

Skin
Hair
Wellness

Any cancer.
Any treatment.



look good
feel better

FACING CANCER WITH CONFIDENCE



“When I was first diagnosed, I was terrified about how treatment would change the way I looked and how people saw me. I didn’t want to look sick or have people worry about me. I spoke to a few people who all suggested that I attend a Look Good Feel Better workshop.

I attended my workshop two weeks after my first chemotherapy and at that point, I was having a hard time with changes to my skin and loss of hair. The Look Good Feel Better volunteers were wonderful in talking through these challenges and showing us little tips and tricks to help look as close to ourselves as possible.

In addition to the practical skills, it was good to chat with the other women in my workshop and hear about their own experiences. We were all very different from one another but had a shared cancer experience. Although everyone’s journey was unique, it was comforting to know that we weren’t alone facing the challenges of cancer treatment.

With my newly learned make-up skills, I was confident that I could look like myself which made it easier to go out with friends and family and feel a bit of normalcy. I’ve always enjoyed going out with friends and I’m glad I had the workshop early in my journey to help facilitate this. I believe it made a big difference to my overall wellbeing.

Being diagnosed with cancer can have so many effects on you physically and psychologically. Look Good Feel Better is “on paper” there to help you with the physical signs of cancer treatment but it also helps build a wonderful community. It gives you the opportunity to share experiences and this is really powerful for your mental wellbeing.”

Liv, program participant

About Look Good Feel Better

Look Good Feel Better is a national cancer support program run by The Cancer Patients Foundation: a not-for-profit organisation unaffiliated with any other cancer charity.

Our program is available to any person undergoing surgery, chemotherapy, radiotherapy, immunotherapy, or any other treatment for any type of cancer. We offer free in-person and online workshops and Confidence Kits to help people manage the most common physical and psychological impacts of treatment. In providing practical tips and tools we help connect a community of people living a shared experience; empowering them to regain control, confidence, and a sense of self.

Run by volunteer experts, our Look Good Feel Better workshops are non-medical and brand-neutral, covering topics from skincare, cosmetics, and headwear options, through to grooming, fitness, mobility, and mental wellbeing. Our Confidence Kits contain a range of skincare and cosmetic products, in addition to practical written and video guides.

Look Good Feel Better is a global initiative; we receive no government funding and rely on the generosity of corporate and community sponsors. Since 1990, we've supported over 200,000 Australian women, men, and young adults through their cancer diagnosis. We're very proud of the positive impact generated by our program, with over 98% of participants satisfied and willing to recommend Look Good Feel Better to others.

What we offer

In-person skincare, make-up and headwear workshops

Designed for women and hosted by volunteer experts, we address common changes to the appearance that result from cancer treatment. We demonstrate a skincare routine to assist with side-effects like dryness and sun sensitivity; provide make-up tips to help correct and conceal redness, sallowness, pigmentation and dark circles, as well as demonstrating techniques for drawing on eyebrows and eyelashes; and offer advice on headwear, including scarf styling and wig selection.

Patients will need to be registered to participate.

In-person self-care workshops

Designed for men and hosted by volunteer experts, we offer valuable tips for managing changes to the skin and scalp like dryness and sun sensitivity, provide practical assistance for caring for brittle nails and dry cuticles, discuss easy but effective general grooming advice, and offer guidance on headwear options.

Patients will need to be registered to participate.

In-person workshops for teens and young adults

We work closely with our hospital partners and other organisations to offer special workshops to guide young people through managing the side effects of cancer treatment, connecting them to our volunteer experts for advice and support and helping them meet other young people living a shared experience.

Patients will need to be registered to participate.

Virtual workshops

Live and interactive and hosted by volunteer experts, participants learn practical strategies to manage the appearance-related side effects of treatment, and improve energy, mobility, nutritional health, and mental wellbeing. Topics include skincare and make-up, wigs and headwear, chair yoga, Emotional Freedom Technique (Tapping), physio-led exercise, meditation, qigong, self-care coaching, lymphatic and oncology massage, and anti-inflammatory nutrition. Participants are welcome to attend as many virtual workshops as they like.

Patients will need to be registered to participate.

Home-Delivered Confidence Kits

Home-Delivered Confidence Kits are designed to assist those who are undergoing cancer treatment and unable to participate in an in-person workshop for health, travel or personal reasons. A signed referral is required for a Confidence Kit to be sent directly to the patient's home. Our Home-Delivered Confidence Kits contain a range of skincare and cosmetic products along with an information booklet and links to video tutorials. They pair well with our virtual workshops.



“Specialising in the diagnosis and management of breast cancer I treat my patients holistically, not only managing their breast cancer with the best evidence-based drug treatment but also supporting their psychological and social needs.

I have been referring my patients to the Look Good Feel Better program for almost 20 years and universally they tell me what a positive difference it makes to their self-esteem and confidence while they are going through cancer treatment.

Look Good Feel Better provides essential support for people undergoing cancer treatment and eases the burden on Health Professionals and the health system through the provision of their services. I firmly believe all patients should have the opportunity to access the resources they offer to manage the side effects of treatment.”

Dr Rachel Dear

Senior Staff Specialist and Medical Oncologist,
and Cancer Patients Foundation Director



“My cancer diagnosis came out of the blue and made me stop and consider my life. I was initially reluctant to attend a Look Good Feel Better workshop - I questioned whether it was “unmanly” - but then I came around. I decided it was a generous offer and I had nothing to lose.

I found the workshop to be very informative about skin care and sun protection, and the volunteers' patience and kindness was a real highlight for me.

I would recommend the Look Good Feel Better program to other men going through cancer treatment. I think it's a great initiative and an incredibly generous offering.”

Peter, program participant

How you can help your patients

We would greatly appreciate your support in encouraging your patients to participate in the program.

By telling them about upcoming workshops or registering them directly, you'll be helping to ensure they feel confident to manage the most common physical and psychological impacts of treatment while benefitting from connecting with others in a supportive, welcoming environment.

Get involved

- Observe a workshop, and encourage your colleagues to observe too
- Promote the program to your patients—ask us about posters, brochures and digital displays let your patients know they are welcome to attend at any venue, as well as online
- Help your patients complete the registration form
- Talk to us about providing a testimonial

Workshop registrations

Patients do not need a referral to attend a workshop but must be pre-registered for insurance purposes and to ensure we have enough kits for everyone attending.

Patients can register themselves or you can assist by:

- Completing a registration form on our website - lgfb.org.au/workshop
- Calling our National Office - 1800 650 960
- Completing a physical registration form and emailing it to info@lgfb.org.au or faxing to 02 8569 1829.

Home-Delivered Confidence Kits

Home-Delivered Confidence Kits (HDCK's) are a supplementary service developed to assist cancer patients who are unable to attend a Look Good Feel Better workshop for health, travel or personal reasons.

If you would like to refer a patient to receive a HDCK:

- Visit our website to download a form lgfb.org.au/home-delivered-confidence-kit/
- Have your patient complete the form
- Sign it as their referring Health Professional
- Email it to info@lgfb.org.au or fax to 02 8569 1829

If you have a patient who is local to a workshop venue, we strongly encourage you to invite them to attend an in-person session. Having the opportunity to share the experience with others who truly understand what they are going through can be incredibly supportive, uplifting, and reassuring.



We're here to help

We appreciate how busy you and your teams are, so we want to help make things as easy as possible for you.

Our brochures, posters and digital displays are designed to make it easy for patients and carers to learn about the free services we provide.

By displaying these materials in your facility, you'll be helping us reach patients who may benefit from attending a workshop - whether in-person or virtual.

If you would like collateral delivered to your facility, please scan below.



Observe a workshop

Observing a workshop is a great way to see the transformative impact of the Look Good Feel Better program first-hand.

To register for an observation, please submit your details for the relevant workshop via our online registration form. Please be sure to select 'Yes' where prompted with 'Are you a health professional registering to observe a workshop?'



Request an In-Service

Our Program Managers are available to deliver onsite or virtual in-service sessions for your team. These sessions are a great opportunity to learn more about the Look Good Feel Better program and how it supports people undergoing any type of treatment for any type of cancer.

To request an in-service, please get in touch at info@lgfb.org.au

Request Patient Liaisons

Our volunteers are always eager to provide extra help!

If you would like to request Patient Liaisons in your facility to speak to patients and help get them registered for a Look Good Feel Better workshop, please get in touch at volunteer@lgfb.org.au

Contact us

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