BAMBA Cookie Policy (UK GDPR & PECR – Updated 2026)

1. Introduction

This Cookie Policy explains how the British Association of Mindfulness-Based Approaches (BAMBA) uses cookies and similar technologies on its website.

This policy is designed to comply with the UK General Data Protection Regulation (UK GDPR), the Data Protection Act 2018, the Privacy and Electronic Communications Regulations (PECR), and the Data (Use and Access) Act 2025.

2. What Are Cookies?

Cookies are small text files placed on your device when you visit a website. They are widely used to make websites work efficiently and to provide information to website owners.

Cookies may collect information about your browsing activity and preferences.

3. Types of Cookies We Use

Strictly Necessary Cookies: These cookies are essential for the operation of our website and do not require consent. They enable core functionality such as security, network management and accessibility.

Analytics Cookies: These cookies help us understand how visitors use our website so we can improve it. Where these cookies are used solely for statistical purposes and not shared beyond BAMBA, they may not require consent but users will be given a clear option to opt out.

Functionality Cookies: These cookies remember your preferences (such as display settings). Where applicable, you will be able to object to or disable these cookies.

Third-Party Cookies: Some cookies may be set by third-party services (such as website hosting or analytics providers). We ensure appropriate safeguards are in place where these are used.

4. How We Use Cookies

We use cookies to:

- Ensure the website functions properly

- Understand how users interact with the site

- Improve website performance and user experience

- Remember your preferences (where relevant)

5. Consent and Control
When you first visit our website, you will be presented with a cookie banner.

You can choose to accept or reject non-essential cookies.

Non-essential cookies will not be set unless you provide your consent, except where cookies qualify for a legal exemption (such as strictly necessary or limited statistical purposes).

You can change your cookie preferences at any time via the cookie settings on our website or through your browser settings.

6. Managing Cookies
You can control and manage cookies through your browser settings. You can delete existing cookies and prevent new ones from being set.

Please note that disabling some cookies may affect the functionality of the website.

7. Third-Party Services
We may use trusted third-party services (such as analytics providers) that may set cookies on your device.

We ensure that such providers act only on our instructions and do not use data for their own purposes unless clearly stated.

8. Updates to This Policy
We may update this Cookie Policy from time to time to reflect legal, technical or operational changes.

Where appropriate, we will notify users of any significant changes.

9. Contact
If you have any questions about this Cookie Policy, please contact us at info@bamba.org.uk.