

# Look Good Feel Better



Phyllis®  
Tuckwell  
Hospice Care  
...because every  
day is precious

Make-up sessions to  
help you feel good



For patients who would like a make-up pampering session which will leave them feeling more confident in their looks and self-esteem.

For more information about Look Good Feel Better, please contact [angela.shepherd@pth.org.uk](mailto:angela.shepherd@pth.org.uk) on **01252 729437**.

For information about Living Well, call **01252 913040**

Living  
Well



# Look Good Feel Better

## what are these groups?

These sessions are aimed at patients who may be struggling with their self-confidence. You will learn how to apply make-up and skincare products to enhance your features and cover the effects which an advanced or terminal illness can have on the skin. The sessions aim to boost your self-confidence by helping you to feel good about the way you look.

## what are the benefits?

You will learn how to care for your skin and apply make-up to accentuate your features and cover up any marks, blemishes or eyebrow loss which your illness and treatment may have caused. Feeling more confidence in your appearance can boost self-esteem considerably, and you will leave feeling positive and confident.

## what happens in these sessions?

Phyllis Tuckwell's complementary therapists, trained by beauty consultants from the cancer support charity Look Good Feel Better, will explain and demonstrate skincare and make-up techniques and tips that can help boost the confidence of those who are living with an advanced or terminal illness, such as cancer. You will each be given a goodie bag too, containing make-up and skincare products.

## is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

## when are the groups held?

The groups are held on Wednesdays at the Beacon Centre in Guildford, and occasionally at the Hospice in Farnham. Please note that you can attend as many groups as you would like to, but you will only receive a goodie bag at your first session.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.