

# Counselling with Lucy Cookie Policy

## Counselling with Lucy

*Last updated: 05.07.26*

This Cookie Policy explains how this website, counsellingwithlucy.co.uk, uses cookies and similar technologies. It applies to visitors in the UK (under the Privacy and Electronic Communications Regulations, PECR, and UK GDPR) and in the EU (under the EU ePrivacy Directive and EU GDPR). It should be read alongside my Privacy Policy.

### 1. What are cookies?

Cookies are small text files placed on your device when you visit a website. They're widely used to make websites work, work more efficiently, and provide information to the site owner. Similar technologies (such as pixels, tags, and local storage) are covered by this policy too.

### 2. How I use cookies

This website is built and hosted on Wix.com. Wix, and any third-party tools I use through it, may set cookies for the following purposes:

#### **Strictly necessary cookies**

Required for the website to function properly – for example, enabling secure areas, remembering items in a session, and load-balancing. These can't be switched off, and don't require consent under PECR/ePrivacy rules.

#### **Functionality cookies**

Remember choices you make (such as language or region) to provide a more personalised experience.

#### **Performance/analytics cookies**

Help me understand how visitors use the site (e.g. pages visited, time spent, general location), so I can improve it. These are only set with your consent.

#### **Marketing/mailing list cookies**

If you subscribe to my mailing list, related cookies or similar technology may be used to manage that subscription and email communications.

#### **Third-party cookies**

Where this site embeds or links to third-party services, those providers may set their own cookies, over which I have no direct control:

- Wix.com – website hosting, site analytics, and mailing list functionality.
- Konfidens (booking platform) – when you click through to book a session.
- Zoom – if you follow a link to join a video session.
- Social media platforms (e.g. Facebook) – if you click a social media link/icon on this site.

I recommend checking these providers' own cookie and privacy policies for full details of what they collect.

### **3. Managing your cookie preferences**

Where a cookie consent banner appears on this site, you can choose which non-essential categories of cookies to accept or decline, and can change your preferences at any time by reopening the cookie settings/clearing site data.

You can also control or delete cookies through your browser settings. Most browsers let you:

- see what cookies are stored and delete them individually,
- block third-party cookies,
- block cookies from particular sites,
- block all cookies,
- delete all cookies when you close your browser.

Note that blocking or deleting cookies may affect how this website functions.

Useful links for browser cookie settings: Chrome, Firefox, Safari, and Edge each publish their own cookie management guidance in their help sections.

### **4. Consent and legal basis**

Under UK PECR and the EU ePrivacy Directive, I need your consent before placing non-essential cookies (such as analytics or marketing cookies) on your device, except for strictly necessary cookies. Where consent is the basis for processing any related personal data, this aligns with Article 6(1)(a) UK/EU GDPR. You can withdraw consent at any time.

### **5. Changes to this policy**

I may update this Cookie Policy from time to time to reflect changes in the cookies I use or in the law. The “last updated” date above shows when it was last revised.

### **6. Contact**

Questions about this policy or how cookies are used on this site:

Email: [lucy@counsellingwithlucy.co.uk](mailto:lucy@counsellingwithlucy.co.uk)

Phone: +44 7787 283895