

Talking Therapy North Cookie Policy

Thank you for checking out our cookie policy. We are committed to ensure our website and the use of cookies, complies with UK laws on privacy and data protection. This policy sets out the types of cookies we use, the exact cookies used on our website, whether we are using any third-party cookies, how you can control our use of cookies, what their expiry dates are and how you can get in contact with us for more information.

What are cookies?

Cookies are small files of information, usually containing letters and numbers, that websites store on your browser, or the hard drive of your computer. You must however agree to these cookies being stored for them to be stored on your device.

Our website needs to use these cookies so we can understand what works well with our website, and what we can do to improve. These cookies also allow us to distinguish you from other website visitors, helping us to provide you with a seamless experience on our site.

What type of cookies do you use?

We use the following cookie types:

Essential Cookies – These can also be known as Strictly Necessary Cookies, and they're very important for us to make sure our website runs as it should. As a result, these cookies are always automatically enabled, to make sure our website works sufficiently. Some examples of uses of essential cookies include the distribution of website traffic across multiple servers – without the website speed being affected, enabling the use of a shopping basket and facilitating the check out process.

Analytical Cookies – These can also be known as Performance Cookies, and they gather information about how website visitors use a website. These cookies help us to keep count of the number of visitors on our website, and also helps us to understand how these visitors use our website. This enables us to understand what works well on our website, and what doesn't work so well, so we can continuously improve the site for visitors.

Functionality Cookies – These make your experience on our website easier by remembering user preferences, and simplifying interactions. Some examples of what these cookies enable include remembering your language preferences, font sizes, your log-in details, and items in your shopping basket.

To provide you with the best, tailored browsing experience, we may share this information with third-parties, so they can display content based on what we know you like.

What exact cookies do you use on your website?

We've provided a detailed breakdown below of all the cookies we use on our website, and why we use them.

Name and Type of Cookie	Why do we use this?
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<p>Essential Cookie ‘XSRF-TOKEN’ via the following domain:</p> <ul style="list-style-type: none"> - www.talkingtherapynorth.co.uk 	<p>The domain www.talkingtherapynorth.co.uk uses this cookie to ensure any sensitive actions (like form submissions or user authentication) are coming from authorized users and not malicious third-party sites. This keeps our site safe and prevents illegitimate site access.</p> <p>This cookie is a session cookie, meaning it only has a duration of your session length.</p>
<p>Functional Cookie ‘bSession’ via the domain www.talkingtherapynorth.co.uk</p>	<p>This cookie enables your browsing session to be managed effectively. This cookie is essential for our site to:</p> <ol style="list-style-type: none"> 1. Identify and track user sessions 2. Remember what you do on the website, including items in your shopping basket 3. To keep your information safe 4. Customise your experience by allowing us to see things you’re interested in on the website and, 5. Ensure the website is fast by storing important information on your device, rather than asking the server to do this. <p>This cookie typically has a duration of 30 minutes, however make sure you check your settings to ensure this, as this can change.</p>
<p>Essential Cookie ‘hs’ via the domain www.talkingtherapy.co.uk</p>	<p>This cookie is used for security reasons on our site.</p> <p>This cookie is essential for our website to:</p> <ol style="list-style-type: none"> 1. Distinguish legitimate users from potential threats 2. Maintain session state during browsing 3. Identifies and tracks user sessions and, 4. Analyse website usage, so we can improve our website’s performance <p>This cookie’s duration is only for the length of your</p>

<p>Functional Cookie ‘ssr-caching’ via the domain www.talkingtherapy.co.uk</p>	<p>This cookie is a Wix cookie, and is used to make our website faster and more reliable. It does so by storing pre-loaded page content.</p> <p>This cookie is essential for our site to:</p> <ol style="list-style-type: none"> 1. Speed up searches and page loading times – this is because the content is already prepared 2. Be able to handle multiple users at once without the site speed being affected and, 3. Be clearly visible on search engines, allowing more users to access the website
<p>Essential and Functional Cookie ‘svSession’ via the domain www.talkingtherapy.co.uk</p>	<p>This cookie is a Wix cookie, and is used for session management and tracking purposes.</p> <p>This cookie enables us to:</p> <ol style="list-style-type: none"> 1. Identify unique visitors and, 2. Track a visitor’s session on our site <p>This cookie has a duration of 13 months.</p>
<p>Analytical Cookie ‘_ga’ via the domain talkingtherapynorth.co.uk</p>	<p>This cookie is a Google Analytics cookie, and is used to track website visitor behaviour. This helps us to collect data about how you use our site, where you come from, and how often you visit.</p> <p>This is essential for us gathering insights into user engagement, and also for improving the site.</p> <p>This cookie has a duration of 25 months.</p>
<p>Analytical Cookie ‘_ga_7WDX8NWPNY’ via the domain talkingtherapynorth.co.uk</p>	<p>This cookie is used for user tracking and session and activity analysis. This cookie is assigned to a unique identifier, and tracks unique visitors and behaviours.</p>

<p>Essential Cookie ‘consent-policy’ via the domain talkingtherapynorth.co.uk</p>	<p>This cookie is a Wix cookie, and is essential for our site to:</p> <ol style="list-style-type: none"> 1. Inform website visitors about the use of cookies on the site, and for visitors to provide their consent, 2. Provides information on how visitors can manage or disable cookies through the consent banner and; 3. Ensure we are compliant with data protection regulations, such as the Privacy and Electronic Communications Regulations 2003, the Data Protection Act 2018 and GDPR.
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Do you use any Third-Party Cookies?

Third party cookies are not set by us, but are set by other domains than the website you visit. These cookies are placed on website visitor’s devices by third-party outlets. Common examples of these third-parties can include social media platforms, analytical providers, and advertising networks.

We have no control over the cookies third-parties use. We work with the following third-parties who may use the following cookies:

Name of Third-Party Cookie	Third-Party Provider	Why are these used?
<p>Essential Cookie ‘XSRF-TOKEN’ via the following domain engage.wixapps.net</p>	<p>Wix</p>	<p>The domain engage.wixapps.net uses this cookie to provide additional functions like our booking tools and our chat button. This also monitors security on our site.</p> <p>This cookie is a session cookie, meaning it only has a duration of your session length.</p>

<p>Functional Cookie 'bSession' via the domain engage.wixapps.net</p>	<p>Wix</p>	<p>This cookie is used by Wix to manage session-related data and it helps integrate services with our website.</p> <p>This cookie supports our chat widget function, our contact form and other apps.</p> <p>This cookie typically has a duration of 30 minutes, however make sure you check your settings to ensure this, as this can change.</p>
<p>Functional and Analytical Cookie '__wixUIDX' via the domain wix.com</p>	<p>Wix</p>	<p>This cookie is used to identify a unique user session for tracking and analytical purposes.</p> <p>This allows us to gather information about user interactions, preferences, or other settings during your visit to our site.</p> <p>This cookie has a duration of six months.</p>
<p>Functional Cookie 'wixSession2' via the domain wix.com</p>	<p>Wix</p>	<p>This cookie maintains the user session on our site, making sure your user information is preserved during your visit.</p> <p>This cookie doesn't store identifiable information, but it does store session identifier information which allows the site to recognise individuals during their visit.</p> <p>This cookie has a duration of three months.</p>

<p>Functional Cookie 'ar_debug' via the domain region1.google- analytics.com</p>	<p>Google Analytics</p>	<p>This cookie is set by Google Analytics 4, and is part of the debugging and troubleshooting process.</p> <p>This cookie helps Google Analytics to collect debug information, related to pageviews or other interactions on our site. This makes sure our tracking process works as it should.</p> <p>This cookie has a duration of four months.</p>
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How can I control these cookies?

You are able to control your use of cookies on our website. You can do the following:

- Reject all cookies; and
- Select certain cookies you wish to use, and reject other cookies; and
- Reject third-party cookies.

To decide which essential, analytical, functionality and targeting cookies our website sets, follow the below steps:

Click on the “Cookie Settings” button during the Cookie Banner pop up when you launch our website and selecting the following:

Essential cookies **ALWAYS ACTIVE**

Enable Marketing Cookies **OFF**

Enable Functional Cookies **OFF**

Enable Analytics Cookies **OFF**

You can select “Reject All” in our cookie banner. But if you do so, this also blocks essential cookies, which means you may not be able to access all parts of our website, and our website may not work to the best of its ability for you. **This also rejects third-party cookies.**

You can also deactivate third-party cookies with your chosen browser. These steps vary slightly dependent on your browser choice, but more often than not can be located on the Settings page.

Google Analytics also provide the option for you to opt out of being tracked by them across all websites you visit. To do so, we recommend visiting <http://tools.google.com/dlpage/gaoptout>

What is the Expiry Period for your cookies?

Not including our use of essential cookies, all cookies expire after 25 months.

How do I ask you for more information?

If you'd like to learn more about our use of cookies, or if you have any questions, please get in touch with us on the following details:

info@talkingtherapynorth.co.uk