



Cookie Policy

Introduction

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 our site.

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

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 our 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
- make your online experience more efficient and enjoyable

The information I obtain from the 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 such as 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 mywebsite 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 the content for you, greet you by name and remember your preferences, for example your choice of language or region.

- Targeting 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.

How to turn off cookies or alter settings

You can alter your cookie preferences at any time by going to the cookie consent mechanism and changing the relevant setting 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/>.

Except for essential cookies, all cookies will expire after 180 days.