



## Contact

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Be.You. project:  
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## Donate / Help Us

We rely almost entirely on voluntary donations to fund our work. Your donation will help us raise awareness of the psychological issues that dermatology patients may encounter and provide services that will help increase self-esteem, reduce stress and improve the physical and psychological aspects of a dermatology patients skin condition. *The most effective way to help us is to donate.*

### Quick and easy

To send your donation text SKIN14 to 70070 and the amount you would like to donate. You can donate up to £10. For example, text SKIN14 £3 to 70070. Small donations make a BIG difference.

### Online donation:

The simplest and easiest way to support our charity. You can also Gift Aid your donation and increase the amount you donate with no cost to you. Go to [www.mindandskin.com](http://www.mindandskin.com) to make an online donation via *Just Giving* or *BT MyDonate*.

### Fundraising event:

However you decide to raise money, we're here to give you support and advice to make it an even bigger success. You could do anything from holding a tea party to organising a sponsored walk. Or you could get your company involved in supporting us. There are a variety of ways that companies can help, from sponsoring one of our projects to making us their charity of the year.

Get in touch and see what we can achieve together!



**BEING COMFORTABLE IN YOUR SKIN**



The  
Psychodermatology  
Charity

## About Us

### Who we are?

Mind & Skin is a psychodermatology charity that was established late 2013 in Sussex, U.K. We are the only dedicated psychodermatology charity in the UK. We have a board of trustees who are responsible for the direction and governance of the charity. The charity's services are delivered by a combination of staff members, volunteers and official advisors.

We are classified as a small working charity and are regulated by HMRC.

### What we do?

Mind and Skin is a charity that aims to improve the daily quality of life for skin disease sufferers. We will provide "talking therapies" for our service users to increase their self-esteem, reduce stress and manage the physical and psychological aspect of their condition.

We aspire to improved communications between Government, all health related officials, and their patients.

## Vision Statement

### Mind & Skin

From 2016, *Mind & Skin* will have become an internationally respected charity delivering psychodermatology care to our beneficiaries. This will be evidenced by:

- Influencing the development of quality standards in NHS dermatological care to include further psychological care.
- Having regional mental health practitioners.
- Establish a grant research scheme for psychodermatology / dermatology research.
- Establish a young persons support service.
- Establish a young persons beneficiary panel.



## Be.You.

*Be.You.* is our new young persons support service. We recognise that young people are poorly recognised in both mental and dermatological health care. This service utilises creative arts to help remove loneliness often felt by young people who suffer from skin issues and to give them a voice. *Be.You.* also provides a free and engaging service with leading health practitioners.

Supported by LEO Pharma



## Stay Cool

*Stay Cool* is our skin cancer awareness project. It is estimated that there are 100,000 new cases of skin cancer each year. We aim to promote healthy sun exposure habits in the community to reduce the occurrence of skin cancer. *Stay Cool* will be a highly active and visible campaign in local communities. *Mind & Skin* will be handing out free sun cream, UV bands and informational leaflets to promote healthy sun exposure habits. Check our website for following dates and locations!

Supported by Sunsmart

