

## Let's face cancer together.

With 1 in 2 people receiving a cancer diagnosis in their lifetime, demand for our services is greater than ever before. Here are 3 ways you can make a difference:

### Donate

Every penny raised will go towards supporting our services across the UK and support people living with cancer.

### Raise Funds

There are lots of fun and exciting ways you can raise money for Look Good Feel Better – at work, at home and in your local community.

### Volunteer

By sharing your expertise and leading our workshops, you will be helping to put a smile back on the faces of people living with cancer.

Find out  
more & show  
your support  
[lgfb.co.uk](http://lgfb.co.uk)



Scan to book a  
workshop or visit  
[www.lgfb.co.uk](http://www.lgfb.co.uk)



**Look Good Feel Better**  
[info@lgfb.co.uk](mailto:info@lgfb.co.uk) | 01372 747 500

Registered Charity No. 1031728



## We help with the physical effects of cancer treatment.

Look Good Feel Better run free workshops in the UK in over 120 physical locations as well as online, led by expert volunteers from the beauty and wellbeing industry, which give practical advice and support to people living with cancer.



Find out more [lgfb.co.uk](http://lgfb.co.uk)

Every workshop offers an invaluable opportunity for you to talk to people in a similar situation, whilst helping support you with any changes in your appearance.

People leave our workshops feeling empowered, motivated and less isolated – allowing you to look good, **but feel even better.**



We can support you with services including:



Make-up techniques



Skincare



Eyebrows and eyelashes



Hand and nail care



Shaving and grooming



Haircare, wigs and headwear



Personal styling

“Doing the workshop changed everything. It gave me confidence to be me again.”

**LEANNE, 29**

*Skincare and make-up online workshop beneficiary*



“It really was incredibly helpful and I picked up some solid advice and tips which have made life that bit easier. I would recommend it to any other man in a similar situation.”

**ROLAND, 62**

*Skincare and grooming workshop beneficiary*

