

Cookie Policy

My website uses cookies to distinguish you from other users of my website. This helps me to provide you with a good experience when you browse my website and also allows me to improve my site.

A cookie is a small text file which is placed onto your computer (or other electronic device) when you access my website.

I use cookies on this website to:

- recognise you whenever you visit this website (this speeds up your access to the website as you do not have to log in each time);
- obtain information about your preferences, online movements and use of the internet;
- carry out research and statistical analysis to help improve my content, products and services and to help me better understand my visitor requirements and interests;
- target my marketing and advertising campaigns more effectively by providing interest-based advertisements that are personalised to your interests; and
- make your online experience more efficient and enjoyable.

The information I obtain from my use of cookies will not usually contain your personal data. Although I may obtain information about your computer or other electronic device such as your IP address, your browser and/or other internet log information, this will not usually identify you personally. In certain circumstances I may collect personal information about you—but only where you voluntarily provide it (eg by completing an online form).

I use the following types of cookies:

- **Strictly necessary cookies.** These are cookies that are required for the operation of my website.
- **Analytical or performance cookies.** These allow me to recognise and count the number of visitors and to see how visitors move around my website when they are using it. This helps me to improve the way my website works, for example, by ensuring that users are finding what they are looking for easily.
- **Functionality cookies.** These are used to recognise you when you return to my website. This enables me to personalise my content for you, greet you by name and remember your preferences (for example, your choice of language or region).
- **Marketing cookies.** These cookies record your visit to my website, the pages you have visited and the links you have followed. I will use this information to make my website and the advertising displayed on it more relevant to your interests.

Apart from in the case of strictly necessary cookies, I will need your consent in order to use cookies on this website.

First and third party cookies

First party cookies are cookies set by my website. Third party cookies are cookies on my website that are set by another website, such as where I have adverts on my website or use Facebook pixels so that I can show you relevant content from me when you are on Facebook.

I use third party cookies on my website and details of these are included in the table below.

More detail about our cookies

The table below provides more information about the cookies I use and why:

Cookie	Purpose for the cookie
Google Analytics	These cookies are used to collect information about how visitors use my site. I use the information to compile reports and to help me improve the site. The cookies collect information in an anonymous form, including the number of visitors to the site, where visitors have come to the site from

	and the pages they visited.
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How to turn off cookies or alter settings

You can alter your cookie preferences by going to 'Cookie Settings' and changing the relevant settings to 'off'.

If you do not want to accept cookies, you can also change your browser settings so that cookies are not accepted. If you do this, please be aware that you may lose some of the functionality of this website.

To opt out of being tracked by Google Analytics across all websites, visit <http://tools.google.com/dlpage/gaoptout>.

For further information about cookies and how to disable them please go to the Information Commissioner's webpage on cookies: <https://ico.org.uk/for-the-public/online/cookies/>.