

Believing in 'the feel good factor'

After the shock of being diagnosed with cancer, many women are then devastated by the distressing side-effects of their treatment, some of which can dramatically change their appearance and body image ~ loss of hair, eyebrows and eyelashes can be particularly difficult to cope with.

Look Good...Feel Better (LGFB) helps these women in a very practical and positive way. Trained beauty consultants volunteer their time and expertise to help women with simple skincare and make-up skills. The two hour workshops are informative and lively but most of all, fun ~ making this particular visit to hospital something to look forward to.

LGFB receives many letters and positive comments which bear testimony to the basic thinking behind the Programme ~ if you look good, it can help you feel better ~ a fact recognised by the different medical professionals involved in patients' care and treatment.

"I had seen the positive effects of LGFB workshops on my patients for many years, but nothing prepared me for being diagnosed myself. You don't realise how vulnerable women feel when they look into a mirror and see a stranger staring back. Being shown simple make-up skills made me feel able to go out looking as 'normal' as possible."

Professor Hilary Thomas, Consultant Oncologist and LGFB beneficiary

Making it happen

The LGFB workshops are free and held weekly, fortnightly or monthly depending on each hospital's requirement. Women attending workshops are taken through a 12-step skincare and make-up regime and, as an added bonus, everyone is given a substantial gift bag of products, donated by different cosmetic companies, to use and take home at the end of the session.



Keeping up appearances

Feeling lonely, frightened and alienated is how many women describe the experience of going through treatment. Attending a LGFB workshop provides a real source of support, bringing together small groups of 10-12 women in a relaxing and enjoyable environment. With the help and encouragement of LGFB beauty consultants, the two-hour sessions are enjoyable, morale boosting and informative. Women leave the sessions laughing, looking fantastic and ready to face the world again.



In praise of Look Good...Feel Better

"The LGFB consultant showed me how to carefully define my missing eyebrows and enhance my eyes now that I have lost my eyelashes. I look fantastic and can't wait to go home and show my family ~ I look like me again. Thank you."

Becky Robinson, LGFB Beneficiary

"Cancer treatment can be incredibly demoralising and energy-sapping but knowing I can still look my best has really helped me get through it."

Justine Jones-Lloyd, LGFB Beneficiary

