

COOKIE POLICY

Our website uses cookies or similar technologies. **Menopause Self Care (MSC) CIC**, a community interest company registered in England and Wales under number 07243099, whose registered office is at Lower Ground Floor, 6 Clinton Road, Redruth, Cornwall, TR15 2QE, herein referred to as '**MSC**' or '**We**' have created this cookie policy ('**Cookie Policy**') in order to demonstrate our firm commitment to the privacy of the details that You provide to us when using our website at www.menopauseselfcare.org.uk (the '**Site**') and the data that We collect about You online. By using our Site and agreeing to this Cookie Policy, You consent to our use of cookies in accordance with the terms of this Cookie Policy. In this Cookie Policy, references to '**You**', '**Your**' and '**User**' are references to the person (or company) visiting the Site. *Unless otherwise indicated, all definitions used in the Website Terms of Use shall apply to this Cookie Policy.*

We ask You to consent to our use of cookies in accordance with the terms of this Cookie Policy when you first visit our Site. When You use the Site, You agree that this Cookie Policy applies to that use in addition to any other terms and conditions which may apply including those contained in the [Privacy Policy](#) and the [Website Terms of Use](#), which are incorporated by these references. MSC reserves the right to change this Cookie Policy at any time without notice, effective immediately upon posting on the Site. Please check this page of the Site periodically. Read it carefully and ensure that You understand its effect before proceeding to use the Site. Your continued use of the Site is taken as meaning that You agree to such changes or updates.

1. WHAT IS A COOKIE?

A cookie is a small text file that some websites store via the browser on Your computer's hard drive when You visit them. Cookies are widely used in order to make websites work, or work more efficiently, as well as to provide information to the owners of the Site. Some expire at the end of Your session on the Site, others will remain on Your computer for a little longer. When You return to websites or visit websites that use the same cookies, these cookies and therefore Your browsing device, are recognised. Cookies do lots of different and useful jobs like letting You navigate between pages efficiently, remembering Your preferences and generally improving Your browsing experience. Cookies can also be used to customise areas of content online to be more relevant to You and Your interests. We use cookies on our Site to make Your browsing experience better. By using this Site, You accept our use of cookies.

2. FIRST PARTY COOKIES

First-party cookies are cookies set by the specific website You visit i.e. the website displayed in the URL window.

3. THIRD PARTY COOKIES

Some third party cookies are set by third party services that appear on our pages. They are set by the operators of that service and are not in our control. They are set by e.g. Twitter, Facebook, LinkedIn and relate to Your ability to share content on this Site, as may be indicated by the icons on the Site.

4. COOKIE CATEGORIES

The type of cookies used on websites can be put into 1 of 4 categories, based on the International Chamber of Commerce [guide to cookie categories](#).

A. Strictly Necessary Cookies: These cookies are essential, as they enable You to move around a website and use its features, such as accessing secure areas. Without these cookies, MSC Services You've asked for (such as access to secure areas) cannot be provided. These cookies don't gather information about You that could be used for marketing or remembering where You've been on the internet. ***These cannot be restricted or blocked.***

B. Performance Cookies: These cookies collect information about how You use a website, for example which pages You go to most often and if You get any error messages from certain pages. These cookies don't gather information that identifies You. All information these cookies collect is anonymous and is only used to improve how a website works. These cookies are not used to target

You with online advertising. Without these cookies we cannot learn how our Site is performing and make relevant improvements that could better Your browsing experience. These can be restricted or blocked.

C. Functionality & Profile Cookies: These cookies allow a website to remember choices You make (such as Your user name, language or the region You are in) and tailor the website to provide enhanced features and content for You. For instance, they remember Your log-in details and allow You to watch videos. They also ensure the onsite marketing and experience is relevant to You. These cookies can also be used to remember changes You've made to text size, font and other parts of pages that You can customise. The information these cookies collect may be anonymous and they cannot track Your browsing activity on other websites. Without these cookies, a website cannot remember choices You've previously made or personalise Your browsing experience. These can be restricted or blocked.

D. Targeting Cookies: These cookies gather information about Your browsing habits. They remember that You've visited a website and share this information with other organisations such as advertisers. They do this in order to provide You with ads that are more relevant to You and Your interests. Although these cookies can track Your visits to other websites, they don't usually know who You are. Without these cookies, online advertisements You encounter will be less relevant to You and Your interests. These can be restricted or blocked.

5. MSC USE OF COOKIES

Cookies on our Site are used for the following purposes:

- A. To enable You to make enquiries via the Site and to submit Your information via the Site;
- B. To improve the Site's usability;
- C. To analyse the use of our Site through Analytics software such as Google Analytics: We use Google Analytics, a popular web analytics service provided by Google, Inc. The information generated by the cookie about Your use of our Site (including Your IP address) will be transmitted to and stored by Google on servers in the United States. Google Analytics will use this information for the purpose of evaluating Your use of our Site, compiling reports on Site activity and behaviour – such as the typical length of stay on the Site or the average number of pages a user views or for the purpose of providing other MSC Services relating to Site activity and internet usage. Google may also transfer this information to third parties where required to do so by law, or where such third parties process the information on Google's behalf. Google undertakes not to associate Your IP address with any other data held by Google.
- D. To enable You to login, register and submit Your UGC on the Site and to have Your details remembered for later;

6. WANT TO LEARN MORE ABOUT COOKIES?

You can manage these small files and learn more about them from the Directgov article: [Internet Browser cookies - what they are and how to manage them](#)

Click on this link:

http://www.direct.gov.uk/en/SiteInformation/Cookies/DG_WP201851?CID=Central&PLA=url_mon&CRE=managing_cookies

7. WANT TO RESTRICT OR BLOCK ANY COOKIES?

By using our Site, You agree that We can place cookies on Your device, however, if You would like to restrict or block cookies used on our Site (or on any website), You will need to change the browser settings in each browser You use and on each device You use to access the internet.

Click the following link to see full instructions for all browsers:

<http://www.aboutcookies.org/default.aspx?page=1>

Please be aware that some of our MSC Services will not function if Your browser does not accept the cookies.

More information about cookies can be found at:

<http://www.allaboutcookies.org>

Internet Advertising Bureau:

<https://www.iabuk.net> ([Guide to online advertising and privacy](#))

International Chamber of Commerce United Kingdom:

<http://www.international-chamber.co.uk>

We keep our Cookie Policy under regular review. This Cookies Policy was last updated on 02 April 2013.