

Polly Therapy Cookie Policy – 2022

A cookie is a small file of data stored on your computer or mobile device. It collects and records information about how you use our Website such as the particular web pages you visit and the information you access. Cookies can also be used to collect details such as your Internet service provider, operating system, browser type and to analyse traffic as well as for advertising and marketing purposes.

You have control over what cookies you accept. You can choose to block all cookies and you are also able to delete all cookies from your browser. You can make your choices by altering your browser settings. You should be aware that if you alter your browser settings to block or delete cookies then you may not be able to access certain areas or features of our Website and some parts of the site may not display correctly.

How do we use cookies?

We use cookies along with other similar tracking technologies to recognise you when you visit our Website and to record how you use our Website. This helps us to understand your user experience and to improve our Website, our products, and our services.

What cookies do we use?

We use First-party and Third-party cookies. First-party cookies are cookies which are directly placed by us and are used only by us. These may include:

1. Session cookies - this is a temporary cookie which is not stored once your browser is closed. These cookies are typically used to support your use of our site but without personally identifying you or collecting any of your personal data;
1. Persistent cookies - these cookies are stored once your browser is closed. These cookies are used to enhance your use and experience of our site;

1. Strictly necessary cookies – these cookies are essential for the operation of our Website and we shall use these where they are necessary for us to provide you with the products or services that you may require;
1. Experience cookies – these cookies provide us with information which helps us to monitor the user experience and performance of our site and optimise our pages. The data collected by these cookies is anonymous;
1. Marketing and promotional cookies – these cookies record your use of our site including the pages you have visited and any links you may have followed. We use these cookies to make any promotions, marketing or advertising more relevant and valuable to you;
1. Functionality cookies – these cookies record the choices you make while using our Website and may record the products, services or videos you access. The data collected by these cookies is anonymous.

Third-Party cookies are those placed by websites, services and/or parties other than us that may advertise or display information or links on our site. We have no control over these cookies.

It is recommended that you keep your internet browser and your operating system up to date and that you consult the help and guidance of a professional or the manufacturer of your computer or device in the event you have any questions or are unsure about your privacy settings.