

Cookies

This site uses cookies to offer you a better browsing experience

Like many websites, in addition to the information which you supply to us, this Site automatically collects information and data through the use of cookies.

Cookies are small text files the Site can use to recognise repeat users and allow us to observe behaviour and compile aggregate data in order to improve the Site for you. For example, cookies will tell us whether you viewed the Site with sound or with text on your last visit.

We use cookieless analytics on our site. This means we can collect data to help us monitor and improve use of the Site, without compromising your privacy.

The Site hosts links to various social media channels and offers options to 'share' information. When selecting a link and opting in to such a service, you may be presented with a cookie. We are not responsible for the content of third party websites and does not control the dissemination of these cookies. Please check the relevant third party website for further information.

Opting out

Some of our associated companies may themselves use cookies on their own websites. We have no access to, or control of, these cookies should this occur.

If you do not wish to receive cookies from us or any other website, you can opt-out using the cookie prompt that displays alongside YouTube videos, or you can turn cookies off on your web browser: please follow your browser provider's instructions in order to do so.

Unfortunately, we cannot accept liability for any malfunctioning of your device or its installed web browser as a result of any attempt to turn off cookies.

Most web browsers allow some control of most cookies through the browser settings. To find out more about cookies, including how to see what cookies have been set and how to manage and delete them, visit the [aboutcookies website](#) or the [allaboutcookies website](#).

How do I change my cookie settings?

The website will remember your choice for 100 days. If you wish to revise your decision beforehand, you will need to clear your browser cache which will reactivate the cookie banners.

Cookies on the Site

Cookie banner

We set **essential** cookies so we can present our cookie banner to you, and to remember that you have seen and dismissed it.

- `cookie-agreed`
- `cookie-agreed-version`

Matamo

We use Matamo to provide privacy-first, **cookieless** analytics.

There may still be a few **essential** cookies created in specific cases:

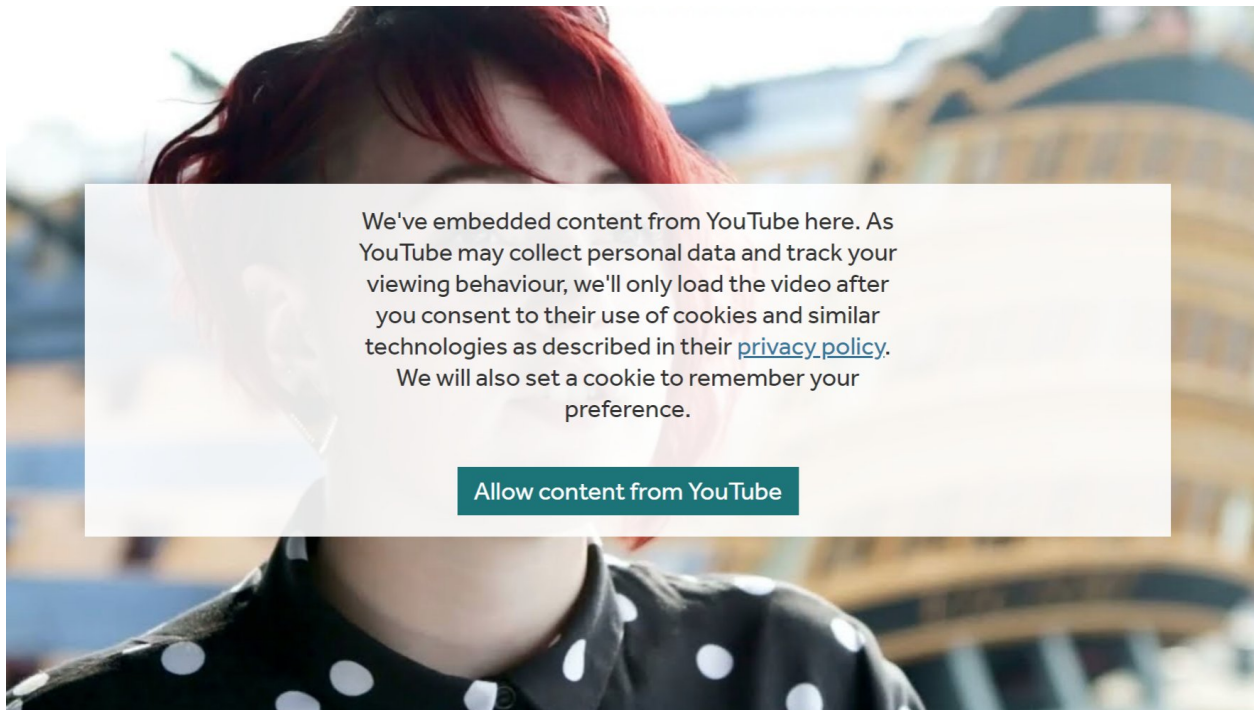
- when you exclude yourself from being tracked using the cookie method or using the opt-out method on this page, Matomo will create a cookie `piwik_ignore` set on the domain of your Matomo server (a temporary short-lived cookie called `MATOMO_SESSID` will also be created.)
- when you're giving consent, two cookies may be created: `mtm_consent` and `mtm_consent_removed`.
- `_pk_testcookie` is also created without any identifier and is directly deleted (it is only used to check whether the visitor's browser supports cookies.)

Opt-out of cookieless analytics

YouTube

The website uses YouTube's more privacy-friendly `youtube-nocookies.com` domain to embed videos on the website.

However this still utilises some local storage to function and adds optional cookies when a video is played. Therefore we have a separate and dedicated prompt (at the point of viewing a video) advising users of this to seek their specific consent when they first come across video content so they remain in control of their privacy.



An example of the YouTube cookie prompt

Once set, this preference is remembered via the following cookie:

- `nhlf_yt_consent`

If consented, YouTube then sets the following third-party cookies on the user's browser:

- `__Secure-3PAPISID`
- `__Secure-3PSID`
- `SID`
- `SAPISID`
- `APISID`
- `SSID`
- `__Secure-3PSIDCC`
- `HSID`
- `NID`

To remove consent, clear the site cookies on your browser. This will reinstate the cookie prompt.

Find out more on the [YouTube privacy page](#).