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COOKIE POLICY

INFORMATION ABOUT OUR USE OF COOKIES

A cookie is a small file of letters and numbers that we store on your browser or the hard drive of your computer (if you consent to us using cookies). Cookies contain information that is transferred to your computer's hard drive.

Our website uses cookies to distinguish you from other users of our website. This helps us to provide you with a good experience when you browse our website and also allows us to improve our website.

We only use analytical cookies which enable us to recognise and count the number of visitors and to see how visitors move around our website. This helps us to improve the way our website works, for example, by ensuring that users are finding what they are looking for easily.

You can find more information about the individual cookies we use and the purposes for which we use them in the table below:

Cookie	Name	Purpose	More information
Email Data Capture	You by Design	[to capture your email address to send you details of my freebie	This data is used in my Mailchimp Email Marketing

You can block cookies by activating the setting on your browser that allows you to refuse the setting of all or some cookies. However, if you use your browser settings to block all cookies (including essential cookies) you may not be able to access all or parts of our site.

Most web browsers allow some control of most cookies through the browser settings. To find out more about cookies, including how to see what cookies have been set and how to manage and delete them, visit www.allaboutcookies.org.

Except for essential cookies.