

Bags of Confidence in Epsom for cancer survivors

22 February 2024



Epsom-based cancer support charity **Look Good Feel Better** is partnering with Epsom **Café Moka** in the Ashley Centre for a pop-up sale of preloved bags on Thursday 29th February 2024 from 11am until 2pm. Funds raised will go towards supporting people facing cancer to build back their self-confidence and improve their overall well-being.

Leigh Beth Stroud, Look Good Feel Better's Community Fundraising Manager, explains: "Our first ever 'Bags of Confidence' pop-up sale is open to everyone and will raise much-needed funds for people undergoing treatment for cancer. Pre-loved, quality handbags will be available to buy, so do come along and have a browse on the day."

This year, Look Good Feel Better celebrates its 30th anniversary. The charity embarked on its journey in 1994 to support people living with cancer and has helped over 200,000 people to date regain their confidence and self-esteem. Look Good Feel Better knows how challenging it can be to process a cancer diagnosis and manage the physical and emotional side effects of cancer treatment.

The charity runs workshops face-to-face and classes virtually to support women, men, and young adults through this time. Services are free and open to anyone facing cancer, and the workshops are led by trained volunteers in the beauty industry to provide practical advice about changes to skin, eyebrows, eyelashes, hair, and nails during treatment, and body confidence.

Ann M, who was recently diagnosed with cancer, attended a workshop and said: "I signed up to a number of the charity's workshops, including the hand and nail care; the headwear, wigs, brows and lashes, and the styling for confidence sessions. And I haven't looked back. The biggest thing was that I felt less alone. Cancer can make you feel very isolated, but here I was surrounded by other people, soaking up the good advice and information. It was just what I needed and I would recommend anyone undergoing treatment for cancer should sign up for a workshop."

If you are interested in hosting your own 'Bags of Confidence' event, the charity will provide you with all the support you need, with a colourful fundraising pack with helpful hints and tips available at www.lookgoodfeelbetter.co.uk

Leigh adds: "You might find your favourite designer bag or pick up another hidden gem. 'Bags of Confidence' is a simple and sustainable event where these handbags will go to a new home, while raising funds for the charity. And no bags go to landfill, so it's a win-win situation."

Established 30 years ago, Look Good Feel Better delivers cancer support services in local communities across the UK through a series of face-to-face and online group workshops, along with video tutorials. Its services help people face cancer with confidence, regain their sense of normality, make friends, and most of all look good and feel better. Its vision is to be recognised as one of the UK's leading cancer support charities and the only one dedicated to improving the physical appearance and overall well-being of people living with cancer.