



Waikato/Bay of Plenty Division  
Cancer Society of New Zealand  
Inc.

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### **Look Good ... Feel Better**

For many women the physical affects of cancer treatment can be enormously challenging – at what may already be a difficult time.

To help women work through some of these issues the Look Good ... Feel Better programme has been developed to do just that – make women look good and feel better before, during and after their cancer treatment.

Next Wednesday, from 10am, the Waikato/Bay of Plenty Cancer Society will be hosting the Look Good ... Feel Better workshop at REAP.

Jo Bell, Cancer Society spokesperson, says the free two-hour workshop shows women how to counter the cosmetic side effects of cancer treatments.

“But Look Good Feel Better isn’t not just about applying make-up, it’s about helping restore lost confidence and self esteem to those women dealing with the physiological effects of cancer treatment.”

Workshop attendees are shown by trained cosmetic volunteers how to cope with the physical side effects of their treatment. They are taken through a step by step skincare regime and given guidance on how to apply cosmetics to help camouflage the likes of loss of eyebrows, eyelashes, dry flaking skin and pigment changes.

A professional demonstration of wigs and turbans is also presented at every workshop.

As well the workshop will provide an opportunity to introduce Amanda Mole, the Cancer Society’s new liaison nurse who will be attending to make contact with Taupo and Turangi women affected by cancer.

More ...

As a liaison nurse Amanda offers support for people recently diagnosed with cancer and those receiving treatment for cancer. She is an experienced cancer nurse with specialised knowledge and skills in supporting people with cancer.

Amanda can provide information about managing physical symptoms, offer emotional support and liaise with other service providers as required.

“Referrals to the service can be made by anyone – but must be with the permission of the person being treated,” Jo says.

To attend Look Good ... Feel Better or to contact Amanda Mole, please email: [Rotorua@cancersociety.org.nz](mailto:Rotorua@cancersociety.org.nz) or ph 07 349 4556.

**Ends**

***For further information, please contact:***

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**Editors Note:**

The Waikato/Bay of Plenty Division of the Cancer Society of New Zealand Inc is a non-profit organisation that receives no direct financial support from the Government. We are funded by bequests and donations from the public as well as fundraising activities.

We are committed to minimising the impact of cancer in our communities by providing:

- Quality support services for people affected by cancer
- Education to promote early detection and help reduce the risk of cancer
- Free information and resources on cancer
- Support for research into the causes, prevention, detection and treatment of cancer