

MONTHLY SCHEDULE

**THE
MACMILLAN
HORIZON
CENTRE**



**November
2024**



Horizon Centre 01273 468770

Monday to Friday 09:00 — 16:30



Macmillan Support Line 0808 8080 000

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



horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre



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 also welcoming tours of the centre. If you are interested in visiting our facilities and meeting 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 171832 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).

WHAT'S NEW



The Macmillan Horizon Centre Christmas Open Event

Friday 13th December 14:00 – 16:30



Please join us at the Horizon Centre for :

Warm mince pies, gingerbread, and mulled drinks

Festive music

Local acapella group Naked Voices will be singing carols
and other festive songs from 14.45 – 15.15

A Christmas quiz at 15.45

We look forward to you joining us



WHAT'S NEW

Dance for Wellness

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.

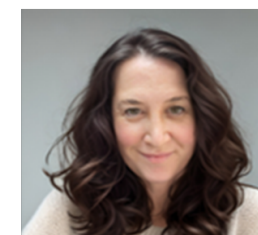
Come and have some fun moving with me, Annie Roberts
at the Horizon Centre on the following dates:

11th of November

25th of November

9th of December

from 13:00-14:00



These are individual sessions not a course and people can
book on more than one session if they wish.

Please book at reception or email

horizon.centre@macmillan.org.uk Tel no: 01274 468770

WHAT'S NEW

Information and Support Session in Hove



Cancer support in Brighton and Hove

Are you living with a cancer diagnosis?
Are you supporting someone affected by cancer?
Come along and find out how we can support you

Tuesday 19th November

10am-12pm

Downsman Wellbeing Space
Downsman Court, Ground Floor,
Hangleton Way, Hove, BN3 8ES

Facilitated by Macmillan Horizon Centre. Learn about local and national support available to you including:

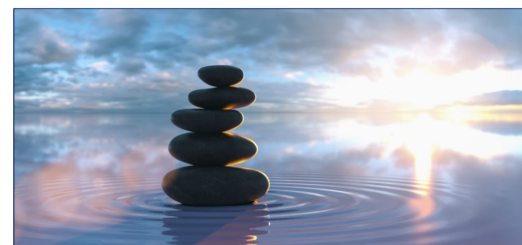
- **Cancer information**
- **Financial support**
- **Healthy eating**
- **Physical activity**
- **Psychological and emotional support**
- **Support for families and carers**



For further information and to book please contact Claire Hines:
claire.hines@hkproject.org.uk
Tel 07422 692831



WHAT'S NEW



Come along for a Mindful Meditation Taster Session!

Wednesday 13 November 10.30am -11.45am

Take a step toward improving your well being with this practical approach to mindfulness. In this taster session, you'll be guided through simple meditation techniques designed to help reduce stress and build emotional resilience.

We'll also share some useful tools you can use straight away to help calm your mind and manage everyday challenges with greater clarity and ease. This session is open to anyone—no prior experience needed.

What you will learn:

- **Mindful Breathing Techniques** to help manage stress and stay grounded
- **Body Scanning Exercises** to release physical tension and increase awareness
- **Practical Mindfulness Tips** to integrate into your daily routine with lasting benefits

Spaces are limited and so please register in advance by emailing horizoncentre@macmillan.org.uk

PSYCHOLOGICAL SERVICES

Wellbeing Coaching Service

The Macmillan Wellbeing Coach service is available to anyone who has been impacted by a cancer diagnosis. You might be living with cancer currently, be in remission, or have been diagnosed in the past, or be a relative of someone living with cancer. The service is for anyone who meets the requirements below:

- You have something you want to achieve or work on.
- You feel coaching would support you to make a positive change to your life.
- You want to work towards changing negative thoughts, beliefs and actions.
- You want to commit time and energy to working with a Wellbeing Coach.
- You commit to being punctual to sessions and will let us know if you need to cancel one.

How can Wellbeing Coaching help you?

Our coaches have helped people affected by cancer in many ways. They can support you in the following ways, or with other challenges not listed here:

- Better understand what's on your mind and come to terms with your life after cancer.
- Build confidence to talk with a loved one about what you're going through and how they can support you.
- Develop coping strategies for challenging situations you find yourself in.
- Learn how to pause and reflect on a challenging situation before reacting.

Please be aware this is an online only service.

PSYCHOLOGICAL SERVICES

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 request a referral on 01273 468770

or via email horizoncentre@macmillan.org.uk

VOCAL CONNECTIONS



Join our vocal psychotherapy group for anyone

recovering from cancer treatment.

Our group involves breath work, gentle vocal exercises, group and individual singing within a safe setting. You can take things at your own pace and there's no pressure to perform.

Sign up for our 6 week programme on Thursdays at 12:15pm until 1:45pm on the following dates:

7th, 14th, 21st and 28th of November

5th and 12th of December

To find out more contact Charlotte Almond via email

calmond@macmillan.org.uk



VIRTUAL SUPPORT

*** ONLINE ***

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 ONLINE

Mondays 11:00-11:30. Cindi will lead this session that helps to promote deep rest & relaxation using guided visualisation.

HYPNO RELAXATION ONLINE

First Monday of the month 19:15-20:00, next date **Monday 4th November**. 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 ONLINE

First Tuesday of the month 10:30-11:30, next date **Tuesday 5th November**.

BREATHING WORKSHOP ONLINE

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 ONLINE

Fridays 10:30-11:45 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**
- **Craniosacral Therapy**
- **Facial**
- **Hand and Nail Care**
- **Head 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.



CREATING HEADLINES WORLDWIDE

Aderans

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

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.

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 dates: 11th November 13:30.

9th December at 13:30.

For more information please contact the Horizon Centre or Chemo Headwear 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:

Tuesday November 26th 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

www.lookgoodfeelbetter.co.uk

PHYSICAL ACTIVITIES

ACTIVE 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:

PHYSICAL ACTIVITIES

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 course starting on:
8th of November 11:30-12:30**

****Limited spaces available****

For more information or to book, contact the Horizon Centre.
You can book onto a maximum of 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?



Brighton Seafrost Walk - 20th November at 10:30am

**Meet at Yellow Wave Beach Sports 29
Madeira Drive, BN2 1EU**



Stanmer Park - 18th December at 10:30am

Meet at the entrance of the One Garden Cafe

Walk out for 20/30 minutes down the pathway and then back followed by a Christmassy cuppa at the One Garden cafe for those that would like to stay. Plenty of places to stop along the way and toilet facilities. Christmas hats essential. Paid parking available.

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

For more information or to book onto a walk contact the Horizon Centre on 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 6th of November 10:30-13:30

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.

EAT WELL FEEL BETTER

Christmas cookery workshop



We're running hands on Christmas cookery workshops, where you can meet new people and try delicious foods.

Wednesday the 4th of December

Saturday the 7th of December

Friday the 13th of December

10:30 - 13:00

Only one date at a time can be booked

All food and equipment will be provided.

Hosted by Macmillan's Eat well, feel better services manager Emma Winder



EAT WELL FEEL BETTER

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 Fiveways in Brighton. (with free parking and is close to a bus route). 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.



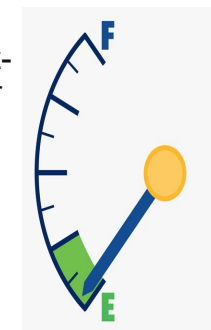
HEALTH AND WELLBEING

MANAGING FATIGUE

Fatigue is one of the most common reported symptoms of those affected by cancer and has a significant impact upon quality of life.

This workshop will cover:

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



Tuesday the 19th November

10:00 - 12:30



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 Horizoncentre@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: Thursday 3rd December 9:30—12:30



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:** 13th November 19:00-20:30

SUPPORT SERVICES

Support from the Healthy Lifestyle Team

The healthy lifestyles team can help you find support to make lifestyle changes including:

- Healthier eating
- Being more active
- Losing weight
- Stopping and reducing smoking
- Reducing alcohol



You can self refer to this service by using the link below:

Online form— [Sign up for support from the Healthy Lifestyles Team \(brighton-hove.gov.uk\)](https://www.brighton-hove.gov.uk/sign-up-for-support-from-the-healthy-lifestyles-team)

Or send an email to healthylifestyles@brighton-hove.gov.uk

Or phone 01273 294 589



SUPPORT SERVICES

What do I tell my child?

When someone is diagnosed with an incurable cancer, this is often their first, or second, thought. Parents and caregivers tell us they are nervous about telling their children about their incurable cancer for many reasons, mostly they want to protect their children from worry, sadness, and loss for as long as possible.

But children and young people say they need to know about their parents' health and what is going to happen in the future. They want to be included in discussions and decisions sometimes too. When they are prepared for the death of a parent or caregiver their resilience is increased and they can feel less isolated.



The Ruth Strauss Foundation offers UK-wide, free guidance and support on how to prepare children when a parent has been diagnosed with a cancer that can't be cured-

Macmillan are often the first place someone turns to when they receive an incurable cancer diagnosis. So, we would love your help in spreading the word about our service. We can send you our information pack for you to share with parents who have a child under the age of 25, with the hope they will get the support they need to start the hardest conversation they will ever have with their children.

If you would like further information on the support we offer, please see our website - <https://ruthstraussfoundation.com/>

Kate, Family Support Service Lead, can send an information pack to you, please email: kate.wells@ruthstraussfoundation.com with your full name and postal address and they will get it out to you as soon as possible.

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:** 7th November 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:** 18th November 18:00-20:00.

LIVING WITH SECONDARY BREAST CANCER. Fourth Wednesday of the month. For more details contact:

secondaryservices@breastcancer.org **Next meeting:** Wednesday 25th November 11:00-13:30.

HEMATOLOGY SUPPORT GROUP. Third Wednesday alternate months. For further details contact:

donna.munro@leukaemiare.org.uk. **Next meeting:** 20th November 19:00-20:30

LUNG CANCER SUPPORT GROUP. First Tuesday of the month. For more details contact: Tony at lcsrg@btinternet.com

Next meeting: 4th November 17:00-18:30.

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate months. For more details contact: brightonhovelsg1@gmail.com

Next meeting: 14th November 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:** 5th November 17:00-18:30.

OVARIAN CANCER SUPPORT GROUP. Third Wednesday of the month. For more details contact: Di at dishpley@btinternet.com

Next meeting: 20th November 16:00-17:30.

THANCS (The Head and Neck Cancer Support). Third Friday alternate months For more details contact: Steve at ncs2011@gmail.com

Next meeting: 20th December 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
Specialist Helpline Service

Mid Sussex Prostate Cancer Support Group

This group holds meetings each quarter: March, June, September & December. We invite guest speakers to enlighten us on current issues and research. Please feel free to come along & chat with our members. If you



would like to speak with someone please call Ray on: 07919949318 or

email: info@midsussexprostate.uk .

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, 14:00 -16:00 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:

c-sidebrighton.org

The Loss Foundation The Loss Foundation is the only UK

the
LOSS
foundation

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.

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/>

EXTERNAL ORGANISATIONS

Get Deaf Cancer Support



In partnership with
MACMILLAN
CANCER SUPPORT self help uk

Deaf support for those with cancer or a deaf carer supporting someone who has

Cancer in the UK.

How do I access the service?

Email us at: deafcancer@selfhelp.org.uk

Text/video call us at: 07496 545804

[Www.selfhelp.org.uk/deafcancersupport](http://www.selfhelp.org.uk/deafcancersupport)

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.

FUNDRAISING

NOTES



MACMILLAN Christmas Lunch

The Hove Club, Sunday 8th December

Doors open 12.30pm Lunch 1.00pm

2 course £35.00 per head - 3 course £40 per head

for further details and bookings, contact

Robert on 01273 821392

email: info@rh-computers.com

Starters

Minestrone Soup (VG)

-

Duck and Orange Pate

Red Onion Marmalade. Granary Toast

-

Classic Prawn Cocktail

Mains

Carved Turkey Breast

-

Baked Hake Fillet

Prawn in Blanket, Chive Cream Sauce

-

Pumpkin, Chestnut and Mushroom Pithivier (VG)

****all served with Roast Potatoes, Carrot Puree, Honey Parsnips,**

Creamed Wholegrain Leeks, Sprouts,

Pigs in Blankets, Gravy**

Desserts

Traditional Christmas Pudding

Red Currants and Brandy Sauce

-

Poire Belle Helene

Spiced Poached Pear, Chocolate Sauce, Vanilla Ice Cream

-

Fresh Fruit Salad

FUNDRAISING

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 www.macmillan.org.uk.

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 BN2 5BD

01273 468 770

horizoncentre@macmillan.org.uk

www.macmillan.org.uk/horizoncentre