

# GMESS

Greater Manchester Eczema & Skin Support

Supporting you to improve your skin health

GMESS supports people from Greater Manchester affected by eczema and other inflammatory skin conditions including psoriasis and acne, and who are further affected by covid-19, to have improved skin health and wellbeing.

## Our Community Services

- ◆ **Peer Support Groups** for people to be less isolated, have a voice, feel listened to, and feel part of a community with a shared experience.
- ◆ **Wellbeing courses** covering specific issues on skin conditions, including diet, nutrition, exercise, and managing sleep.
- ◆ **1-to-1 Coaching** for people to develop greater awareness, knowledge, and skills, to better manage their condition and have a better quality of life.
- ◆ **Information & Advice Line** is an appointment-based service for people to be signposted to the best support based on their needs.

**For more information contact Paul Mattis on:**



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