

Therapy with Jenna

Cookie Policy

This policy explains how Therapy with Jenna uses cookies and similar tracking technologies on this website. In line with the UK's Data (Use and Access) Act (DUAA) and the Privacy and Electronic Communications Regulations (PECR), this notice outlines what cookies are used, why they are used, and how you can control them.

1. What are cookies

Cookies are small text files that websites place on your device when you visit them. They help websites work properly and can remember your preferences. Some cookies are essential for the website to function, while others help website owners understand how visitors use their site.

2. Cookies we use

Essential cookies

These cookies are strictly necessary for the website to function. They enable core features such as page navigation and access to secure areas. The website cannot work properly without these cookies, and they do not require your consent under UK law.

Essential cookies on this website may include:

- Session cookies that keep you logged in while browsing
- Security cookies that help protect the website
- Cookies that remember your cookie preferences

Statistical and analytics cookies

We do not currently use analytics or statistical cookies on this website. If this changes in the future, we will update this policy and provide you with a clear way to opt out.

Advertising and tracking cookies

We do not use any advertising or tracking cookies on this website.

3. Third-party cookies

This website uses third-party services that may set their own cookies on your device:

WordPress This website runs on WordPress. WordPress and any installed plugins may place cookies on your device to enable the website to function correctly. These are typically essential cookies required for the platform to operate.

WebHealer This website is built using WebHealer. WebHealer may collect certain technical data about visitors and may place cookies to support basic website functionality.

I do not control the cookies set by these third parties. You can find more information about their cookie practices in their respective privacy policies.

4. How to manage or opt out of cookies

You can control and delete cookies through your browser settings. Most browsers allow you to:

- See what cookies are stored and delete them individually
- Block third-party cookies
- Block all cookies from specific websites
- Block all cookies from all websites
- Delete all cookies when you close your browser

Please be aware that blocking essential cookies may affect how this website functions.

For detailed instructions on managing cookies in your browser, visit www.aboutcookies.org, which provides guidance for all major browsers.

5. Your rights

Under the Privacy and Electronic Communications Regulations (PECR), as updated by the Data (Use and Access) Act 2025, you have the right to:

- Opt out of statistical cookies at any time without affecting the core functionality of this website
- Control which cookies are placed on your device through your browser settings
- Request information about what cookies we use and why

Since we do not currently use statistical or advertising cookies, exercising these rights will not affect your experience of this website.

6. Updates to this policy

I will update this cookie policy if the cookies used on this website change. Any significant changes will be reflected in the "last updated" date at the top of this page. I encourage you to check this policy periodically.

7. Contact

If you have any questions about cookies on this website, please contact me:

Email: jenna@therapywithjenna.co.uk

Website: therapywithjenna.co.uk

ICO registration number: ZB871452