

# We can help you face cancer with confidence



look good **feel better**

FACING CANCER WITH CONFIDENCE



**Practical Workshops for people with cancer to help manage the visible and emotional effects of treatment.**

A chance to learn useful skills and ask questions of the Look Good Feel Better volunteer expert, chat to others and most importantly, relax and have fun.

## Men's services

Has your cancer treatment affected how you feel about yourself?

Looking good and feeling positive can help both physically and emotionally – it could help put you back in charge. Give our online 'Skin Fitness' Workshops a try.

- **Gain practical skincare advice and maybe find out something new and helpful**
- **Watch and try out different shaving and grooming techniques**
- **Learn more about sun protection**
- **Ask questions you've never had a chance to ask a barber/male grooming expert**

The sessions are a great opportunity to meet others on a similar journey and share experiences. Now you can also do this from the comfort of your home. It will only take up an hour or so of your time and it could help you in more ways than you can imagine.



## Book Now

✉ [info@lgfb.co.uk](mailto:info@lgfb.co.uk) ☎ 07545 551531

Visit our website for more information:

[www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

Cancer charity Look Good Feel Better continues its long-standing support by offering new online Workshops for people living with cancer. Join us for an informative session with 8-10 other people on a similar journey.



"Tell everyone to give it a go!"

"Uplifting experience"



"Great to chat and share"



"Transformational"





## Can we help you face cancer with confidence?

Look Good Feel Better's confidence-boosting sessions are available to people with any cancer diagnosis. You don't need to be experiencing side effects but may want to touch base with others who understand what you're going through.

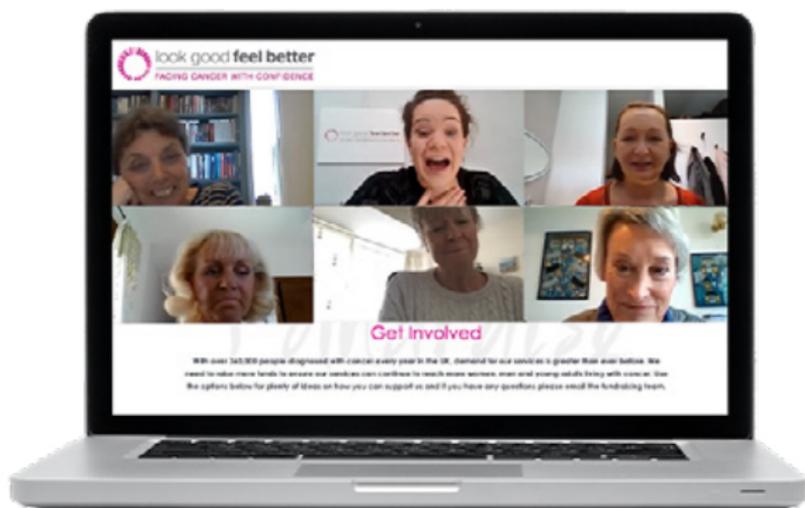
- Gain skincare advice
- Watch and try out make-up tips and techniques
- Get help with disguising missing brows or lashes
- Ask questions you've never had a chance to ask a skincare and make-up expert
- Gain from Look Good Feel Better's 26 years experience of providing face to face Workshops for people living with cancer
- Enjoy a chance to review your make-up bag and get advice

Look Good Feel Better's Workshops are full of chat and often a lot of laughter and now you don't even have to leave home to join us.

# New online services coming soon

- Workshops covering hair care, hair loss, wigs and head wear
- An interactive nail care Workshop showing how to care for your hands and feet during treatment
- 'Body Confidence' Workshops looking at the challenges faced with practical tips to help

*"I was a bit apprehensive about the workshop, not knowing how it might work, how it would feel speaking with a group of people who have all gone or are going through their own fight but it was amazing. It felt therapeutic because we all understood what we're going through. We all laughed together, it was a really positive experience. I'm so grateful this is out there for people - something uplifting, really useful and fun!"*



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Look Good Feel Better is a cancer support charity, established in the UK in 1994 to specifically help people with the visible and emotional side effects of their cancer treatment.

Our overall aim is to greatly increase confidence, self esteem and give people back an element of control.

During the Covid crisis the charity has quickly adapted its services in over 140 locations and now offers online Workshops. Once our face to face Workshops resume these online sessions will continue to offer a wider range of practical support.

Look Good Feel Better provides support for anyone undergoing cancer treatment including Teen and Young Adults.

Maureen Royston Lee, Lead Consultant Counselling Psychologist at Harley Street Clinic, recently said of the charity:

*"Without exception, all patients referred to Look Good Feel Better say it is a brilliant, nurturing experience. They feel they are having some joy put back into their life. This is a service we are very lucky to offer."*



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