



**'I WAS NERVOUS
ABOUT COMING
BUT IT'S BEEN AMAZING'**

At the end of the workshop, all the ladies were relaxed and agreed it had been a worthwhile experience. "Chemo makes me feel grotty and sick and my appearance has changed, which makes me feel less confident," explains Amanda Croasdale, from Whitchurch. "But now I might have to go to the pub on the way home!"

She adds: "I haven't worn make-up since losing my eyebrows and my hair. I was devastated when I lost my hair, but you get used to it and once the treatment has finished it'll grow back."

"I was very nervous this morning, anxious about whether I should come or not, but I got here and it's been amazing; it's very friendly, and the girls are very helpful. I've met some nice people and I'm going to continue with the make-up. I've had a really good morning."

From Brislington, Sian Collins echoes the sentiment, saying: "There's something nice about being with people in a similar situation – there's a great feeling of support. It's great for a charity to cover something like make-up, which might be thought of as quite trivial, but when you feel dreadful it's nice to be encouraged, and to feel like there are people out there who want to make you feel better."

"I don't normally wear a lot of make-up, usually only when I go out, but it's good to know how to do it properly when I do wear it. I want to say thank you to the charity because I think they do great work."

Rachel Leccross, from Easton, was enjoying her first make-up lesson and said the volunteer ladies were "brilliant" and Caroline Fluke, from Portishead, said the workshop had given her a boost and she definitely felt better.

Fiona Baker, from Longwell Green, has been having chemo on and off for four years and found the workshop a useful way of meeting people going through the same experience.

She says: "Unless you join a support group you don't really get a chance to meet other people going through the same thing, and know that you're not the only one having a crap time."

"Because I'm in hospital so often, it's nice to come for something different and something pleasant. It was something I was looking forward to."

"It's also great that people are willing to give their time and the products are lovely; it's nice that there are people who care about how you feel and how you look and understand what you're going through."

■ Look Good Feel Better (LGFB) was formed in the UK 21 years ago, and now annually supports more than 14,500 women and teenagers in 76 centres, thanks to the work of more than 1,500 volunteer beauty consultants. LGFB needs more than 250,000 skin care and make-up products each year for gift bags and these are generously donated by the beauty, cosmetic and fragrance industry. For more information, visit www.lookgoodfeelbetter.co.uk



Clockwise from left, Lucy Gwyther, Rochelle Perks and Carol Davies; Amanda Croasdale; Fiona Baker; and Sian Collins