

LOOK GOOD FEEL BETTER

Facing Cancer Together

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

They understand how emotionally challenging living with cancer can be. This is why the charity runs wellbeing workshops and classes virtually and in local communities across the UK; led by beauty and health expert volunteers to help people look good, feel better and feel more like themselves again.

CLAIRE'S STORY

"It really was an amazing experience. After my confidence had gradually faded away in the months since my cancer diagnosis, **I felt confident again for the first time in a very long while.** It was incredibly helpful to me and I am so pleased that I joined in."

This is how Claire Davies describes her experience at the Look Good Feel Better workshop in Autumn 2022. Claire, who works as a retail assistant, was only in her early thirties when she was first diagnosed with bowel cancer in November 2021. She subsequently underwent months of chemotherapy treatments, which took their toll on her physically as well as mentally.

"Fighting cancer has been my biggest achievement to date. And I do believe I am a survivor," says Claire. "**Meeting the other women in the workshop facing the same challenges gave me strength, and I felt so much more empowered again after the session. Everyone should be made aware of this support that is available to everyone.**"



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