

## New Virtual Workshops



At Look Good Feel Better our confidence boosting workshops are part of our DNA – that's what we do. Now, because of the current pandemic, we know that our support is even more vital so we've trialled and launched virtual workshops to enable us to reach out to people living with cancer in their own homes.

### What Workshops Are Available?

- Skincare & Makeup
- Hand & Nail Care
- Hair Loss, Scalp Care & New Growth
- Headwear, Wigs, Brows & Lashes
- Chair Yoga
- Body Confidence

Don't forget our men's and young adult workshops are also available via Zoom.

## A Little About Us...

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

We run face-to-face Skincare & Makeup Workshops in hospitals and cancer support centres as well as a range of Virtual Workshops to help support people going through cancer treatment across the UK.

Every session is a chance to focus on yourself and not your cancer!



**BOOK A  
WORKSHOP!**

To book onto a workshop, please scan the above QR code or visit our website:  
[www.lookgoodfeelbetter.co.uk/workshops](http://www.lookgoodfeelbetter.co.uk/workshops)

**W:** [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk) **S:** @lgfbuk  
**E:** [info@lgfb.co.uk](mailto:info@lgfb.co.uk) **T:** 01372 747 500



look good **feel better**

FACING CANCER WITH CONFIDENCE



**Skincare  
& Makeup  
Workshops**

**Skincare  
& Grooming  
Workshops**



**Virtual  
Workshops  
via Zoom**



Virtual workshops held via  
Zoom on a weekly basis.



Registered Charity No. 1031728

We Can Help You to  
Face Cancer with Confidence!



## Skincare & Makeup Workshops

### What Should I Expect?

Step-by-step advice on skincare and makeup application to complete a natural, radiant look. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to help you look and feel like you again.

*"I've learnt lots of new techniques [at your workshops] from my nails to my hair and now exercise through chair yoga. I feel like you've all been like little guardian angels throughout my cancer journey. You have really picked my mood up many times putting a smile on my face. Please keep up your amazing work - I know I would be lost without you all."*

*Rosemary, Virtual Workshop Beneficiary*

Returning soon to a hospital near you...



## Skincare & Grooming Workshops

*"Ever since the workshop, things have started getting better and better. I am so pleased that the urology nurses suggested this workshop... I am going to use every moment of the day and make sure I don't waste any part of it."*

*Robert, Virtual Workshop Beneficiary*

### What Should I Expect?

These virtual group sessions offer advice on skincare, safe shaving, grooming and some of the issues you may be facing as a result of your cancer treatment. Run by volunteers with skincare and barbering expertise, it's an opportunity to ask questions and meet others in a similar situation.

Featuring a new guest speaker each month.



## Young Adult Workshops

### What Should I Expect?

Look Good Feel Better knows that younger people want really current, relevant advice when it comes to their skincare, makeup and grooming routines. We offer special online group sessions that are full of new techniques, fun and laughter.

*"The workshop made me gain more confidence to wear makeup again and gave me tips and tricks on how to apply it effectively now I've started to lose eyebrow hair and will eventually lose my eyelashes. Meeting other girls in the same situation as me made me feel a lot more at ease!"*

*Charlotte, Virtual Workshop Beneficiary*

Enjoy an online workshop with other young people.