

sara Lee



# Look Good Feel Better Workshops

## What are Look Good Feel Better (LGFB) workshops?

Working in partnership with [Look Good Feel Better](#), an international cancer charity who offers regular free confidence-boosting workshops for people undergoing treatment for any type of cancer.

These practical workshops can help people living with cancer manage the visible and emotional effects of cancer. Supporting people to look good, feel better and feel more like themselves again.

The workshops also provide benefit through gaining a sense of community, listening to and learning from the experiences of others, participating in activities to support your well-being, making new friends, being more confident and enjoying yourself.

Every attendee will receive a free new **Look Good Feel Better** beauty bag full of beauty products.

## Who is this group for?

Local people undergoing treatment for any type of cancer.

You can access this service either by referral from a health care professional or for existing Trust service users, please book through your current therapist.

For more information, please contact our team on **01424 456608** or [services@saraleetrust.org](mailto:services@saraleetrust.org)

## Where will the sessions take place?

At our Therapy Centre in Sidley, Bexhill-on-Sea or at St Michael's Hospice in St Leonards. Our purpose designed hall provides a lovely calm, light and safe space.

## How long is a session and what can I expect?

These workshops are held in the early evening on a monthly basis.

Each group session is led by trained and experienced volunteers and provides a chance to meet others in a similar situation, as well as learning useful skills and techniques to manage the side effects of cancer treatment and to improve confidence and body image.

For current days and times, please check our [Therapy Centre Timetable](#) on our website ([saraleetrust.org](http://saraleetrust.org)).



Our therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.