



Website Privacy Policy

Last updated: March 2026

This privacy policy explains how personal data is collected, used, stored, and protected when you visit this website or contact me.

I am committed to protecting your privacy and handling your data in a transparent and lawful way, in line with UK data protection law.

Data Controller

The data controller is Gurpal Bharj at Linkswood Counselling.
Email: hello@linkswoodcounselling.co.uk

What Personal Data Is Collected

Website use

This website may collect limited technical data, such as:

- IP address
- Browser type and version
- Pages visited and time spent on the site

This data is collected via cookies or standard server logs and is used only to understand website usage and improve the site.

Contact forms and enquiries

If you contact me via the website, email, or phone, I may collect:

- Your name
- Email address
- Phone number
- Any information you choose to share in your message

You are encouraged not to include sensitive personal information in initial contact forms.

How Your Data Is Used

Your data is used to:

- Respond to enquiries
- Provide information about counselling services
- Manage appointments and communication
- Meet legal, ethical, and professional obligations

Your data will never be sold or shared for marketing purposes.

Lawful Basis for Processing

Under UK GDPR, the lawful bases for processing your data are:

- **Consent** – when you contact me voluntarily
- **Contract** – where counselling services are provided
- **Legal obligation** – where record-keeping is required
- **Legitimate interests** – for running and improving the website safely

Data Storage and Security

Reasonable steps are taken to protect your data from loss, misuse, unauthorised access, or disclosure.

Electronic data is stored securely, and access is limited to me only.

Website data and enquiry emails are kept only for as long as necessary.

Data Sharing

Your data will not be shared with third parties unless:

- You have given explicit consent
- There is a legal obligation to do so
- It is necessary to protect you or others from serious harm

Any third-party services used (e.g. website hosting or email providers) are required to comply with UK data protection standards.

Your Rights

Under UK GDPR, you have the right to:

- Access your personal data

- Request correction of inaccurate data
- Request erasure of your data
- Restrict or object to processing
- Withdraw consent at any time

Requests can be made using the contact details above.

Cookies

This website may use essential cookies for basic functionality and performance. You can manage or disable cookies through your browser settings.

Complaints

If you are concerned about how your data is handled, please contact me first.

You also have the right to complain to the Information Commissioner's Office (ICO):

- Website: <https://www.ico.org.uk>
- Telephone: 0303 123 1113

Changes to This Policy

This privacy policy may be updated from time to time. The most recent version will always be available on this website.