1. Top of Form
2. Bottom of Form
3. **What are cookies?**

Cookies are small software files that are installed onto any device you use to visit a website for the first time. Cookies are generally used by professional websites - and at www.solutioncounselling.co.uk - to give visitors a consistent, high quality user experience. They also provide website owners with information about how their site is used (see ‘Performance cookies’, below). Cookies in themselves don’t identify individual users, only the computer or mobile device they use, via a randomly generated identifying tag.

1. **Types of cookies used on my website**
   * **Essential cookies** are necessary to make allow my website to work.
   * I also use **Performance cookies** installed by my website host Wix.comand also by Google Analytics. These give me anonymous information about how visitors use my site, for example, how often they come, which pages they look at and for how long. I use this information to improve the relevance of content I offer to my website users.
   * From time to time, I may also use third party cookies from Facebook that allow me to direct Facebook advertisements to anyone who’s shown interest in the service I offer on my website. In this case, advertising material will be sent to your device, but I will never know your name or that this material has been sent to you personally.
2. **Consent to cookies**

To give your consent to cookies being used, click the ‘Accept’ button on the ‘Cookie Banner’ that appears on the homepage when you visit my site. If you don’t click ‘Accept’ but continue to use the website, cookies will automatically be installed on your device. If you don’t give your consent to this, you can manage or disable cookies (see below). Be aware that doing this can negatively affect the quality of your experience using my website.

1. **Disabling/deleting/managing cookies**

To manage or disable cookies at www.solutioncounselling.co.uk, you’ll need to make changes to your web browser settings. To find out more about cookies, see what cookies have been set and how to manage and delete them, you can use the following links for the browser you are using:

* [Internet Explorer cookies information](http://support.microsoft.com/kb/278835)
* [Microsoft Edge cookies information](https://support.microsoft.com/en-us/microsoft-edge/delete-cookies-in-microsoft-edge-63947406-40ac-c3b8-57b9-2a946a29ae09)
* [Chrome cookies information](https://support.google.com/chrome/answer/95647?hl=en-GB)
* [Firefox cookies information](http://support.mozilla.org/en-US/kb/Clear%20Recent%20History)
* [Safari cookies information](https://support.apple.com/en-gb/HT201265" \t "_blank)

## **Contact me**

Please do contact me if you have any questions about this Cookie Policy, at catherine@solutioncounselling.co.uk.