



Researchers at the Centre for Appearance Research (CAR) at UWE, Bristol are being supported by the VTCT Foundation to work with the charities involved in the Appearance Collective (AC) to provide evidence-based psychosocial support for people affected by visible differences. We are incredibly excited by this collaboration and look forward to what we can all achieve by working together

CAR participant pool launched! As part of the VTCT Foundation programme of work, we launched the CAR participant pool in June 2018. Those living with a visible difference, parents of children living with a visible difference, health professionals, and the general public can register to receive updates and opportunities to take part in CAR's research. Thank you to all those that have helped promote it. If you, or anyone else you know would like to join, here is the link:

<https://tinyurl.com/joinCARresearch>

Knowledge Exchange

CAR are committed to sharing our knowledge and research findings with charities supporting those affected by a visible difference. This year we have spoken at a number of Appearance Collective charity events, including:

June 2018. Claire Hamlet. *"Exploring the experiences and support needs of adults living with Microtia"*. Microtia UK Family Day.

October 2018. Diana Harcourt. *"Support for people who have a visible difference – how can psychosocial research help?"*. Reach Family Weekend.

November 2018. Nick Sharratt. *"Relationships and Intimacy with a Visible Difference"*. Cleft Lip and Palate Association Adults Cleft Conference.

December 2018. Fabio Zucchelli. *"Psychological flexibility, visible difference and Vitiligo"*. Vitiligo Society Open Day Conference.



Fabio Zucchelli presents at the Vitiligo Society Open Day Conference.

VTCT Foundation research at CAR



A new CAR study **'Looks and Life'** is up and running! Researchers Fabio Zucchelli and Heidi Williamson are running an online research survey for UK-based adults (18+) who have any appearance-affecting condition. The study is concerned with how much looks affect the way people live; specifically, whether 'psychological flexibility' (acceptance of distress in pursuit of valued activities) is indicated in helping people lead fulfilling lives. It will help shape the psychological intervention Fabio and Heidi are working on, based on Acceptance and Commitment Therapy (ACT). It takes about 20 minutes, and participants can enter a draw for one of ten £10 Amazon vouchers. Here's the survey link: <https://tinyurl.com/looks-and-life>

The next Appearance Collective workshop delivered by CAR **"Supporting Families of People Affected by a Visible Difference"** will be on **25th February 2019** in London. For more information and to register, please email claire.hamlet@uwe.ac.uk

VTCT Foundation researchers Nick Sharratt, Heidi Williamson and James Kiff, are focussing on improving our understanding of how, why, and what happens when people inform others (such as new romantic partners, friends, colleagues) that they have an appearance altering condition. For example, a condition, scar or other difference may not be apparent to other people because of its location on the body, or the use of make-up, a hairpiece or clothing. Taking part will involve speaking with one of the researchers on the phone or via skype. The findings will help inform the content of an intervention aimed at romantic challenges and you can find more details and/or indicate your interest in taking part here: <https://tinyurl.com/>

Lastly, we would like to wish you all a Merry Christmas and a Happy New Year. We look forward to working with you more in 2019!

Follow us on Twitter [@CAR_UWE](https://twitter.com/CAR_UWE). On Facebook: www.facebook.com/AppearanceResearch/

You can also listen to our podcast which explores the world of appearance, the latest research in the field and features leading appearance experts: www.uwe.ac.uk/car/podcast