



Cookie Policy

Effective Date: 13 July 2026

Last Reviewed: 13 July 2026

1. Introduction

This Cookie Policy explains how Guided by... Adelle uses cookies and similar technologies when you visit www.guidedbyadelle.co.uk.

By continuing to use this website, you consent to the use of cookies where you have given your permission through our cookie banner. You can change or withdraw your consent at any time.

2. What Are Cookies?

Cookies are small text files stored on your computer, tablet or mobile device when you visit a website.

Cookies help websites:

- Remember your preferences.
- Improve website performance.
- Enhance your browsing experience.
- Provide anonymous information about how visitors use the website.

Cookies do not normally identify you personally.

3. Types of Cookies I Use

Strictly Necessary Cookies

These cookies are essential for the website to function correctly and cannot usually be switched off.

They may include cookies that:

- Enable website security.
- Remember cookie preferences.
- Support website functionality.

These cookies do not require your consent.

Performance and Analytics Cookies

These cookies help me understand how visitors use my website by collecting anonymous information such as:

- Number of visitors.
- Pages visited.
- Time spent on the website.
- Website performance.

This information helps improve the website and the services offered.

These cookies are only used with your consent.

Functionality Cookies

These cookies remember choices you make, such as:

- Language preferences.
- Accessibility settings.
- Other personalised website features.

These cookies improve your experience but are not essential.

Third-Party Cookies

Some features on my website may be provided by third parties.

Examples may include:

- Embedded Google Maps.
- Online booking systems.
- Embedded videos.
- Social media links.

These third-party providers may place their own cookies, which are governed by their own privacy policies.

4. Managing Cookies

You can choose whether to accept or reject non-essential cookies when you first visit my website using the cookie consent banner.

You can also:

- Delete cookies already stored on your device.

- Block cookies through your web browser settings.
- Change your cookie preferences at any time.

Please note that disabling some cookies may affect how parts of the website function.

5. Google Analytics

Google Analytics is enabled on this website, it helps me understand how visitors use the site by collecting anonymous statistical information.

Information collected may include:

- Pages viewed.
- Time spent on the website.
- Device type.
- General geographical location (not your exact location).

Google Analytics does not identify you personally.

Analytics cookies are only activated if you give your consent.

6. How Long Cookies Are Stored

Some cookies are deleted when you close your browser (known as session cookies).

Others remain on your device for a set period (known as persistent cookies) to remember your preferences when you return.

The storage period varies depending on the type of cookie.

7. Changes to This Cookie Policy

This Cookie Policy may be updated from time to time to reflect changes in legislation or the way cookies are used on this website.

The latest version will always be available on this page.

8. Contact

If you have any questions about this Cookie Policy or how cookies are used on this website, please contact:

Guided by... Adelle

- Practice Name: Guided by... Adelle
- Email: info@guidedbyadelle.co.uk

- Telephone: +44 7368 492101
- Website: www.guidedbyadelle.co.uk