**Cookies Policy**

**What Are Cookies?**

Cookies are small text files placed on your device when you visit a website. They help websites function properly and provide basic features such as security, remembering preferences, and improving user experience.

**How We Use Cookies**

We use minimal cookies on our website for the following purposes:

**Essential Cookies**:

To ensure the website operates securely and loads correctly.

**Performance & Analytics Cookies (Optional):**

We may use anonymized website analytics tools (such as Google Analytics) to understand how visitors use our site. These cookies collect information like page visits, device type, and browsing behaviour — this data is anonymous and used only to improve our website’s functionality.

**Your Choices About Cookies**

When you visit our website, you may be given the option to accept or decline non-essential cookies.

You can adjust your browser settings to refuse or delete cookies at any time.

Please note that disabling certain cookies may affect the website's functionality.

**Third-Party Cookies**

We do not use third-party advertising cookies.

However, if we use embedded services (such as Google Maps or scheduling tools), those providers may set cookies according to their own policies.

**Further Information**

To learn more about cookies and how to manage them, visit https://www.allaboutcookies.org/

**Contact Us About Cookies**

If you have questions about how we use cookies, please contact us at:

Email: info@heatherreescounselling.co.uk

Website: <https://www.heatherreescounselling.co.uk/>