



Cookie policy

This website uses cookies

Introduction

We uses cookies on this website for several purposes. A Cookie is a small piece of data that websites store on a device.

Cookies used in this website:

Cookie Type	Information
Necessary Cookies	These are cookies are necessary for a smooth and correct functioning of the website as they enable basic functions such as page navigation.
Analytical and performance cookies	These cookies allow to count and identify the number of visitors as well as recognise visitors' navigations path and how they move around the website. These cookies help to improve the website content and usability.

How to delete and reject these cookies

You can block or reject cookies by changing the setting of your own browser as well as delete all cookies already stored in your device at any point. To know how to do this and about cookies you can visit: <https://www.allaboutcookies.org>

Please note that if you decide to block cookies you might not be able to see some features of this website.

Third Party cookies

We may allow external third party organisations to place cookies on this website with the purpose to deliver services. Below you can find more information about the cookies used by these third-party organisations and how to block them if you wish to do so.

Cookie Name	Purpose
Squarespace Analytics & Performance Cookies	<p>Squarespace website hosting collects Analytics and Performance cookies to get information on behalf of Resilient Wellbeing Ltd about how visitors interact with our site. Until you've clicked the confirmation message on the cookie banner that appears when you access our website, the use of analytics cookies will be restricted.</p> <p>If you do not want to allow the use of Squarespace Analytics cookies, you can block all cookies, delete existing cookies, and set your preferences directly in your browser https://www.allaboutcookies.org</p>
Google Analytics Cookies - Advertising Features	<p>We use Google Analytics to get insights into how you use and interact with our website as well as provide information on the performance and effectiveness of our advertising strategy.</p> <p>These cookies are used to report how ad impressions, interactions with these ad services, as well as other uses of such services perform and are related to visits to our website.</p> <p>If you do not want to allow the use of Google Analytics for advertising services, you can access the Google Ad Settings to opt out here: https://adssettings.google.com/anonymous?hl=en&sig=ACi0TCgGZNwuYmT-AcJcfGbJO_vj4R0dzEnNzFylPYHneDU4vySmKdYykgAkw_TUupOBFEqlFLTHUG3ga_KNZg7MAavT7WgKGQ</p> <p>If you do not want to allow the use of Google Analytics cookies at all, Google offers an opt-out plug-in for most common browsers https://tools.google.com/dlpage/gaoptout</p>