

# Privacy & Cookie Policy

**Last updated: June 2026**

At Attention Allies we respect your privacy and are committed to protecting your personal information.

This policy explains how we collect, use, store and protect your information in accordance with UK GDPR, the Data Protection Act 2018, and the Privacy and Electronic Communications Regulations (PECR). It also explains how we use cookies and how you can manage your cookie preferences.

We have written this policy in clear language so it is easy to understand.

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## 1. Who We Are

Attention Allies is a network of independent ADHD therapists based in Bristol, UK. Each therapist is self-employed and operates as a separate legal entity. We work together under the Attention Allies name to provide networking, community and visibility. Each therapist is solely responsible for their own practice, professional conduct and client relationships.

All therapists are individually accountable to their relevant professional body, such as the BACP, NCPS or UKCP, and are responsible for maintaining their own professional and ethical standards. Please refer to each therapist's individual website or profile to confirm their qualifications, professional membership and accreditation.

Attention Allies is not a registered company, partnership, or clinic. The website acts as a directory to help visitors find an appropriate therapist. Contacting a therapist through this directory does not create a contractual or therapeutic relationship with Attention Allies or with its founder. Each therapist practises independently from their own premises, details of which can be found through their individual website linked from this directory.

## Data Controller Roles

### Website Directory

For the purposes of UK GDPR, Duncan E. Stafford is the Data Controller for the limited personal information collected through the operation of this website.

Email: [duncan@therapy-space.co.uk](mailto:duncan@therapy-space.co.uk)

## Individual Therapists

Once you contact or begin working with an individual therapist, that therapist becomes the independent Data Controller for your personal information, clinical records, therapy notes and all information relating to your work together.

Attention Allies does not access, hold or control any therapists' client records.

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## 2. Information We Collect

Attention Allies does not ask visitors to create an account or complete a contact form.

When you visit the Attention Allies website, we may collect limited technical information automatically, including:

- your browser type
- your device type
- pages visited
- the date and time of your visit
- your cookie preferences where you choose to provide consent.

This information helps us to keep the website secure, understand how it is used and improve its performance.

If you choose to contact an individual therapist using the contact details or website provided in their directory listing, your information is sent directly to that therapist. Attention Allies does not receive, store or process these communications.

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## 3. How and Why We Use Your Information

We process limited personal information using lawful bases recognised under UK GDPR.

These include:

- **Consent**, where you choose to accept optional cookies.
- **Legitimate interests**, to operate, maintain, secure and improve this website.

Attention Allies does not receive enquiries intended for therapists and does not process personal information relating to therapy enquiries or clinical work.

We never sell your personal information.

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## 4. Cookies

Our website uses cookies to ensure it works properly and to help us understand how visitors use the site.

### Essential cookies

Essential cookies allow the website to function securely and remember your cookie preferences. These cookies are always active because the website cannot operate properly without them.

### Analytics cookies

With your permission we use analytics cookies to understand how visitors use our website so we can improve its content, accessibility and usability.

Analytics cookies are only placed on your device if you choose to accept them.

### Managing your cookie preferences

When you first visit our website you will be asked whether you wish to accept optional cookies.

You can:

- accept all cookies
- reject non-essential cookies
- choose your own cookie preferences.

We use Cookiebot to manage cookie consent.

You can review or change your cookie preferences at any time by selecting **Cookie Settings** on our website.

The Cookie Declaration within Cookiebot provides an up-to-date list of the cookies currently used on this website.

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## 5. Who We Share Your Information With

We treat any personal information we hold confidentially and never sell it.

We use carefully selected service providers to help us operate the website. These include:

- WordPress to power the website
- WebHealer for website hosting and technical services
- Cookiebot to manage cookie consent and record visitors' cookie preferences

These providers only process information necessary to deliver their services and are required to protect it appropriately.

If you choose to contact a therapist listed in the directory, your information is sent directly to that therapist. Attention Allies does not receive, forward or store these communications.

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## 6. How Long We Keep Your Information

Attention Allies retains only the limited information necessary for the operation, security and maintenance of the website.

Cookie consent records are managed by Cookiebot in accordance with its own retention settings.

If you contact an individual therapist, they will explain their own privacy policy and how long they retain your personal information.

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## 7. Keeping Your Information Safe

We take the security of your information seriously.

We protect information by:

- using encrypted and password-protected systems
- protecting our website with HTTPS encryption
- limiting access to personal information to those who need it
- regularly reviewing the security of the services we use.

Although no online system can ever be completely secure, we take appropriate technical and organisational measures to safeguard the information we hold.

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## 8. Your Rights

Under UK GDPR you have the right to:

- request a copy of the personal information we hold about you
- ask us to correct inaccurate information
- request that we delete your personal information where appropriate
- object to or restrict certain types of processing
- withdraw your consent where processing relies on your consent.

We aim to respond promptly and, in all cases, within one month as required by UK data protection law.

Please note that these rights apply only to information held by Attention Allies. If you have contacted or are working with an individual therapist, you should contact them directly regarding your therapy records or clinical information.

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## 9. Making a Complaint

If you have any concerns about how Attention Allies has handled your personal information, we encourage you to contact us first so we can try to resolve the matter.

Please email:

[duncan@therapy-space.co.uk](mailto:duncan@therapy-space.co.uk)

using the subject line:

### **Data Protection Enquiry**

We will acknowledge your enquiry as soon as possible and work with you to resolve any concerns.

**Please note that if your concern relates to information held by an individual therapist, including therapy records or clinical information, you should contact that therapist directly as they are the independent Data Controller for that information.**

If you remain dissatisfied with how Attention Allies has handled your personal information, you have the right to complain to the Information Commissioner's Office (ICO), the UK's independent regulator for data protection.

Website: <https://ico.org.uk>