



## **Privacy Policy – MindReady Media**

Last updated: 13 April 2026

MindReady Media is the trading name of Amanda Jackson and Dr Rachael Macleod.

This Privacy Policy explains how we collect, use, and protect personal data when you visit our website or contact us about our services. We handle personal information in accordance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

### **Who we are**

MindReady Media is operated by Amanda Jackson and Dr Rachael Macleod, who act as joint data controllers for the purposes of data protection law.

### **What information we collect**

We may collect personal information including:

- Your name
- Email address
- Organisation or company name
- Information included in messages sent via contact forms or email

We may also collect limited technical information such as IP address, browser type, and website usage data for analytics purposes.

### **How we use your information**

We use personal information to:

- Respond to enquiries about our services
- Communicate with organisations interested in working with us
- Provide information about consultancy, therapy, training, or related professional services
- Improve our website and services

### **Lawful basis for processing**

Our lawful bases for processing personal data include:

- Legitimate interests – to respond to enquiries and operate our consultancy services
- Consent – where you choose to opt in to receiving updates



- Contractual necessity – where processing is required to provide agreed services

### **Sharing information**

We do not sell personal data. Information may be shared with trusted service providers such as website hosts or email providers where necessary to operate our services.

### **Data security**

We take appropriate technical and organisational measures to protect personal data from loss, misuse, or unauthorised access.

### **Data retention**

We retain personal information only for as long as necessary. General enquiries are typically retained for up to 12 months unless a professional relationship is established.

### **Your rights**

Under UK data protection law you have the right to:

- Access your personal data
- Request correction of inaccurate information
- Request deletion of your data where appropriate
- Restrict or object to certain types of processing

### **Cookies**

Our website may use cookies to improve functionality and analyse website traffic.

### **Complaints**

If you have concerns about how your data is handled you may contact us directly or lodge a complaint with the Information Commissioner's Office (ICO): [www.ico.org.uk](http://www.ico.org.uk)

### **Mental health emergencies**

MindReady Media provides consultancy, training, and therapy services but this website is not monitored for urgent clinical requests.

If you or someone else is in immediate danger please call 999.

For urgent mental health support in the UK you can contact:

- NHS 111 and select the mental health option
- Samaritans on 116 123

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