Helen Forster (Sole Trader)

Trading as Halo Counselling

Website: halo-counselling.uk

Email: halocounselling24@gmail.com

Last updated: October 2026

Privacy Policy

Introduction

Halo Counselling is committed to protecting your privacy and handling personal information in accordance with the UK GDPR and Data Protection Act 2018.

Data Controller

Helen Forster (Sole Trader), trading as Halo Counselling.

Information collected

• Name, email address and telephone number if you contact us.

• Information you voluntarily provide by email.

• Technical information collected by Squarespace, such as browser type, IP address and website usage statistics.

How we use your information

• Respond to enquiries.

• Arrange consultations and appointments.

• Provide counselling services where appropriate.

• Maintain website security and performance.

• Meet legal, insurance and professional obligations.

Lawful basis

We rely on legitimate interests, consent, performance of a contract and legal obligations where appropriate.

Email enquiries

Enquiries sent to halocounselling24@gmail.com are received through Gmail Email. Sending an enquiry does not create a therapeutic relationship.

Retention

Website enquiries are retained only as long as reasonably necessary. If you become a client, your information is handled under our separate Client Privacy Notice.

Your rights

You may request access, correction, restriction, erasure (where applicable), object to processing or complain to the Information Commissioner's Office (ICO).

Contact

Email: halocounselling24@gmail.com

ICO: https://ico.org.uk

Cookie Policy

This website is hosted by Webahead and uses essential cookies required for website operation. Webahead may also collect anonymized website statistics to help understand visitor use and improve the website.

You can manage cookies through your browser settings. If additional analytics or marketing cookies are introduced in future, this policy will be updated and consent obtained where required.

Website Terms & Conditions

The information on this website is provided for general information only and may be updated without notice.

Website content remains the intellectual property of Helen Forster unless otherwise

stated and may not be copied or reproduced without permission.

This website should not be relied upon as medical, legal or psychological advice.

Submitting an enquiry does not create a counselling relationship. Therapy only begins following assessment, mutual agreement and acceptance of a counselling contract.

Links to third-party websites are provided for convenience only and do not imply endorsement.

These Terms are governed by the laws of England and Wales

Accessibility Statement

Halo Counselling is committed to making this website as accessible as reasonably possible.

If you have trouble accessing any content or require information in another format, please email halocounselling24@gmail.com and reasonable efforts will be made to assist.

Accessibility improvements are reviewed on an ongoing basis.