access to your personal data to those employees, agents, contractors and other third parties who have a business need to know. They will only process your personal data on our instructions and they are subject to a duty of confidentiality.

We have put in place procedures to deal with any suspected personal data breach and will notify you and any applicable regulator of a breach where we are legally required to do so.

10. DATA RETENTION

HOW LONG WILL YOU USE MY PERSONAL DATA FOR?

We will only retain your personal data for as long as necessary to fulfil the purposes we collected it for, including for the purposes of satisfying any legal, accounting, or reporting requirements.

To determine the appropriate retention period for personal data, we consider the amount, nature, and sensitivity of the personal data, the potential risk of harm from unauthorised use or disclosure of your personal data, the purposes for which we process your personal data and whether we can achieve those purposes through other means, and the applicable legal requirements.

Details of retention periods for different aspects of your personal data are available in our retention policy, which you can request a copy from us by contacting us.

By law we have to keep basic information about our customers (including Contact, Identity, Financial and

Transaction Data) for seven years after they cease being customers for tax or other financial reporting purposes.

In some circumstances you can ask us to delete your data: see Request Erasure below for further information.

In some circumstances we may anonymise your personal data (so that it can no longer be associated with you) for research or statistical purposes in which case we may use this information indefinitely without further notice to you.

11. YOUR LEGAL RIGHTS

Under certain circumstances, you have rights under data protection laws in relation to your personal data. Please click on the links below to find out more about these rights:

- Request access to your personal data.
- Request correction of your personal data.
- Request erasure of your personal data.
- Object to processing of your personal data.
- Request restriction of processing your personal data.
- Request transfer of your personal data.
- Right to withdraw consent.

If you wish to exercise any of the rights set out above, please contact us.

NO FEE USUALLY REQUIRED

You will not have to pay a fee to access your personal data (or to exercise any of the other rights). However, we may charge a reasonable fee, or in some cases refuse your request, if the request is clearly unfounded, repetitive or excessive, or any exemptions under the (UK)GDPR apply

WHAT WE MAY NEED FROM YOU

We may need to request specific information from you to help us confirm your identity and ensure your right to access your personal data (or to exercise any of your other rights). This is a security measure to ensure that personal data is not disclosed to any person who has no right to receive it. We may also contact you to ask you for further information in relation to your request to speed up our response.

TIME LIMIT TO RESPOND

We try to respond to all legitimate requests within one month. Occasionally it may take us longer than a month if your request is particularly complex or you have made a number of requests. In this case, we will notify you and keep you updated.

THIRD PARTIES

INTERNAL THIRD PARTIES

Other companies in the Methods Group acting as joint controllers or processors and who are based in the UK and provide IT and system administration services and undertake leadership reporting.

EXTERNAL THIRD PARTIES

- Service providers acting as processors based in the UK who provide IT and system administration services.
- Professional advisers acting as processors or joint controllers including lawyers, bankers, auditors and insurers who provide consultancy, banking, legal, insurance and accounting services.
- HM Revenue & Customs, regulators and other authorities [acting as processors or joint controllers] based in the United Kingdom who require reporting of processing activities in certain circumstances.

YOUR LEGAL RIGHTS

You have the right to:

Request access to your personal data (commonly known as a “data subject access request”). This enables you to receive a copy of the personal data we hold about you and to check that we are lawfully processing it.

Request correction of the personal data that we hold about you. This enables you to have any incomplete or inaccurate data we hold about you corrected, though we may need to verify the accuracy of the new data you provide to us.

Request erasure of your personal data. This enables you to ask us to delete or remove personal data where there is no good reason for us continuing to process it. You also have the right to ask us to delete or remove your personal data where you have successfully exercised your right to object to processing (see below), where we may have processed your information unlawfully or where we are required to erase your personal data to comply with local law. Note, however, that we may not always be able to comply with your request of erasure for specific legal reasons which will be notified to you, if applicable, at the time of your request.

Object to processing of your personal data where we are relying on a legitimate interest (or those of a third party) and there is something about your particular situation which makes you want to object to processing on this ground as you feel it impacts on your fundamental rights and freedoms. You also have the right to object where we are processing your personal data for direct marketing purposes. In some cases, we may demonstrate that we have compelling legitimate grounds to process your information which override your rights and freedoms.

Request restriction of processing of your personal data. This enables you to ask us to suspend the processing of your personal data in the following scenarios: (a) if you want us to establish the data's accuracy; (b) where our use of the data is unlawful but you do not want us to erase it; (c) where you need us to hold the data even if we no longer require it as you need it to establish, exercise or defend legal claims; or (d) you have objected to our use of your data but we need to verify whether we have overriding legitimate grounds to use it.

Request the transfer of your personal data to you or to a third party. We will provide to you, or a third party you have chosen, your personal data in a structured, commonly used, machine-readable format. Note that this right only applies to automated information which you initially provided consent for us to use or where we used the information to perform a contract with you.

Withdraw consent at any time where we are relying on consent to process your personal data. However, this will not affect the lawfulness of any processing carried out before you withdraw your consent. If you withdraw your consent, we may not be able to provide certain products or services to you. We will advise you if this is the case at the time you withdraw your consent.

12. GLOSSARY

LAWFUL BASIS

Legitimate Interest means the interest of our business in conducting and managing our business to enable us to give you the best service/product and the best and most secure experience. We make sure we consider and balance any potential impact on you (both positive and negative) and your rights before we process your personal data for our legitimate interests. We do not use your personal data for activities where our interests are overridden by the impact on you (unless we have your consent or are otherwise required or permitted to by law). You can obtain further information about how we assess our legitimate interests against any potential impact on you in respect of specific activities by contacting us.

Performance of Contract means processing your data where it is necessary for the performance of a contract to which you are a party or to take steps at your request before entering into such a contract.

Comply with a legal or regulatory obligation means processing your personal data where it is necessary for compliance with a legal or regulatory obligation that we are subject to.