

Look Good, Feel Better



L-R: Amy, Michelle, Jan, Dawn and Sara

Seven months ago Dawn Ford, a Health Care Assistant on the Pine Therapy Unit along with Michelle Williamson had an idea that they wanted to implement something at the hospital that offered practical support for women struggling with the side effects of their cancer treatment. Dawn and Michelle discussed this idea with Chris Handy, their manager who was extremely supportive and encouraged them to see what was possible. Dawn's initial idea has resulted in the very first Look Good, Feel Better (LGFB) event held at Darent Valley Hospital.

LGFB is a charity offering free self-help skincare and make-up workshops that create a sense of support, confidence, and wellbeing. LGFB is dedicated to improving the self-esteem, confidence and wellbeing of people undergoing treatment for any sort of cancer.

This afternoon, five qualified beauticians and two trainees came along to the Darent Valley to offer a free workshop to patients with cancer. The workshop started with a brief introduction from Sara Leyser, the Regional Co-ordinator for LGFB who handed out,

to each attendee a goodie bag full of beauty products donated by different cosmetic companies. This was followed by interactive demonstrations on good skin care, how to apply make up and tips for minimising side-effects such as skin changes, eyebrow and eyelash loss.

Dawn said "I am so proud that Darent Valley Hospital now offers this service to patients with cancer. I would like to thank Chris Handy for all of her support and also LGFB and all of its volunteers for running these workshops. I feel this is such a wonderful thing for patients, especially in giving them a sense of control and normality at a time when diagnosis and treatment can make everything feel overwhelming."