

## Cookies Policy

When you access or use our website and its content, we may collect information from your devices through the use of 'Cookies'. Cookies perform various different functions, and the purpose of this policy is to help you to understand how they work, and why we use them.

### What is a Cookie?

A Cookie is in fact a small text file that is sent to your PC or other device which contains information that allows us to recognise that you have used our website before. They are widely used to make websites work more efficiently for visitors, and to provide information to us as owners of the website. No personal data is collected, and we are unable to associate the cookie with a particular individual's name, address or other personal information.

### OK, so how does Willows Integrated Health use Cookies?

We use Cookies for statistical purposes to track how many individual visitors have visited our website and how often you may visit. We track your visit to different pages including the sequence of the pages you view, and the time spent on each page. All of this can help us to analyse our website, find out what's working and what can be improved.

For examples of the Cookies that www.kentishmummy.co.uk uses please see the table below:

Cookie	Name	Purpose	More information
Google Analytics	_utma _utmb _utmc _utm	Willows Integrated Health use Google Analytics to analyse the use of its website. Google Analytics generates statistical and other information about website use. Google may also transfer this information to third parties where required to do so by law, or where such third parties process the information on Google's behalf. Google will not associate your IP address with any other data held by Google.	Google's privacy policy is available at: <a href="http://www.google.com/privacypolicy.html">http://www.google.com/privacypolicy.html</a> It is possible to opt out of being tracked by Google Analytics across all websites by visiting: <a href="http://tools.google.com/dlpage/gaoptout">http://tools.google.com/dlpage/gaoptout</a>
Facebook	Fr	Facebook is a social media platform we use to communicate with our supporters through both unpaid posts and paid advertising. We use Cookies to measure the effectiveness of paid advertising on Facebook to ensure the money we spend is used effectively. They also enable us to either service advertisements to or exclude people who have visited our website.	Facebook's privacy policy is available at: <a href="https://www.facebook.com/policy.php">https://www.facebook.com/policy.php</a>

### Are any other third-party Cookies?

Yes, there are. One being the Facebook Cookie shown above. These cookies are used to deliver Willows Integrated Health advertisements relevant to you, based upon your interests.

They are also used to limit the number of times you see an advertisement as well as help measure the effectiveness of an advertising campaign.

### Targeting cookies are used to:

- 1) Collect information about browser habits to target website content and to target advertising.
- 2) Link to social media networks who may use this information about your visit to target advertising to you.
- 3) To provide advertisers with information on your visit so that they can present you with adverts that you may be interested in.
- 4) Deliver content and marketing communications tailored to your interests based on information from your visit.
- 5) To perform site retargeting. A retargeting pixel (a tiny unit of code) on our webpage leaves a cookie in the user's browser, which causes our adverts to be displayed or to not be displayed to you when you visit certain websites within a retargeting network (e.g. Google Display Network, Facebook etc).
- 6) To perform search retargeting, which allows our adverts to be displayed on third party webpages, based upon your previous web search activities.

(1 of 2) Continues...

## Data Collection

Third parties (including, for example, advertising networks and providers of external services like web traffic analysis services) may also use cookies on our websites. These cookies are likely to be analytical/performance cookies or targeting cookies. No personal data is collected, and we are unable to associate the cookie with a particular individual's name, address or other personal information.

A list of third parties who may deploy a cookie to your device, with a link to their cookie details is below:

## Third party Policy location

- YouTube; <https://www.google.com/policies/technologies/types/>
- Google; <https://www.google.com/policies/technologies/types/>
- Google Analytics; <https://www.google.com/policies/technologies/types/>
- Facebook; <https://www.facebook.com/policies/cookies/>
- Twitter; <https://support.twitter.com/articles/20170514>
- LinkedIn; <https://www.linkedin.com/legal/cookie-policy>
- WorldPay; <http://www.worldpay.com/uk/worldpay-cookies>
- Paypal; <https://www.paypal.com/uk/webapps/mpp/ua/cookie-full>

## How to control or delete Cookies

Should you wish to have more control or even delete Cookies, you can amend your internet browser settings to block some or all cookies. To do this, follow the instructions provided by your preferred web browser which we have linked below for the more common ones.

Please be aware however that if you block cookies from the website, some or all the website's functions may not perform as intended:

- Firefox
- Internet Explorer
- Google Chrome
- Safari

Mobile phone users may have to refer to their handset manual for details on how to block cookies using their mobile browser. For more information about online behavioural advertising cookies and opt-out controls, please go to <http://www.youronlinechoices.eu/>.

More information regarding opting out of platform-based advertising can be found at <http://appnexus.com/platform-policy#choices>.

## Acceptance of cookie use

By continuing to use our website you will have been deemed to have agreed to our use of Cookies subject to any preferences you may have indicated to us or any overriding browser settings you may have.

We may make changes to this policy from time to time. If we do so, we will post the changes on this page and make sure it's publicised clearly on our website. These changes will apply from the time we post them.

## How to contact us

You are in control of all personal information you provide to us online. If at any time you have any questions about our Internet Privacy Policy, you would like to correct the personal information we have about you or if you would like to change your preferences for contacts from us, you can let us know by contacting us at the via our website:

<https://www.kentishmummy.co.uk/contact>. In order to review any personal information, we have about you or to ask us to delete that information or to stop further use of the information, please contact us via our website:

<https://www.kentishmummy.co.uk/contact>.