

# Cookies in use on this website

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## Cookies and how they benefit you:

Our website uses cookies, as almost all websites do, to help provide you with the best experience we can. Cookies are small text files that are placed on your computer or mobile phone when you browse websites. A cookie in no way gives us access to your computer or any information about you, other than the data you choose to share with us.

## Our cookies help us:

- Make our website work as you'd expect
- Remember your settings during and between visits
- Improve the speed/security of the site
- Continuously improve our website for you

We do not use cookies to:

- Collect any personally identifiable information (without your express permission)
- Collect any sensitive information (without your express permission)
- Pass data to advertising networks
- Pass personally identifiable data to third parties (without your express permission)

## Granting us permission to use cookies:

If the settings on your software that you are using to view this website (your browser) are adjusted to accept cookies, we take this, and your continued use of our website, to mean that you are fine with this. Should you wish to remove or not use cookies from our site you can learn how to do this below, however doing so will likely mean that our site will not work as you would expect.

## More about the Cookies we use:

### Functionality Cookies:

We use cookies to make our website work including, allowing you to add comments to our site.

### Cookie name: wfvf\_

Cookie purpose description: This cookie remembers the user's submitted data

when a comment is submitted in a blog post. The purpose is to auto-populate form fields for subsequent comments, in order to save time for the users.

Initiator: Webserver

Source:

Expires: End of browsing sessions

### **Third Party Cookies:**

So that you can subscribe to receive our newsletters, blogs and marketing information, we use email software called 'Convert Kit'. To enable you to subscribe to our email list, we use 'pop-up' boxes and URL links on our website, that will only ever gather data from you (such as your name and email address), if you explicitly give your consent. Our collected email data, is securely stored on Convert Kit's servers, and is never shared with anyone else. As part of the functionality of the pop-up box, we use a cookie which helps to verify you as a human user (as opposed to a machine).

### **Cookie name: googtrans**

Initiator: Script tag,

Source:

Expires: End of browsing session

### **Cookie name: wordfence\_verifiedHuman**

Initiator: Script tag

Source:

Expires: End of browsing session

### **Turning Cookies Off**

There are two options:

Option One:

Select disable on the cookie pop up.

Option Two:

You can disable them by adjusting the settings on your browser. However, this will affect the functionality of the websites you visit. For more help on how to disable your cookies or delete them visit [www.aboutcookies.org](http://www.aboutcookies.org)