

2024

LOOKING BACK ON



Of Empowering **Confidence**
and Restoring **Hope**

**ANNUAL
REPORT**

TABLE OF CONTENTS

1. Organisational Profile
2. Mission, Vision & Values
3. Organisational Structure
4. About LGFB / Our History
5. Chairman's Report
6. Program Director's Report
7. Participating Hospitals
8. Program Overview
9. Workshop photos - Ladies
10. Workshop photos - Men
11. Patient Testimonials
12. Volunteer Stories
13. Partnerships & Sponsors
14. Fundraising & Awareness Events
15. Fundraising & Awareness Events
16. Gallery
17. Volunteer Training & Recognition
18. Gallery
19. Volunteers
20. Financial Overview
21. Financial Overview
22. Financial Overview
23. Acknowledgements
24. Annexure - AFS



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 2.2 million people in 27 countries. The global network consists of the following countries:

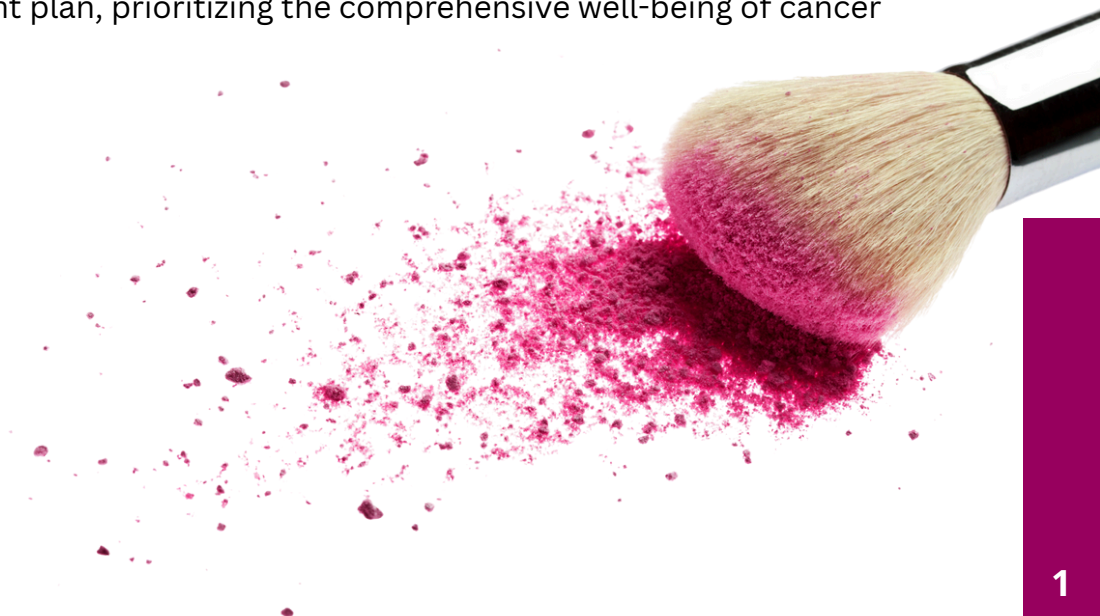
Argentina, Australia, Brazil, Canada, Chile, Colombia, Denmark, Ecuador, France, Germany, Ireland, Israel, Italy, Mexico, The Netherlands, New Zealand, Norway, Peru, Poland, Singapore, South Africa, Spain, Sweden, Switzerland, United Kingdom, United States, Uruguay

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.



MISSION, VISION & VALUES

OUR MISSION

To help people with cancer face their diagnosis with confidence, dignity, and hope by offering free beauty and grooming workshops that address the appearance-related side effects of treatment.

OUR VISION

A world where every person undergoing cancer treatment feels supported, empowered, and beautiful—inside and out.

OUR CORE VALUES

- Compassion – We serve with empathy and heart.
- Empowerment – We restore confidence, not just appearances.
- Inclusion – We are committed to diversity and accessibility.
- Partnership – We value collaboration with the public, private, and health sectors.
- Resilience – We celebrate strength in the face of adversity.

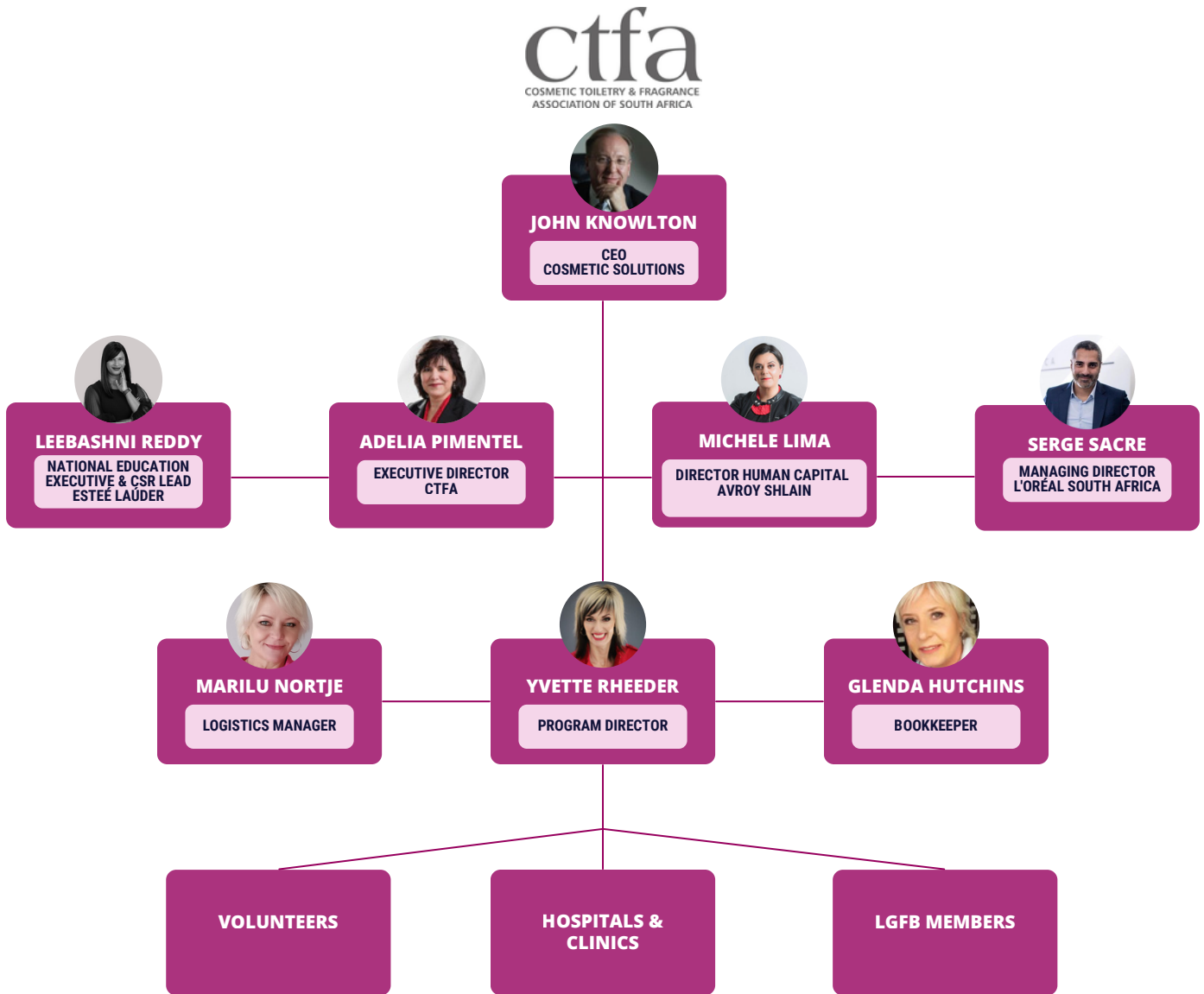


THE GLOBAL LOOK GOOD FEEL BETTER LOGO CHANGE

- As Look Good Feel Better embraces a new global identity, our refreshed symbol reflects the essence of what we stand for. The circle represents community, unity, and inclusivity – reminding us that no one faces their cancer journey alone. It embodies the strength we find in coming together, creating a supportive space where care and compassion thrive.
- The sun within the design shines as a beacon of happiness, warmth, and hope. It represents renewal, optimism, and the promise of brighter days ahead. Just as the sun rises each day, Look Good Feel Better continues to bring light, confidence, and encouragement to those we serve.
- Together, the circle and the sun beautifully express our mission: a global community united in hope, empowering people with cancer to face tomorrow with courage and positivity.

ORGANISATIONAL STRUCTURE

Look Good Feel Better South Africa operates as a registered non-profit organisation and serves as the corporate social responsibility arm of the Cosmetic, Toiletry & Fragrance Association of South Africa (CTFA). We are guided by a passionate team of board members, staff, and volunteers, following the global LGFB framework while tailoring our services to meet the needs of South African patients. Our work is made possible through the support of our founder, dedicated active members, and the generosity of our donors and sponsors.



FOUNDER MEMBERS

AVON, COLGATE-PALMOLIVE, ENVIRON, ESTÉE LAUDER, indigo brands, L'ORÉAL SOUTH AFRICA

PLATINUM SPONSORS

catrice COSMETICS, essence, ISABELLA GARCIA INTERNATIONAL, OH So Heavenly

ACTIVE MEMBERS

AfricanExtracts ROOIBOS, Amka Beauty with love, valconep Durban, Bio-Oil, CHANEL, mhb., TWINCARE INTERNATIONAL

ABOUT LGFB / OUR HISTORY

CELEBRATING 20 YEARS OF LOOK GOOD FEEL BETTER SOUTH AFRICA

Restoring confidence. Rekindling hope. Two decades of making a difference.

In 2004, Look Good Feel Better South Africa was launched with a clear and heartfelt mission: to support women facing cancer by helping them manage the visible side effects of treatment and reclaim their self-image during one of the most vulnerable times of their lives.

What began as a small initiative—powered by the global LGFB movement and supported by founding partners—quickly grew into a national program that has since touched the lives of tens of thousands of South Africans. With passion, purpose, and the belief that every person deserves to feel confident and beautiful, the South African chapter took root and began delivering workshops in hospitals and oncology centres across the country.

The LGFB program was started in USA in 1989 and is promoted in 27 countries including South Africa. To date, over 56 000 South African women and some men cancer patients have benefitted from a LGFB workshop hosted at 51 venues/hospitals since the program began in 2004.

Over the past 20 years, the impact has been remarkable:

- Thousands of patients across SA have benefited from LGFB's free skincare and make-up workshops.
- A network of dedicated volunteers—many professional beauticians—have generously given their time, skills, and heart to uplift patients in need.
- Corporate and product sponsors have walked the journey with us, ensuring we could place essential items into the hands of each participant.
- Our workshops have evolved, moving from hospital basements to virtual platforms, from small circles to community-wide campaigns—all while keeping the human connection at the center of everything we do.

We've stood beside mothers, daughters, sisters, and friends. We've offered mirrors, make-up brushes, and scarves—but more importantly, we've offered smiles, tears of joy, and the gentle reminder that you are still you.

As we celebrate 20 years of Look Good Feel Better South Africa, we honour every patient who has walked through our doors, every sponsor who believed in our cause, and every volunteer who gave of themselves so freely.

This anniversary is not only a celebration of our past—it's a recommitment to the future. Together, we will continue to grow, reach, and empower even more South Africans living with cancer. The journey is far from over, and our hearts remain as full and focused as they were in the beginning.



**Cheers to 20 years of hope, healing, and beauty
- and to the many years ahead!**



CHAIRMAN'S REPORT



Having served as Chairman of Look Good Feel Better South Africa for over three years now, I continue to learn and understand more every year about the devastation that cancer imposes, not only on sufferers, but also the effects that this terrible disease has on their families, friends and loved ones, who travel this most difficult of journeys with them by their sides.

In this evermore troubled world in which we live, cancer is more prevalent and widespread than ever before, with seemingly even the healthiest of people unexpectedly succumbing to this dreadful disease, often in alarmingly short periods of time. The phrase "cancer doesn't discriminate" has not been coined without reason.

Happily, thanks to advancement of major treatment breakthroughs in immunotherapy, hormone therapy and targeted chemotherapy, a cancer diagnosis is no longer necessarily a death sentence, with a higher percentage of cancer sufferers surviving the disease and living for many more years than ever before.

In the context of improved cancer survival rates, the role of Look Good Feel Better is more important than ever before, not only for primary patients but also for their families, friends and loved ones, who come to rely so much on the organisation's activities that provide immense emotional and spiritual support, at a time in their lives when they need it the most.

The effectiveness of any organisation is only as good as its leader, and the team that it is composed of. The appointment of Yvette Rheeder as the Look Good Feel Better National Program Manager a few years ago was transformational in the history of the organisation. Not only is Yvette a formidable manager and organisational leader, her passion, dedication, and devotion to Look Good Feel Better, and all that it stands for, cannot be overstated – she really is that "one in a million" that we all hope to work with one day.

Yvette is accompanied, of course, by a small but highly talented team of people who also deliver "above and beyond" for the Look Good Feel Better organisation. It is in this context that enormous tributes must be given to Glenda Hutchins who more than capably manages our finances, and Marilu Nortje who provides unerring support away from the spotlight to ensure that Look Good Feel Better runs like clockwork behind the scenes.

As the Chairperson of Look Good Feel Better, I am enormously grateful to my fellow board members Michele Lima, Adelia Pimentel, Leebashni Reddy and Serge Sacre, all of whom bring enormous insights and vision into the executive management team, and I feel very privileged to have them all by my side as we collectively navigate the future strategies for the continued success and further growth of Look Good Feel Better, under Yvette's leadership.

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, friends and loved ones; imagine momentarily how you would handle this situation, if it was you, and what a difference it would make to your life and those that surround you with their love?

I would like to ask you all to give some thought on how you can make a difference and actively contribute to the future development of Look Good Feel Better South Africa, as its journey to excellence continues. As good as Yvette and her team are in developing and growing the Look Good Feel Better organisation, it is only with the support of you all that we can collectively realise the pinnacle of support for cancer sufferers in South Africa.

What may seem like even the smallest contribution, whether it be monetary, a donation of products, or actively being involved, could mean the world to a cancer sufferer and their loved ones, helping them to navigate that road of positivity and upliftment to realise 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



As we celebrate the 20th anniversary of Look Good Feel Better this year, it is with the deepest gratitude that I write to thank you for your loyal support and dedication over the past two decades. Your partnership has truly been the cornerstone of our success, and we could not have achieved this remarkable milestone without your generosity and belief in our mission.

For 20 years, your commitment has empowered countless individuals undergoing cancer treatment to regain their confidence, embrace their beauty, and find hope amidst the challenges they face. Your contributions have directly impacted the lives of so many, providing comfort, joy, and the tools to feel their best even in the most difficult times.

As you review our annual report, I hope you feel a profound sense of pride in what we've accomplished together. Every story of strength, every workshop that has brought smiles to faces, and every life you've touched through Look Good Feel Better is a testament to your lasting legacy of kindness and compassion.

Thank you once again for standing with us, year after year, and for believing in the healing power of confidence.

Here's to the next 20 years of changing lives—together!

With heartfelt gratitude,

Yvette Rheeder



PARTICIPATING HOSPITALS

Look Good Feel Better is led by Yvette Rheeder as Programme Director, with Marilu Nortjé as Logistics Manager, and Glenda Hutchins as Financial Accountant Consultant, serving and supporting all volunteers across South Africa. Below is a list of hospitals and clinics:



CAPE TOWN:

- Netcare Christiaan Barnard Memorial Hospital
- Groote Schuur Hospital
- Life Vincent Pallotti Hospital
- Mediclinic Cape Gate
- Mediclinic Constantiaberg
- Netcare N1 City
- Haemalife Kuilsrivier Netcare
- Panorama Mediclinic
- Tygerberg Hospital
- Vergelegen Mediclinic
- Visser Loots Oncology

JOHANNESBURG:

- Ahmed Kathrada Lenmed
- Alberton Netcare
- Baragwanath hospital
- Busamed Modderfontein
- Charlotte Maxeke hospital
- Flora Life
- Krugersdorp Oncology
- Netcare Milpark
- Olivedale Netcare
- Pinehaven Netcare
- Vereeniging Oncology
- Wits Donald Gordon

DURBAN:

- Addington Hospital
- Albert Luthuli Hospital
- Amanzimtoti OncoCare
- Ballito OncoCare
- Busamed Hillcrest
- Durban Oncology
- East Coast Oncology
- Hillcrest OncoCare
- Mkhuhla Cansa House
- Parklands OncoCare
- Umhlanga OncoCare

BLOEMFONTEIN:

- Bloemfontein National Hospital
- Life Rosepark Hospital
- CANSA Oleo Care House

PORT ELIZABETH:

- GVI Cancercare
- PE National Hospital
- Livingstone Hospital

PIETERMARITZBURG:

- Royal Hospital

PRETORIA:

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

NEW HOSPITALS:

- Greys Hospital in PMB
- Busamed Strand in CT



PROGRAM OVERVIEW



PATIENT REACH AND DELIVERY:

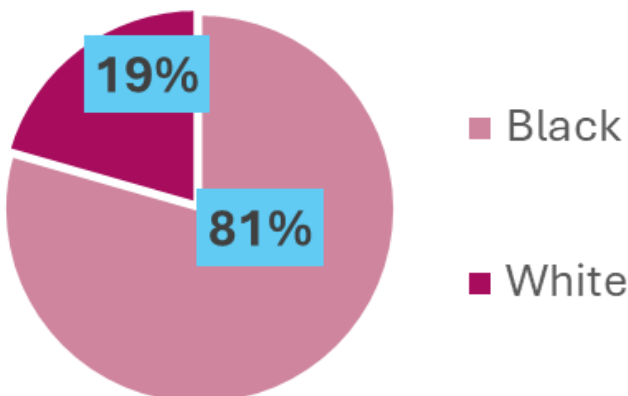
Since the inception of the program in 2004, we have reached **56,698** patients and hosted **5,336** workshops. This includes **3,567** patients who attended one of the **325** Look Good Feel Better (LGFB) workshops held this year across **51** hospitals and clinics.

A total of **326** men participated in our sessions, with all workshops facilitated by approximately **165** trained volunteers.

We are proud to have achieved our beneficiary target, with **81%** of patients in our self-care workshops being BEE candidates. LGFB proudly maintains a **Level 1 B-BEE status**.

REGION	PATIENT TOTAL	WORKSHOPS
JHB	1464	111
CT	596	76
PTA	410	52
DBN	376	31
BFN	401	27
PE	229	20
PMB	91	8
TOTAL:	3567	325

National Racial Split



WORKSHOP PHOTOS



MEN

get it too



PATIENT TESTIMONIALS & VOLUNTEER STORIES



PATIENT TESTIMONIALS

Thank you for allowing me to attend this amazing session.

Cancer has made me numb in many ways, I have just gone through every treatment to move towards the goal of returning to work. I have used work as my goal and measure of wellness; being able to work and be around others and delivering my best has always been a tonic for me.

This wonderful session and the spoils from these brands was unexpected. You are so right to emphasize the importance of looking and feeling feminine. Wearing make-up and dressing well has become important as it is part of my identity, of being a woman. It's like an exoskeleton that gives a boost.

Please extend my thank you to your team and to all the brands. The kindness and generosity touched me deeply. Thank you for the work you do.

Best,
Charlene



Never Lose Hope



I have lost a lot of my Beauty and confidence...this workshop says to me there is HOPE, carry on...the inner us will come out blooming! Thank you sponsors, the products are amazing but HOW YOU MADE US FEEL... the love, care, time and kindness is what touched my heart, and I've made the decision to get out and stop hiding because I am beautiful regardless..."

Nonlanla Ramuhala



Be Fearless Be Bold



Terba baie dankie vir alles 🎀, ons het dit baie geniet 💖. Dankie dat julle dit so spesiaal maak vir die kankerpasiente en julle goeie werk word waardeer 🙏 Ek DANKBAAR baie dankie. Liefde ❤️

VOLUNTEER STORIES

MR ELDORADO PARK 2024 - DAMION BRACKS

“My reason for volunteering at Look Good Feel Better Men cancer workshops is because I've witnessed firsthand the devastating impact of cancer on loved ones, and it's an experience that has left an indelible mark on my heart. That's why I'm passionate about volunteering at cancer workshops, to support those affected, offer a listening ear, and help empower them with the knowledge, resources, and community they need to navigate this challenging journey. By volunteering, I hope to make a small difference in the lives of those impacted by cancer, and honour the memories of those we've lost”.



MRS KZN 2023 - ZANELE KAMWENDO

From the moment Zanele walked into a Look Good Feel Better workshop as a participant, her strength, warmth, and resilience were unmistakable. Today, as a cancer survivor and dedicated volunteer leader, she is taking the Durban region to new heights with your passion and commitment.

Zanele's efforts to spread awareness, raise funds, and uplift others on their journey are truly inspiring. By sharing her powerful story at the Zimbali Golf Day prize-giving dinner, she touched the hearts of everyone in the room and reminded us all of the deep impact of the LGFB program.



PARTNERSHIPS & SPONSORS

SPONSORS & DONORS

- 9th Avenue Waterside
- AlcoNPC
- AMKA Gowrie Farm
- Apex Chemicals
- Avon
- Avroy Shlain
- Bio Oil
- BMW Midrand
- Butcher & Wine
- Canway
- CDP Gifts
- Clearworld
- Cosnova SA (Catrice & Essence)
- CTFA
- DermaFIX
- Dischem
- Dreyersrust Lodge
- Durban Brits High
- Ecolab
- Endomed
- Eurolab
- Feeden Group
- Firmenich
- Ginologist
- House of Cheatham
- IBV Gold
- Interbrand
- Investec
- Isabella Garcia
- Justine House of Golf
- L'Oréal
- Lou J Interiors
- March Ladies
- Marlboro
- Modern hair & Beauty
- Motherkind
- Muslim Women's Forum
- Olaplex(Twincare)
- Paula Da Palma
- Porras Liquor Store
- Profumi
- SAB
- San Pellegrino
- Spar
- Sparkle Cosmetics
- Women's Forum
- Woolworths

INDIVIDUAL FINANCIAL DONORS

- Claman
- Esther Wessels
- Jutta Körfer
- Petro Jonker
- Val & Jack Carstens

FOUNDER MEMBERS

- Avon Justine
- Colgate Palmolive
- Environ
- Estee Lauder
- Indigo Brands
- L'Oreal

ACTIVE MEMBERS

- African Rooibos Extracts
- AlcoNPC
- AMKA
- Bio oil
- Modern Hair & Beauty
- PCG
- Twincare International

FINANCIAL DONATIONS

- Athena Investment Partners
- CTFA
- Dermassential Skincare
- Estee Lauder
- Eston Farm PMB
- Nedbank Hero Awards
- Pam & Neil Senior
- PMB Deeds Office

PLATINUM SPONSORS

- Catrice
- Essence
- Isabella Garcia
- Oh So Heavenly

PRODUCT DONATIONS

- Avon Justine
- Bio oil
- Chanel
- Colgate Palmolive
- Coty
- Environ
- Essence
- Indigo Brands
- Isabella Garcia
- L'Oreal
- Oh So Heavenly

COLLABORATIONS & ASSOCIATIONS

- Faith Over Fear
- Mike & Liz Hairpieces
- Essence

CORPORATE PARTNERSHIPS

- Bay Radiology
- Icon Oncology
- Julz shoes
- Meerendal Boutique
- Nedbank
- Netcad
- RAM Couriers
- RMB
- Southern Sun, The Marine Hotel
- The Embassy Cape Town
- The Old Biscuit Mill Cape Town
- The Saxon Hotel
- Uhmhlanga Garden Court

thanks
for your
support

2004
look good
feel better
YEARS
2024



FUNDRAISING & AWARENESS EVENTS

FUNDRAISING EVENTS:

31 Aug'24	Bloemfontein Brow bar fundraiser @ Monte Bello
07 Sep'24	FOF event - Brakpan, Garden & Pet
28 Sep'24	FOF event - Rossgro, Springs
05 Oct'24	FOF event - NG Selection Park, Springs
19 Oct'24	PE High Tea, St Johns Anglican Church
22 Oct'24	LGFB Golf Day @ Blair Atholl Country Club
26 Oct'24	FOF event - Mossel Bay Misty Valley Farm
30 Oct'24	PMB Westley Church event
30 Oct'24	Heal Better collaboration event
31 Oct'24	Judy Bird B-Health-e event
31 Oct'24	Zena Giessen lucky dip
	Numerous raffles in all regions during breast cancer awareness month
29 Nov'24	FOF event - Hugenote High
Feb'25	Head office Valentine's raffle
Feb'25	Dida's boxing club raffle, Muldersdrift
12 Apr'25	PTA Bowling Day @ Munies Bowling Club
19 Apr'25	Shavathon & Cake sale-Lenasia Signet Terrace Mall



FUNDRAISING & AWARENESS EVENTS

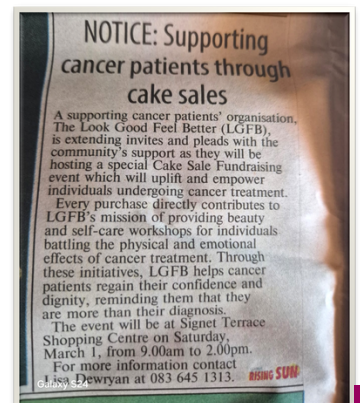
FUNDRAISING EVENTS:

24 Apr,25	Sharnay Blackway Picnic and hike event, Rietvlei
03 May'25	Umhlanga Bowling Club event
24 May'25	Zumba event, Lenasia
21 Jun'25	PMB Walkathon, Riverwood College



AWARENESS EVENTS:

- 12 Oct'24** Al Ansaar Cancer support event, Durban
- 12 Oct'24** Zilko tours & travel, Irene, Centurion
- 29 Oct'24** Collaboration event with Cosmetix @ Groote Schuur hospital
- 02 Nov'24** Stellenbosch square fashion week
- Nov'24** Numerous Movember Men's awareness workshops
- Oct'24** Breast cancer awareness: CT Constantia Mediclinic CT, Groote Schuur hospital, PTA Groenkloof, PTA Midstream, PTA Meulmed hospital, PTA Eugene Marais hospital, JHB Krugersdorp oncology
- 21 Jan'25** Umhlanga awareness event
- 04 Feb'25** World Cancer Day: DBN Parklands, PMB Royal Hospital, CT
- 15 Feb'25** PMB Cascades Lifestyle centre
- 14 Jun'25** PMB Cascades Lifestyle centre



MEDIA COVERAGE:

- 14 Oct'24** Die waarheid radio
- Jan'25** Vaalweekblad
- Feb'25** Rising sun
- Jun'25** Talk Show: Praise Accelerates Grace



VOLUNTEER TRAINING & RECOGNITION

Volunteer training was successfully conducted across all provinces during the year, ensuring that our dedicated teams remain well-equipped to deliver the highest quality of support to patients. In addition, recognition functions were hosted nationwide to thank our volunteers for their outstanding commitment and the difference they make in so many lives.

We extend our heartfelt gratitude to the following partners and individuals for making these training and recognition events possible:

03 Sep'24 - Estée Lauder – for conducting training for our Johannesburg and Pretoria volunteers, as well as sponsoring the venue @ Courtyard hotel and a buffet lunch.

17 Oct'24 - Southern Sun, The Marine – for generously sponsoring the venue and refreshments for Port Elizabeth volunteer training and recognition.

28 Oct'24 - The Forum, Embassy Hill in Constantia – for sponsoring the venue and refreshments for our Cape Town volunteer training and recognition.

09 Nov'24 - The Protea Hotel, Willow Lake, Bloemfontein – for hosting the Bloemfontein recognition event.

14 Nov'24 - Umhlanga Garden Court – for sponsoring the entire training and recognition event for our KwaZulu-Natal volunteers.

19 Nov '24 - The Saxon Hotel – for sponsoring the Johannesburg volunteer recognition function in its entirety.

26 Nov'24 - Pepper Tree Restaurant, Constantia Park – for hosting the Pretoria volunteer recognition event.

27 Nov'24 - Woolworths – for conducting training for our Port Elizabeth volunteers, with special thanks to Suzette Meyer, our volunteer leader, for sponsoring the venue at Vovo Telo's, Walmer.

21 Apr'25 - Zimbali Golf Club – for generously sponsoring the venue for our Durban volunteer training.

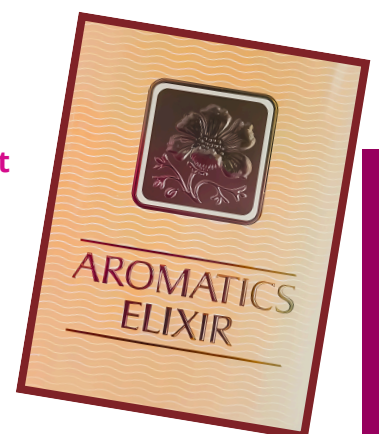
28 Jun'25 - Jeanette Unstead, our regional coordinator in Pietermaritzburg – for conducting training for her team and new volunteers.

30 Jun'25 - Estée Lauder – for sponsoring the VIP boardroom @ Menlyn Mall for our Pretoria volunteer training.

We are deeply grateful to all our volunteers and partners for their support, generosity, and dedication. Their contributions ensure that our volunteers feel valued and empowered to continue their life-changing work.

Our dedicated team of 165 volunteers across South Africa generously give of their time and talents to serve those in need. Their commitment and compassion are the driving force behind the success of our programme, ensuring that we can continue to make a meaningful difference in the lives of people facing cancer.

Special thanks to Estée Lauder for generously donating Clinique Aromatics Elixir perfume to each LGFB volunteer as a heartfelt thank-you gift.





VOLUNTEERS

LOOK GOOD FEEL BETTER IS LIKE
A MAKE-OVER FOR THE SPIRIT.
THANK YOU FOR BEING THE
HEART AND SOUL OF OUR
MISSION!



FINANCIAL OVERVIEW

Financial Report (July 24 - June 2025)

Glenda Hutchins – Financial Accountant Consultant



A Year of Determination and Heart

The 2024–2025 financial year has been one of exceptional activity, hard work, and shared commitment for LGFB. Together with our supporters, volunteers, and partners, we've pushed forward despite significant obstacles — holding numerous fundraising events that have played a vital role in sustaining our programme and its mission.

Key Challenges

As highlighted in our previous Annual Report, the changing landscape of business has greatly impacted the availability of donated and sponsored products essential for our workshops across the country—this is at the core of LGFB's mission. Despite our efforts, LGFB continues to face unprecedented challenges in sourcing these critical workshop products. In light of this, we urge cosmetic companies to commit to providing essential products for designated periods. The ongoing lack of response from the cosmetic industry has compelled us to seek assistance from companies beyond this sector, which is not a sustainable solution.

Our target of reaching **5,000 patients annually** has only been **partially met**, with **3 567 patients** served this year due to insufficient product availability. To address this, LGFB is eager to explore new partnerships with businesses to share the burden of product provision, integrating these needs into their production forecasts.

We believe it's imperative to conduct a comprehensive review of our current situation and engage in discussions with various stakeholders. We encourage the LGFB Executive and the **Cosmetic, Toiletry and Fragrance Association (CTFA)** to help open doors with new cosmetics companies and decision-makers.

Acknowledgments

We extend our heartfelt gratitude to our sponsors, including **Estée Lauder, Environ, Nedbank,** and **Matla Investments**, for their generous support. Additionally, we appreciate the committed **monthly contributions from individual donors**, which are vital to the sustainability of our programs. Through the **CTFA**, a contribution of **R234,088.86** was made by acknowledging that the **CTFA would donate 5% of their annual membership fees.**



FINANCIAL OVERVIEW

Financial Performance

Income Overview

- **Budgeted deficit:** R67K was anticipated for the 2024/2025 fiscal year, with negative growth expected.
- **Actual outcome:** We are pleased to report a **surplus of R393K**, compared to a R259K surplus in 2024.

Cash Reserves

- An increase in cash reserves was noted, rising from **R1.612M in 2023/2024 to R2.116M in the current year.**

Income Breakdown

Main Streams of Income

Fundraising Events:

Johannesburg Golf Event	100 participants raised	R198K
Zimbali Golf Event	56 participants raised	R69K
Total raised from Golf Events:	R267K, boosted by a R100,000 donation from Pam and Neil Senior	

REGIONAL VOLUNTEER CONTRIBUTIONS:

Bloemfontein:	R13K
Cape Town:	R73K
Durban:	R42K
Johannesburg:	R135K
Pietermaritzburg:	R121K
Gqeberha:	R146K
Pretoria:	R34K
Total from Regional Volunteers:	R564K



FINANCIAL OVERVIEW

DONATIONS & SPONSORSHIPS:

- CTFA Members (5% of Annual Memberships): R234K

WORKSHOP SPONSORSHIPS:

- Estée Lauder **R165K**
- Environ **R 10K**
- Nedbank **R 15K**
- Athena Matla (Private Sponsor) **R 67K**

TOTAL FROM DONATIONS & SPONSORSHIPS: R552K

The above main income streams, form part of **R1 604M** generated.

MEMBERSHIP UPDATES

The membership structure continues to evolve, with Estée Lauder recognized as a founder, including their annual fee in their donation.

AUDIT SUMMARY

- **Auditor:** Melissa de Beer, Chartered Accountant (S.A.), Registered Auditor
- The auditor provided a clean opinion on the financials, confirming compliance with the International Financial Reporting Standards and the Companies Act 71 of 2008. Melissa de Beer has expressed her willingness to continue as our auditor. Full audited financial statements will be issued as a separate document at the end of the Annual Report.

Thank you for your continued support as we strive to empower and uplift those affected by cancer through our programs. Together, we can make a meaningful difference in the lives of our community.



ACKNOWLEDGEMENTS

We extend our sincere gratitude to our **Board of Directors** for their guidance and leadership.

To my fellow staff member — **Marilu Nortjé**, thank you for your passion, dedication, and hard work, which ensure the smooth running of our operations.

Our deepest appreciation is extended to **Glenda Hutchins**, our bookkeeper, for her wisdom, financial stewardship, and consistent willingness to go above and beyond in supporting our reporting and fundraising efforts.

We also wish to acknowledge our **hospital liaisons** for their collaboration, as well as our **members, donors, and sponsors**, whose generosity makes our work possible.

A special word of thanks to **RAM Couriers** for sponsoring our courier services. Without your support, we would not be able to host workshops throughout South Africa.

Finally, we offer special recognition to our **volunteers** for their invaluable time, compassion, and commitment. You are the cornerstone of Look Good Feel Better. Without your dedication, our work would not be possible.

Together, you enable us to continue bringing hope, care, and dignity to those we serve.



Look Good Feel Better Foundation
(Registration number 2005/004226/08)
Financial statements
for the year ended 30 June 2025

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.
Issued 16 September 2025

Look Good Feel Better Foundation

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

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 3 Aros Close West Beach Bloubergstrand 7441
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

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

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
Independent Auditor's Report	6 - 7
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

16 September 2025

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

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 2026 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 16 September 2025 and were signed on its behalf by:

Approval of financial statements



John Leslie Knowlton

Tuesday, 16 September 2025

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

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 2025.

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 2025.

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 2026 financial year.

4. Directors

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

Directors

John Leslie Knowlton
Maria Adelia Lopes Pimentel
Leebashni Reddy
Michele Dos Prazeres Pereira
Lima
Serge Sacre

Nationality

South African
South African
South African
South African

French

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 2025 the company's investment in property, plant and equipment amounted to R1 (2024: R10,690), of which R6,800 (2024: 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. 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.

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.

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Directors' Report

8. Liquidity and solvency

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

9. 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.

10. Date of authorisation for issue of financial statements

The financial statements have been authorised for issue by the Executive Council on Tuesday, 16 September 2025. 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 on 16 September 2025, and were signed on its behalf by:

Approval of financial statements



John Leslie Knowlton

Tuesday, 16 September 2025

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 2025; and the statement of income and retained earnings; the statement of changes in equity; and the statement of cash flows for the year then ended; and 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 2025, and its financial performance and cash flows for the year then ended, in accordance with 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 directors 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 2025", 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. 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 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, 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 directors 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 directors are responsible for assessing the company'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 directors either intend to liquidate the company 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.

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:

Independent Auditor's Report

- 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 company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' 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 company'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***

16 September 2025

***3 Aros Close
West Beach
Bloubergstrand
7441***

Look Good Feel Better Foundation

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Statement of Financial Position as at 30 June 2025

Figures in Rand	Note(s)	2025	2024
Assets			
Non-Current Assets			
Property, plant and equipment	2	1	10,690
Current Assets			
Trade and other receivables	3	13,116	64,950
Cash and cash equivalents	4	2,115,876	1,612,412
		2,128,992	1,677,362
Total Assets		2,128,993	1,688,052
Equity and Liabilities			
Equity			
Reserves		97,624	97,624
Retained income		1,977,336	1,583,913
		2,074,960	1,681,537
Liabilities			
Current Liabilities			
Trade and other payables	6	54,033	6,515
Total Equity and Liabilities		2,128,993	1,688,052

Look Good Feel Better Foundation

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Statement of Income and Retained Earnings

Figures in Rand	Note(s)	2025	2024
Revenue	7	833,339	812,787
Other income	8	674,123	396,297
Operating expenses	9	(1,210,677)	(1,037,456)
Operating profit		296,785	171,628
Investment revenue	13	96,638	87,487
Profit for the year		393,423	259,115
Opening balance		1,583,915	1,324,798
Retained income at the end of the year		1,977,338	1,583,913

Look Good Feel Better Foundation

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Statement of Cash Flows

Figures in Rand	Note(s)	2025	2024
Cash flows from operating activities			
Cash receipts from customers		1,599,296	1,327,831
Cash paid to suppliers and employees		(1,185,671)	(1,023,233)
Cash generated from operations	14	413,625	304,598
Interest income		96,638	87,487
Net cash from operating activities		510,263	392,085
Cash flows from investing activities			
Purchase of property, plant and equipment	2	(6,800)	(1)
Total cash movement for the year		503,463	392,084
Cash and cash equivalents at the beginning of the year		1,612,412	1,220,328
Total cash at end of the year	4	2,115,875	1,612,412

Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

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:

<i>Item</i>	<i>Depreciation method</i>	<i>Average useful life</i>
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 2025

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

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

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 2025

Notes to the Financial Statements

Figures in Rand

2025

2024

2. Property, plant and equipment

	2025			2024		
	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	139,174	(139,173)	1	132,374	(122,171)	10,203
Computer software	21,983	(21,983)	-	21,983	(21,983)	-
Other property, plant and equipment	29,765	(29,765)	-	29,765	(29,278)	487
Total	215,690	(215,689)	1	208,890	(198,200)	10,690

Reconciliation of property, plant and equipment - 2025

	Opening balance	Additions	Transfers	Depreciation	Closing balance
IT equipment	10,203	6,800	-	(17,002)	1
Other property, plant and equipment	487	-	(1)	(486)	-
	10,690	6,800	(1)	(17,488)	1

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

3. Trade and other receivables

Trade receivables	7,116	58,950
Other receivable	6,000	6,000
	13,116	64,950

4. Cash and cash equivalents

Cash and cash equivalents consist of:

Cash on hand	2,525	14,327
Bank balances	2,113,351	1,598,085
	2,115,876	1,612,412

5. Other NDR

97,624 97,624

6. Trade and other payables

Trade payables	54,033	6,515
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Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Notes to the Financial Statements

Figures in Rand	2025	2024
7. Revenue		
Founder membership fees	186,368	204,939
Membership fees	379,721	223,821
Sponsorships and donations	267,250	384,027
	833,339	812,787
8. Other income		
Fundraisers	674,123	396,297
9. Operating expenses		
Operating expenses include the following expenses:		
Operating lease charges		
Premises		
<input type="checkbox"/> Contractual amounts	97,453	92,021
Depreciation and amortisation	17,488	16,093
Employee costs	732,501	779,983
10. Auditor's remuneration		
Fees	12,000	11,550
11. Employee cost		
Employee costs Basic WCA Post-employment benefits -		
Pension - Defined contribution plan	636,916	695,545
	4,619	3,869
	90,966	80,569
	732,501	779,983
12. Depreciation, amortisation and impairments		
The following items are included within depreciation, amortisation and impairments:		
Depreciation		
Property, plant and equipment	17,488	16,093
13. Investment revenue		
Interest revenue		
Bank	96,638	87,487

Look Good Feel Better Foundation

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Notes to the Financial Statements

Figures in Rand

2025

2024

14. Cash generated from operations

Net profit before taxation	393,423	259,115
Adjustments for:		
Depreciation, amortisation, impairments and reversals of impairments	17,488	16,093
Investment income	(96,638)	(87,487)
Changes in working capital:		
(Increase) decrease in trade and other receivables	91,834	118,747
Increase (decrease) in trade and other payables	7,518	(1,870)
	413,625	304,598

Look Good Feel Better Foundation

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Notes to the Financial Statements

Figures in Rand

2025

2024

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

(Registrationnumber: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Detailed Income Statement

Figures in Rand	Note(s)	2025	2024
Revenue			
Founder membership fees		186,368	204,939
Membership fees		379,721	223,821
Sponsorships and donations		267,250	384,027
	7	833,339	812,787
Other income			
Fundraisers		674,123	396,297
Expenses (Refer to page 19)			
		(1,210,677)	(1,037,456)
Operating profit			
Investment income	13	96,638	87,487
Profit for the year			
		393,423	259,115

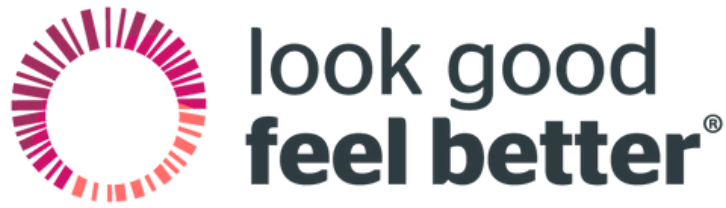
Look Good Feel Better Foundation

(Registration number: 2005/004226/08)

Financial Statements for the year ended 30 June 2025

Detailed Income Statement

Figures in Rand	Note(s)	2025	2024
Operating expenses			
Accounting fees		(18,240)	(17,730)
Auditors remuneration	10	(12,000)	(11,550)
Bank charges		(6,625)	(5,016)
Cleaning		(3,730)	(3,757)
Computer expenses		(16,593)	(16,370)
Consulting and professional fees		(177,264)	-
Delivery expenses		(6,968)	(7,540)
Depreciation, amortisation and impairments		(17,488)	(16,093)
Employee costs		(732,501)	(779,983)
Entertainment		(969)	(1,782)
General expenses		(2,285)	(1,165)
Insurance		(7,714)	(9,392)
Lease rentals on operating lease		(97,453)	(92,021)
Motor vehicle expenses		(39,048)	(24,569)
Printing and stationery		(3,403)	(2,693)
Small assets less than R 7000		(5,400)	(13,112)
Staff welfare		(7,489)	-
Telephone and fax		(8,998)	(5,952)
Travel - local		(46,509)	(28,731)
		(1,210,677)	(1,037,456)



Lookgoodfeelbettersouthafrica



Lookgoodfeelbetterzar



Lookgoodfeelbettersa

LOOK GOOD FEEL BETTER FOUNDATION SOUTH AFRICA

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