

Quarterly health check

Rowan Vale Counselling

Q3 2026 · 1 July – 30 September 2026

ALL CLEAR THIS QUARTER



This is the check we promised when you signed up, not a sales document. Every figure below is real for this quarter, and every incident is named whether or not it was serious.

Next report due: early January 2027

The most important number on this page

Your contact form was tested 92 times this quarter — once a day, automatically — and passed 91 of those tests. Your site itself was reachable on 92 of 92 days.

What went wrong, and what happened next

14 August 2026 — Contact form did not send for 6 hours after a mail-provider outage. Found by our daily test, same day; resolved same day, before it was noticed by a visitor.

Lighthouse mobile scores, against the 95+ guarantee

Category	Score	Result
Performance	97	PASS
Accessibility	100	PASS
Best Practices	96	PASS
SEO	100	PASS

All four scores remained at or above the 95 guarantee throughout the quarter. Performance dipped to 93 for seven days after a specialism page was added with an unoptimised image; corrected within the week.

The unglamorous checks that matter most

Check	Status
HTTPS certificate	Valid, auto-renewing, no action needed
Software and dependency updates applied	3
Backups	weekly, automatic

WHAT CHANGED THIS QUARTER

4 edits made, 11 pages live

- Updated fee to reflect the practitioner's new rate
- Added a specialism page for bereavement counselling
- Corrected a broken link on the FAQ page
- Refreshed the availability line on the homepage

RECOMMENDATIONS

Anything we think you should know about

- None outstanding. The image-optimisation issue from August is resolved and won't recur — new images are now compressed automatically before publishing.

Questions about any of this?

Reply to this email or write to us directly — every figure above came from a real test, so if something doesn't match what you've noticed, tell us and we'll look again. Next report due early January 2027.