



Please join us in Bristol, United Kingdom, for Appearance Matters 10, the 10th international multi-disciplinary conference hosted by the Centre for Appearance Research.

March 2024 headlines

- [Final reminder to register for the Mentoring Breakfast](#)
- [Social Programme](#)
- [Sustainability at AM10](#)
- [Insider's guide to Bristol](#)
- [Appearance Matters: The Podcast](#)
- [Help us spread the word!](#)
- [Keep in touch with CAR](#)

Final reminder to register for the Mentoring Breakfast

Join us at AM10 for our Mentoring Breakfast on Thursday, June 13, 2024, where Appearance Matters continues its tradition of fostering mentorship between seasoned professionals and emerging talent in body image and appearance.

Don't miss this chance to connect with experts, ask questions, and gain inspiration in a relaxed setting.

We have extended the deadline to register for this opportunity until March 31, 2024. While there is no cost, places are limited, so visit the [Mentoring Breakfast registration page](#) today to secure your spot!

Social Programme

Don't forget to join us for two unforgettable social events at AM10!

Save the Dates:

Tuesday, June 11, 2024 – Welcome drinks reception at the [SS Great Britain](#)

Wednesday, June 12, 2024 – Conference dinner at [Bristol Museum & Art Gallery](#).

Welcome Drinks Reception

Kick off AM10 with style! Join us aboard the iconic SS Great Britain for an evening of mingling and maritime history. Sponsored by Dove, this event is open to everyone (no booking needed) and is not to be missed!

Conference Dinner

Indulge in a culinary journey at the Bristol Museum & Art Gallery. With a three-course meal, fine wine, and live music, it's the perfect way to unwind and connect after a day of learning.

The conference dinner requires booking when registering for the conference. The cost of the conference dinner is £60 and includes a three-course meal (plus a couple glasses of wine!), and a live band. All registration fees can be found on the AM10 registration page.

Make sure to [secure your spot](#) for the conference dinner now!

Sustainability at AM10

Wherever possible, we encourage conference attendees to prioritise sustainable and eco-friendly travel options when coming to Bristol and during their stay.

When getting here... Consider taking public transportation, such as buses or trains, which produce fewer carbon emissions compared to individual car journeys, and if you are flying then please consider using public transport for transfers. The [A1 Bristol Airport Flyer](#) is an affordable and easy way to get to the city centre from Bristol Airport. Bristol train, coach and bus stations are all centrally located and the following websites can be used to help plan your journey:

- [National Express](#)

- [Bristol Airport](#)
- [National Rail](#)
- [Trainline](#)

When you have arrived... Bristol boasts an extensive network of cycling lanes and pedestrian-friendly paths, so renting a bike or walking can be excellent choices for short distances. Renting an e-scooter or e-bike is a popular way to get around Bristol, and is easily done via the [TIER app](#).

There are also buses and a local train service connecting various Bristol neighbourhoods. You can pay using contactless forms of payment (e.g., credit card, ApplePay) on most buses and trains in Bristol.

Insider's guide to Bristol

For 2024, we are bringing the AM10 conference home to the beautiful city of Bristol, where the Centre for Appearance Research at the University of the West of England is based.

We have put together some of our top things to do during your visit to Bristol. Here are a few of our insider recommendations:

Chance and Counters – a quaint board game café located on the [Christmas Steps](#), really fun and a good reason to check out the Christmas Steps, too!

- **What to expect:** 700+ board games, 6 lines of top notch craft beers, proper espresso and tea from Clifton Coffee and a dog-friendly venue.

Locked in a Room – if you are into a more immersive game experience, Locked in a Room is Bristol's largest escape game experience located in the heart of the city on Millennium Square, just a 5-minute walk from the conference venue. You have 60 minutes to use elements of the room to solve puzzles and clues to earn your freedom!

- **What to expect:** intriguing and challenging puzzles and clues, attentive staff, an exciting atmosphere and a unique team building activity.

Brozen Bar – fabulous frozen cocktails, you can get just about any cocktail frozen. Perfect for a sunny and (hopefully!) warm day in June.

- **What to expect:** frozen cocktails, house curated classics and a selection of beers, cider, wine and nibbles.

The Stable – located on the harbourside, this venue is on the list specifically for its 5 small-pint, craft cider tasting board. In the words of a Bristolian, "ey don't do cider anywhere else like `ey do in good `ol Brizzle".

- **What to expect:** water-side sourdough pizza, local pints and, if you go on certain evenings, you will also get treated to some live music.

The Mothership (The Climbing Academy) – for something a bit more out of the way but an absolute gem, visit one of Bristol's popular rock-climbing gyms. It's bouldering only but available for all (beginners and advanced). You will need to watch a safety video prior to climbing but then you are off! Some Centre for Appearance Research folks like to climb, so if you fancy going, feel free to ask some of us to join!

- **What to expect:** a safe and welcoming space for people of all backgrounds and abilities, an extensive range of training facilities and a cafe offering fresh, locally roasted coffee and delicious snacks.

Bristol Street Art and Graffiti Tours – as the birthplace of Banksy, Bristol's constantly-evolving graffiti culture has made street art one of its most famous attractions. In summer 2024, Bristol will also be hosting Upfest, Europe's biggest street art and graffiti festival.

- **What to expect:** street art tours, hidden gems and globally acclaimed pieces.

Wine Tasting at KASK – a natural wine bar, offering wine tasting experiences, including wine and cheese tasting events and the 'Pour Decisions' wine tasting series: a pocket-friendly, choose-your-own-adventure wine tasting. Both are conveniently hosted on a Wednesday, which falls during the conference!

- **What to expect:** organic, vegan wine and artisan, local food.

St Nicholas Market – a vibrant market in a Georgian arcade in the heart of the old city. Also known as St Nicks Market, it has Bristol's largest collection of independent retailers and was named Britain's Best Large Indoor Market in 2016.

- **What to expect:** a mix of independent stalls, tiny shops and (plenty of) food.

Getting Out in Nature – if the weather is on your side and you enjoy being outdoors, Bristol has plenty of great spots for that, too! Walk, cycle or drive Vale Street, England's steepest residential street; get your green fix on the Clifton Downs, a perfect spot to admire the jaw-dropping views of the Avon Gorge and the Clifton Suspension Bridge; surf at The Wave; or pet some animals at Windmill Hill City Farm.

- **What to expect:** a variety of open spaces to escape the hustle and bustle of the city, without having to go too far.

For more ideas of things to do, see and eat in Bristol, you can check out Visit Bristol – Bristol's Official Tourist Information Site and Yuup Bristol – the marketplace for amazing local experiences in Bristol.

Appearance Matters: The podcast



Our podcast explores the world of appearance; presenting new insights and advances in research, as well as perspectives from researchers, clinicians, charities and organisations, and individuals affected by appearance-related concerns.

Tune in to [last month's episode](#), which is all about living with Alopecia. Our podcast team is joined by Kerry Montgomery, Fabio Zucchelli and Alopecia UK's CEO Sue Schilling to discuss CAR's long-standing friendship with Alopecia UK, some of the important research it's fostered and how the charity have translated these findings into real-world impact.

[Listen now >](#)

Subscribe now on [Apple Podcasts](#), [SoundCloud](#), or [Spotify](#), and please leave a rating and review!

Help us spread the word!

We are excited to see you at Appearance Matters 10 and are keen to extend the invitation to new delegates. Please forward this email to colleagues who might be interested in learning about the latest progress in body image and appearance research in a stimulating and welcoming environment.

Keep in touch with CAR

If you want to keep in touch with the Centre for Appearance Research, you can follow us on our social media accounts, where we discuss all things related to body image and appearance – check out our [Instagram](#), [Facebook](#), [X \(Twitter\)](#) and [LinkedIn](#) pages.

For more information on the conference, please [visit the Appearance Matters Conference website](#).

We look forward to seeing you in June 2024 for Appearance Matters 10!

Centre for Appearance Research
University of the West of England, Bristol, UK

[Email](#)
[Website](#)
[Conference Website](#)



UWE Bristol, Frenchay Campus, Coldharbour Lane, Bristol, BS16 1QY

Copyright © 2023 UWE Bristol

We'd like to keep you updated about the Appearance Matters Conference, but you can [unsubscribe](#) at any time.

Read our [privacy policy](#).