Confidence in you

Ecclesall Road South, Sheffield, S11 9PX

What is Confidence in you?

Confidence in you offers support to help with the visible and emotional effects of your treatment/illness. The sessions are volunteer led by a Beauty Consultant who has extensive experience in the beauty business. In addition, we can support family members, carers and bereaved people affected by a palliative diagnosis.

How do the sessions work?

Each session provides a safe, welcoming and fun environment to learn new techniques/skills. The group is a great opportunity for people to come for a chat, feel supported, relaxed and positive about themselves.

What does a session involve?

The session looks at how to apply skin care and make-up, with a demonstration and the chance for each person to apply/try the products out. Each session has a running time of approximately 2 hours.

How can I access Confidence in you?

Speak to your Healthcare provider at St Luke's. This could be your Community Nurse, Wellbeing Therapist, Physiotherapist etc or Reception at Ecclesall Road South and they can refer you.

