

Terms and Conditions

Effective as of: 11-04-2022

Please read the following important Terms carefully, and check that you agree with them, before you place an order for Cerina products and services.

You must be at least 18 years old to create an account with us and buy our products and services.

By continuing to use Cerina website and purchasing our product and services, you confirm that you are at least 18 years old and agree to these Terms and agree to enter into a legally binding agreement with us. If you do not agree to these Terms, you must stop accessing this website and do not register, use or purchase our products and services.

Each order placed with Cerina shall will be governed by these Terms.

Require further Assistance?

Should you require these Terms in alternative format or have any questions, please contact us <https://cerina.uk/contact>.

Please Read These Terms And Conditions Carefully Before Using This Website

You can either scroll down to read these terms in their entirety (which we recommend you do), or click on one of the links below to go straight to the section you are interested in.

What's in these terms?

These terms tell you about Cerina and the rules and conditions for using our website and/or product and services available at www.cerina.uk (our website).

Who we are and how to contact us

Who we are. When we say we, us or our, we mean NoSuffering Limited, a company registered in England and Wales under company number 12605982. We operate Cerina website at www.cerina.uk, including as optimised for use in internet browsers (Website), and on mobile devices with the Cerina mobile app (App). Our registered office is at 71-75 Shelton Street, Covent Garden, London, England, WC2H 9JQ. Our main trading address is at our registered office.

How to contact us. If you wish to contact us because you have any complaints or comments, you think our products are faulty or misdescribed you can contact us:

using the contact form available on our website at: <https://cerina.uk/contact>;
by e-mail at contact@cerina.co;
by post to the registered address as set out above.

How we may contact you. If we have to contact you we will do so in accordance with our privacy policy <https://cerina.co/privacy-policy>.

By using our website you accept these terms

By using our website, you confirm that you accept these terms of use and that you agree to comply with them.

What these Terms cover. These are the terms and conditions (Terms) on which we supply to you our:

Website services and digital content;

Mobile App services and digital content; and

Services and therapy available, which you can access on our website and on our Mobile App.

We will collectively refer to all of the above goods, services, therapy and digital content as Products.

These Terms set out your legal rights and responsibilities, our legal rights and responsibilities, and certain key information required by law. Please read these Terms carefully and make sure that you understand them, before signing up for services with us on our website or Mobile App (Account) and using any of our Products. We will ask you to agree to these terms before you create an Account. You should retain a copy of these Terms for future reference.

Register to use our Products: You can access our services on our website and on our Mobile App. You can download our App from Apple App Store (for iOS mobile devices) or from Google Play (for Android mobile devices) (together “App Platform”). You must have an account with us to use our Mobile App and to access any services on our website or our Mobile App. To create an account with us, you must complete the sign-up process, which is available upon request by contacting us [Contact us Link]. Once your account is active with us, you are responsible to always keep your details up to date and report any changes to us immediately. You must keep details of your account (including your password) secure and not share them with anyone else. You must not allow others to use your account.

If you do not agree to these terms, you must not use our website or Mobile App.

We recommend that you print a copy of these terms for future reference.

There are other terms that may apply to you

These terms of use refer to the following additional terms, which also apply to your use of our website:

Our Privacy Policy <https://cerina.uk/privacy-policy> . See further under How Cerina uses data.

Our Acceptable Use Policy (at page 12), which sets out the permitted uses and prohibited uses of our website. When using our website, you must comply with this Acceptable Use Policy.

Our Cookie Policy, which sets out information about the cookies on our website.

Privacy: Under data protection legislation, we are the data controller of your personal data processed through our website and Mobile App and are required to provide you with certain information about who we are, how we process your personal data and for what purposes and your rights in relation to your personal data and how to exercise them. This information is provided in our Privacy Policy <https://cerina.co/privacy-policy>. It is important that you read that information.

Use and Restrictions

You must be at least 18 years old to create an account on our website or Mobile App and buy or use our Products.

Our Mobile App is for personal use. You must not rely on the information on this website or Mobile App as an alternative to medical advice from your therapist or doctor or other professional healthcare provider. If you have any specific questions about any medical or physiological matter you should consult your doctor or therapist or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information on our website or use of our Mobile App.

Therapy through use of our Mobile App is not an alternative to human therapist or doctor. Our Mobile App is fully automated and involves no human intervention. The data entered in the medical questionnaire will be collected and transcribed in analogue or digital format or may have been acquired by means of automated measuring techniques. Although such processes are subjected to quality control to ensure reliability where possible, some raw data may have been processed, and as no human intervention is available, may in consequence contain undetected errors.

The medical information or therapy listed on our website and available through our Mobile App is provided without any representations or warranties, express or implied. We make no representations or warranties in relation to the medical information or therapy available in Cerina Products.

We may make changes to these terms

We amend these Terms from time to time, to reflect changes in law or best practice, or to deal with changes we introduce to our Products. Every time you wish to use our website, please check these Terms to ensure you understand the terms that apply at that time.

We may make changes to our website

We may update and change our website or Mobile App from time to time to reflect changes to our products, our users' needs and our business priorities. We will try to give you reasonable notice of any major changes.

We may suspend or withdraw our website

Our website is made available free of charge.

We do not guarantee that our website, or any content or Products on it, will always be available or be uninterrupted. We may suspend or withdraw or restrict the availability of all or any part of our website for business and operational reasons. We will try to give you reasonable notice of any suspension or withdrawal.

You are also responsible for ensuring that all persons who access our website through your internet connection are aware of these terms of use and other applicable terms and conditions, and that they comply with them.

We may transfer this agreement to someone else

We may transfer our rights and obligations under these terms to another organisation. We will always tell you in writing if this happens and we will ensure that the transfer will not affect your rights under a contract (if any).

Our website is only for users in United Kingdom.

Our website is directed to people residing in United Kingdom. We do not represent that content available on or through our website is appropriate for use or available in other locations.

You must keep your account details safe

If you choose, or you are provided with, a user identification code, password or any other piece of information as part of our security procedures, you must treat such information as confidential. You must not disclose it to any third party.

We have the right to disable any user identification code or password, whether chosen by you or allocated by us, at any time, if in our reasonable opinion you have failed to comply with any of the provisions of these terms of use.

If you know or suspect that anyone other than you knows your user identification code or password, you must promptly notify us at <https://cerina.co/contact>.

How you may use material on our website

Unless otherwise indicated, we are the owner or the licensee of all intellectual property rights in our website and Mobile App, and in the material published on it. Those works are protected by intellectual property rights (registered and unregistered), including copyright, patent, trade mark and trade secret laws and treaties around the world. All such rights are expressly reserved.

You may print off one copy, and may download extracts, of any page(s) from our website for your personal use and you may draw the attention of others within your organisation to content posted on our website.

You must not modify the paper or digital copies of any materials you have printed off or downloaded in any way, and you must not use any illustrations, photographs, video or audio sequences or any graphics separately from any accompanying text.

Our status (and that of any contributors) as the authors of content on our website and mobile App must always be acknowledged, and prior consent must be obtained for any such reference.

You must not use any part of the content on our website or Mobile App for commercial purposes without obtaining a licence to do so from us or our licensors.

If you print off, copy or download any part of our website or our Mobile App in breach of these terms of use, your right to use our website and Mobile App will cease immediately and you must, at our option, return or destroy any copies of the materials you have made.

Do not rely on information on this website

The content on our website and Mobile App and Products is provided for general information only. It is not intended to amount to advice (medical, psychological or general) on which you should rely. For example, the various questionnaires available on our Mobile App are not our exclusive property and therefore any guarantees or warranties on its accuracy are disclaimed. You must obtain professional or specialist advice before taking, or refraining from, any action on the basis of the content on our website and our Mobile App.

Although we make reasonable efforts to update the information on our website and Mobile App, we make no representations, warranties or guarantees, whether express or implied, that the content on our website is accurate, complete or up to date.

We are not responsible for websites we link to

Where our website or Mobile App contains links to other websites and resources provided by third parties, these links are provided for your information only. Such links should not be interpreted as approval by us of those linked websites or information you may obtain from them.

We have no control over the contents of those websites or resources and you must seek assistance independently. There are no warranties or guarantees provided for third party websites or resources listed on our website and Mobile App on the accuracy of information, details, up to date contact details or availability of assistance in the event of an emergency.

User-generated content is not approved by us

This website and Mobile App may include information and materials uploaded by other users of the website, including to bulletin boards and chat rooms. This information and these materials have not been verified or approved by us. The views expressed by other users on our website do not represent our views or values.

How to complain about content uploaded by other users

If you wish to complain about content uploaded by other users, please contact us <https://cerina.uk/contact>.

Our responsibility for loss or damage suffered by you

Whether you are a consumer or a business user:

We do not exclude or limit in any way our liability to you where it would be unlawful to do so.

This includes liability for death or personal injury caused by our negligence or the negligence of our employees, agents or subcontractors and for fraud or fraudulent misrepresentation.

Different limitations and exclusions of liability will apply to liability arising as a result of the supply of any Products to you, which will be set out in our Terms and conditions of supply provided to you at the time of opening an account with us.

If you are a business user:

We exclude all implied conditions, warranties, representations or other terms that may apply to our website or any content on it.

We will not be liable to you for any loss or damage, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, even if foreseeable, arising under or in connection with:

- use of, or inability to use, our website, our Mobile App; or
- use of or reliance on any content displayed on our website.

In particular, we will not be liable for:

- loss of profits, sales, business, or revenue;

- business interruption;
- loss of anticipated savings;
- loss of business opportunity, goodwill or reputation; or
- any indirect or consequential loss or damage.

If you are a consumer user:

Please note that we only provide our website and Mobile App for domestic and private individual use. You agree not to use our website and Mobile App for any commercial or business purposes, and we have no liability to you for any loss of profit, loss of business, business interruption, or loss of business opportunity.

If defective digital content that we have supplied, damages a device or digital content belonging to you and this is caused by our failure to use reasonable care and skill, we will either repair the damage or pay you compensation. However, we will not be liable for damage that you could have avoided by following our advice to apply an update offered to you free of charge or for damage that was caused by you failing to correctly follow installation instructions or to have in place the minimum system requirements advised by us.

How we may use your personal information

We will only use your personal information as set out in our Privacy Policy. <https://cerina.co/privacy-policy>.

Uploading content to our website

Whenever you make use of a feature that allows you to upload content to our website and Mobile App, or to make contact with other users of our website, or provide your comments, you must comply with the content standards set out in our Acceptable Use Policy [Please refer to page 12].

You warrant that any such contribution comply with those standards, and you will be liable to us and indemnify us for any breach of that warranty. This means you will be responsible for any loss or damage we suffer as a result of your breach of warranty.

Any content you upload to our website and Mobile App will be considered non-confidential and non-proprietary. You retain all of your ownership rights in your content, but you are required to grant us a limited licence to use, store, analyse and copy that content and to distribute and make it available to third parties. The rights you license to us are described in Rights you are giving us to use material you upload.

We also have the right to disclose your identity to any third party who is claiming that any content posted or uploaded by you to our website constitutes a violation of their intellectual property rights, or of their right to privacy.

We have the right to remove any posting you make on our website or Mobile App if, in our opinion, your post does not comply with the content standards set out in our Acceptable Use Policy [Page 12 of this document].

You are solely responsible for securing and backing up your content.

We do not store terrorist content.

Rights you are giving us to use material you upload

When you upload or post content to our website and Mobile App, you grant us the rights to use that content for storage, distribution, analysis and copying for activities related to Cerina and its product development measures.

We are not responsible for viruses and you must not introduce them

We do not guarantee that our website or Mobile App will be secure or free from bugs or viruses.

You are responsible for configuring your information technology, computer programmes, mobile settings and platform to access our website and Mobile App. You should use your own virus protection software.

You must not misuse our website and Mobile App by knowingly introducing viruses, trojans, worms, logic bombs or other material that is malicious or technologically harmful. You must not attempt to gain unauthorised access to our website, the server on which our website is stored or any server, computer or database connected to our website. You must not attack our website via a denial-of-service attack or a distributed denial-of service attack. By breaching this provision, you would commit a criminal offence under the Computer Misuse Act 1990. We will report any such breach to the relevant law enforcement authorities and we will co-operate with those authorities by disclosing your identity to them. In the event of such a breach, your right to use our website will cease immediately.

Rules about linking to our website

You must not establish a link in such a way as to suggest any form of association, approval or endorsement on our part where none exists.

Our website must not be framed on any other website, nor may you create a link to any part of our website.

We reserve the right to withdraw linking permission without notice.

The website in which you are linking must comply in all respects with the content standards set out in our Acceptable Use Policy [Page 12 of this document].

If you wish to link to or make any use of content on our website other than that set out above, please contact us [<https://cerina.uk/contact>].

Which country's laws apply to any disputes?

If you have a complaint. We will try to resolve any disputes with you quickly and efficiently. If you are unhappy with our Produces or service provided to you, or any other matter, please contact us [Link] as soon as possible.

Alternative dispute resolution: If you and we cannot resolve a dispute using our internal complaint handling procedure, we will let you know that we cannot settle the dispute with you; and give you certain information required by law about resolving disputes through alternative dispute resolution, which is a process where an independent body considers the facts of a dispute and seeks to resolve it, without you having to go to court. In addition please note that, the parties may attempt to settle their dispute by mediation in accordance with the CEDR Model Mediation Procedure.

The commencement of mediation shall not prevent the parties commencing or continuing court or arbitration proceedings in relation to the dispute.

If you are a consumer, please note that these terms of use, their subject matter and their formation, are governed by English law. You and we both agree that the courts of England and Wales will have exclusive jurisdiction except that if you are a resident of Northern Ireland you may also bring proceedings in Northern Ireland, and if you are resident of Scotland, you may also bring proceedings in Scotland.

If you are a business, these terms of use, their subject matter and their formation (and any non-contractual disputes or claims) are governed by English law. We both agree to the exclusive jurisdiction of the courts of England and Wales.

Our trade marks are registered

Cerina and all other associated brand names and logos are registered trade marks of NoSuffering Ltd. You are not permitted to use them without our approval. All rights are reserved. All content (text, trade mark, illustrations, photos, graphics, files, designs, arrangements and all materials covered under intellectual property right registered and unregistered) on our website and Mobile App and Products throughout the world belong to us (or our licensors) and the rights in our Products are licenced (to you) and not sold.

Your rights are limited to use: You have no intellectual property rights in, or to, our website, Mobile App or Products other than the right to use them in accordance with these Terms. Any goodwill derived from the use by you of our intellectual property rights will accrue to us or our licensors.

You must not remove any trade marks, service marks, labels or other legal or proprietary notices included in our website, Mobile App, Products, or attempt to modify any content obtained through our Products, including any modification for the purpose of disguising or changing any indications of the ownership or source of those Products.

Our Mobile App And Website

Operating system requirements. Our App requires a mobile device with a minimum of 150KB of memory, and any version of iOS operating system fully supported by Apple or any version of Android operating system fully supported by Google.

Mobile App permissions. Our App may request the following device access permissions:

1. Location (GPS and network based);
2. Photos/Media/Files (read, modify or delete the contents of your device memory);
3. Storage (read, modify, or delete the contents of your device memory);
4. Camera (take pictures and videos); and
5. Other (receive data from Internet; view network connections; full network access; draw over other apps; prevent device from sleeping).

Updates to the Mobile App may automatically add additional capabilities within each group of permissions.

You can change your permissions preferences at any time at the settings menu of your mobile device. If you do not grant or disable a permission, certain functionalities of our Mobile App or all features of our software may not be available.

Platform Terms. These Terms are a legal contract between you and us. Operators of the Mobile App Platforms where our Mobile App is available for downloading (Apple App Store for iOS mobile devices, and from Google Play for Android mobile devices) are not part of that contract. However, if you download our Mobile App from an App Platform, the ways in which you can use the Mobile App and Products will also be controlled by the terms and conditions of that App Platform, which are a contract between you and your App Platform operator. In the event of any conflict between a provision of our Terms and the terms of an App Platform, the relevant provisions in our Terms will prevail.

How you may use our Mobile App: In return for your agreeing to comply with these Terms, and subject to the rules and restrictions and other provisions of these Terms, you may:

Download a copy of our App onto a reasonable number of compatible devices as permitted under the terms and conditions of your App Platform (provided that each of those devices is owned and controlled by you and is linked to the same App Platform account), and store, access, view, use and display our Mobile App on such devices for your personal, non-commercial purposes of using our Shop in the manner permitted in these Terms. In addition, you may share the App in accordance with the family sharing rules set out in the terms and conditions of your App Platform; and

Receive and use any free supplementary updates of our Mobile App incorporating "patches" and corrections of errors as we may provide to you, and receive and use any free upgrades that replace or supplement the original Mobile App.

How you may use our Website: In return for your agreeing to comply with these Terms, and subject to the rules and restrictions, and other provisions of these Terms, you may: view pages from our Website in a web browser; download pages from our Website for caching in a web browser; print pages from our Website; stream audio and video files from our Website; and use our Website services by means of a web browser.

Prohibited actions. You agree that you will:

Except in the course of permitted sharing as set out in How you may use our App [Link] not sell, resell, rent, lease, sub-license, loan, publish, distribute, redistribute, provide, or otherwise make available, the Mobile App or Website in any form, in whole or in part to any person without prior written consent from us;

Not display (in part or in whole) our Mobile App or website as part of any public performance or display unless such use would not constitute a copyright infringement or breach legal rights of any person (including corporate entity) or is specifically permitted by us;

Not copy the Mobile App or Website, except as part of their normal use or where it is necessary for the purpose of back-up or operational security;

Not translate, merge, edit, adapt, vary, alter or modify, the whole or any part of the Mobile App or our website nor permit the Mobile App or website or any part of them to be combined with, or become incorporated in, any other programs, applications or digital content except as necessary to use the Mobile App and website on devices as permitted in these Terms;

Not disassemble, de-compile, reverse engineer or create derivative works based on the whole or any part of the Mobile App or website nor attempt to do any such things, except to the extent that (by virtue of sections 50B and 296A of the Copyright, Designs and Patents Act 1988) such actions cannot be prohibited because they are necessary to decompile the Mobile App or Website to obtain the information necessary to create an independent program that can be operated with the Mobile App or website with another program (Permitted Objective), and provided that the information obtained by you during such activities is not disclosed or communicated without our prior written consent to any third party to whom it is not necessary to disclose or communicate; is not used to create any software that is substantially similar in its expression to the App or Website; is kept secure;

Not attempted to, or assist, authorise or encourage any person to circumvent, disable or defeat, interfere with or disrupt the safety, security or performance of our Mobile App or website; and

Not access or use the source code of our Mobile App.

Acceptable use restrictions. You must not (or permit or assist others to):

Use the Mobile App or website in any unlawful manner, for any unlawful purpose, or in any manner inconsistent with these Terms, or act fraudulently or maliciously, for example, by hacking into or inserting malicious code, such as viruses, or harmful data, into the Mobile App, website or any operating system;

Infringe our intellectual property rights or those of any third party in relation to your use of the Mobile App or website;

Transmit any material that is defamatory, offensive or otherwise objectionable in relation to your use of the Mobile App or website;

Upload, store or transmit any data or any other content or material, or use our Mobile App or website in any way, which is unlawful, and/or breaches any legal rights of any person (including intellectual property rights and data protection rights);

Use the Mobile App or website in a way that could damage, disable, overburden, impair or compromise the Mobile App, website, our systems or security or interfere with other users; and

Collect or harvest any information or data from our Mobile App, website or our systems or attempt to decipher any transmissions to or from the servers running our Mobile App or website.

You may not transfer our Mobile App to someone else. We are giving you personally the right to use our Mobile App. Whilst you may have sharing rights as set out above, you may not otherwise transfer your right to use our Mobile App to someone else, whether for money, for anything else or for free. If you sell any device on which our Mobile App is installed, you must remove our Mobile App from it.

We do not guarantee availability of our website or Mobile App. We will use reasonable skill and care to provide our website and Mobile App to you and to keep them safe, secure and error-free but we do not promise that your use of our website or Mobile App will be safe, secure, uninterrupted or error-free. We will use reasonable endeavours to maintain the availability of our website and Mobile App to you but we do not guarantee 100% availability. For example, our website and/or Mobile App may become temporarily unavailable for maintenance, repairs, updates, upgrades, or due to network or equipment failures.

Updates to our Mobile App. From time to time, we may automatically update the Mobile App to improve performance, enhance functionality, reflect changes to the operating system, address security issues or implement new versions of our Mobile App. Alternatively, we may ask you to update our Mobile App for these reasons or make such update available to you. You may be able to manage your Mobile App update preferences in your App Platform settings or your device settings. If you choose not to install such updates or if you opt out of automatic updates you may not be able to continue using the Mobile App.

Third party products. Our Mobile App and website may allow you to access, use or interact with third party apps, websites, content or other products or services. For example, you may choose to use the third party data backup service integrated with our Mobile App, or interact with a third party through clicking its emergency contact button on our Mobile App or website. Please note that:

Our Terms and our Privacy Notice only apply to our Mobile App and Website and your use of any third party products will be governed by the terms and conditions and privacy policies of the third party providers of such external products;

Such links to and integrations with third party products are provided for information or your convenience only and are not recommendations or endorsements by us of those external products or any information you may obtain from them; and

You will need to make your own independent judgement about whether to use any third party product. We are not responsible for examining or evaluating the content or accuracy of any third party product, and we will not be liable for any such external product.

You are responsible for third party fees. You are responsible for:

Any access or data fees incurred from third parties (such as your internet provider or mobile carrier and other fees and taxes) in connection with your use of our Mobile App or website on any device; and

Any fees incurred from third parties in relation to your use of third party products.

Acceptable Use Policy

What's in these terms?

This acceptable use policy sets out the content standards that apply when you upload content to our website and Mobile App, make contact with other users on our website or Mobile App, link to our website, or interact with our website in any other way,

By using our site you accept these terms

By using our website, you confirm that you accept the terms of this policy and that you agree to comply with them.

If you do not agree to these terms, you must not use our site.

We recommend that you print a copy of these terms for future reference.

There are other terms that may apply to you

Our Terms of website use also apply to your use of our site.

Prohibited uses

You may use our site only for lawful purposes. You may not use our site:

In any way that breaches any applicable local, national or international law or regulation.

In any way that is unlawful or fraudulent or has any unlawful or fraudulent purpose or effect.

For the purpose of harming or attempting to harm minors in any way.

To bully, insult, intimidate or humiliate any person.

To send, knowingly receive, upload, download, use or re-use any material which does not comply with our content standards.

To transmit, or procure the sending of, any unsolicited or unauthorised advertising or promotional material or any other form of similar solicitation (spam).

To knowingly transmit any data, send or upload any material that contains viruses, Trojan horses, worms, time-bombs, keystroke loggers, spyware, adware or any other harmful programs or similar computer code designed to adversely affect the operation of any computer software or hardware.

You also agree:

Not to reproduce, duplicate, copy or re-sell any part of our site in contravention of the provisions of our terms of website use [Link].

Not to access without authority, interfere with, damage or disrupt:

any part of our website;

any equipment or network on which our website is stored;

any software used in the provision of our website; or
any equipment or network or software owned or used by any third party.

Interactive services

We provide and may provide alternative or further interactive services from time to time on our website site, including, without limitation:

Chat rooms, third party emergency contacts

Bulletin boards, Questionnaires, comments and responses

(interactive services.)

Where we do provide any interactive service, we will provide clear information to you about the kind of service offered, if it is moderated and what form of moderation is used. We do not use human intervention and all interactive services are technical.

We will do our best to assess any possible risks for users (and in particular, for children) from third parties when they use any interactive service provided on our website or Mobile App, and we will decide in each case whether it is appropriate to use moderation of the relevant service (including the level of moderation to use) in the light of those risks. However, we are under no obligation to oversee, monitor or moderate any interactive service we provide on our website and Mobile App, and we expressly exclude our liability for any loss or damage arising from the use of any interactive service by a user in contravention of our content standards, whether the service is moderated or not.

The use of any of our interactive services by a minor is subject to the consent of their parent or guardian. We advise parents who permit their children to use an interactive service that it is important that they communicate with their children about their safety online, as moderation is not fool proof. Minors who are using any interactive service should be made aware of the potential risks to them.

During the use of interactive services on our Mobile App, we will normally provide you with a means of contacting emergency services, should a concern or difficulty arise.

Content standards

These content standards apply to any and all material which you contribute to our site (Contribution), and to any interactive services associated with it.

The Content Standards must be complied with in spirit as well as to the letter. The standards apply to each part of any Contribution as well as to its whole.

Cerina will determine, in its discretion, whether a Contribution breaches the Content Standards.

A Contribution must:

Be accurate (where it states facts).

Be genuinely held (where it states opinions).

Comply with the law applicable in England and Wales and in any country from which it is posted.

A Contribution must not:

Be defamatory of any person.

Be obscene, offensive, hateful or inflammatory.

Bully, insult, intimidate or humiliate.

Promote sexually explicit material.

Include child sexual abuse material.

Promote violence.

Promote discrimination based on race, sex, religion, nationality, disability, sexual orientation or age.

Infringe any copyright, database right or trade mark of any other person.

Be likely to deceive any person.

Breach any legal duty owed to a third party, such as a contractual duty or a duty of confidence.

Promote any illegal activity.

Be in contempt of court.

Be threatening, abuse or invade another's privacy, or cause annoyance, inconvenience or needless anxiety.

Be likely to harass, upset, embarrass, alarm or annoy any other person.

Impersonate any person, or misrepresent your identity or affiliation with any person.

Give the impression that the Contribution emanates from Cerina, if this is not the case.

Advocate, promote, incite any party to commit, or assist any unlawful or criminal act such as (by way of example only) copyright infringement or computer misuse.

Contain a statement which you know or believe, or have reasonable grounds for believing, that members of the public to whom the statement is, or is to be, published are likely to understand as a direct or indirect encouragement or other inducement to the commission, preparation or instigation of acts of terrorism.

Contain any advertising or promote any services or web links to other sites.

Breach of this policy

When we consider that a breach of this acceptable use policy has occurred, we may take such action as we deem appropriate.

Failure to comply with this acceptable use policy constitutes a material breach of the terms of use [Link] upon which you are permitted to use our site, and may result in our taking all or any of the following actions:

Immediate, temporary or permanent withdrawal of your right to use our site.

Immediate, temporary or permanent removal of any Contribution uploaded by you to our site.

Issue of a warning to you.

Legal proceedings against you for reimbursement of all costs on an indemnity basis (including, but not limited to, reasonable administrative and legal costs) resulting from the breach.

Further legal action against you.

Disclosure of such information to law enforcement authorities as we reasonably feel is necessary or as required by law.

We exclude our liability for all action we may take in response to breaches of this acceptable use policy. The actions we may take are not limited to those described on our website, and we may take any other action we reasonably deem appropriate.