



When you've looked at
the ceiling, the coffee machine,
your shoes and the far wall,

look me in the eye
and say hello.

Changing Faces is a Registered Charity Number 1011222.

Photographer Andy Flack



Don't feel bad. It's a natural response not to know where to look when meeting someone with a facial disfigurement for the first time.

I'm used to having conversations with the side of people's faces, or the tops of their heads. I've even had people conduct an entire discussion through the person standing next to me. (Sometimes even when I don't know the person standing next to me).

What I'm saying is, don't be scared. Make eye contact, shake hands,

or even smile. I won't bite. We could talk about what happened to me, if you like. Or we could discuss something more important, like the weather, or the price of fish.

Above all, don't get put off. Meeting a complete stranger is a difficult business at the best of times. You will find it awkward, but it does get better.

I'm still learning myself. So, until we meet again, get a little practice in. Look me in the eye and say goodbye.

