Cookie Policy

Focus & Clarity

Last updated: 12 October 2025

1. Introduction

This Cookie Policy explains how Focus & Clarity ("we", "us", or "our") uses cookies and similar technologies on our website www.focusandclarity.co.uk ("Website").

By continuing to use our Website, you consent to the use of cookies as described in this policy. You can manage or withdraw your consent at any time using your browser settings or our cookie banner (if applicable).

2. What Are Cookies?

Cookies are small text files placed on your device when you visit a website. They help websites function properly, remember preferences, and improve your browsing experience. Some cookies are essential, while others help us understand how visitors use our site.

3. Types of Cookies We Use

(a) Strictly Necessary Cookies
These cookies are essential for the operation of our Website. They enable core functionality such as page navigation and access to secure areas. The Website cannot function properly without these cookies.

(b) Performance and Analytics Cookies
These cookies collect information about how visitors use our Website — for example, which pages are visited most often. We use this data to improve our content and user experience.
Example: Google Analytics (anonymised IP tracking enabled).

(c) Functionality Cookies
These cookies allow the Website to remember choices you make (such as your name, language, or region) and provide enhanced features.

(d) Marketing and Advertising Cookies
We may use these cookies to show relevant advertisements or to measure the effectiveness of marketing campaigns. We only use these with your consent.

4. Third-Party Cookies

Some cookies may be set by third-party services we use, such as:
- Google Analytics – to track website performance and visitor behaviour.

- Social media platforms (e.g. LinkedIn, Instagram, Facebook) – if you click "share" or interact with embedded content.

We recommend reviewing the privacy and cookie policies of these third parties for more information on how they use your data.

5. Managing Cookies

You can control and manage cookies in your browser settings. Most browsers allow you to:
- View which cookies are stored.
- Delete cookies.
- Block cookies from being set.

Please note: blocking certain cookies may impact your experience on our Website.

To find out more about cookies and how to manage them, visit:
www.aboutcookies.org or www.allaboutcookies.org

6. Your Consent

When you first visit our Website, you will see a cookie banner asking for your consent to non-essential cookies. You can accept or reject these cookies or change your preferences at any time.

7. Updates to This Policy

We may update this Cookie Policy from time to time. Any changes will be posted on this page with a revised "Last updated" date.

8. Contact Us

If you have any questions about our Cookie Policy, please contact:
Email: louise@focusandclarity.com
Website: www.focusandclarity.co.uk
Location: England, United Kingdom