



LIPPY LUNCHES

#LipstickItToCancer

I'm raising funds for Avon's Breast Cancer Promise partner **Look Good Feel Better**, and I want you to be a part of it! Come along to my Lippy Lunch and help raise vital funds and awareness so many more people can face cancer with confidence.

You're invited to:

When:

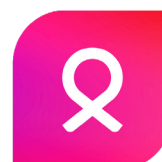
Where:

RSVP:

In collaboration with



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



AVON
BREAST CANCER
PROMISE



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Avon's Breast Cancer promise partner **Look Good Feel Better**, helps boost the physical and emotional wellbeing of people living with cancer through free online and face-to-face workshops. Their group sessions are led by trained volunteers and offer a chance for people to chat to others as well as learn useful skills and techniques to help manage some of the side-effects of cancer treatment.

Sadly, with someone newly diagnosed with cancer every 2 minutes in the UK, demand for their services is greater than ever before. To ensure LGFB can be there for everyone who needs them, they need your support! Please do consider making a donation to support their services and help ensure many more people can face cancer with confidence.

**TEXT 'LIPPY' TO 70085
TO DONATE £5**



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."



look good **feel better**

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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*



Want to give your Lippy Lunch a little extra something? Just cut around the bunting triangles and score carefully along the dotted line. Fold the flap over your ribbon, string or twine and stick down securely with glue or tape.

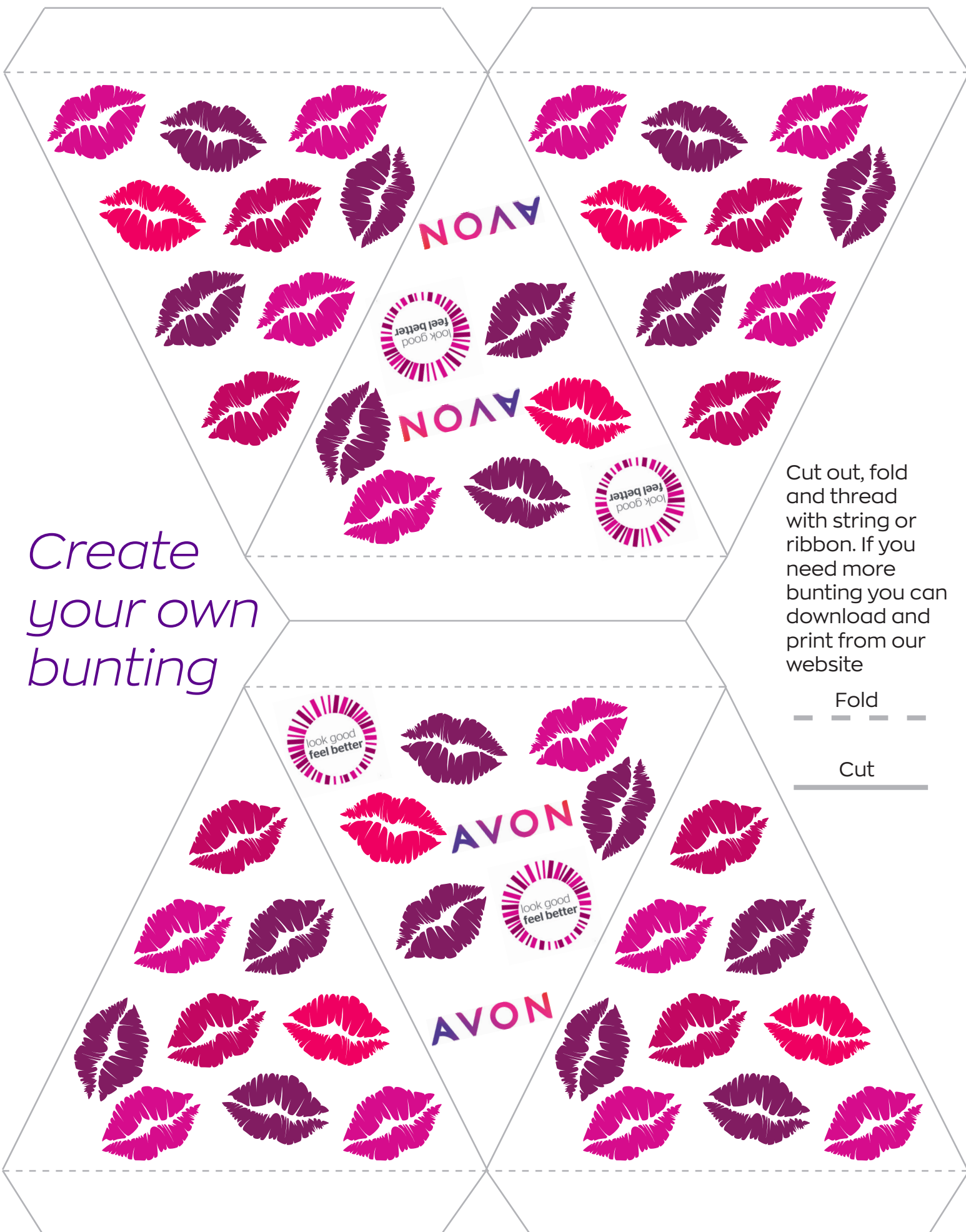
1. Print off as many pages of bunting as you like.
2. Cut out the bunting panels.
3. Fold along the dotted lines then stick or staple them around a length of string.
4. Hang your bunting, then step back and admire your handiwork.

Create
your own
bunting

Cut out, fold and thread with string or ribbon. If you need more bunting you can download and print from our website

Fold

Cut





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Everyone has the right to feel confident



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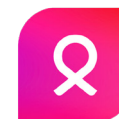
I'm fundraising for....



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Cut out the giant lips,
write on them why you're fundraising
and take a selfie using

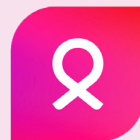
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Cut out these lips, give to your lunch guests and get lippy! Take a selfie and share on social media using #LipstickItToCancer'



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