



SKYE'S STORY

Skye, 41, a mum of six from London, first discovered a lump on her breast when she stopped breast feeding her youngest child, 26 month-old Suraya.

"It was a lonely journey. As much as I have many friends and family; my husband, my kids, and my mum – during covid times going through treatment I was alone; so, you have to build a lot of resilience and tough skin."

During treatment, Skye felt so weak, that her daughter, Ria, aged 10, would help her with her personal care in and out of the bath. She said **"Physically it took a toll on my body. I wouldn't want to see anyone go through that. It's so disempowering. I lost my hair and I also put on weight because I was on steroids to manage the pain."**

During treatment, Skye attended a Look Good Feel Better Skincare and Makeup Workshop.

"It really helped me in giving me the tools and skills to look a bit more human if I wanted to go out to make me feel a bit more prettier. It made me feel special, a lot more special."



LOOK GOOD

FEEL BETTER

Look Good Feel Better is a cancer support charity aimed at boosting the physical and emotional wellbeing of people living with cancer.

We understand how emotionally challenging living with cancer can be. This is why we run wellbeing workshops and classes virtually and at hospitals and cancer care centres across the UK; led by beauty and health expert volunteers to help people look good, feel better and more like themselves again.



**BOOK A
WORKSHOP**

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look good **feel better**
FACING CANCER WITH CONFIDENCE

WELLBEING WORKSHOPS AND CLASSES TO HELP LIVING WITH CANCER



**Practical workshops and
classes to help manage
the visible and emotional
effects of cancer treatment**

SKINCARE AND MAKEUP WORKSHOPS

Step-by-step advice on skincare and makeup application to help you look your best and manage any skin issues or sparse eyelashes.

HAND AND NAIL CARE WORKSHOPS

A dedicated class focusing on simple, practical tips and techniques for your hand and nail care. You will be given advice on dealing with challenges such as dry and sensitive nails that break easily, ridges, nails lifting, discolouration and more.

HAIR LOSS, SCALP CARE & NEW GROWTH WORKSHOP

Presented by partner charity, Cancer Hair Care, with expert advice and support on hair loss, how and when to safely colour your hair and what to expect with new hair growth.



HEADWEAR, WIGS, BROWS & LASHES WORKSHOP

Presented by partner charity, Cancer Hair Care, with expert advice and support on wigs and headwear options, hair loss accessories and how to deal with eyebrow and eyelash loss.

STYLING FOR CONFIDENCE WORKSHOP

Our Stylist experts will help you deal with challenges you may face around body image and confidence; covering how to dress for your body shape, how to build your own capsule wardrobe and understanding your own optimal colours.

VIRTUAL GENTLE EXERCISE CLASSES

Moving your body is a great way to help reduce any feelings of anxiety and depression; and we have a number of virtual gentle exercise classes which run on a monthly basis to help you, which you can attend from the comfort of your own home.

> **CHAIR PILATES** > **LIVING YOGA**

> **CHAIR YOGA** > **MAT YOGA**

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> **INTRODUCTION TO MINDFULNESS**

> **MOVEMENT & MOBILITY**



"Look Good Feel Better isn't just a makeup lesson, it's about making you feel good during a difficult time."

- **HILARY, 41**

