

Privacy Notice

Last Updated: [25 September 2025]

This Privacy Notice explains how Maya Geller - Uplifting Parenting, the Data Controller ("I," "me," or "my"), collects, uses, stores, and protects your personal data when you engage my services for parental support. It also details your rights under the General Data Protection Regulation (GDPR).

1. Data Controller Information

The Data Controller is the person or entity responsible for deciding how and why your personal data is processed.

- **Data Controller Name:** Uplifting Parenting.
- **Address:** 2 The Court Hazelbrook Square Churchtown Dublin 14
- **Email for Privacy Requests:** upliftingparenting@gmail.com

2. What Data I Collect

I collect data directly from you, the parent/guardian, to provide a personalised and effective support plan. This includes both standard Personal Data and highly sensitive Special Category Data (health data).

A. Personal Data (Standard)

Category	Specific Data Collected	Legal Basis for Processing
Contact & Identification	Full Name of Parent/Guardian, Email Address.	Contractual Necessity (Article 6(1)(b)): Necessary to perform the services agreed upon and manage communication.

Family Context	Name(s) of parent(s)/guardian(s) and their ages, Child's Name, Child's Age.	Contractual Necessity (Article 6(1)(b)): Required to structure the support plan and ensure its relevance to the family dynamic.
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B. Special Category Data (Sensitive Health Data)

Category	Specific Data Collected	Legal Basis for Processing
Child Health Diagnosis	Diagnosis information (e.g., ADHD, Autism, other related neurodevelopmental diagnoses).	Explicit Consent (Article 9(2)(a)): I require your clear, affirmative, and explicit consent to process this sensitive information. This consent will be obtained separately and documented prior to processing.
Contextual Health Information	Detailed feedback from schools, extra curricular activities as verbally described and conveyed by the parents/guardians.	Explicit Consent (Article 9(2)(a)): This information is essential for tailoring the plan and is only processed with your explicit permission.

3. Purpose of Processing

The sole purpose for collecting this data is to **create a tailored and highly personalised support plan** for you, the parent, to address the specific challenges you face with your child. Without this data, particularly the Special Category Data, I cannot effectively provide a targeted and professional service.

4. How I Store and Secure Your Data

I am committed to ensuring the confidentiality and integrity of your data through strict organizational measures:

- **Format:** All Special Category Data and associated Personal Data are recorded **by hand** on physical paper forms.

- **Security:** These handwritten client files are immediately placed into a dedicated, **locked client file drawer** located in my private, secure office.
- **Access:** Access to these physical files and the locked office is restricted **solely to me**, the Data Controller.
- **Digital Data:** Only your name and email address are stored digitally for scheduling and administrative correspondence, and these are secured using password-protected systems.

5. Who I Share Your Data With

I **do not share** your Personal Data or Special Category Data with any other person, organization, or third party whatsoever.

6. Data Retention Period

I will retain your client file (physical and digital correspondence) for a period of **[Insert Time Period, e.g., 3 years]** after our professional engagement ends. This is necessary to satisfy professional obligations and potential legal requirements. After this period, the physical file will be securely destroyed (shredded) and all associated digital files will be permanently deleted.

7. Your Data Protection Rights

Under GDPR, you have the following rights, which you can exercise at any time.

To exercise any of these rights, please email your request directly to me at: uplifting.com
(Please use your valid, monitored email address here).

Right	What it Means for You
Right to Withdraw Consent	You can withdraw your explicit consent (for processing health data) at any time. This will not affect the lawfulness of processing carried out before withdrawal.
Right of Access (SAR)	You can request a copy of the personal data I hold about you and your child.

Right to Rectification	You can request that I correct any data you believe is inaccurate or incomplete.
Right to Erasure	You can request that I erase your personal data (including the shredding of all hand-written files) under certain conditions.
Right to Restrict Processing	You can request that I limit the way I use your personal data.
Right to Data Portability	You can request that I transfer the data you provided to another organization, or directly to you, in a structured, commonly used, and machine-readable format.
Right to Object	You have the right to object to the processing of your personal data in certain situations.

8. Right to Complain to the Supervisory Authority

If you are not satisfied with how I have handled your data privacy request or if you believe I have not complied with data protection law, you have the right to lodge a complaint with the supervisory authority in your jurisdiction.

- **In Ireland:** The Data Protection Commission (DPC).
- **In the UK:** The Information Commissioner's Office (ICO).

Thank you for reading this Privacy Notice. Your trust and privacy are my highest priority.