

# Cookie Policy

## About Cookies

Cookies are small text files that are downloaded on to your computer or smartphone by websites that you visit. It allows the website to recognise that user's device and store information in order to help make websites work, or work more efficiently, as well as to provide information to the owners of the site about the user's preferences or past actions.

## How we use cookies

Our website uses Cookies. When you visit our website, we may collect information from you, such as your email address, IP address and other online identifiers. This helps us to monitor usage and patterns of website traffic.

We may use third parties to collate IP addresses to help us understand our internet traffic and data regarding your browser type and computer and to create statistical data on the use of our website. We may use or disclose the statistical data to improve the content on our site and to offer you products and services.

We do not use cookies to track people's Internet usage after leaving our sites and we do not store personal information in them that others could read and understand. We will not sell or distribute cookie information without your prior consent.

We may create links to other web sites. We will make a reasonable effort to link only to sites that meet similar standards for maintaining each individual's right to privacy. However, many other sites that are not associated with or authorised by our Company may have links leading to our site. Our Company cannot control these links and we are not responsible for any content appearing on these sites. Since our website does not control the privacy policies of third parties, you are subject to the privacy practices of that third party. We encourage you to ask questions before you disclose any personal information to others.

## How you can manage cookies

You have a number of choices about how you manage cookies on your device. Internet browsers normally accept cookies by default, but all major browsers allow you to block or delete cookies.

You may delete and block some or all cookies from this site, but this may restrict your use of our website and / or delay or affect the way in which our website operates and parts of the site may not work as a result.

To learn more about your how to manage cookies please consult the privacy features in your browser. Most web browsers allow some control of most cookies through the browser settings. To enable or disable cookies, follow the instructions provided by your browser (usually located within the "Help", "Tools" or "Edit" facility).

Further external resources are available by visiting [www.aboutcookies.org](http://www.aboutcookies.org) or [www.allaboutcookies.org](http://www.allaboutcookies.org) that provide specific information about cookies and how to manage them to suit your preferences.

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

## Types of cookies we use

### **Strictly necessary cookies**

These cookies are essential for our online services and tools to work. They collect or record information that we need to make our site work.

Common uses for this type of cookie include:

- allowing users to log in or access private areas of a site

These cookies only last for a single browsing session – when you leave our site, they are removed.

### **Performance cookies**

These cookies help us to monitor and improve how our website works.

Common uses for this type of cookie include:

- collecting information about which pages visitors go to most often
- noting if visitors get any error messages from web pages
- understanding which links visitors like to follow (including adverts) and which they choose not to

The information collected using these cookies is anonymous and cannot be used to identify an individual visitor.

### **Functionality cookies**

These cookies allow us to provide you with enhanced features that need to remember your preferences and choices, such as your user name, language or region. They also let us monitor how our website is performing so we can keep on improving it.

Common uses for this type of cookie include:

- providing you with local information, such as health providers in your area
- remembering how you like to use our site, such as what text size you like or what media software you use
- remembering which topics you're interested in so we can provide you with related products, services and information

The information we store in these cookies is encrypted so that only we can read it.

### Changes to our Cookie Policy

We reserve the right, at our discretion, to amend this Cookie Policy at any time. It was last updated on December 2022 Please read this carefully and re-visit the Policy from time to time to review any changes that may have been made.