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

info@lgfb.co.uk | 01372 747 500





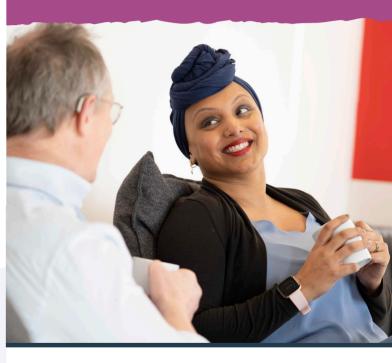
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www.lookgoodfeelbetter.co.uk

Registered Charity No. 1031728



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 news 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

