

FEEL BETTER MONTH
Do good to feel good



National charity, **Look Good Feel Better**, helps boost the physical and emotional wellbeing of people living with cancer through free online and face to face Workshops, printed materials and tutorials. Our group sessions are led by trained volunteers and offers a chance for people to chat to others as well as learning useful skills and techniques to help manage some of the side-effects of cancer treatment. Sadly, with someone newly diagnosed every 2 minutes in the UK, demand for our services is greater than ever before. To ensure we can be there for everyone who needs us, we need your support. Please do consider making a donation to support our services and help ensure many more people can face their cancer with confidence.



www.lgfb.co.uk

To find support or to make a donation please scan here



Mark's Story

"Being a man's man the idea of looking good and feeling better was a whole new concept to me but attending this workshop certainly was inspirational. The session provided such useful tips and information on topics such as how to shave properly, why you need to moisturise etc. Having been diagnosed with bowel cancer in 2017, then treated for prostate and kidney cancer in 2020, it was just the pick me up I needed. Looking good really does make you feel good and makes a real difference whilst going through treatment."



@lgfbuk



LookGoodFeelBetterUK



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REGULATOR**



look good feel better

FACING CANCER WITH CONFIDENCE



Sarah's Story

"The workshop was so much more than I expected. After being diagnosed with breast cancer in 2018 and then again in 2019, the virtual workshops couldn't have come at a better time. The practical tips were all brilliant and covered all the things that cancer patients need to know. The volunteers were amazing and approachable and open to questions but the biggest thing for me was the lift it gave me mentally, that was everything. It had such a positive impact on my mental health and for me it was a giant leap on the road to my recovery."

Thank you for
taking part

