



look good feel better

FACING CANCER WITH CONFIDENCE

CELEBRATING 30 YEARS



Our beneficiaries

Feedback

We always ask our beneficiaries to complete a questionnaire following their workshop, in the comfort of their own home. We receive many wonderful and uplifting compliments every month, and here is a selection.





“It gave me a new-found confidence which I had been lacking since my treatment began. I walked out of the class looking good and feeling better just as you predicted.”

Tara

Skincare and Makeup Workshop

“I am being treated for breast cancer; 2nd time in 3 years. I’ve had lots of complications from chemo, one of them being adult acne. I never suffered with spots as a child, so this is hard to deal with. I mostly covered up with a mask. I attended the workshop with anxiety, especially as no one else had this. As the volunteer went around the room demonstrating each step of make-up, my turn was foundation. I was worried that I would look horrible, **but it made me feel more confident.** When I left with a full face on, I felt pretty.”

I was very anxious about attending the class as my face had reacted to chemo giving me lots of acne. I was self-conscious but when I was chosen for the foundation demonstration, I was happy. **It gave me a new-found confidence which I had been lacking since my treatment began. I walked out of the class looking good and feeling better just as you predicted.** Everyone at the workshop was great and I thoroughly recommend going. **You will meet some amazing people who are going through the same journey and can share stories and tips.”**

“...and to meet other ladies going through their own cancer journeys.”

“I had breast cancer in 2011 and again in 2022. The 2nd time having a mastectomy and reconstruction. You can imagine, my mental health was at an all-time low, asking why this was happening to me again. The hormone blockers that I took at first really messed with my head. I heard about the make-up course run by Look Good Feel Better. **It was so nice to be given advice about different make up products and to meet other ladies going through their own cancer journeys.** I would recommend anyone to go on any course which would make them feel better about themselves.”

Angela

Skincare and Makeup Workshop

“Both of the volunteers were warm, friendly, welcoming and informative. **It made for a lovely, relaxed atmosphere where everyone was happy to chat and share stories and importantly have a giggle. I left feeling glamorous** and more relaxed about care of my skin during chemo. Prior to this workshop I’d been a bit reluctant to wear make-up as fed up and couldn’t be bothered attitude now I will!”

Claire

Skincare and Makeup Workshop

“Look Good Feel Better was the 1st time since my diagnosis, that I felt that I looked good and felt good. The time spent here was the **1st time I had relaxed in a long time and everyone who attended, volunteers and attendees made my time here wonderful.** Everyone was so lovely, kind and a lot of fun. **The workshop provided me with an opportunity to break from what is now my new normal (treatment, hospital appointments etc) and feel like me again!** I didn't realise how stressed I had been since my diagnosis, until I arrived at the Look Good Feel Better workshop. **My stress melted away and the only downside to the event was it didn't last long enough!!** I could have stayed for another 2 hours!! :)”

Victoria

Skincare and Makeup Workshop

“I was first diagnosed with cancer in 2009. Unfortunately it returned in 2011 when it was thought I may only have a couple of years left. Fortunately thanks to the NHS and lots of research different treatments became available which have worked for me until now. I have now run out of new treatments so I am simply taking each day as it comes and trying to enjoy myself. **Nice experiences like Look Good Feel Better help with that. Thank you so much.** All of the ladies were very helpful and knowledgeable. Just to say thank you for all you do.”

Phyl

Skincare and Makeup Workshop

“This is a fantastic workshop to boost self confidence in using skin care products and applying make-up. Particularly if lashes and eyebrows are sparse, volunteers were great at giving good tips to make them appear more natural. The volunteers had lots of great tips and helped us with applying make-up if needed.”

Fiona

Skincare and Makeup Workshop

“One of the biggest parts of diagnosis and treatment is how your whole-body image is altered. Going through the multiple examination made me feel a massive loss of dignity, then loss of hair has made me loss so much self-esteem. Going out has become a mental torture. **Just that little bit of advice on makeup and skin care in a room of people going through similar experience has given me that confidence boost and I feel like me again for a little while.** Able to adapt to individual concerns and very reassuring, full of advice on good products to try.”

Lorraine

Skincare and Makeup Workshop

“My cancer journey started in November 2023. It's a massive shock when you hear that you have cancer, and basically you think you are going to die! I've had surgery, chemotherapy and am about to start radiotherapy in May. After having chemotherapy my hair started coming out in clumps, so my husband shaved it for me as it was so messy. Also, later my eyebrows have got less and less, and my eyelashes have thinned out. **I have now been on 3 workshops with look good feel better/ cancer hair care, and they have all been so helpful.** I am not really a “make-up” person however I attended the make-up workshop at my local Maggie's centre, which was good and **lovely to see people who are going through similar things.** I have also attended the **hair loss, scalp care and wigs, headwear workshops which were so informative and again so helpful to me.** Overall, I've had **an excellent experience** from all the workshops, and Jasmin who takes the hair care workshops is so good at explaining everything and you can see she has so much passion for what she does. **I would recommend these workshops to anyone going through a cancer journey.”**

Ange

Headwear, Wigs, Brows & Lashes
Virtual Workshop

"I'm on the 3rd cycle of chemotherapy for Breast cancer, having had a mastectomy in February. Last week I started to lose my hair which I am really struggling with. I had sincerely hoped that the Cold Cap would spare me from this experience. So far, I've been in control of who knows about my diagnosis, but the thinning of my hair means that it will be obvious to everyone. I'm not a glamorous person and spend most of my life in casual clothes but making sure that my hair looks nice is very important to me. **The Workshop couldn't have come at a better time! The presenter was so knowledgeable about the whole subject, she used positive language to describe what's happening to us and she gave me so many ideas in how to manage my hair loss without changing the type of person I am. I went to my wig appointment today armed with knowledge and confidence that I didn't have before the workshop and have come away with a nice wig which I can see myself wearing alongside caps or scarves over the coming months. Thank you, Cancer Hair Care, and Look Good Feel Better, one day I will pay this forward.**"

Anon

Headwear, Wigs, Brows & Lashes
Virtual Workshop

"I was diagnosed with breast cancer December 2022. I had a mastectomy, 6 rounds of chemo and 15 rounds of radiotherapy in 2023. I enjoyed my day so much I have just applied to volunteer at our local hospice with the Look Good Feel Better team. I am really looking forward helping others. Very friendly and knowledgeable."

Jan

Skincare and Makeup Workshop

"Look Good Feel Better have made an extremely positive impact on the way I feel. I was devastated when I lost my hair but being able to focus on make-up and skincare has really helped me cope with such a difficult time. I have had so many positive comments since using products and make-up as advised, that it has really made me feel so much better. Thank you so much! They had a professional and yet friendly approach and appeared to be knowledgeable on the techniques and products. Face-to-face workshop was far more effective than the previously attended online session."

Chris

Skincare and Makeup Workshop

"My cancer journey began in 2021 but because of the type of small community I live in, I chose to keep what I was going through private. Only my very closest family and friends knew and respected how I chose to deal my breast cancer diagnosis and treatment - they were there for me 100%. Mostly, I didn't speak about it. When the scars from my operation and treatment had faded, I found more need for mental support and that is when I turned to Clan Cancer Support. **It has been a 'godsend' for me that Clan in Orkney facilitated your superb Look Good Feel Better event. I moved forward in a big leap on Friday of last week! I WILL put on full make-up again and continue with an enhanced skincare routine. Thank you to all who made this possible.**"

Janey

Skincare and Makeup Workshop

"Our volunteer, Gail, was excellent and made me feel better about myself. She was very generous with her time and the one-to-one chat I had with her after the session was very helpful, I appreciated it and felt happier at the end of the session than at the start."

Christine

Styling for Confidence
Virtual Workshop

"I have recently been diagnosed with breast cancer Her2 stage 4 in February 2025 which has spread to my bones and liver. I am 38 and struggling to come to terms with the diagnosis, I only found out due to bad pain I was experiencing. I have been told it's incurable, I started chemo on Thursday 14th March 2024 to which I had very bad side effects to where I was hospitalised for 2 weeks, my second chemo treatment had to be delayed due to being in hospital. I have now had my second session which went a lot better as the dosage was lowered by 10% and I was given the white blood cell booster injections to take for the 5 days after chemo. I am now feeling a little more positive about this journey as I have met some incredible and inspiring people. I still have 4 sessions to go but with the help and support of my family I am feeling positive. **The workshops are amazing, they are very encouraging and made my day. I will be attending all the other workshops too as I really enjoyed this one.** Michelle Kerr was amazing; she made each and everyone in the group feel welcomed. We all got a chance to speak about why we were attending and the condition of our nails. It didn't seem rushed, and she was generally a lovely person with good vibes."

LJ

Nailcare Virtual Workshop

"Look Good Feel Better brings a humanity to my cancer journey that is lacking from the professional cancer treatment pathway, that in my experience is excellent care delivered badly (optional treatment of disease devoid of recognition of individual who has cancer). LGFB has been my salvation. Session was geared around participants what our problems were, what we hoped to get from the session.

I have participated in several sessions with LGFB (dealing with hair loss, make up, nail care. All have been a learning experience, positive, learning and supportive a true lifeline and a beacon of hope in dark times."

Eithne

Nailcare Virtual Workshop

"They gave enough time for the group to discuss things. Chemo wrecks your skin and hair - so this guidance is essential. I love to relax in a bath for ages - and it was suggested bath salts might make a good addition. Another idea is to include a nail care kit. Chemo wrecks nails too."

Matthi

Men's Skincare and Grooming Workshop

"I totally lost my confidence in my appearance during my treatment (which is still ongoing) did not look in a mirror for almost a year, and when I finally did, was shocked at my changed appearance. **The workshop has given me a start to building up my confidence again by choosing styles that will suit me (from what was identified) and not to be afraid to look in the mirror.** Very knowledgeable and gave everyone opportunity to speak if they wanted to. **Just a big thank you!"**

Jenny

Styling for Confidence Virtual Workshop

"My breast cancer diagnosis came as a complete shock after my very first mammogram (a mobile unit in the car park of my local community centre) as I had no signs what so ever, so I am forever grateful to the NHS. **I found Look Good Feel Better on Facebook and after some time I had the courage to attend an online workshop, it was great knowing that everyone else had or was in the same position as me and there was no judgement. I am now looking forward to the next one! Thank you everyone at Look Good Feel Better for making these workshops possible and available to all.** Very helpful, good listener and easy to talk to."

Suzanne

Styling for Confidence Virtual Workshop

“...it was also lovely to meet other people who had been through treatment as it can be hard speaking with friends/family about what you are going through when they don't quite understand”

“I am 32 with a 3-year-old and had been diagnosed with Hodgkin's lymphoma, I couldn't get a space until the week after I had finished chemotherapy **but after receiving the help from the volunteers and the amazing products from the workshop, I felt much better in myself and appearance which I had been struggling with for months.** It had a big impact on my mental health losing my hair and feeling I looked so tired all the time **this was the lift I needed, it was also lovely to meet other people who had been through treatment as it can be hard speaking with friends/family about what you are going through when they don't quite understand.** We had 3 volunteers who were all very nice and took a separate part of the class each and they were all very good and had a good knowledge of products. **Massive well done to the volunteers for hosting, it's a wonderful thing to do for people at the lowest point of their lives thank you for all you do!”**

Anonymous

Skincare and Makeup Workshop

“The volunteer gave everyone time to settle in and was understanding that some arrived a little late due to feeling unwell or had to leave to take calls from the nurse etc. The volunteer was clear about the products she was using were her choice and gave good recommendations of where you could purchase these items from. **The atmosphere was relaxed and enjoyable, thank you.”**

CH

Skincare and Makeup Virtual Workshop

“I had a lumpectomy March 2023, followed by chemo, then radiotherapy. I lost most of my hair and brows. My hair is short and grey now but is growing thicker. It was hard to feel confident and come to terms with the way I look but I am getting there. **Look Good Feel Better has given me tools to feel more feminine** and the gift pack was amazing. I got home and sectioned the products out into different uses to help me with my daily regime. As someone not used to wearing much make-up, I feel I have had a good grounding and am enjoying practising daily. Thank you so much for this workshop and all the cosmetic firms that provided such a special gift! She was friendly, put you at your ease. She was Informative, answered questions and helped me when I struggled. Nothing was too much trouble. **I felt so much better going on this course and picking up tips. It was also great meeting others.”**

SR

Skincare and Makeup Workshop

“Look Good Feel Better was something nice to attend rather than hospital appointments. Very relaxed atmosphere and just the right amount of attendees. Volunteer was excellent and passed on a lot of very useful information. Thank you for caring!”

MC

Skincare and Makeup Workshop

“Being diagnosed with metastatic cancer and being told you may no longer live the life you had imagined for yourself can leave you traumatised, and possibly feeling down most of the time. I lost control of many things but tried to keep focus on important aspects of my life, like my family, health, and hospital visits. Attending the make-up workshop with Look Good Feel Better has **definitely boosted my confidence and self-esteem. The workshop allowed me to prioritise myself, it provided a sense of normality and an escape from life challenges.** They were very helpful and helped match the products to my skin colour. They also answered my questions and were very friendly. **Thank you for such a lovely day and for my make up bag!”**

Isra

Skincare and Makeup Workshop

"I recommend that all ladies going through cancer treatments would greatly benefit from attending one of these workshops. I looked and felt better for going along. There is no need to feel apprehensive as everyone there is **friendly and supportive**. About half the ladies there had lost their hair so it was good to be in a safe space to practice being bold and bald. It takes courage but together it's easier. Don't hesitate, just book on. You won't regret it! I really enjoyed the workshop. It was the first time that I had been in a room with other cancer patients in a social setting. It was very relaxed and friendly. All the volunteers were lovely and helpful and quickly put us at ease. The beauty products were lovely and far more expensive than I would ever buy! It felt like a real treat for me so thank you very much."

Karen

Skincare and Makeup Workshop

"The workshop explains lots of information that I would not normally consider. It was informative, light hearted whilst acknowledging the importance of the messaging. Very helpful thank you! Very informative and open to suggestions."

Colonel Andy Day ostJ

Men's Skincare and Grooming Workshop

"I can personally recommend the Look Good Feel Better afternoon – it did exactly what it said on the tin!"

"The Look Good Feel Better course was recommended to me by the lady who fitted me for my wig as she, Gail Larking, has been part of Look Good Feel Better in Barnsley for many years. Our volunteer was very welcoming and clearly very good at what she did.

She made all of us feel very special and there was a nice feel.

Her time keeping was good too, so we managed to cover everything within the allotted two hours. I was made aware by others of other services offered at Weston Park Charity Centre but can personally recommend the Look Good Feel Better afternoon – it did exactly what it said on the tin!"

Rachel

Skincare and Makeup Workshop



Let us face cancer together.

For more information about the work we do visit our website lgfb.co.uk



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lookgoodfeelbetter.co.uk

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