

Terms and Conditions for Classes, Workshops and Events

Business Name: With The Tide Nurture

Owner: Lucy Norris

Effective Date: 20.07.26

Review Date: 20.07.27

1. Introduction

These Terms and Conditions apply to all classes, workshops, courses, events and services provided by With The Tide Nurture.

By booking and attending a session, you agree to these Terms and Conditions.

2. About With The Tide Nurture

With The Tide Nurture provides parent-and-baby classes, workshops and educational sessions designed to support parent wellbeing, connection, confidence and understanding of infant development.

Class content is informed by current research relating to infant brain development, attachment, regulation, responsive caregiving and child development.

Lucy Norris is a trained Nurture Neuroscience Practitioner. Her training was created and facilitated by Dr Greer Kirshenbaum and Dr Rocio Zunini. Educational content is informed by peer-reviewed research from developmental neuroscience, attachment science, psychobiology and stress physiology.

3. Educational Information Disclaimer

Information provided during classes, workshops, written materials, social media content and discussions is intended for educational and informational purposes only.

Participation in a session does not establish a therapeutic, counselling, coaching, medical, healthcare or clinical relationship between participants and With The Tide Nurture.

No information provided should be considered a substitute for professional medical, psychological, therapeutic, mental health or healthcare advice.

If you have concerns regarding your own health, wellbeing, mental health, your baby's health or development, you should seek advice from an appropriately qualified healthcare professional.

4. Personal Responsibility

Parents and carers remain responsible for making decisions regarding their own wellbeing, parenting practices and the care of their children.

While every effort is made to provide accurate, evidence-informed information, With The Tide Nurture cannot accept responsibility for how information is interpreted, applied or acted upon by individual participants.

Participants should consider any information shared alongside their own circumstances and any professional advice they may have received.

5. Bookings and Payments

All bookings must be completed through the designated booking system.

Payment must be made in full at the time of booking.

A booking is only confirmed once payment has been received.

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

6. Cancellations and Refunds

Customer Cancellations:

Cancellations made more than 7 days before the start of a class, workshop or course may receive a refund or transfer at the discretion of With The Tide Nurture.

Cancellations made within 7 days of the event may not be eligible for a refund.

Missed sessions are non-refundable and cannot be transferred unless otherwise stated.

Cancellation by With The Tide Nurture:

Occasionally sessions may need to be cancelled or rescheduled due to illness, venue issues or circumstances outside our control.

Where this occurs, participants will be offered an alternative date where possible or a refund for the affected session.

Refunds cannot be provided for missed sessions due to illness, holidays, childcare difficulties or other personal circumstances.

7. Health and Illness

To help maintain a safe and healthy environment for all participants, parents and carers must not attend sessions if they or their child are experiencing symptoms of a contagious illness.

This includes, but is not limited to:

- Vomiting
- Diarrhoea
- Fever or high temperature
- Contagious rashes
- Significant symptoms of infectious illnesses

Participants who have experienced vomiting or diarrhoea should not attend classes until at least 48 hours after the last episode of symptoms.

If a participant or child becomes unwell during a session, With The Tide Nurture reserves the right to request that the participant leaves the session to protect the wellbeing of other attendees.

Refunds cannot be guaranteed for sessions missed due to illness.

8. Participant Health and Medical Information

Parents and carers are responsible for informing With The Tide Nurture of any relevant medical conditions, allergies, accessibility requirements or additional needs which may affect participation.

With The Tide Nurture cannot provide medical care or treatment.

In the event of a medical emergency, appropriate emergency services may be contacted.

9. Supervision of Babies and Children

Parents and carers remain fully responsible for the supervision, safety and wellbeing of their babies and children at all times during classes, workshops and while using the venue premises.

With The Tide Nurture does not provide childcare services.

Babies and children must not be left unattended at any time.

10. Use of equipment, toys and materials

From time to time, With The Tide Nurture may provide toys, materials, books, mats, cushions, play dough and other equipment for use during classes and workshops.

All equipment and materials are used at the participant's own risk.

Parents and carers remain fully responsible for supervising their baby or child whilst using any equipment, toys or materials provided.

Parents and carers are responsible for assessing whether any activity, toy, material or resource is appropriate for their child based on their age, development and individual needs.

With The Tide Nurture cannot accept liability for injuries, accidents, allergic reactions or damage arising from the use or misuse of equipment, toys or other resources provided during sessions.

Any damage to equipment or concerns regarding the safety of resources should be reported to With The Tide Nurture immediately.

While reasonable efforts will be made to identify ingredients and potential allergens in materials, parents and carers remain responsible for checking suitability for their child and informing With The Tide Nurture of any known allergies or sensitivities.

11. Venue Safety

Participants are expected to take reasonable care when attending sessions and using venue facilities.

Any accidents, incidents, hazards or concerns should be reported to Lucy Norris or the session facilitator as soon as possible.

Parents and carers are responsible for ensuring that toys, personal belongings and equipment brought into the venue are used safely and appropriately.

12. Hot Drinks and Refreshments

Where hot drinks or refreshments are provided or permitted, parents and carers accept full responsibility for ensuring that drinks remain out of the reach of babies and children.

With The Tide Nurture accepts no liability for injuries, spills, burns or accidents arising from the handling or consumption of hot drinks during sessions.

13. Parking and Personal Property

Parking facilities are used entirely at the participant's own risk.

With The Tide Nurture accepts no responsibility for:

- Loss or damage to vehicles
- Theft from vehicles
- Damage occurring in car parks or surrounding areas

Participants are responsible for their own personal belongings at all times.

14. Photography and Video Recording

Photographs or videos may occasionally be taken for promotional, educational or marketing purposes.

Images will only be used where appropriate consent has been given through the booking process or other written agreement.

Participants may withdraw consent for future use of images at any time by contacting With The Tide Nurture.

Participants are respectfully asked not to share photographs of other children or families without permission.

15. Guest Facilitators

From time to time, sessions may include guest facilitators.

Guest facilitators are responsible for the content and delivery of their own sessions and are expected to hold appropriate qualifications, insurance and professional registrations where relevant.

16. Safeguarding

With The Tide Nurture is committed to promoting the safety and wellbeing of children and families.

Where safeguarding concerns arise, information may be recorded and shared with relevant safeguarding agencies, health professionals, social care services or law enforcement agencies where necessary to protect a child or vulnerable person.

The welfare of children and vulnerable individuals takes priority where safeguarding concerns exist.

17. Respectful and Inclusive Environment

With The Tide Nurture aims to provide a welcoming, inclusive, supportive and non-judgemental environment for all families.

Participants are expected to:

- Treat others with kindness and respect
- Respect differing parenting experiences and perspectives
- Help create a safe and supportive space for all attendees

Any behaviour that is threatening, discriminatory, abusive, intimidating, disruptive or unsafe may result in removal from a session without refund.

18. Liability

Nothing in these Terms and Conditions excludes or limits liability where such exclusion is not permitted by law.

While reasonable care is taken to provide a safe environment and accurate information, participation in classes, workshops and events is undertaken at the participant's own risk.

With The Tide Nurture shall not be liable for any indirect, consequential or unforeseeable loss arising from participation in classes, workshops or events.

19. Changes to Terms and Conditions

With The Tide Nurture reserves the right to amend these Terms and Conditions where necessary.

The most current version will be made available to participants upon request and through booking systems where applicable.

Contact Details:

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With The Tide Nurture

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