



Skin camouflage

Rebuilding your confidence



How do I get access to the camouflage service?

Changing Faces Channel Islands (CFCI) requires that you visit your GP and be referred to the skin camouflage service. Once your GP has approved that the camouflage service is suitable for you, please book your appointment at the Cosmedical clinic at the Healthcare Group Surgery in St. Martin's, Guernsey, telephone 01481 723373.

Once we have a referral letter from your GP, Changing Faces Channel Islands will meet the cost of your appointment.

'I know the scarring won't go away but now I can just be myself again.'

Young service user

'When I look in the mirror without it, all I see is redness. As soon as the camouflage is on I feel so confident and can just get on with my life.'

Service user with rosacea

'I don't worry that people are staring at me any more. But if someone does, I know how to handle it.'

Service user with facial birthmark

'I don't use skin camouflage every day, but when I'm meeting someone for the first time it stops my vitiligo being a distraction.'

Service user with vitiligo

Who can benefit from the service?

The service is available to anyone who would like to learn how to camouflage a scar or skin condition. Skin camouflage is suitable for men, women and children of all ages and ethnicities.



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About Changing Faces

Changing Faces offers *information, advice* and *support* to children, parents and adults with scars, marks or conditions that affect their appearance.

We work to *improve policy and practice* in organisations. Through staff training and consultancy we help to create *fair and inclusive* environments.

We campaign for *social change*. We aim to promote a society in which people are treated *fairly and equally*.

What is the Skin Camouflage Service?

For someone living with scarring or a skin condition that affects their appearance and confidence, specialist camouflage products offer a way to cope. Our service helps individuals to regain self-confidence and independence.

How does the service work?

The trained Practitioner selects the best colour match for each person's skin tone. They then teach clients how to apply the cover creams to improve the appearance of affected areas.

These creams can provide effective waterproof cover for a wide number of skin conditions, including:

- Scarring (from burns, accidents, acne etc.)
- Vitiligo
- Rosacea
- Birthmarks
- Leg veins
- Pigmentation problems
- Other skin conditions

There is no charge for a consultation. However, Changing Faces Channel Islands is a charity and the Skin Camouflage Service relies on donations from the public. It costs us around £50 to provide each consultation. Any donation you can make will help us to continue this service and benefit others.

Please see our website www.changingfacesci.org.gg for details of how to make a donation. Alternatively you can make your donation at the clinic.



Can I get additional help?

We work closely with Changing Faces in the UK who have a team of professionals who support people with the emotional and social affects of looking different. They help people and their families who are living with conditions, marks or scars that affect their appearance. The team aims to help individuals lead full, confident and satisfying lives. They give practical and emotional support to adults, children and their families. They also provide training support and advice to professionals in health and education.

Please visit the UK site, www.changingfaces.org.uk to find out more about the support they offer. If you feel that you may benefit from additional support, either personally or in a professional capacity, please email Changing Faces Channel Islands, contact@changingfacesci.org.gg with details of the assistance you need – we will then consider the funding for this and help where we can.