

# Privacy Policy

**Last Updated:** June 2026

Your privacy is very important to us. This policy explains what personal information we collect, how we use it, how we keep it safe, and what rights you have. We use simple language here so everything is easy to understand.

## 1. Who We Are

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

All therapists are individually accountable to their relevant professional body (such as the BACP, NCPS, or UKCP) for maintaining professional and ethical standards. You should consult each therapist's individual website or profile to confirm their professional membership and accreditation.

Attention Allies is not a registered company, partnership, or clinic. Engaging with a therapist via this network does not create a contractual or therapeutic relationship with the group as a whole or with the founder. We operate at individual premises that can be found via individual practitioners' websites accessible from the directory of this site.

## Data Control Roles:

- **The Website Directory:** For the purposes of data protection laws, **Duncan Stafford** is the "Data Controller" for any personal information collected directly through this directory website. You can contact him at [duncan@therapy-space.co.uk](mailto:duncan@therapy-space.co.uk).
- **Your Therapist:** Once you are connected with an individual therapist, **that specific therapist** becomes the independent Data Controller for your clinical records, session notes, and ongoing therapy data. Attention Allies does not see, hold, or control your clinical therapy notes.

## 2. Information We Collect

We only collect information that is absolutely necessary to provide you with a safe and professional connection to a therapist. This includes:

- **Contact Details:** Your email address, name, phone number, and any personal information you choose to share if you use the main contact form directed to our founder.
- **Technical Data:** Basic, anonymous technical data collected automatically when you browse our site (see Section 4).

## 3. How and Why We Use Your Data

We process your information under specific legal reasons allowed by UK law:

- **Consent and Legitimate Interests:** To reply to your messages and provide you with a direct contact connection to a member of the ADHD counselling, psychotherapy, and coaching directory.

#### 4. Who We Share Your Data With

Your personal information is kept confidential. We do not sell your data. We only share your data in the following two ways:

1. **With Your Chosen Therapist:** If you ask us to connect you with a specific professional in our directory, we will forward your contact inquiry directly to them.
2. **Third-Party Service Providers:** We use trusted digital services to run our website. They process limited technical data strictly on our behalf:
  - **WordPress:** Powers our website and processes data you submit through the contact form.
  - **WebHealer:** Website hosting and building platform; collects basic, technical visitor analytics.

#### 5. How Long We Keep Your Information

We do not keep your information forever.

- **Inquiries:** Once you have contacted us via the site, we keep the information for as short a time as necessary to connect you. We permanently delete your contact form details from our central website system within **3 months**. (*Note: Your chosen therapist will have their own retention policy for data forwarded to them*).

#### 6. Keeping Your Data Safe

We take web and digital security seriously. Your information is protected by:

- Using encrypted, password-protected electronic devices and email storage.
- Ensuring our website uses a secure connection (HTTPS/SSL) to protect any information you type into our contact forms.

#### 7. Your Rights

You have strong rights over your personal data under the Data Use and Access Act (DUAA). You can ask us to:

- Provide a free copy of the contact data and messages we hold about you (**Subject Access Request**). We will provide this digitally and securely without delay, and always within **10 days**.
- Fix any mistakes in your personal details.
- Permanently delete your contact information from our website systems.

#### 8. How to Make a Data Complaint

If you are unhappy with how we have handled your data on this website, please let us know directly so we can fix it.

- **How to complain:** Send an email to [duncan@therapy-space.co.uk](mailto:duncan@therapy-space.co.uk) with the subject line "Data Complaint".

- **Our promise:** We will formally acknowledge your complaint within 30 days and resolve the issue without delay.

If you are still not satisfied with our response, you have the legal right to escalate your complaint to the UK's independent data regulator, the **Information Commissioner's Office (ICO)**, at [ico.org.uk](https://ico.org.uk).