

Our Cookie Policy

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 allows us to improve our website. By continuing to browse this website, you are agreeing to our use of cookies.

A cookie is a small file of letters and numbers which we store in your browser or the hard drive of your computer (with your agreement). Cookies contain information which is transferred to your computer's hard drive.

You can find more information about the purposes of the cookies we use below:

- **WordPress Cookies**
WordPress is the content management system used by this website. WordPress uses cookies to keep track of logged in users.
- **Wordfence Security** (WordPress security plug-in)
Wordfence is a security plug-in for WordPress and helps keep the site safe and secure. This plug-in will check you're a real human visitor and your geographical location.
- **Cookie Notifications**
Ironically, to keep track of whether we have shown you the cookie notification message (and your acceptance), we need to set a cookie.
- **Embedded Content** (e.g. YouTube videos)
Occasionally, the webmaster may embed content from other sites and services into web pages (for example, embedding a YouTube video into a page). When third party services are used like this, they will usually set their own cookies in addition to the cookies listed above.

Controlling and blocking cookies

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 website.

More information

For more information, including how to control and disable cookies, please visit [cookiesandyou.com](https://www.cookiesandyou.com).

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