

## Cookies used on this website

Details and a brief description of cookies used on this website can be found in the following table:

GROUPED COOKIE NAME	DESCRIPTION
Social Media	Our website provides the facility for user's to link content on its website with a user's chose social media platform. In order for this facility to operate we use these platform's cookies, which exist only for the duration of a user's session.
Analytics & Optimisation	Web analytics platform and a multi-variant testing platform to monitor and optimise this website, both of which utilise cookies to capture anonymous data about a user's journey and aggregate this data up to analyse trends. These cookies last longer than the user's session so that we can understand whether a user us a first time, or a returning visitor.
Ad tracking	We use ad tracking cookies to measure the effectiveness of our online marketing campaigns.

You may opt out of this ad serving on Google's opt out page here

<https://support.google.com/ads/answer/2662922?hl=en>

You may opt out of this ad serving on Facebook's opt out page here

<https://www.facebook.com/help/568137493302217>

## How to disable cookies in your browser

The use of cookies can be prevented by changing your internet browser settings. Each browser has a different procedure for disabling the use of cookies. We have provided details of how to disable the use of cookies for main browsers below. If you have any questions or technical issues, please contact your browser directly.

BROWSER	ACTION REQUIRED	PROCESS
Internet Explorer 10.0+	To prevent new cookies from being installed	<ul style="list-style-type: none"><li>- Go to Tools in the menu bar</li><li>- Click on Internet Options</li><li>- Click on the Privacy tab on top</li><li>- Move the slider up to the "Block all Cookies" button</li></ul>
Internet Explorer 10.0+	To delete existing cookies	<ul style="list-style-type: none"><li>- Go to Tools in the menu bar</li><li>- Click on Internet Options</li><li>- Click on the General tab which should be under "Browsing History" and click "Delete"</li></ul>
Internet	To prevent new cookies from being	<ul style="list-style-type: none"><li>- Go to Tools in the menu bar</li><li>- Click on Internet Options</li></ul>

Explorer 9.0+	installed	<ul style="list-style-type: none"> <li>- Click on the Privacy tab on top</li> <li>- Move the slider up to the "Block all Cookies" button</li> </ul>
Internet Explorer 9.0+	To delete existing cookies	<ul style="list-style-type: none"> <li>- Go to Tools in the menu bar</li> <li>- Click on Internet Options</li> <li>- Click on the General tab which should be under "Browsing History" and click "Delete"</li> </ul>
Internet Explorer 8.0+	To prevent new cookies from being installed	<ul style="list-style-type: none"> <li>- Go to Tools in the menu bar</li> <li>- Click on Internet Options</li> <li>- Click on the Privacy tab on top</li> <li>- Click on "Sites"</li> <li>- A new window should open called "Per Site Privacy Actions"</li> <li>- Type in the URL of the site in the "Address of website" box and click on Block</li> </ul>
Internet Explorer 8.0+	To delete existing cookies	<ul style="list-style-type: none"> <li>- Go to Tools in the menu bar</li> <li>- Click on 'Internet Options'</li> <li>- Click on the Privacy tab on top</li> <li>- Click on "Sites"</li> <li>- A new window should open called "Per Site Privacy Actions"</li> <li>- Under the "Managed websites" box should be a list of all the websites you have visited</li> <li>- To remove all cookies click on the "Remove all" button</li> </ul>
Internet Explorer 7.0+	To prevent new cookies from being installed	<ul style="list-style-type: none"> <li>- Go to Tools in the menu bar</li> <li>- Click on Options</li> <li>- Click on the Privacy tab on top</li> <li>- Click on the Advanced button</li> <li>- Select "Prompt" for both "First party cookies" and "Third Party Cookies"</li> </ul>
Internet Explorer 7.0+	To delete existing cookies	<ul style="list-style-type: none"> <li>- Go to Tools in the menu bar</li> <li>- Click on Options</li> <li>- Click on the General tab on top</li> <li>- In the "Browsing History" section, click on "Delete"</li> <li>- Click on "Delete Cookies"</li> </ul>
Firefox 2.0+, 3.0+, 4.0+	To prevent new cookies from being installed	<ul style="list-style-type: none"> <li>Go to Tools in the menu bar</li> <li>- Click on Options</li> <li>- Click on the Privacy tab</li> <li>- Disable the box that says "Accept Cookies From sites"</li> </ul>
Firefox 2.0+,	To delete existing cookies	<ul style="list-style-type: none"> <li>- Go to Tools in the menu bar</li> <li>- Click on Options</li> </ul>

3.0+, 4.0+		<ul style="list-style-type: none"> <li>- Click on the Privacy tab</li> <li>- Click on "Clear Now"</li> <li>- Select "Cookies"</li> <li>- Click on "Clear Private Data Now"</li> </ul>
Google Chrome	To prevent new cookies from being installed	<ul style="list-style-type: none"> <li>- Click on the spanner icon in the top right of the browser</li> <li>- Click on "Options"</li> <li>- Click on "Under the Bonnet" (UK) / "Under the Hood" (US)</li> <li>- Click on the "Content settings" button in the Privacy section</li> <li>- Ensure that "Allow local data to be set" is selected</li> <li>- Select "Block sites from setting any data"</li> </ul>
Google Chrome	To delete existing cookies	<ul style="list-style-type: none"> <li>- Click on the spanner icon in the top right of the browser</li> <li>- Click on "Options"</li> <li>- Click on "Under the Bonnet" (UK) / "Under the Hood" (US)</li> <li>- Click on the "Content settings" button in the Privacy section</li> <li>- Click on the "Clear browsing data" button</li> </ul>
Safari	To prevent new cookies from being installed and delete existing cookies	<ul style="list-style-type: none"> <li>- Go to the Safari menu (icon in top right of browser) and select Preferences</li> <li>- In the popup window that appears, select the Security icon (a padlock)</li> <li>- Under "Accept Cookies", select the "Never" button</li> </ul>