

The FACES package



Finding Out

Having full realistic information about your condition and its treatment, to help you make informed and empowered decisions

Attitude

Developing a positive outlook and belief system in a culture where image is often held in high regard



Coping

Acknowledging and managing your feelings

Exchanging experiences

With others who have 'been there'



Social skills training

To manage other people's reactions such as staring, questions and rudeness and to strengthen assertiveness and social confidence

Yorkshire and The Humber Centre 0114 2536662

If you would like to refer yourself or your child, or you have any queries about our support service, we're here to help.

Skin Camouflage Service

Specialist camouflage products can offer self-confidence and independence to individuals over the age of 5, who are living with scarring, or a skin condition affecting their appearance.

For more information visit:

changingfaces.org.uk/skincam, or call the number below.

Skin Camouflage Service 0300 012 0276

Visit **changingfaces.org.uk** for more information.

Changing Faces

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This leaflet is also available, on request, in plain text and on CD



Support, Information and Advice



changingfaces.org.uk

Living with a condition, mark or scar that affects you or your child's appearance can be difficult

The Changing Faces' Yorkshire and The Humber service, funded by Children in Need, helps support children, young people and their families who are affected by a visible difference.

Our highly skilled practitioner can help families and young individuals up to the age of 18, in managing everyday situations like staring, questions and comments, as well as more particular issues like bullying at school, support in beginning college or university, or preparing for surgery.

Your child may have been born with a birthmark, cleft lip and palate or other condition. Perhaps you are a young person with a mark or scar, a dog bite or cancer, or have developed a condition like facial palsy, vitiligo or acne.

The size, cause or visibility of the difference doesn't always relate to how it can make you feel as a young person, or how it can affect a family as a whole. What is important is how big an impact it has on everyday life.

“Changing Faces helped me to feel more positive and put the bad things away and think about the good stuff.” - Sam



“I just could not cope with how things were, it was awful. I didn't know where to turn until I found Changing Faces.” - Parent

How we can help you

If you are a young person, or have a child who looks different, we can help you to cope with the effect that disfigurement has on daily life. Our practitioner tailors help and support to meet your needs. This can include:

- One-to-one support, either in person at our Sheffield Centre, by phone, Skype or email
- Support, information and advice to help you or your child with difficult feelings and emotions
- Practical self-help guides for children, young people and parents to build confidence and self-esteem

Call for Support, Information and Advice on 0114 253 6662

“If I look back on how I was a year ago, I had no idea where I would be right now. Changing Faces has really good ways of making you see the light in all that darkness.” - Allie

- Advice on how to find out more about a condition and its treatment – though we don't provide medical advice or referrals for treatment
- Group events for children, young people and parents to share experiences together, learn new ways of approaching things and make new friends
- Support for teachers and schools (including practical guides, lesson plans and effective approaches to prevent bullying), or organising meetings with a child's school, health professionals or others

