

Living with wounds can be distressing and can in many cases cause social and emotional (psychological) problems. There are numerous organisations that dedicate themselves to providing research, support and guidance to those living with scars and wounds. Through information provided on their website, to helpful forums, charities can provide you with a safe space to discuss your troubles with patients and professionals that understand:



“The British Skin Foundation is the only UK charity dedicated to raising funds for all skin diseases and skin cancer research. Sixty percent of British people currently suffer from or have suffered with a skin disease at some point during their lifetime. Whilst some skin conditions are manageable, others are severe enough to kill. Our unwavering commitment to funding quality research means we won't stop until we've found cures for common skin problems like eczema, psoriasis and acne through to potential killers like malignant melanoma. To date we've raised £16 million to fund more than 350 research projects since 1996. For more information visit [The British Skin Foundation website](#). “



“Changing Faces began its work in 1992 to help people who have a disfigurement to their body, hands or face to find a way to live the life they want. We are caring campaigners – caring and empowering in supportive, friendly, positive and inspiring ways, and campaigning in our education and advocacy work by being forthright, informed, counter-cultural and determined. We are here to help people conquer fears, take the first steps and ultimately take control, by being on a client's side and by their side as they define their own sense of identity, their purpose and realise their dreams. We help build people's confidence to live their life on their terms. And we challenge prejudice, respect differences and speak to a world that needs to change. To find out more, visit [the Changing Faces website](#) “



“Dan's Fund for Burns, (DFFB) a UK registered charity was established by Polly (Miller) Brooks after the bombings in Bali in 2002. Polly is the sole survivor of a party of ten, including her husband, Dan, Bridesmaid and seven other friends. Suffering 43% body burns Polly understands full well the painful and devastating effects of severe burns both emotionally and physically. While recovering, she found no on-going support or information in the UK for adult Burn Survivors once leaving Hospital and recognised the urgent need to fill this vacuum. DFFB's main aim is to provide swift and practical support for UK-wide adult Burn Survivors in need, such as emergency funding.

DFFB also encourages Support Groups for Survivors, funds educational programmes, medical equipment for Burns Units the NHS cannot afford, camouflage and micro-needling training for burns staff, young adult burns camps and two new websites:

1. [Adult Burn Support UK](#) directs Adult Burn Survivors to a wide range of information and resources of support available within the NHS and beyond.
2. [Hello-Again](#) designed specifically for burn patients and families moving from the paediatric burn service to the adult burn service.

For more information on [Dan's Fund for Burns](#) visit their website. “



“Skin Deep Behind the Mask (SDBM) is a not for profit organisation dedicated to supporting sufferers of all types of skin diseases by helping to manage their condition and symptoms. It also aims to inform and raise awareness of the difficulties skin disease patients face and the impact it can have on their families and loved ones.

In order to achieve its objective of raising awareness and providing support to sufferers of skin disorders, the functions of Skin Deep Behind the Mask include: To raise funds and receive contributions, where appropriate, for financing the organisation and its work.

- To provide information and support to patients and their families in an open and confidential manner.
- To raise awareness of skin diseases and the consequences for sufferers through education and media representation.
- To promote and raise funds for the research, prevention and treatment of dermatological conditions.

For more information, please visit the [Skin Deep website](#). “

You can find further help and support from [talkhealth](#) directly through our online clinic's, our ask the expert one day clinics and by speaking with our scar community in the [talkscarsandwoundcare forum](#).

If you feel that your wound is affecting you in a negative way it is important to discuss this with your doctor.

week8:



As an avid swimmer in Queensland, Australia (skin cancer capital of the world) I would often swim for hours without a shirt honest and projection. This has meant that I have had to have a grade 2 malignant melanoma removed from my back. I use the scar to teach my class (I am a teacher) about the need for sunscreen and skin/sun safety – [Read Hamish's full story here.](#)

next week: *Exercise and movement*

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Publication date: 29.06.20
Next Review date: 29.06.23



The [mywound](#) support programme is sponsored by Kelo-cote who have not had any influence over the content.

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