Self Help UK Cookie Policy

Effective Date: January 6, 2025

Self Help UK ("we," "us," "our") uses cookies and similar tracking technologies to enhance your experience on our website and ensure its effective operation. This Cookie Policy explains what cookies are, how we use them, and how you can manage your preferences.

1. What Are Cookies?

Cookies are small text files that are placed on your device (computer, smartphone, tablet) when you visit a website. They allow the website to recognise your device and store information about your preferences or past actions.

2. Types of Cookies We Use

We use the following types of cookies on our website:

a. Essential Cookies

These cookies are necessary for the website to function and cannot be switched off. They include:

- Session management cookies.
- Security-related cookies to protect your data.

b. Performance and Analytics Cookies

These cookies help us understand how visitors interact with our website, enabling us to improve its functionality. Data collected includes:

- Pages visited.
- Time spent on the site.
- Error messages (if any).

c. Functional Cookies

These cookies enable enhanced functionality and personalisation, such as remembering your preferences (e.g., language settings).

d. Advertising and Targeting Cookies

These cookies are used to deliver relevant advertisements and measure the effectiveness of campaigns. They may be set by third-party advertising networks with our permission.

3. Third-Party Cookies

We may allow trusted third-party services to place cookies on your device. These third parties include:

- Analytics providers such as Google Analytics.
- Social media platforms for sharing content.

Please note that these third parties operate independently and have their own privacy policies.

4. How We Use Cookies

We use cookies to:

- Ensure the smooth functioning of our website.
- Improve your browsing experience by remembering your preferences.
- Monitor and analyse usage patterns to enhance our services.
- Deliver personalised content and targeted advertisements.

5. Your Cookie Preferences

You can manage your cookie preferences in the following ways:

a. Browser Settings

Most web browsers allow you to control cookies through their settings. You can:

- Delete cookies stored on your device.
- Block cookies from specific sites or all sites.
- Set your browser to notify you before accepting cookies.

b. Cookie Management Tool

Our website includes a cookie consent management tool that allows you to:

- Accept or reject non-essential cookies.
- Adjust your preferences at any time.

6. Consequences of Disabling Cookies

Please note that disabling certain cookies may affect the functionality and performance of our website, and some features may not work as intended.

7. Updates to This Cookie Policy

We may update this Cookie Policy from time to time to reflect changes in our practices or applicable regulations. The latest version will always be available on our website with the revised effective date.

8. Contact Us

If you have questions about our use of cookies, please contact:

Data Protection Officer
Self Help UK, 21-23 Pelham Road, Nottingham, NG5 1AP

admin@selfhelp.org.uk

+44 (0)115 911 1661

By continuing to use our website, you agree to the use of cookies as outlined in this Cookie Policy.