**Cookies In Use on This Site**

**Cookies and how they Benefit You**

Our website uses cookies, as almost all websites do, to help provide you with the best experience we can. Cookies are small text files that are placed on your computer or mobile phone when you browse websites

Our cookies help us:

* Make our website work as you'd expect
* Save you having to login every time you visit the site
* Improve the speed/security of the site
* Allow you to share pages with social networks like Facebook

We do not use cookies to:

* Collect any personally identifiable information (without your express permission)
* Collect any sensitive information (without your express permission)
* Pass data to advertising networks
* Pass personally identifiable data to third parties
* Pay sales commissions

You can learn more about all the cookies we use below

**Granting us permission to use cookies**

If the settings on your software that you are using to view this website (your browser) are adjusted to accept cookies we take this, and your continued use of our website, to mean that you are fine with this. Should you wish to remove or not use cookies from our site you can learn how to do this below, however doing so will likely mean that our site will not work as you would expect.

**More about our Cookies**

**Website Function Cookies**

**Our own cookies**

We use cookies to make our website work including:

* Determining if you are logged in or not
* Allowing you to add comments to our site

There is no way to prevent these cookies being set other than to not use our site.

**Third party functions**

Our site, like most websites, includes functionality provided by third parties. A common example is an embedded YouTube video. Our site includes the following which use cookies:

Disabling these cookies will likely break the functions offered by these third parties

**Social Website Cookies**

So you can easily “Like” or share our content on the likes of Facebook and Twitter we have included sharing buttons on our site.

Cookies are set by:

The privacy implications on this will vary from social network to social network and will be dependent on the privacy settings you have chosen on these networks.

**Turning Cookies Off**

You can usually switch cookies off by adjusting your browser settings to stop it from accepting cookies (Learn how [here](http://www.attacat.co.uk/resources/cookies/how-to-ban)). Doing so however will likely limit the functionality of our's and a large proportion of the world's websites as cookies are a standard part of most modern websites

It may be that you concerns around cookies relate to so called "spyware". Rather than switching off cookies in your browser you may find that anti-spyware software achieves the same objective by automatically deleting cookies considered to be invasive. Learn more about [managing cookies with antispyware software](http://www.attacat.co.uk/resources/cookies/how-to-control-your-online-privacy).

The cookie information text on this site was derived from content provided by Attacat Internet Marketing <http://www.attacat.co.uk/>, a marketing agency based in Edinburgh. If you need similar information for your own website you can use their [free cookie audit tool](http://www.attacat.co.uk/resources/cookies).