



look good
feel better

FACING CANCER WITH CONFIDENCE

2023

ANNUAL REPORT



**REFLECTING SUCCESS:
LOOK GOOD FEEL BETTER's
Year of Continued Growth**

2023 ANNUAL REPORT



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INTRODUCTION

Organisational Profile

Look Good Feel Better is the only international cancer support charity, covering all cancers that helps women and men manage the visible side effects of cancer treatment. Our aim is to greatly increase people's confidence and self-esteem at a very difficult time in their lives.

Over the years, Look Good Feel Better has grown exponentially, reaching over 2.1 million people in 27 countries. The global network consists of the following countries:

Argentina, Australia, Brazil, Canada, Chile, Colombia, Denmark, Ecuador, France, Germany, Ireland, Israel, Italy, Mexico, The Netherlands, New Zealand, Norway, Peru, Poland, Singapore, South Africa, Spain, Sweden, Switzerland, United Kingdom, United States, Uruguay

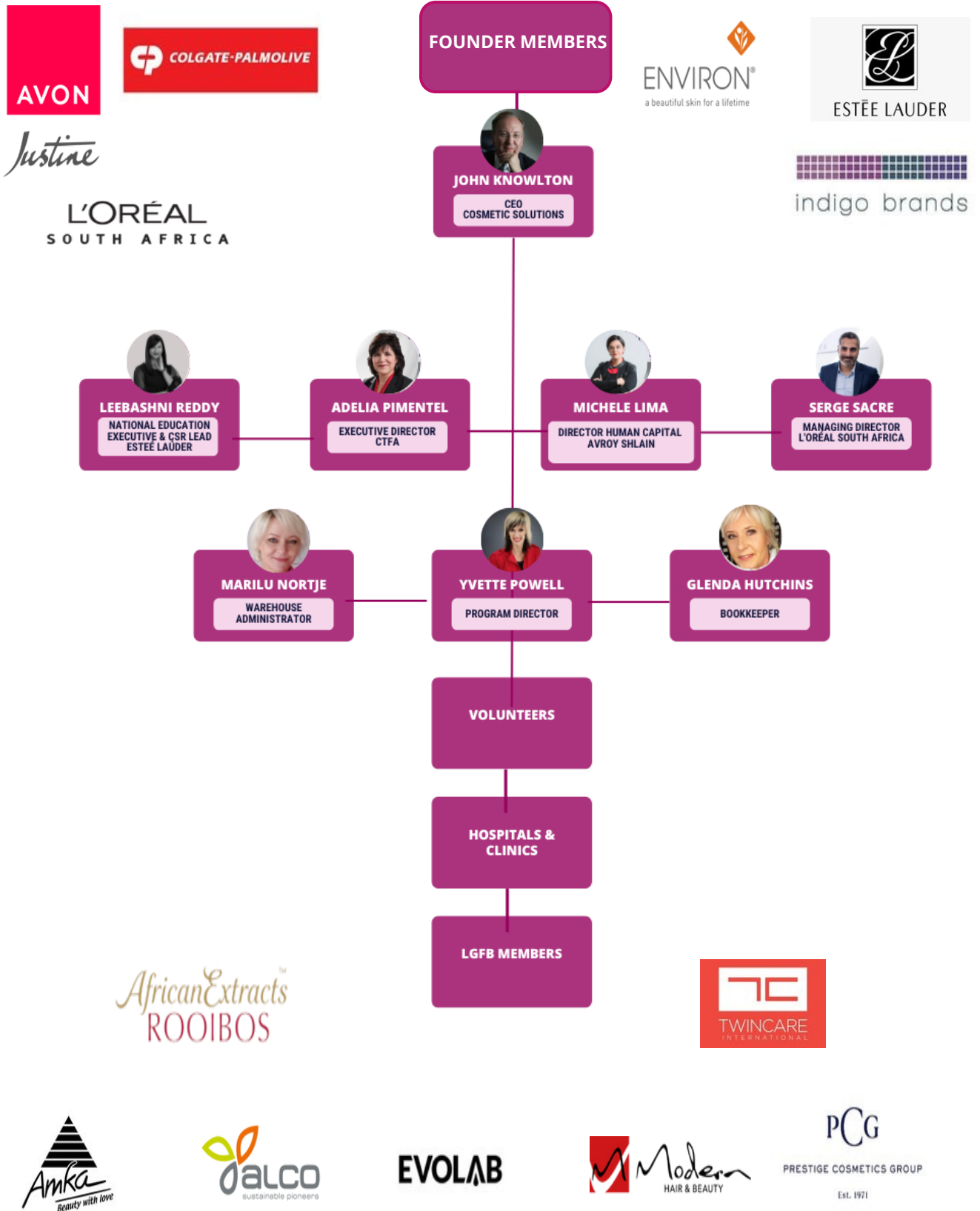
Founded in 1989, Look Good Feel Better has been a beacon of hope for cancer patients and survivors. Our organisation was born out of the realization that the emotional toll of cancer extends beyond physical health. We understood that addressing the appearance-related issues brought about by cancer treatment was crucial for the holistic well-being of patients.

The two-hour, 12 step skincare and make-up workshops, led by LGFB trained volunteers, are specifically designed to assist both men and women in active cancer treatment.

The sessions are an opportunity to meet others in a similar situation whilst being taught vital skills, such as how to draw on missing eyebrows, information around hair loss, wigs, turbans, scarves, and nail care. Each patient receives a bag of skincare and cosmetics, generously donated by the cosmetic industry, which is used in the workshop and then taken home to continue the practice, enabling her to make the very best of her appearance. Our unique program holds significant value for oncologists and physicians within a multidisciplinary treatment plan, prioritizing the comprehensive well-being of cancer patients.



LGFB Organisational Structure



ctfa
COSMETIC TOILETRY & FRAGRANCE
ASSOCIATION OF SOUTH AFRICA

Helping women & men facing the trauma & stress of cancer treatment, assisting them to overcome the distressing appearance related to the side effects of their treatment. **Look Good Feel Better** is **CTFA's Corporate Social Responsibility arm**

Mission, Vision and Goals



Look Good Feel Better is proud of the impact we've made in the lives of cancer patients.

Mission:

To improve the quality of life and self-esteem of people undergoing cancer treatment by providing free workshops, resources, and support to address the appearance-related side effects of cancer, in partnership with members of the South African Cosmetic, Toiletry and Fragrance Association (CTFA) and Sponsors.

Vision:

A world where every individual facing cancer feels empowered, confident, and beautiful throughout their journey to recovery.

Goals:

- Expand our reach to underserved communities through strategic partnerships.
- Attract fresh sponsors and members who share our dedication to empowering cancer patients, leveraging their financial support diverse expertise, and resources to enhance our mission fulfilment.
- Expand our volunteer teams and training sessions nationwide focusing on regions displaying increased interest and growth strengthening our commitment to cancer patients.

Together, through collaboration and with the collective efforts of our sponsors, members, and volunteers, we are determined to make a positive and lasting impact in the lives of those touched by cancer.



Having lost a very dear friend to the ravages of esophageal cancer recently, I am reminded more than ever before of the preciousness of life and what really matters; our friends, and our families in particular, are the people that truly enrich our everyday lives and ensure that wonderful experiences become precious memories that remain with us forever.

It is with these reflections in mind that I once again realise the importance of Look Good Feel Better and the wonderful work that it does in support of cancer sufferers, not only in South Africa but around the globe, and I continue to feel privileged to be the Chairman of the South African organisation.

The role of Look Good Feel Better, and the support that it provides for cancer sufferers throughout South Africa, has never been more meaningful, not only for primary patients but also for their families and friends, who come to rely so much on all the Look Good Feel Better activities that provide immense emotional and spiritual support at a time in their lives when it matters the most.

Having been a board member of Look Good Feel Better for many years, and Chairperson for the past two, I never cease to be amazed at the way in which this organisation continues to flourish and grow under the guidance of our immensely capable National Program Director Yvette Powell.

Having joined Look Good Feel Better when its very existence was under threat, Yvette has provided the leadership that has literally transformed it into what it is today, a vibrant, dynamic and passion-driven organisation with the ethos of providing world-class emotional support and camaraderie to those suffering from the dreadful disease of cancer.



CHAIRMAN'S REPORT

John Knowlton

In the acknowledgement of Yvette's tremendous leadership skills, I pay equal tribute and thanks to the wonderful team that support Yvette in every possible way. Glenda Hutchins, who has been a loyal servant of Look Good Feel Better for many years, continues to make sure that our accounts are always in order and that we make the best use of our precious funds. Marilu Nortje, who was originally employed to assist Yvette, has grown enormously in the past year and she has taken on many new responsibilities that enable Yvette to manage her enormous workload in a more effective manner.

As Chairperson of Look Good Feel Better, I am also enormously grateful to my fellow board members Michele Lima, Adelia Pimentel and Leebashni Reddy, all of whom bring enormous insights and experience of the South African cosmetic industry to the effective management and continual growth of the Look Good Feel better organisation, under Yvette's leadership.

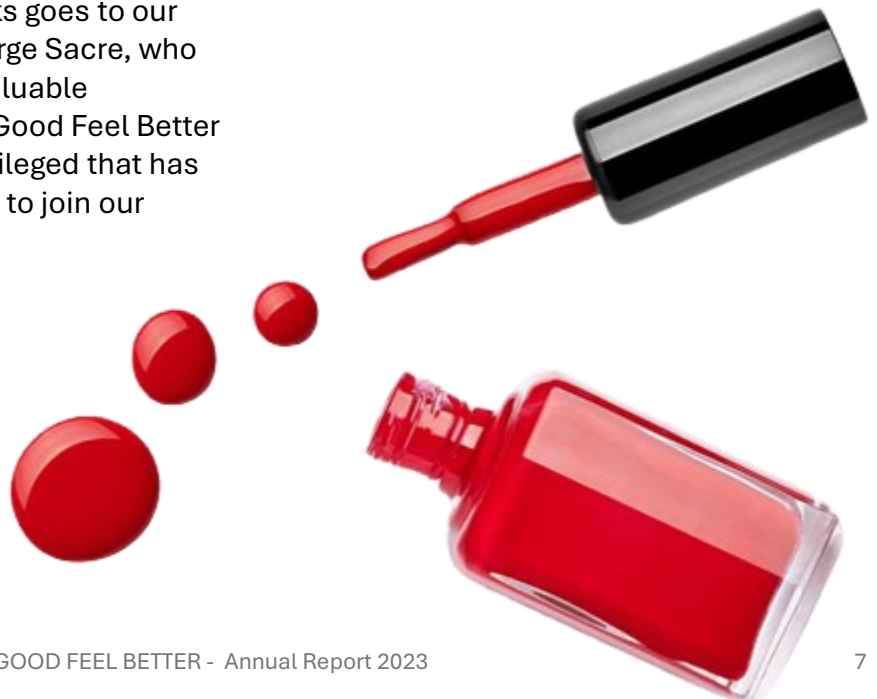
A special mention of thanks goes to our newest board member, Serge Sacre, who has already made many valuable contributions to the Look Good Feel Better organisation and I feel privileged that has been kind enough to agree to join our talented team.

As I close, I would ask you all to reflect on the feelings of those that are currently suffering with cancer, along with their family members or friends; imagine momentarily how you would deal with it, if it was you?

With this in mind, I would like to ask you all to do whatever you can to support Look Good Feel Better in the future, as it journey to excellence continues. Remember that even the smallest contribution can make a world of difference to every one of our cancer patients and help them navigate that road of positivity to a future full of recovery, promise and hope.

With my love and support for you all,

John L Knowlton
Chairman Look Good Feel Better



PROGRAM DIRECTOR'S REPORT

Yvette Powell



The Profound Impact of Look Good Feel Better and Its Importance in the Lives of Our Patients.

I am writing to highlight a key observation that has become increasingly clear through the Look Good Feel Better program. The profound impact of our program goes far beyond the tangible products we provide or the workshops we conduct. What truly defines the success of Look Good Feel Better is the emotional and psychological effect it has on the patients we serve.

Impact Beyond Products and Workshops

While the products and workshops are essential components of our program, it is evident that their value extends beyond the surface. The true measure of our success lies in how these offerings make our patients feel. The feedback we receive consistently shows that participants feel cared for, loved, and special as a result of our program. This emotional uplift is what resonates most deeply with them, often leaving a lasting positive impact on their overall well-being.

Importance of Emotional Support

Cancer is not only a physical battle but also an emotional and psychological one. The treatments can often leave patients feeling vulnerable, isolated, and stripped of their sense of self. Look Good Feel Better plays a crucial role in restoring a sense of normalcy and dignity during a time when patients need it most. By making them feel valued and beautiful, we help to rebuild their confidence and self-esteem, which are critical components of their healing journey.

The Role of Volunteers

The dedication and compassion of our volunteers are central to creating this positive impact. Their efforts are not just about delivering products or conducting workshops—they are about connecting with patients on a human level, offering empathy, understanding, and a sense of community. This personal connection is what transforms our program from a service into a lifeline for many.

In conclusion, the success of Look Good Feel Better is not solely defined by the materials we provide or the sessions we hold. It is defined by the way we make our patients feel—cared for, loved, and truly special. This profound impact underscores the importance of our work and reaffirms our commitment to continuing this vital service. Moving forward, we must continue to focus on the emotional and psychological support we provide, as it is this aspect of our program that makes the most significant difference in the lives of those we serve.

Thank you for your continued partnership and support in making Look Good Feel Better a beacon of hope for so many.

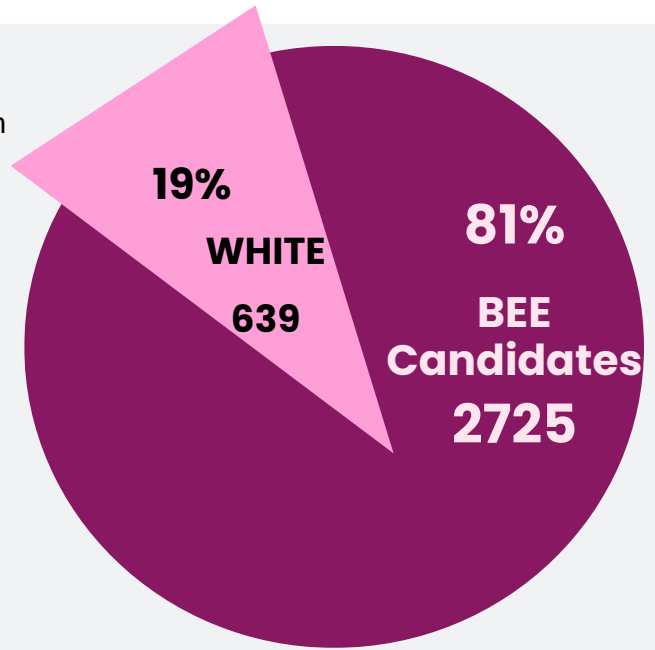
*With Love,
Yvette*

NATIONAL OVERVIEW

Workshop Performance

We have reached **53,513** patients and hosted **5044** workshops since the inception of the program in **2004**, of which **3364** patients attended one of the **312** LGFB workshops in **48** hospitals and clinics, this year hosted by +/- **160** trained volunteers. We are proud to say that we achieved our beneficiary goal with **81%** patients in our selfcare workshops being **BEE candidates**. LGFB has a **BEE Level 1 Status**.

The Look Good Feel Better program aims to inspire women and men to persevere, face each day with renewed hope and confidence. Research has shown that maintaining a positive mindset significantly enhances the healing process. Since its inception, the program has evolved to embrace a more holistic approach to patient support, impacting participants' well-being beyond just their physical appearance.



REGION	TOTAL	WORKSHOPS	BLACK	WHITE
JHB	1143	97	961	182
CT	776	78	605	171
PTA	471	56	336	135
DBN	364	38	287	77
BFN	326	21	303	23
PE	195	18	167	28
PMB	89	5	66	23
	3364	312	2725	639

NATIONAL OVERVIEW

Participating Hospitals

BLOEMFONTEIN:

Bloemfontein National Hospital
CANSA Oleo Care House
Life Rosepark

CAPE TOWN:

Groote Schuur Hospital
Life Vincent Pallotti Hospital
Mediclinic Cape Gate
Mediclinic Constantiaberg
Mediclinic Panorama
Mediclinic Vergelegen
Netcare N1 City
Rondebosch Medical Centre
Tygerberg Hospital

JOHANNESBURG:

Ahmed Kathrada Lenmed
Alberton Netcare
Baragwanath Hospital
Busamed Modderfontein
Charlotte Maxeke Academic Hospital
Life Flora
Krugersdorp Oncology
Netcare Milpark
Netcare Olivedale
Netcare Pinehaven
Vereeniging Oncology
Wits Donald Gordon Medical Centre

PRETORIA:

CANSA Tipuana Care House
Life Eugene Marais Hospital
Life Groenkloof
Life Wilgers
Meulmed Mediclinic
Midstream Netcare
Netcare Unitas
Steve Biko Hospital

PIETERMARITZBURG:

Royal Hospital

DURBAN:

Onco-care Parklands

PORT ELIZABETH:

GVI Cancer care
Livingstone Hospital
PE National Hospital



NEW HOSPITALS

CAPE TOWN

Busamed Strand, Netcare Christiaan Barnard,
Netcare Kuilsriver, Visser Loots Oncology,

DURBAN

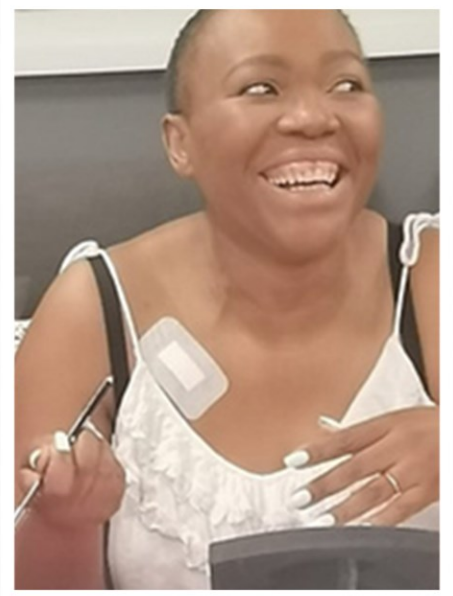
Addington Hospital, Amanzimtoti OncoCare,
Ballito OncoCare , Busamed Hillcrest, Durban
Oncology, Hillcrest OncoCare, Mkhuhla CANSA
House, Umhlanga OncoCare

At Look Good Feel Better, our goal is to expand our workshops to as many venues as possible because we believe that every woman undergoing cancer treatment deserves the opportunity to look and feel beautiful.



NATIONAL OVERVIEW

Hospital Workshop Photos



NATIONAL OVERVIEW

Hospital Workshop Photos



I am grateful for the workshop, products, and advice that you provide. Not only have you helped me feel more confident in my appearance, but you have also given me a sense of empowerment and strength during a difficult time in my life. I also want to thank all the generous sponsors who make this program possible". Kholofelo Ramodike

NATIONAL OVERVIEW

Hospital Men's Workshop Photos



Our men's workshops are mainly and proudly sponsored by **Isabella Garcia** and **Colgate-Palmolive**



ISABELLA GARCIA
INTERNATIONAL

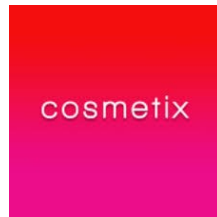


NATIONAL OVERVIEW

Product Sponsors

The following product sponsors have been the backbone of our operations this financial year through their consistent product donations. These contributions are vital for running workshops for cancer patients at participating hospitals and clinics.

- African Extracts Rooibos
- AMKA
- Avon Justine
- Avroy Shlain
- Canway-Oh So Heavenly
- Chanel
- Colgate Palmolive
- Cosmetix
- Environ
- Estée Lauder
- Facinations Hair
- Hawkridge Advisory (Pty) Ltd
- Indigo Brands
- Isabella Garcia
- L'Oréal
- Matla Partners
- Monica van der Walt
- Revlon
- Signature Cosmetics
- Zynadent



MONICA VAN DER WALT



NATIONAL OVERVIEW

Volunteers



THE GREATEST GIFT YOU
CAN GIVE SOMEONE
IS YOUR
TIME.
BECAUSE WHEN YOU
GIVE YOUR TIME,
YOU ARE GIVING A
PORTION OF YOUR LIFE
THAT YOU WILL NEVER
GET BACK.

A heartfelt thank you to all the volunteers of Look Good Feel Better. Your dedication, kindness, and selflessness have profoundly impacted the lives of those facing cancer. Your willingness to give your time and expertise to support and uplift others during their most challenging times is truly admirable. Through your efforts, you bring joy, confidence, and hope to so many individuals, helping them navigate their journey with grace and dignity. Your commitment to making a difference is inspiring, and we are incredibly grateful for everything you do. Thank you for being a guiding light in the lives of those in need.

Volunteer Recognition Events were held to thank and honour our volunteers in all regions at the following venues: **Southern Sun Marine Hotel, The Saxon Hotel, Casa Toscana, The Mariott Protea Hotel, The Embassy, Constantia and Ascott Conference Venue.**

We would like to express our heartfelt gratitude to the following venues for generously sponsoring our recognition events in full: **The Embassy-Constantia, The Saxon Hotel-Sandton, and The Southern Sun Marine Hotel-PE.**

We are also thrilled to express our sincere thanks to **Leebashni Reddy**, esteemed LGFB board member from **Estée Lauder**, for her generous gesture in providing Clinique perfumes to every volunteer of Look Good Feel Better throughout South Africa. These beautiful perfumes are tokens of appreciation for the time, care, and compassion that our volunteers consistently pour into their work.



NATIONAL OVERVIEW

Catering Sponsors

We are deeply grateful to the **organisations, restaurants, hospitals, individuals, and workshop volunteers** who generously provided refreshments at the Look Good Feel Better workshops. Your support adds a special touch to our sessions, making them even more enjoyable for the participants. Thank you for your kindness and commitment to our cause.

AlcoNCP – Durban, Charlini Mothilall, Cipla, Dosimeter services, Eisai Pharmaceuticals, Ecomed, Eurolab, Delphine de Vos, Hansa Wewegen, Heal Better Foundation, Jayeen Rama, Lisa Dewryan, Lucinda Brandt, Marlboro Women’s Forum, Muslim Women’s Forum, Nishen Naidoo, Peppertree, Pink drive-Sandy, Property Secure & Electrical-William & Patty Grootboom, Shenaaz Akoob



WORKSHOP CATERING SPONSORS



Pretoria Muslim Women United



In Unity is Strength



Marlboro Womens Forum

accord
We make it better

MATLA
INVESTMENT PARTNERS

Cipla
Caring for life

eurolab
the oncology experts

Thank you all
Hospitals
who provide catering

alcoNCP
Durban

HOPE
Is Beautiful!

NATIONAL OVERVIEW

Special Thanks

RAM Couriers, for being such a crucial part in our mission, **Netcad**, for always keeping us connected & **CDP Gifts**, for sponsoring golf days and event invites & goodie bags as well as the printing of our annual reports.

Golf Events:

Special thanks to **Pam & Neil Senior**-financial sponsor **Canway & Claman** for sponsoring the courier service of golf stock. **Estée Lauder** for the dinner perfume gifts. **Golferade & SAB** sponsoring drinks to all golfers. **Lou J Interiors** for sponsoring the décor. **Monique Taylor**, MC Prize giving. **Shayamanzi** for amazing auctions. **Firmenich & Fleet Africa** for financial support towards prizes.

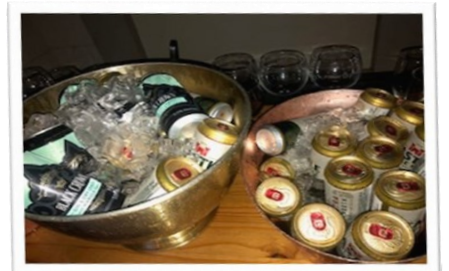


FLEETAFRICA

Firmenich



CANWAY
SUPPLY CHAIN SOLUTIONS



NATIONAL OVERVIEW

Financial Sponsors/Donors/Grants

The following contributions have been instrumental in allowing LGFB to continue its mission of boosting the confidence and well-being of cancer patients across South Africa.

- CTFA
- Dermassential Skincare
- Environ
- Estée Lauder
- Global Giving
- Icon Oncology
- Jackpersad, Westridge
- L'Oréal
- Medsol
- Pam & Neil Senior



“
The right care
is putting
the patient at
the centre.”

Proudly brought to you by
icon
ONCOLOGY

Look Good Feel Better has been selected as the proud recipient of the **Icon Oncology 2023** socio-economic development grant. The **R100 000** grant enabled us to extend the reach and offer invaluable assistance to patients undergoing treatment at Government hospitals throughout the country.

In addition to the generous contributions from our corporate partners, we are deeply grateful for the ongoing support of the:

Monthly Donors

- Claman
- Esther Wessels
- Jutta Kórfér
- Petro Jonker
- Val and Jack Carstens

Their commitment enables Look Good Feel Better to continue offering vital services and emotional support to individuals battling cancer. We extend our heartfelt thanks to these donors for their enduring dedication to our cause.

NATIONAL OVERVIEW

Fundraising Events

In the past financial year, Look Good Feel Better hosted a range of fundraising events to support our program. These events included various raffles, volunteer-led initiatives, golf days, high teas, and collaborative events. Each of these efforts played a crucial role in helping us continue our mission to support individuals facing cancer.

EVENTS:

- Faith Over Fear, Women's Day Vintage High Tea, Springs
- Charity Dinner, Parow Club House, CT
- Collaboration Charity Golf Day, Milnerton, CT, Erica van Niekerk
- LGFB Charity High Tea, Port Elizabeth - Thank you to the Main Sponsors: **Rand Merchant Bank, Bay Radiology and Avon Justine**
- LGFB Golf Day, Blair Atholl – Thank you to the Main Sponsor: **Pam & Neil Senior**
- Lucky dip, Vergelegen, CT
- Faith Over Fear, Colour Walk, Springs
- Faith Over Fear, Women's Event, Botswana
- Zumba Event, Lenasia
- LGFB Golf day, Zimbali
- LGFB Bowling Event, Umhlanga Bowling Club
- Faith over Fear Women's Event, NG Falcon Ridge, Vereeniging
- L'Oréal Citizen's Day @ Marks Park, Emmerentia



NATIONAL OVERVIEW

Fundraising Events - Golf



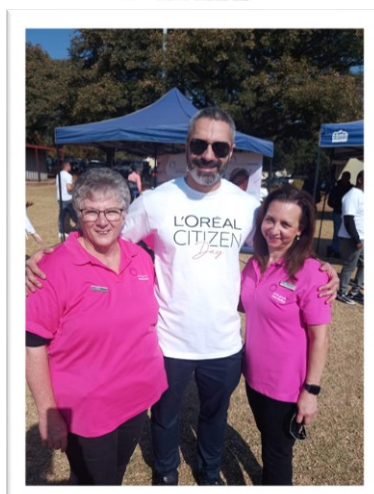
NATIONAL OVERVIEW

Fundraising Events - Golf



NATIONAL OVERVIEW

Fundraising Events



NATIONAL OVERVIEW

Fundraising Events



NATIONAL OVERVIEW

Cancer Awareness Events & Media

Events:

- Life Flora Hospital
- CHARTA Breast Cancer in Africa-Prof Julie Makani
- Eugene Marais hospital
- East Rand Women in Business Talk
- Tipuana CANSA House
- APK Church, Meyerton
- Anglican Church, Lenasia
- Grace Family Church. Durban
- Lenasia clinic
- Apostolic Church, Eldorado Park
- Life Groenkloof Hospital
- Donald Gordon Hospital
- Silo & Shed, Cancer Lifestyle Event, Stellenbosch
- Steve Biko Hospital
- Westridge Oncology centre
- Botswana Furnmart, with Faith Over Fear
- Baragwanath Hospital, Pink Party
- Adventist Church, Ennerdale, Movember month
- Krugersdorp Oncology, Movember month
- Icon Conference, Indaba Hotel



Media:

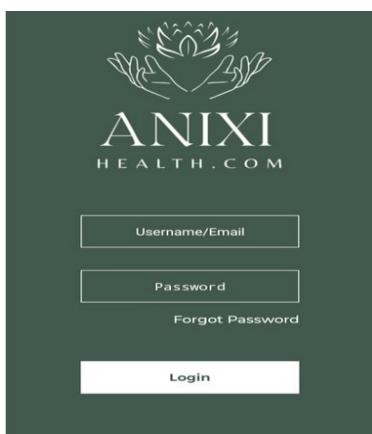
Throughout the year, Look Good Feel Better received media coverage through several prominent outlets. Notable features include articles in **Sarie Magazine** (September/October issue), **Blue Monkey Online Magazine** (September/October issue) and **Roodepoort Record** (July issue). Additionally, a special article was published in August in honor of Women's Month in the **PPMC Magazine**. **Icon Oncology** also highlighted our work and the impact of the Grant with an article on their website.



NATIONAL OVERVIEW

Collaboration & Partnerships

Anixi Health developed an app to support cancer patients. They volunteer in our workshops in the Johannesburg region, explaining how the app provides valuable assistance to patients. We are grateful for this collaboration, which offers ongoing support to patients even after the workshops."



Mike & Liz Hairpieces collaborated with Look Good Feel Better workshops in the Johannesburg region, donating wigs to patients and providing education on wig care.



Avon Justine employees collaborated and volunteered at Look Good Feel Better workshops at Donald Gordon Hospital in JHB.



Silky Ribbon collaborated with Look Good Feel Better workshops in Pretoria, donating silk pillowcases to patients undergoing chemotherapy and experiencing hair loss, as the silk helps reduce hair breakage.

NATIONAL OVERVIEW

Conclusion



As we reflect on the past year, it's clear that Look Good Feel Better continues to make a profound impact in the lives of those facing the challenges of cancer. Our success is not just measured by the products we provide or the workshops we conduct, but by the emotional and psychological support we offer. Through the dedication of our volunteers, the generosity of our supporters, and the commitment of our entire community, we have been able to make patients feel cared for, loved, and truly special.

This year's achievements are a testament to the power of compassion and the difference it can make in the healing journey. As we look ahead, we remain steadfast in our mission to uplift and empower more individuals, ensuring that they feel confident and supported throughout their journey.

Thank you to everyone who has played a role in making this year a success. Your contributions have touched countless lives and have reinforced the importance of the work we do at Look Good Feel Better.

I want to extend my heartfelt thanks to our incredible team. To Glenda, your wisdom and insight in managing our finances have been invaluable. But beyond that, your support on an emotional level has been a pillar of strength, keeping our spirits high even in challenging times. Marilu, I couldn't have asked for a better partner to work beside me in running this program. Your dedication and reliability have been the foundation of our success—you are truly a rock. Thank you all for your hard work, dedication, and the positive energy you bring to this mission.

Together, we will continue to bring hope, dignity, and confidence to those who need it most.

*With sincere appreciation,
Yvette*

National Overview

Members, Donors & Sponsors

LGFB Founder Members

Avon Justine
Colgate Palmolive
Environ
Estée Lauder
Indigo Brands
L'Oréal

LGFB Members

African Extracts
AMKA
AlcoNCP
Evolabs
Modern Hair & Beauty
The Prestige Cosmetic Group
Twincare International

Platinum Sponsors

Canway – Oh So Heavenly
Isabella Garcia

Workshop Sponsors

Accord
African Extracts
AlcoNCP
AMKA
Annette Marais Spyseniers
Avon Justine
Avroy Slain
Canway – Oh So Heavenly
CDP Gifts
Charlini Mothilall
Cipla
Claman
Coty
Dosimeter services
Ecomed
Eisai Pharmaceuticals
Environ
Estée Lauder
Environ
Eurolab
Evolabs-Bio oil

Fascinations Hair
Hansa Wewegen
Heal Better Foundation
Galderma
Hawkridge Advisory (Pty) Ltd
Indigo Brands
Isabella Garcia
Lisa Dewryan
Malboro Muslim Forum
March Ladies
Matla Partners (Pty) Ltd
MC Lombard Trading CC
Modern Hair & Beauty
Monica van der Walt
Muslim Women's Forum
Netcad
Nishen Naidoo
Peppertree restaurant
Pink Drive - Sandy
Pretoria Muslim Women Unite
Property Secure & Electrical – William & Patty
Grootboom
RAM Couriers
Revlon
ShahedaSA Nat. Muslim Forum
Shenaaz Akoob
Silky Ribbon

Hotels

Meerendal Boutique Hotel, Cape Town
Southern Sun The Marine , Port Elizabeth
The Forum, Constantia, Cape Town
The Protea Marriott Hotel , Bloemfontein
The Saxon Hotel, Johannesburg
Umhlanga Garden Court, Durban

Golf Sponsors

African Rooibos Extracts
AMKA
Avroy Shlain
Bacher & Co
BMW Midrand
Bottega
Canway - Oh So Heavenly

NATIONAL OVERVIEW

Members, Donors & Sponsors

Golf Sponsors Continued

Chanel
CDP Gifts
Chicago Gin
Claman
CMI Nutrition
eyeSlices
Endomed
Environ
Estée Lauder
Evolabs-Bio oil
Firmenich
Fleet Africa
Geraldine & Richter van Niekerk
Gary Rom
Golferade
Hair & Beauty SA
House Of Golf-Zimbali
IMCD SA
Indigo Brands
Isabella Garcia
Keun Rheeder
L'Oréal
Lou J Interiors
Matla Partners
Meridian Wine Merchants
Modern Hair & Beauty
Monica van der Walt
Makalali Main Lodge
Moroccan Barber
Motherkind
Mziki Safari Lodge
Nkwazi Lake Lodge
Patross Grit Blasting & Coatings
SAB Miller
Shayamanzi Houseboats
SMG Umhlanga
Sparkle Cosmetics
Warwick Wines

High-Tea Sponsors

Avon Justine
Bay Radiology
Rand Merchant Bank

Monthly Donors

Claman
Esther Wessels
Jutta Körfer
Petro Jonker
Val and Jack Carstens



FINANCIAL OVERVIEW

Glenda Hutchins

LGFB has completed the 2023-2024 financial year, yet again, with an impressive surplus, mainly due to the hands-on approach to work from Yvette, Marilu, and the volunteers countrywide, who have managed various fundraising events, to help towards maintaining the LGFB workshop programme.

The ongoing and dedicated fundraising initiatives, have allowed for a positive cashflow which has sustained the programme and emergency product purchases.

The negative effects from Covid-19 are still being felt, with sponsor businesses forced to restructure to accommodate the new norm of commerce. Cosmetic companies had to relook at their stock ordering processes, which has resulted in extremely tight margins. LGFB, therefore, faced unprecedented struggles in obtaining core essential sponsored products to run workshops, which, for the first time in the history of LGFB, core essential workshop products had to be purchased with fundraising monies. This situation is not ideal and needs comprehensive review and discussion with the various stakeholders.

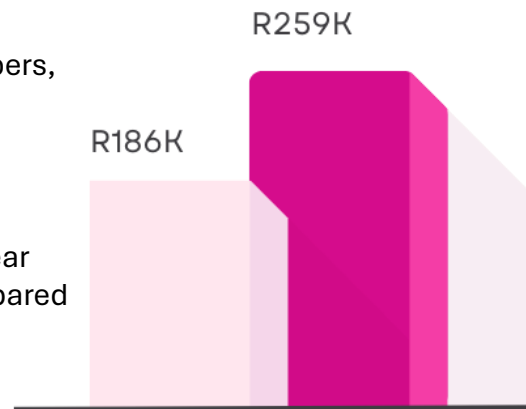
Look Good Feel Better, expresses gratitude to Estée Lauder, Icon Oncology and Environ for their generous financial sponsorships, as well as individuals, whose committed monthly contributions ensure the sustainability of the programme.

In support of the LGFB Programme, **CTFA members**, generously committed **R125 400**, by acknowledging that CTFA could donate **5%** on their behalf, of their annual renewed membership fee.

Membership fees were **increased by 7%**, with golf fees increased slightly.

LGFB has an active social media platform, and a quarterly Newsletter - both a means of marketing awareness for members, supporters and showcasing opportunities for fundraisers, sponsors and donations.

A cautious budgeted deficit of R104K was presented for 2023/2024, with negative growth expected, but happily the year ended with a positive outcome, with a **R259K surplus** – compared to the **R186K surplus** of 2023.



FINANCIAL & OVERVIEW

Cash Reserves

There was an appreciable upward movement from **R1 220M in 2022/2023 to R1 612M for 2023/2024**

Fundraising, Donations & Sponsorship - the main streams of income.

Golf:

Two golfing events:

The Jhb golf event was held again at Blair Atholl, due to the exceptional generosity of R104k donation from Pam & Neil Senior

- | | | | |
|--------------------|----------------------|----------|--------------------|
| - Johannesburg | - 100 golfers-Oct'23 | - raised | R183K |
| - Zimbali, Ballito | - 64 golfers-Apr'24 | - raised | <u>R 57K R240K</u> |

Regional Volunteers

- | | |
|--------------------|--------------------|
| - Bloemfontein | R 6K |
| - Cape Town | R 40K |
| - Durban | R 65K |
| - Johannesburg | R 61K |
| - Pietermaritzburg | R 11K |
| - Gqeberha | R125K |
| - Pretoria | <u>R 10K R318K</u> |

Donations & Sponsorships:

- | | |
|---|--------|
| - CTFA Members - 5% of Annual Memberships | R 125K |
|---|--------|

Workshop Sponsorships:

- | | |
|-----------------|-------|
| - Estée Lauder | R200K |
| - Icon Oncology | R 50K |
| - Environ | R 10K |

Membership

Member restructure

Founder

Estee Lauder – Annual fee included in donation

Auditor: Melissa de Beer - Chartered Accountant (S.A.), Registered Auditor

- ✓ The auditor gave a clean opinion of the financials and had no objections.
- ✓ The financial performance and cash flows for the year-end were in accordance with the International Financial and Reporting Standards and the Companies Act 71 of 2008
- ✓ Melissa de Beer confirmed that she would be willing to continue as the Auditor for LGFB. The full audited, financial statements are issued as a separate document at the end of the Annual Report.

Look Good Feel Better Foundation
(Registration number 2005/004226/08)
Financial statements
for the year ended 30 June 2024

Future Step Consulting
Chartered Accountant (SA)
Registered Auditor

These financial statements have been audited in compliance with the applicable requirements of the Companies Act 71 of 2008.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

General Information

Country of incorporation and domicile	South Africa
Nature of business and principal activities	To act as a support foundation for cancer patients and all allied business
Directors	John Leslie Knowlton Maria Adelia Lopes Pimentel Leebashni Reddy Michele Dos Prazeres Pereira Lima Serge Sacre
Registered office	Office 17, Ground Floor Business Hub Portion 129 Villa Road Muldersdrift 1747
Business address	Office 17, Ground Floor Business Hub Portion 129 Villa Road Muldersdrift 1747
Bankers	First National Bank Limited
Auditor	Future Step Consulting Chartered Accountant (SA) Registered Auditor 10 Plumbago Avenue Sagewood Estate Parklands 7441 P.O. Box 1918 Mulbarton 2059
Company registration number	2005/004226/08
Tax reference number	9657850146
Level of assurance	These financial statements have been audited in compliance with the applicable requirements of the Companies Act 71 of 2008.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Index

The reports and statements set out below comprise the financial statements presented to the shareholders:

	Page
Directors' Responsibilities and Approval	3
Directors' Report	4 - 5
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Statement of Financial Position	8
Statement of Income and Retained Earnings	9
Statement of Cash Flows	10
Accounting Policies	11 - 13
Notes to the Financial Statements	14 - 17
The following supplementary information does not form part of the financial statements and is unaudited:	
Detailed Income Statement	18 - 19

Level of assurance

These financial statements have been audited in compliance with the applicable requirements of the Companies Act 71 of 2008.

Published

03 September 2024

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Directors' Responsibilities and Approval

The Executive Council are required by the Companies Act 71 of 2008, to maintain adequate accounting records and are responsible for the content and integrity of the financial statements and related financial information included in this report. It is their responsibility to ensure that the financial statements fairly present the state of affairs of the foundation as at the end of the financial year and the results of its operations and cash flows for the period then ended, in conformity with the International Financial Reporting Standard for Small and Medium-sized Entities. The external auditor is engaged to express an independent opinion on the financial statements.

The financial statements are prepared in accordance with the International Financial Reporting Standard for Small and Medium-sized Entities and are based upon appropriate accounting policies consistently applied and supported by reasonable and prudent judgements and estimates.

The Executive Council acknowledge that they are ultimately responsible for the system of internal financial control established by the foundation and place considerable importance on maintaining a strong control environment. To enable the Executive Council to meet these responsibilities, the Executive Council sets standards for internal control aimed at reducing the risk of error or loss in a cost effective manner. The standards include the proper delegation of responsibilities within a clearly defined framework, effective accounting procedures and adequate segregation of duties to ensure an acceptable level of risk. These controls are monitored throughout the foundation and all employees are required to maintain the highest ethical standards in ensuring the foundation's business is conducted in a manner that in all reasonable circumstances is above reproach. The focus of risk management in the foundation is on identifying, assessing, managing and monitoring all known forms of risk across the foundation. While operating risk cannot be fully eliminated, the foundation endeavours to minimise it by ensuring that appropriate infrastructure, controls, systems and ethical behaviour are applied and managed within predetermined procedures and constraints.

The Executive Council are of the opinion, based on the information and explanations given by management, that the system of internal control provides reasonable assurance that the financial records may be relied on for the preparation of the financial statements. However, any system of internal financial control can provide only reasonable, and not absolute, assurance against material misstatement or loss.

The Executive Council have reviewed the foundation's cash flow forecast for the 12 months to 30 June 2025 and, in the light of this review and the current financial position, they are satisfied that the foundation has or has access to adequate resources to continue in operational existence for the foreseeable future.

The external auditor is responsible for independently auditing and reporting on the foundation's financial statements. The financial statements have been examined by the company's external auditor and their report is presented on page 6 - 7.

The financial statements set out on pages 8 to 17, which have been prepared on the going concern basis, were approved by the Executive Council on 03 September 2024 and were signed on its behalf by:

Approval of financial statements



John Leslie Knowlton

Tuesday, 03 September 2024

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Directors' Report

The Executive Council have pleasure in submitting their report on the financial statements of Look Good Feel Better Foundation and its associates for the year ended 30 June 2024.

1. Nature of business

Look Good Feel Better Foundation was incorporated in South Africa with interests in the Services industry. The foundation operates in South Africa.

There have been no material changes to the nature of the company's business from the prior year.

2. Review of financial results and activities

The financial statements have been prepared in accordance with International Financial Reporting Standard for Small and Medium-sized Entities and the requirements of the Companies Act 71 of 2008. The accounting policies have been applied consistently compared to the prior year.

Full details of the financial position, results of operations and cash flows of the foundation are set out in these financial statements.

3. Auditors

Future Step Consulting continued in office as auditors for the company for 2024.

At the AGM, the shareholders will be requested to reappoint Future Step Consulting as the independent external auditors of the company and to confirm Mrs Melissa De Beer as the designated lead audit partner for the 2025 financial year.

4. Directors

The directors in office at the date of this report are as follows:

Directors	Nationality	Changes
John Leslie Knowlton	South African	
Maria Adelia Lopes Pimentel	South African	
Leebashni Reddy	South African	
Michele Dos Prazeres Pereira	South African	
Lima		
Serge Sacre	French	Appointed Monday, 29 April 2024

5. Property, plant and equipment

There was no change in the nature of the property, plant and equipment of the foundation or in the policy regarding their use.

At 30 June 2024 the company's investment in property, plant and equipment amounted to R10,690 (2023:R26,782), of which R- (2023: R-) was added in the current year through additions.

6. Borrowing powers

In terms of the Memorandum of Incorporation, the borrowing powers of the company are unlimited. However all borrowings by the foundation are subject to board approval as required by the board delegation of authority.

7. Events after the reporting period

The directors are not aware of any material event which occurred after the reporting date and up to the date of this report.

8. Going concern

The financial statements have been prepared on the basis of accounting policies applicable to a going concern. This basis presumes that funds will be available to finance future operations and that the realisation of assets and settlement of liabilities, contingent obligations and commitments will occur in the ordinary course of business.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Directors' Report

Going concern (continued)

The directors believe that the company has adequate financial resources to continue in operation for the foreseeable future and accordingly the financial statements have been prepared on a going concern basis. The directors have satisfied themselves that the company is in a sound financial position and that it has access to sufficient borrowing facilities to meet its foreseeable cash requirements. The directors are not aware of any new material changes that may adversely impact the company. The directors are also not aware of any material non-compliance with statutory or regulatory requirements or of any pending changes to legislation which may affect the company.

9. Liquidity and solvency

The directors have performed the required liquidity and solvency tests required by the Companies Act 71 of 2008.

10. Statement of disclosure to the company's auditor

With respect to each person who is a director on the day that this report is approved:

- there is, so far as the person is aware, no relevant audit information of which the foundation's auditor is unaware; and
- the person has taken all the steps that he or she ought to have taken as a director to be aware of any relevant audit information and to establish that the foundation's auditor is aware of that information.

11. Date of authorisation for issue of financial statements

The financial statements have been authorised for issue by the Executive Council on Tuesday, 03 September 2024. No authority was given to anyone to amend the financial statements after the date of issue.

The financial statements set out on page 8, which have been prepared on the going concern basis, were approved by the Executive Council on 03 September 2024, and were signed on its behalf by:

Approval of financial statements



John Leslie Knowlton

Tuesday, 03 September 2024

Independent Auditor's Report

To the Shareholders of Look Good Feel Better Foundation

Opinion

I have audited the financial statements of Look Good Feel Better Foundation (the company) set out on pages 8 to 17, which comprise the statement of financial position as at 30 June 2024, statement of income and retained earnings, statement of changes in equity and statement of cash flows for the year then ended, and the notes to the financial statements, including a summary of significant accounting policies.

In my opinion, the financial statements present fairly, in all material respects, the financial position of Look Good Feel Better Foundation as at 30 June 2024, and its financial performance and cash flows for the year then ended in accordance with the International Financial Reporting Standard for Small and Medium-sized Entities and the requirements of the Companies Act 71 of 2008.

Basis for Opinion

I conducted my audit in accordance with International Standards on Auditing. My responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of my report. I am independent of the company in accordance with the Independent Regulatory Board for Auditors' Code of Professional Conduct for Registered Auditors (IRBA Code) and other independence requirements applicable to performing audits of financial statements in South Africa. I have fulfilled my other ethical responsibilities in accordance with the IRBA Code and in accordance with other ethical requirements applicable to performing audits in South Africa. The IRBA Code is consistent with the corresponding sections of the International Ethics Standards Board for Accountants' International Code of Ethics for Professional Accountants (including International Independence Standards). I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my opinion.

Other Information

The Executive Council are responsible for the other information. The other information comprises the information included in the document titled "Look Good Feel Better Foundation financial statements for the year ended 30 June 2024", which includes the Directors' Report as required by the Companies Act 71 of 2008 and the supplementary information as set out on pages 18 to 19, which I obtained prior to the date of this report, and the Annual Report, which is expected to be made available to me after that date. The other information does not include the financial statements and my auditor's report thereon.

My opinion on the financial statements does not cover the other information and I do not and will not express an audit opinion or any form of assurance conclusion thereon.

In connection with my audit of the financial statements, my responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or my knowledge obtained in the audit, or otherwise appears to be materially misstated. If, based on the work I have performed on the other information obtained prior to the date of this auditor's report, I conclude that there is a material misstatement of this other information, I am required to report that fact. I have nothing to report in this regard.

Responsibilities of the Directors for the Financial Statements

The Executive Council are responsible for the preparation and fair presentation of the financial statements in accordance with the International Financial Reporting Standard for Small and Medium-sized Entities and the requirements of the Companies Act 71 of 2008, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Executive Council are responsible for assessing the foundation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Executive Council either intend to liquidate the foundation or to cease operations, or have no realistic alternative but to do so.

Auditor's Responsibilities for the Audit of the Financial Statements

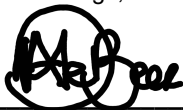
My objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes my opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with International Standards on Auditing will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Independent Auditor's Report

As part of an audit in accordance with International Standards on Auditing, I exercise professional judgement and maintain professional scepticism throughout the audit. I also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for my opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the foundation's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Executive Council.
- Conclude on the appropriateness of the Executive Council use of the going concern basis of accounting and based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the foundation's ability to continue as a going concern. If I conclude that a material uncertainty exists, I am required to draw attention in my auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify my opinion. My conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

I communicate with the directors regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that I identify during my audit.



Future Step Consulting
Melissa De Beer
Director
Chartered Accountant (SA)
Registered Auditor

03 September 2024
Johannesburg
10 Plumbago Avenue
Sagewood Estate
Parklands
7441

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Statement of Financial Position as at 30 June 2024

Figures in Rand	Note(s)	2024	2023
Assets			
Non-Current Assets			
Property, plant and equipment	2	10,690	26,782
Current Assets			
Trade and other receivables	3	64,950	183,697
Cash and cash equivalents	4	1,612,412	1,220,328
		1,677,362	1,404,025
Total Assets		1,688,052	1,430,807
Equity and Liabilities			
Equity			
Reserves		97,624	97,624
Retained income		1,583,913	1,324,798
		1,681,537	1,422,422
Liabilities			
Current Liabilities			
Trade and other payables	6	6,515	8,385
Total Equity and Liabilities		1,688,052	1,430,807

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Statement of Income and Retained Earnings

Figures in Rand	Note(s)	2024	2023
Revenue	7	812,787	682,985
Other income	8	396,297	336,985
Operating expenses	9	(1,037,456)	(886,611)
Operating profit		171,628	133,359
Investment revenue	13	87,487	52,779
Profit for the year		259,115	186,138
Opening balance		1,324,798	1,138,660
Retained income at the end of the year		1,583,913	1,324,798

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Statement of Cash Flows

Figures in Rand	Note(s)	2024	2023
Cash flows from operating activities			
Cash receipts from customers		1,327,831	972,600
Cash paid to suppliers and employees		(1,023,233)	(866,916)
Cash generated from operations	14	304,598	105,684
Interest income		87,487	52,779
Net cash from operating activities		392,085	158,463
Cash flows from investing activities			
Purchase of property, plant and equipment	2	(1)	-
Total cash movement for the year		392,084	158,463
Cash and cash equivalents at the beginning of the year		1,220,328	1,061,865
Total cash at end of the year	4	1,612,412	1,220,328

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Accounting Policies

1. Basis of preparation and summary of significant accounting policies

The financial statements have been prepared on a going concern basis in accordance with the International Financial Reporting Standard for Small and Medium-sized Entities, and the Companies Act 71 of 2008. The financial statements have been prepared on the historical cost basis, except for biological assets at fair value less point of sale costs, and incorporate the principal accounting policies set out below. They are presented in South African Rands.

These accounting policies are consistent with the previous period.

1.1 Property, plant and equipment

Property, plant and equipment are tangible assets which the company holds for its own use or for rental to others and which are expected to be used for more than one period.

Property, plant and equipment is initially measured at cost.

Cost includes costs incurred initially to acquire or construct an item of property, plant and equipment and costs incurred subsequently to add to, replace part of, or service it. If a replacement cost is recognised in the carrying amount of an item of property, plant and equipment, the carrying amount of the replaced part is derecognised.

Expenditure incurred subsequently for major services, additions to or replacements of parts of property, plant and equipment are capitalised if it is probable that future economic benefits associated with the expenditure will flow to the company and the cost can be measured reliably. Day to day servicing costs are included in profit or loss in the period in which they are incurred.

Property, plant and equipment is subsequently stated at cost less accumulated depreciation and any accumulated impairment losses, except for land which is stated at cost less any accumulated impairment losses.

Depreciation of an asset commences when the asset is available for use as intended by management. Depreciation is charged to write off the asset's carrying amount over its estimated useful life to its estimated residual value, using a method that best reflects the pattern in which the asset's economic benefits are consumed by the company.

The useful lives of items of property, plant and equipment have been assessed as follows:

Item	Depreciation method	Average useful life
Furniture and fixtures	Straight line	Six years
Office equipment	Straight line	Five years
IT equipment	Straight line	Three years
Computer software	Straight line	Three years

When indicators are present that the useful lives and residual values of items of property, plant and equipment have changed since the most recent annual reporting date, they are reassessed. Any changes are accounted for prospectively as a change in accounting estimate.

Impairment tests are performed on property, plant and equipment when there is an indicator that they may be impaired. When the carrying amount of an item of property, plant and equipment is assessed to be higher than the estimated recoverable amount, an impairment loss is recognised immediately in profit or loss to bring the carrying amount in line with the recoverable amount.

An item of property, plant and equipment is derecognised upon disposal or when no future economic benefits are expected from its continued use or disposal. Any gain or loss arising from the derecognition of an item of property, plant and equipment, determined as the difference between the net disposal proceeds, if any, and the carrying amount of the item, is included in profit or loss when the item is derecognised.

1.2 Financial instruments

Initial measurement

Financial instruments are initially measured at the transaction price (including transaction costs except in the initial measurement of financial assets and liabilities that are measured at fair value through profit or loss) unless the arrangement constitutes, in effect, a financing transaction in which case it is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Accounting Policies

1.2 Financial instruments (continued)

Financial instruments at amortised cost

These include loans, trade receivables and trade payables. They are subsequently measured at amortised cost using the effective interest method. Debt instruments which are classified as current assets or current liabilities are measured at the undiscounted amount of the cash expected to be received or paid, unless the arrangement effectively constitutes a financing transaction.

At each reporting date, the carrying amounts of assets held in this category are reviewed to determine whether there is any objective evidence of impairment. If there is objective evidence, the recoverable amount is estimated and compared with the carrying amount. If the estimated recoverable amount is lower, the carrying amount is reduced to its estimated recoverable amount, and an impairment loss is recognised immediately in profit or loss.

1.3 Impairment of assets

The company assesses at each reporting date whether there is any indication that property, plant and equipment or intangible assets or goodwill or investment property on the cost model may be impaired.

If there is any such indication, the recoverable amount of any affected asset (or group of related assets) is estimated and compared with its carrying amount. If the estimated recoverable amount is lower, the carrying amount is reduced to its estimated recoverable amount, and an impairment loss is recognised immediately in profit or loss.

If an impairment loss subsequently reverses, the carrying amount of the asset (or group of related assets) is increased to the revised estimate of its recoverable amount, but not in excess of the amount that would have been determined had no impairment loss been recognised for the asset (or group of assets) in prior years. A reversal of impairment is recognised immediately in profit or loss.

1.4 Share capital and equity

Equity instruments issued by the company are recognised at the proceeds received, net of direct issue costs.

1.5 Employee benefits

Short-term employee benefits

The cost of short-term employee benefits, (those payable within 12 months after the service is rendered, such as leave pay and sick leave, bonuses, and non-monetary benefits such as medical care), are recognised in the period in which the service is rendered and are not discounted.

Defined contribution plans

Payments to defined contribution retirement benefit plans are charged as an expense as they fall due.

1.6 Provisions and contingencies

Provisions are recognised when the company has an obligation at the reporting date as a result of a past event; it is probable that the company will be required to transfer economic benefits in settlement; and the amount of the obligation can be estimated reliably.

Provisions are measured at the present value of the amount expected to be required to settle the obligation using a pre-tax rate that reflects current market assessments of the time value of money and the risks specific to the obligation. The increase in the provision due to the passage of time is recognised as interest expense.

Provisions are not recognised for future operating losses.

1.7 Revenue

Revenue is recognised to the extent that the company has transferred the significant risks and rewards of ownership of goods to the buyer, or has rendered services under an agreement provided the amount of revenue can be measured reliably and it is probable that economic benefits associated with the transaction will flow to the company. Revenue is measured at the fair value of the consideration received or receivable, excluding sales taxes and discounts.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Accounting Policies

1.7 Revenue (continued)

Interest is recognised, in profit or loss, using the effective interest rate method.

1.8 Borrowing costs

Borrowing costs are recognised as an expense in the period in which they are incurred.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Notes to the Financial Statements

Figures in Rand

2024

2023

2. Property, plant and equipment

	2024			2023		
	Cost or revaluation	Accumulated depreciation and impairment	Carrying value	Cost or revaluation	Accumulated depreciation and impairment	Carrying value
Furniture and fixtures	24,768	(24,768)	-	24,768	(24,768)	-
IT equipment	132,374	(122,171)	10,203	132,374	(111,040)	21,334
Computer software	21,983	(21,983)	-	21,983	(21,983)	-
Other property, plant and equipment	29,765	(29,278)	487	29,765	(24,317)	5,448
Total	208,890	(198,200)	10,690	208,890	(182,108)	26,782

Reconciliation of property, plant and equipment - 2024

	Opening balance	Other changes, movements	Depreciation	Closing balance
IT equipment	21,334	-	(11,131)	10,203
Other property, plant and equipment	5,448	1	(4,962)	487
	26,782	1	(16,093)	10,690

Reconciliation of property, plant and equipment - 2023

	Opening balance	Other changes, movements	Depreciation	Closing balance
IT equipment	32,464	1	(11,131)	21,334
Other property, plant and equipment	10,410	-	(4,962)	5,448
	42,874	1	(16,093)	26,782

Details of properties

3. Trade and other receivables

Trade receivables	58,950	112,497
Accrued income	-	65,200
Other receivable	6,000	6,000
	64,950	183,697

4. Cash and cash equivalents

Cash and cash equivalents consist of:

Cash on hand	14,327	10,418
Bank balances	1,598,085	1,209,910
	1,612,412	1,220,328

5. Other NDR

97,624 97,624

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Notes to the Financial Statements

Figures in Rand	2024	2023
6. Trade and other payables		
Trade payables	6,515	8,385
7. Revenue		
Founder membership fees	204,939	195,600
Membership fees	223,821	140,275
Sponsorships and donations	384,027	347,110
	812,787	682,985
8. Other income		
Fundraisers	396,297	336,985
9. Operating expenses		
Operating expenses include the following expenses:		
Operating lease charges		
Premises		
• Contractual amounts	92,021	88,489
Depreciation and amortisation	16,093	16,093
Employee costs	779,983	651,242
10. Auditor's remuneration		
Fees	11,550	11,550
11. Employee cost		
Employee costs		
Basic	695,545	585,267
WCA	3,869	950
Post-employment benefits - Pension - Defined contribution plan	80,569	65,025
	779,983	651,242
12. Depreciation, amortisation and impairments		
The following items are included within depreciation, amortisation and impairments:		
Depreciation		
Property, plant and equipment	16,093	16,093
13. Investment revenue		
Interest revenue		
Bank	87,487	52,779

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Notes to the Financial Statements

Figures in Rand	2024	2023
14. Cash generated from operations		
Net profit before taxation	259,115	186,138
Adjustments for:		
Depreciation, amortisation, impairments and reversals of impairments	16,093	16,093
Investment income	(87,487)	(52,779)
Changes in working capital:		
(Increase) decrease in trade and other receivables	118,747	(47,370)
Increase (decrease) in trade and other payables	(1,870)	3,602
	304,598	105,684

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)
Financial Statements for the year ended 30 June 2024

Notes to the Financial Statements

Figures in Rand

2024

2023

15. Directors' and prescribed officer's remuneration

No emoluments were paid to the directors or any individuals holding a prescribed office during the year.

16. Comparative figures

Certain comparative figures have been reclassified.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Detailed Income Statement

Figures in Rand	Note(s)	2024	2023
Revenue			
Founder membership fees		204,939	195,600
Membership fees		223,821	140,275
Sponsorships and donations		384,027	347,110
	7	812,787	682,985
Other income			
Fundraisers		396,297	336,985
Expenses (Refer to page 19)		(1,037,456)	(886,611)
Operating profit		171,628	133,359
Investment income	13	87,487	52,779
Profit for the year		259,115	186,138

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2024

Detailed Income Statement

Figures in Rand	Note(s)	2024	2023
Operating expenses			
Accounting fees		(17,730)	(16,830)
Auditors remuneration	10	(11,550)	(11,550)
Bank charges		(5,016)	(4,487)
Cleaning		(3,757)	(3,518)
Computer expenses		(16,370)	(20,803)
Delivery expenses		(7,540)	(2,815)
Depreciation, amortisation and impairments		(16,093)	(16,093)
Employee costs		(779,983)	(651,242)
Entertainment		(1,782)	(750)
General expenses		(1,165)	(1,900)
Insurance		(9,392)	(8,326)
Lease rentals on operating lease		(92,021)	(88,489)
Motor vehicle expenses		(24,569)	(24,588)
Printing and stationery		(2,693)	(2,231)
Small assets less than R 7000		(13,112)	(7,558)
Telephone and fax		(5,952)	(2,779)
Travel - local		(28,731)	(22,652)
		(1,037,456)	(886,611)

HOPE
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FACING CANCER WITH CONFIDENCE

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