



## SKYE'S STORY

Skye, 41, a mum of six from London, first discovered a lump on her breast when she stopped breast feeding her youngest child, 26 month-old Suraya.

**“It was a lonely journey. As much as I have many friends and family; my husband, my kids, and my mum – during covid times going through treatment I was alone; so, you have to build a lot of resilience and tough skin.”**

During treatment, Skye felt so weak, that her daughter, Ria, aged 10, would help her with her personal care in and out of the bath. She said **“Physically it took a toll on my body. I wouldn’t want to see anyone go through that. It’s so disempowering. I lost my hair and I also put on weight because I was on steroids to manage the pain.”**

During treatment, Skye attended a Look Good Feel Better Skincare and Makeup Workshop.

**“It really helped me in giving me the tools and skills to look a bit more human if I wanted to go out to make me feel a bit more prettier. It made me feel special, a lot more special.”**



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

We understand how emotionally challenging living with cancer can be. This is why we run wellbeing workshops and classes virtually and at hospitals and cancer care centres across the UK; led by beauty and health expert volunteers to help people look good, feel better and more like themselves again.



**BOOK A WORKSHOP**

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 look good feel better  
FACING CANCER WITH CONFIDENCE

**WELLBEING WORKSHOPS AND CLASSES TO HELP PEOPLE LIVING WITH CANCER**



**Practical workshops and classes for people with cancer to help manage the visible and emotional effects of treatment**

Our Workshops and Classes offer an opportunity to learn new skills and techniques, as well as meet others in a similar situation. We currently offer the following workshops:

- > **SKINCARE AND MAKEUP WORKSHOPS**
- > **VIRTUAL HAIR LOSS, SCALP CARE & NEW GROWTH WORKSHOP**
- > **HAND AND NAIL CARE WORKSHOPS**
- > **HEADWEAR, WIGS, BROWS & LASHES WORKSHOP**
- > **STYLING FOR CONFIDENCE WORKSHOP**



## > **MEN'S SKINCARE AND GROOMING**

## > **MEN'S VIRTUAL STYLING FOR CONFIDENCE**

Our men's workshops are hosted by volunteer experts and cover tips on safe shaving & general grooming, skin challenges, the importance of sun protection and how to deal with scars. We also run a workshop that looks at dealing with body changes such as weight change through styling.



## **YOUNG ADULTS**

We also work closely with our hospital teams and other charities to offer special workshops to guide young people through cancer; connecting them to our expert volunteers for advice and support and helping them to meet other young people who are also processing a diagnosis or going through treatment.

## **VIRTUAL GENTLE EXERCISE CLASSES**

Moving your body is a great way to help reduce any feelings of anxiety and depression; and we have a number of virtual gentle exercise classes which run on a monthly basis to help you, which you can attend from the comfort of your own home.

- > **CHAIR PILATES** > **LIVING YOGA**
- > **CHAIR YOGA** > **MAT YOGA**
- > **CHAIR TAI CHI & QIGONG**
- > **MEDITATION & BREATHWORK**
- > **INTRODUCTION TO MINDFULNESS**
- > **MOVEMENT & MOBILITY**

