

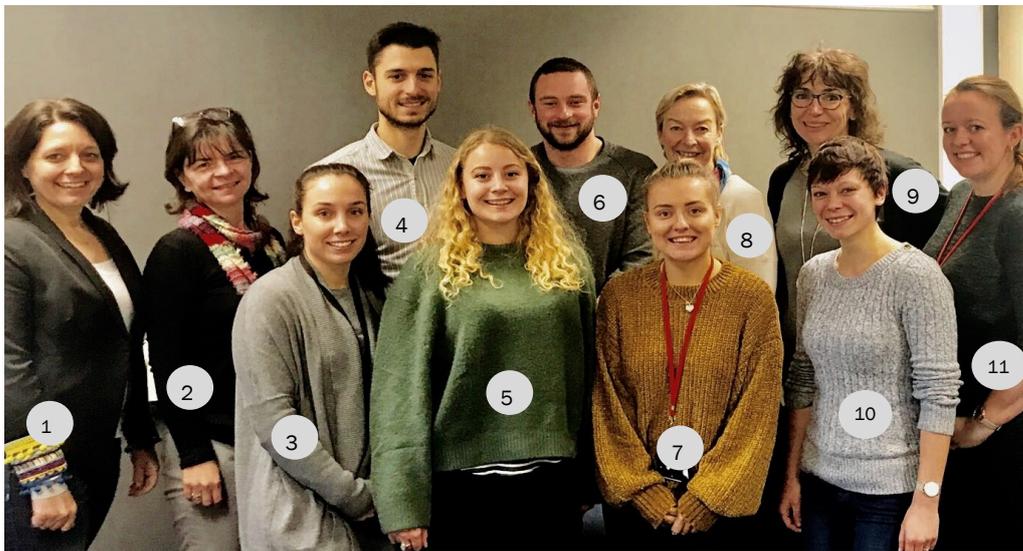


Welcome to our very first news bulletin

The Centre for Appearance Research (CAR) at UWE, Bristol is being supported by the VTCT Foundation over the next 5 years to work with the charities involved in the Appearance Collective (AC). This will enable us 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 achieve.

Introducing the VTCTF CAR team

The team are all researchers with a background in psychology, visible difference research and experience working with charities. Find out more about each member below.



1. Dr Amy Slater is the Deputy Director of CAR and Senior Research Fellow with an international reputation for her research around the impact of social media on appearance-related concerns.

2. Dr Heidi Williamson is a Senior Research Fellow with expertise around the development and evaluation of interventions, particularly for young people with visible differences. She also has an interest in ACT (Acceptance and Commitment Therapy).

3. Bruna Costa is a Research Associate with experience of research in cleft lip and palate. She is particularly interested in health conditions which affect appearance.

4. Fabio Zucchelli is a Research Associate, with expertise in the use of mindfulness-based interventions like ACT (Acceptance and Commitment Therapy) for people with visible differences, and in maximising the real-world impact of research.

5. Ella Guest is a Research Associate and trainee Health Psychologist, with experience across a range of conditions including burns, cleft and cancer.

6. Nick Sharratt is a Research Fellow, joining the team in January 2018. He has an interest in intimacy and romantic relationships in those living with a visible difference.

7. Jade Parnell will be starting a full time PhD in the area of “*Developing an intervention for primary school-aged children to increase acceptance of diversity of appearance*” under the supervision of Dr Amy Slater and Dr Heidi Williamson, beginning January 2018.

8. Professor Nichola Rumsey will provide supervision for the VTCTF team.

9. Professor Diana Harcourt is the Director of CAR, providing supervision for the VTCTF team.

10. Dr Nicola Stock is a Research Fellow with extensive experience of mixed methods research into craniofacial conditions and Patient and Public Involvement (PPI).

11. Claire Hamlet is a Research Associate, trainee Health Psychologist and VTCTF research coordinator, with experience of research into facial palsy and cleft, intervention evaluation and project management.

Priority setting exercise

In May 2017, CAR held a meeting with 14 members of the Appearance Collective (AC) to kick start the process of agreeing the priorities which will inform our programme of work over the next 5 years. This involved small group discussions to elicit a wide range of issues deemed to be important and useful to the Appearance Collective members. Each group then sorted the issues they had identified, and each delegate then indicated the 3 issues that they considered to be the most important.

In order to give a voice to as many AC members as possible, the results of this initial exercise were then collated and summarised in an online survey which was circulated to AC members not represented at that meeting. Respondents were asked to add any additional issues to the existing list and select their top 3.

Priorities were analysed and collapsed into broader themes, which represent the priorities for the AC work over the next 5 years. These are:

1. Impacts of social media & social media literacy
2. Summarising/evaluating the evidence base for support & interventions
3. Improving understanding about the incidence and experience of visible difference
4. Improving the experience of treatment
5. Developing new assessment tools to capture the patient experience/outcomes
6. Developing new interventions for:
 - people adversely affected by visible difference
 - schools
 - society
 - the media & the beauty industry
7. Developing training materials
8. Understanding the motivation of people working for charities in this sector
9. The impact of Patient and Public Involvement on research and health care provision.

Everybody's Different The Appearance Game



One of the priorities set by the Appearance Collective was developing new interventions for schools.

We are pleased to announce that **'Everybody's Different: The Appearance Game'** has been created by CAR in

collaboration with Focus Games. The game helps children aged 9+ explore visible differences, body image, bullying and diversity.

Charities in the AC have received a complimentary copy of the board game from CAR. Additional copies of the game can be purchased here: www.appearancegame.co.uk

We are currently evaluating the game in schools, but if you, or any of your service users have any feedback about the game, please send it to claire.hamlet@uwe.ac.uk



Other news.....

CAR's **Public and Patient Involvement/ Engagement Workshop** will be held on 26 January 2018 in London. For more information and to register, please email claire.hamlet@uwe.ac.uk

We would like to welcome **Wound Care 4 Heroes** to the Appearance Collective. They provide specialist wound care to help rebuild the lives of those injured in conflict.

Appearance Matters 8, 12-14 June 2018 Join us for CAR's biennial conference in Bath to hear about research and good practice around body image and appearance. Our keynote speakers include Dr James Partridge, OBE from Changing Faces who will be speaking about promoting inclusion and best practice healthcare for people with disfigurements. To find out more about the conference, please visit: www1.uwe.ac.uk/hls/research/appearanceresearch/newsandeventsfrom

**Lastly, we would like to wish you all a Merry Christmas and a Happy New Year.
We look forward to working with you in 2018!**

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

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