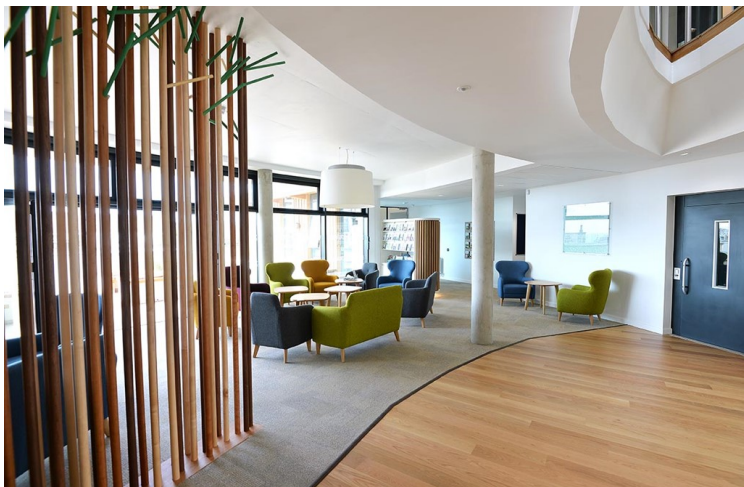


MONTHLY SCHEDULE

THE MACMILLAN HORIZON CENTRE

July 2024



Horizon Centre 01273 468770

Monday to Friday 09:00 – 16:30



Macmillan Support Line 0808 2397565

Contact for free 7 days a week 08:00 – 20:00



horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre

WHAT'S NEW

ACTIVE OUTLOOK



Sussex Cancer Fund's



Formally called
Brighter Outlook

Supporting active living through cancer

Join SCF Active Outlook: A **FREE** programme in Sussex for anyone facing cancer. Our cancer exercise specialists provide tailored one-on-one support and diverse group classes to boost your activity levels and well-being throughout your journey—before, during, and after treatment. Regardless of your current fitness level or treatment stage, reclaim control and feel empowered with us.

Do not book if you have attended a previous 12 month programme

Develop your
Active Outlook through
and after cancer with
our **FREE** physical
activity programme

Scan here for more info



T: 01273 468774
E: scfactiveoutlook@macmillan.org.uk
www.sussexcancerfund.co.uk

Thanks to the Macmillan Horizon
Centre for Admin Support
**MACMILLAN
CANCER SUPPORT**  Registered with
**FUNDRAISING
REGULATOR**

www.sussexcancerfund.co.uk

Registered Charity No. 1147195

Follow us on social media:



WHAT'S NEW

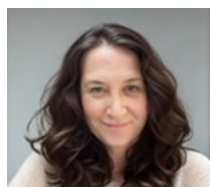
Wellness Dance

Creative, gentle and holistic dance classes at the Macmillan Horizon Centre



Dance offers a gentle yet effective form of exercise, and engaging in dance can boost mood and reduce stress levels. The class is inclusive of all abilities and all movement can be adapted to suit participant's needs and bodies.

Come and have some fun moving with me,
Annie Roberts
at the Horizon Centre
23rd July 2024
11:00 - 12:00



Please book at reception or email horizon.centre@macmillan.org.uk
Tel no: 01273 468770

WHAT'S NEW

OPEN DISCUSSION EVENT

HORIZON CENTRE

LIVED EXPERIENCE

OPEN FORUM

17th July 2024

What can we do to increase support for patients who are at home during their last year of life?



- Can technology help improve support for patients receiving palliative care at home ?
- What is working well already ?
- What needs to improve ?
- What would help their carers ?
- What more could the Horizon Centre be doing ?

We want your feedback and suggestions to shape and guide the development of the digital support services for patients receiving palliative care.

We Need Your Ideas and Feedback !

For more details or to book a place, please contact us at horizoncentre@macmillan.org.uk or Tel 01273 468770

Or if you prefer you can feedback by e-mail

WHAT'S NEW

HUBBUB SONG CIRCLE

We are delighted to announce that we have been gifted 10 FREE PLACES for Macmillan clients for you to come and sing with Hubbub Song Circle.

At Brighton Friends' Meeting House

Tuesday mornings, starting a 5 week block on June 11th.

Hubbub is run by Hullabaloo Quire, a well established and much loved Brighton community choir. However, Hubbub isn't a choir - it's an informal, non performing singing circle. There are no auditions and there's no need to be able to read music, as everything will be taught by ear.



Singing is one of the best things we can do to lift our spirits - it raises endorphins, is gentle exercise and is great for our mental health and community joie de vivre! Singing is one of the most ancient and accessible ways of community music making - and Hubbub is especially welcoming to those folk who 'think they can't sing!' For more info on the ethos behind Hubbub, please see www.naturalvoice.net

The free places will be First Come First Served and will apply to the whole summer block. All you need to do to book your place is to email Hullabaloo: info@hullabalooquire.org

Happy singing!

ABOUT US

INFORMATION AND SUPPORT

You can phone us and book a telephone or face to face appointment to discuss how you are feeling and find out what is on offer at the centre.

We are as well welcoming tours of the centre, if you are interested in visiting our facilities and meet the staff & volunteers, please give us a call 01273 468770 or email horizoncentre@macmillan.org.uk



WELFARE BENEFITS

Welfare benefits services are running phone appointments.

if you would like to contact the Welfare Benefits Team please email: horizon.benefits@nhs.net or call on

07483 171 832 or the Horizon Centre on **01273 468770**.

Please note that this service is very busy at this time and may take a few weeks to get back to you. But please do get in contact with them if you need support.

You can also access welfare benefits support through the Macmillan Support Line 0808 8080000

(7 days a week, 08:00-20:00)

ABOUT US

COUNSELLING

We offer 12 sessions of counselling or art psychotherapy, either in person, over the phone or online.

If you would like to access therapy please contact the Horizon Centre to arrange an appointment on

01273 468770 or via horizoncentre@macmillan.org.uk

VIRTUAL SUPPORT

Our online sessions will continue to run as usual via Microsoft Teams. Please email or call if you would like to book on:



- **YOGA NIDRA** - Mondays 11:00-11:30. Cindi will lead this session that helps to promote deep rest & relaxation using guided visualisation.
- **HYPNO RELAXATION** - First Monday of the month 19:15-20:00, next date Monday 1st July. Led by our hypnotherapist Laura, this is a time to relax & unwind helping you to prepare for sleep. An opportunity for you to slow down & find a space of calm and deep relaxation.
- **COFFEE MORNING BOOK CLUB**- First Tuesday of the month 10:30-11:30, next date Tuesday 2nd July.
- **BREATHING WORKSHOP** - Wednesdays 14:00-15:00. Richard will take you through the techniques to help you use your breath to aid relaxation & feel calmer. You can then use the breathing sequences when you wish.
- **HORIZON CONNECT** - Fridays 10:30-11:30. This is a facilitated session hosted by one of the Horizon Centre staff members & provides an opportunity to meet together online with others who are affected by cancer. Discussions are led by the participants & the topics include anything that is important to those who are attending.

COMPLEMENTARY THERAPIES

Our complementary therapy volunteers offer face to face appointments for complementary therapies at the Horizon Centre, including:

- Acupuncture
- Aromatherapy
- Craniosacral Therapy
- Facial
- Hand and Nail care
- Head and Neck Massage
- Massage
- Reiki
- Reflexology



Our complementary therapies are based on current evidence and best practice and they work alongside medical treatment without compromising existing care. They can help to:

- Promote relaxation
- Reduce anxiety
- Ease symptoms such as pain, nausea, insomnia

If you would like anymore information about any of therapies or services please visit our website, call 01273 468770 or email HorizonCentre@macmillan.org.uk

Please note we can only book in one session at a time and due to demand we can only offer 6 appointments in total.

HAND AND NAIL CARE

Your hands and nails can go through changes during treatment. Aniko offers 30-minute appointments to help you manage the changes and keep your hands and nails as healthy as possible. **You can have up to 4 appointments during or after treatment.**



COMPLEMENTARY THERAPIES

THE COMMUNITY BASED ACCUPUNCTURE SERVICE

CBAS is a partnership between Sussex Cancer Fund (SCF), Macmillan Cancer Support and the Community Based Acupuncture Service. It is medical acupuncture, which is adapted from Chinese/traditional acupuncture and is carried out by nurses trained in medical acupuncture.



The CBAS offer a course of 6 weekly treatments to patients to those who are experiencing symptoms such as: pain, fatigue, nausea, hot flushes due to their treatment. There is the opportunity join a group session after the initial 6 weeks, for 3 sessions. Some patients are taught "DIY" needling at the end of treatment

Please ask your clinical team to refer you, or ask at reception for a referral form, for your clinical team to complete and return.

HAIR AND SKIN CARE

HAIRDRESSING

Our two hairdressers are experienced at listening & advising on haircare solutions when going through or completing cancer treatment and your hair is regrowing. **You can have up to 4 appointments during this period and then a maximum of 2 appointments per year thereafter.**

TRENDCO

Wig specialists are available in the Hove salon to give advice on the phone or face to face.



CREATING HEADLINES WORLDWIDE

Aderans

You can call them to find out more or book an appointment on 01273 778516.

Trendco are in the Horizon Centre for appointments on the last Tuesday of the month (morning appointments) or just drop in.

Next session is on 25th June.

CHEMO HEADWEAR

Small face to face workshops for anyone who would like to learn different headscarf tying techniques & receive advice on all aspects of headwear.

Next date: 9th July at 13:00–14:30

For more information please contact the Horizon Centre or Chemoheadwear on 01798 861501.



HAIR AND SKIN CARE

LOOK GOOD FEEL BETTER



Look Good, Feel Better is the only international cancer charity that helps boost the physical and emotional wellbeing of those going through cancer treatment.

Face to face group sessions are running in the

Macmillan Horizon Centre:

25th June 10:00 - 12:00

30th July 10:00 - 12:00

Spaces are limited to 12 people

The session will include demonstrations, tips and hints around hair, skin care and make-up and a 'goody bag' of products is yours to take home after.

To book a place please visit their website or follow the link below and follow the instructions for a Face to Face Workshop: [Book a Workshop - Look Good Feel Better : Look Good Feel Better](#)

PHYSICAL ACTIVITIES

YOGA

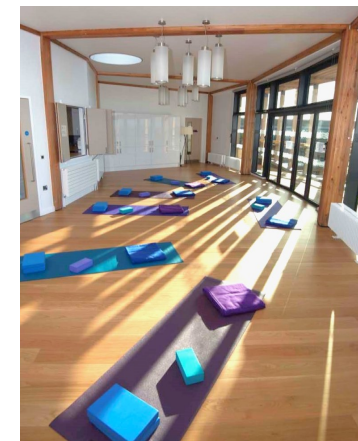
Yoga Workshop with Laura: Finding our Strength

A workshop is an opportunity to delve deeper into the physical and meditative practices of yoga; a chance to find something new or allow well known techniques to flourish. During this extended class we will explore ways of building strength sustainably, balancing movement that creates heat and energy with postures that bring us back to more restorative states

The practices is accessible to everyone; everybody and every level of experience (this includes none) is welcome. There will be a comfort break and opportunity for refreshments part way through the workshop

Tuesday 16th July 14:00 - 16:30

Tuesday 6th August 10:00—12:30



PILATES

Join Nicola for a 4 week introduction to Pilates course. These classes will focus on balance, correct alignment, connecting with your core, and will enable you to become stronger and more flexible. Nicola will lift your spine and your spirits in a flowing class that will work your body from head to toe. Beginners welcome

4 week programme 26th August 10:00—12:30

For more information or to book, contact the Horizon Centre. 01273 468770 or email horizoncentre@macmillan.org.uk

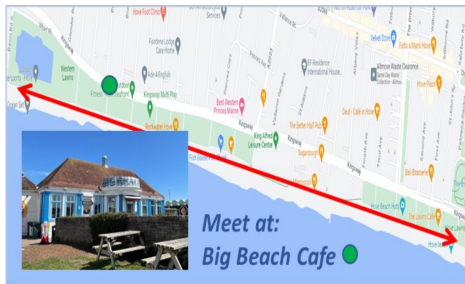
You can book onto a maximum of three yoga workshops per year and two pilates programmes.

PHYSICAL ACTIVITIES

WALKING GROUPS

Do you want to get some gentle exercise, build up stamina or just want to get out and about in the fresh air..... why not join our volunteer led walking group?

Hove Promenade Walk - New Dates to be confirmed

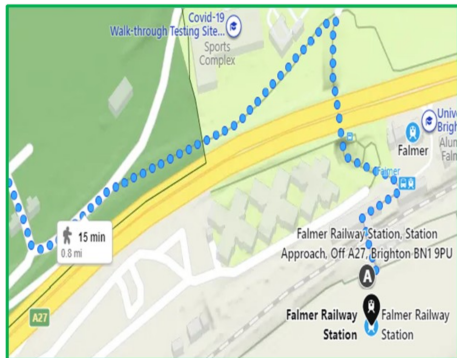


Join us for a walk from Hove Lagoon along the promenade to the Lawns Café and then back along the same route.

Refreshments and toilets along the way.

Total distance: Just under 5km (3 miles) Flat.

Stanmer Park Walk - New Dates to be confirmed



Join us at the entrance to Stanmer Park - Lower Lodge and we will guide you on a walk around Stanmer Park and the One Garden for approximately 1 hour 15 minutes. The walk includes a gentle incline on mainly level ground but there may be some uneven surfaces through the

woodland area.

For more information or to book onto a walk contact the Horizon Centre 01273 468770

or email horizoncentre@macmillan.org.uk

EAT WELL FEEL BETTER

COOKERY WORKSHOPS

Would you like to build your cooking skills and confidence in order to eat well and feel better?

We're running a hands on cookery workshop, where you can meet new people, try different foods, and get your questions answered about healthy eating!

Topics include eating a rainbow of veg, exploring alternatives to red and processed meat, healthy breakfasts and quick and easy meals.

Wednesday 3rd July 10:30 to 13:00

All food and equipment will be provided.

Hosted by Macmillan's Eat well, feel better services manager Emma Winder and Consultant Dietitian Mhairi Donald.



Please note this is an amalgamated session of the previous two part cookery workshops and is open to people who have not previously attended both parts of the cookery workshops.

NATURE FOR WELLBEING

MACMILLAN'S COMMUNITY GARDEN

Would you like to connect with nature, follow the season and be a part of Macmillan's community garden?

Led by our gardening support volunteers, we'll be running weekly sessions at our community garden, located near Five-ways in Brighton. (with free parking and is close to a bus route)

From seed sowing, to digging or just simply enjoying the view! (Yes, you can see the sea) There's something for everyone! No experience necessary! Tools and gloves provided

Wednesdays 10am-12noon

For more information please speak to Emma, our Eat well, feel better services manager (based in the café) or email Horizoncentre@macmillan.org.uk or call 01273 468770



Plant sale Join us for this event at the Horizon Centre



Thursday June 20th 10:30—14:00

NATURE FOR WELLBEING

MACMILLAN'S COMMUNITY GARDEN

BARBECUE



26th June 2024 12:30—14:30

If you'd like to know more about the Macmillan allotment, please come along to our barbecue.

For more information or to book a place, please email

Horizoncentre@macmillan.org.uk or call 01273 468770

HEALTH AND WELLBEING

Managing Fatigue

Tuesday 16th July 10:00—12:30

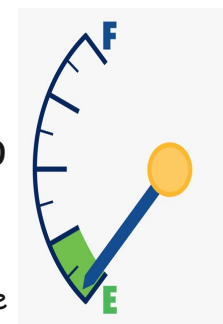
Thursday 5th September 13:00—15.30

Fatigue is one of the most common reported symptoms of those affected by cancer and has a significant impact upon quality of life. As part of our health and wellbeing offer, we plan to run two 'Managing Fatigue' Workshops. These workshops will cover:

- What is cancer fatigue and what causes it
- Strategies to manage fatigue
- Activity and fatigue
-

For more information or to book a place, please email

Horizoncentre@macmillan.org.uk or call 01273 468770



SUPPORT SERVICES



Get support, learn and share coping strategies at our free **six week course for people recovering from cancer**, the HOPE (Help Overcome Problems Effectively) self management course. This course is ideally suited for people coming to the end of treatment or finished treatment.

Find new ways to regain your confidence, manage stress and emotional difficulties. Meet, share, learn and get more out of life with a group that meets for six weeks.

The programme focuses on topics including • smarter goal setting • priorities and values • living positively with fears for the future • character strengths • physical activity • eating well • managing stress • coping with fatigue • finding things to be thankful for.

The HOPE course is delivered by University Hospitals Sussex NHS trust Cancer Psychological therapies team. There are courses at the Macmillan Horizon Centre in Brighton but also courses in East and West Sussex.

For enquiries and further information please contact uhsussex.cancerpsychologicaltherapies@nhs.net or telephone 01273 664694.



SUPPORT SERVICES

THE TRUST FOR DEVELOPING COMMUNITIES

Maha is a Senior Engagement Worker from the Trust for Developing Communities, an organisation that delivers grassroots community development across the city of Brighton and Hove. Their work is community led and tackles inequalities experienced by communities of place and identity.



Maha will be at the Macmillan Horizon Centre on the third Wednesday of every month, from 10:00-13:00. She is here to act as a resource for people affected by cancer who may need more support.



Maha speaks Arabic and English and she works closely with people from ethnically diverse communities to support them with their cancer diagnosis by aiding them to access information about cancer, the Macmillan Horizon Centre's services and other local support services. You are very welcome to drop in and chat to Maha

The Sanctuary - Light & Sound Room

Need a place to relax and rest? Our beautiful Light and Sound Room is always available for you to have a moment to yourself enjoying the changing colours and gentle music. Prayer mats are available, please just ask at Reception.

No need to book, just ask at the reception and we will show where to go!



SUPPORT SERVICES

SUPPORT FOR FAMILIES AND CARERS

Most of our services are available for both patients and their families to ensure no one faces cancer or its consequences alone.

If you are a family member or a carer, you can access our services for free.

We can also signpost you to other organisations that might be able to support you according to your needs.

To find out more, give us a call on 01273 468770, email Horizon-centre@macmillan.org.uk or come to have chat with our volunteers Monday to Friday 09:00-16:30.

Meet the Carers Centre charity in our information lounge on: Tuesday 6th August 9:30—12:30



Established in 1988, the Carers Centre for Brighton & Hove is a local charity which aims to make a positive difference to the lives of unpaid family carers by enabling them to fulfil their own needs as individuals and offering them appropriate support to achieve a balance between their

lives and caring role. The Centre works with young and adult carers aged between 6 and 90+ in Brighton & Hove.

SUPPORT GROUPS

The peer support groups are run by people affected by cancer for people affected by cancer. The peer support groups meeting in the Horizon Centre in the next few weeks are:

BEAT BLADDER CANCER TOGETHER. Second Wednesday alternate months. For more details contact Steve Thomas at admin@beatbladdercancertogether.co.uk Tel 07837 388430. **Next meeting:** 10th July 19:00-20:30

SUPPORT GROUPS (continued)

BRCA BRIGHTON SUPPORT GROUP FOR WOMEN ACROSS SUSSEX. First Thursday of the month. If you would like to join BRCA please contact brcabrighton@gmail.com. **Next meeting:** 4th July 18:30-20:45

BREAST CANCER SUPPORT GROUP. Third Monday of the month. For more details contact info@breastcancersupportgroupsussex.co.uk or call Gwen on 07985115381. **Next meeting:** 15th July 18:00-20:00

LIVING WITH SECONDARY BREAST CANCER. Fourth Wednesday of the month. For more details contact secondarieservices@breastcancer.org **Next meeting:** Wednesday 24th of July 11:00-13:30

LEUKAEMIA SUPPORT GROUP. Third Wednesday alternate months. For further details contact donna.munro@leukaemicare.org.uk. **Next meeting:** Date to be advised 19:00-20:30

LUNG CANCER SUPPORT GROUP. First Tuesday of the month. For more details contact Tony at lcs@btinternet.com **Next meeting:** 2nd July 17:00-18:30.

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate months. For more details contact brightonhovelsg1@gmail.com **Next meeting:** 11th July 19:00-21:00

MICKS M.O.T (Men Only Tuesdays). First Tuesday of the month. For more details contact micks@macmillan.org.uk **Next meetings:** 2nd July 17:00-18:30.

OVARIAN CANCER SUPPORT GROUP. Third Wednesday of the month. For more details contact Di dishiple@btinternet.com **Next meeting:** 17th July 16:00-17:30

THANCS (The Head and Neck Cancer Support). Third Friday alternate months. For more details contact Steve at thancs2011@gmail.com **Next meeting:** 16th August 16:30-18:30

EXTERNAL ORGANISATIONS

PCaSO - Prostate Cancer Support Group The group are running drop in sessions in the Information Lounge on the second Tuesday of the month between 11:00-13:00. There is no need to book, just turn up to talk to one of the members of their team. For more information please email Brian on chair@pcaso.org or call 07879903407



Prostate Cancer Support Organisation
Dorset Hampshire Sussex

C-Side Colorectal Support Group C-Side is a voluntary support group for Colorectal cancer patients in Brighton & Hove and the surrounding areas. It is made up of patients and carers.

C-Side meet on the last Thursday of the month, except December, at the House Project 168 South Coast Road Peacehaven BN10 8JH. The meeting room is on the top floor via the side gate on the right of shop or via the back door from the rear car park. No need book. For more information contact 07708 676499 or visit their website: sidebrighton.org

The Loss Foundation The Loss Foundation is the only UK charity dedicated solely to providing bereavement support following the loss of a loved one to cancer, whether that be spouses, family members, friends or colleagues.

the
LOSS
foundation

They provide a variety of support events to help people at any point during their loss and create the opportunity for them to meet others who have experienced something similar. For more information contact The Loss Foundation on 0300 200 4112 or visit their website: <https://thelossfoundation.org/>

Moving Forward Breast Cancer Now run a two half-day Moving Forward course for people who have finished their hospital based treatment for primary breast cancer.

**BREAST
CANCER
NOW** The research
& care charity

Places are provided on a first come first serve basis. To book a place, please either visit the website breastcancernow.org, call Breast Cancer Now on 0345 077 1893 or email movingforward@breastcancernow.org

FUNDRAISING

FUNDRAISING GROUP

The Horizon Centre & Brighton & Hove Macmillan Fundraising Committee are looking for some additional committee members to help organise fundraising events & help other members of the team. The fundraising committee members typically give a few hours of their time a month. If you would like to help and get involved, please join the Macmillan Horizon Centre Brighton Fundraising Group on Facebook.

MACMILLAN CANCER SUPPORT IN THE UK

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call **0808 808 00 00** (7 days a week, 08:00-20:00) or visit macmillan.org.uk.

 Rustington Players

Present

In aid of

**MACMILLAN
CANCER SUPPORT**

Pride & Potted Prejudice 

Come along and support

Written and Directed by Nadya Henwood

A brand new, fast paced 45-minute play. All the funny bits in Austen's best loved romantic comedy and all the beloved characters played by four super-talented actors.

Saturday 6th July 2024

@ 5.30 pm Indigo, Ardington Hotel
Steyne Gardens, Worthing BN11 3DZ

Saturday 13th July 2024

@ 8.30 pm Sion Senior School
Gratwicke Road, Worthing BN11 4BL

Sunday 7th July 2024

@ 3.30 pm Brewhouse & Kitchen
Wykeham Rd Worthing BN11 4JZ

Sunday 14th July 2024

@ 6.30 pm The Charles Dickens
54-60 Heene Rd Worthing BN11 3RG

NOTES

HOW TO FIND US

Royal Sussex County Hospital



The Macmillan Horizon Centre

2 Bristol Gate, Brighton, BN2 5BD

(Opposite the Sussex Cancer Centre at the Royal Sussex County Hospital)

THE MACMILLAN HORIZON CENTRE



**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU

NHS
University Hospitals Sussex
NHS Foundation Trust



Macmillan Horizon Centre
2 Bristol Gate
Brighton

 **01273 468770**

 **horizoncentre@macmillan.org.uk**

 **www.macmillan.org.uk/horizoncentre**