



Website Terms of Use

Effective Date: 13 July 2026

Last Reviewed: 13 July 2026

1. Introduction

Welcome to Guided by... Adelle.

These Website Terms of Use explain the terms and conditions for using my website:

www.guidedbyadelle.co.uk

By accessing and using this website, you agree to these Terms of Use. If you do not agree with these terms, please do not use this website.

2. About This Website

This website is operated by:

Guided by... Adelle

Contact details:

- Email: info@guidedbyadelle.co.uk
- Telephone: +44 7368 492101
- Website: www.guidedbyadelle.co.uk

The purpose of this website is to provide information about counselling services, my approach, and how you can make contact regarding potential therapeutic support.

3. Website Information

The information provided on this website is intended for general information purposes only.

It is designed to:

- Explain the counselling services I offer.
- Provide information about my professional approach.

- Help you decide whether counselling may be suitable for you.
- Provide ways to contact me.

The information on this website does not constitute:

- Medical advice.
- Psychological diagnosis.
- Emergency support.
- A substitute for professional healthcare or crisis services.

If you are experiencing an emergency or believe you or someone else is at immediate risk, please contact emergency services or an appropriate crisis support service.

4. Counselling Services

Information provided on this website does not create a counselling relationship between you and Guided by... Adelle.

A therapeutic relationship begins only after:

- An initial discussion or assessment has taken place.
- Suitability for counselling has been considered.
- A counselling agreement has been completed.
- Arrangements for sessions have been confirmed.

5. Website Availability

I aim to ensure that this website is available and functioning correctly; however:

- Access may occasionally be interrupted due to maintenance, technical issues or circumstances outside my control.
- I do not guarantee that the website will always be available without interruption.
- I reserve the right to update, remove or change website content at any time.

6. Accuracy of Information

I take reasonable steps to ensure that information on this website is accurate and up to date.

However:

- Information may change over time.
- I cannot guarantee that all information will always be complete or error-free.

- I am not responsible for decisions made based solely on information provided on this website.

7. Contacting Me Through the Website

If you contact me through this website:

- Any information you provide will be handled confidentially and securely.
- Please do not share sensitive personal information through website forms or email before counselling has been established.
- Email communication may not be completely secure.

Please refer to my Privacy Policy for information about how personal data is collected and processed.

8. Confidentiality and Online Communication

While I take reasonable steps to protect your privacy:

- Website enquiries, emails and online communications may carry a risk of interception.
 - The website should not be used to disclose urgent safeguarding concerns or emergencies.
- Confidential therapeutic discussions should take place within agreed counselling sessions.

9. Intellectual Property

All content on this website belongs to Guided by... Adelle unless otherwise stated.

This includes:

- Written content.
 - Logos.
 - Branding.
 - Images.
 - Designs.
- Downloadable materials.

You may:

- View and use the website for personal, non-commercial purposes.

You may not:

- Copy, reproduce, modify, distribute or use website content commercially without written permission.

10. Links to Other Websites

This website may include links to external websites or resources.

These links are provided for information and convenience only.

I do not:

- Control external websites.
- Endorse all content on external websites.
- Accept responsibility for the accuracy, availability or privacy practices of external websites.

You should review the privacy policies and terms of any external websites you visit.

11. Acceptable Use

When using this website, you agree not to:

- Use the website unlawfully.
- Attempt to gain unauthorised access to the website.
- Introduce viruses or harmful material.
- Misuse website content.
- Interfere with website security or functionality.

12. Limitation of Liability

To the fullest extent permitted by law:

- Guided by... Adelle is not liable for any loss or damage arising from use of this website.
 - I am not responsible for technical issues, interruptions or reliance on website information.
 - Nothing in these terms excludes liability where it cannot legally be excluded.

13. Data Protection

Any personal information collected through this website is handled in accordance with:

- UK General Data Protection Regulation (UK GDPR).
- Data Protection Act 2018.
- My Privacy Policy.

Please read my Privacy Policy and Cookie Policy for further information.

14. Changes to These Terms

These Website Terms of Use may be updated from time to time.

The latest version will always be available on:

www.guidedbyadelle.co.uk

15. Governing Law

These Terms of Use are governed by the laws of England and Wales.

Any disputes relating to these terms will be subject to the jurisdiction of the courts of England and Wales.

16. Contact Information

If you have any questions about these Website Terms of Use, please contact:

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- Website: www.guidedbyadelle.co.uk