

MONTHLY SCHEDULE

THE MACMILLAN HORIZON CENTRE

January
2025



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

Prostate Cancer Awareness Session

Come and learn about the signs and symptoms of prostate cancer, the risk factors, statistics and what tests are available in a friendly and supportive environment.



Tuesday 11th February,
10am-12pm

All genders welcome

Downsman Community
Space, Downsman
Court, Hangleton Way,
BN3 8ES

Facilitated by Macmillan
Horizon Centre and Act on
Cancer Together.
Refreshments will be
provided.

Contact Claire Hines for more
information or to book your
place:
claire.hines@hkproject.org.uk
tel 07422 692831



WHAT'S NEW

You are invited to

Help Shape Cancer Research in Sussex...

Free to attend
Mon 3rd Feb

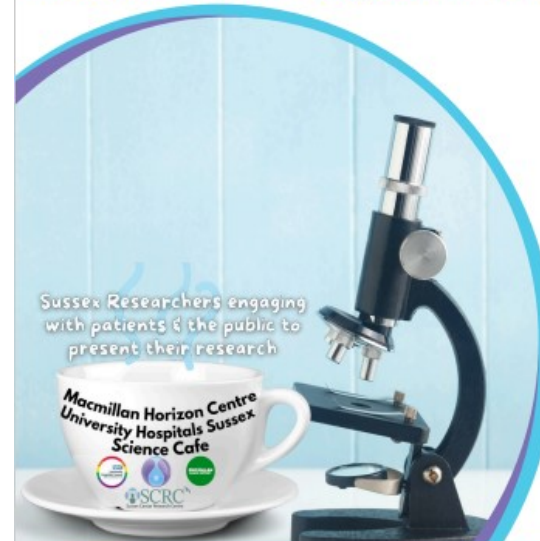
Do you have questions about cancer research?
Wonder what research is going on at University Hospitals Sussex?
Want to get involved? Or find out more?

Then come along to the 4th Macmillan Horizon Centre, University Sussex Hospitals Science Café to have a relaxed and open discussion with the Teams who are leading cancer research at University Hospitals Sussex.*

Monday 3rd February
12.00 - 2.00pm
Macmillan Horizon Centre
Buffet Lunch will be provided



To register your interest please e-mail:
horizoncentre@macmillan.org.uk or call 01273 468770



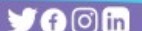
Sussex Researchers engaging with patients & the public to present their research



*Please note that the research teams will be unable to comment or advise on personal treatment plans. They will be sharing details of brand new research taking place in Sussex.



Featuring research projects funded by the Sussex Cancer Fund & UHS/BSMS



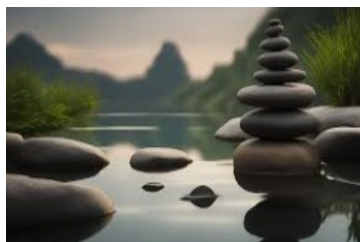
WHAT'S NEW

EMOTIONAL IMPACT OF CANCER TREATMENT

This wellbeing session will help you to find ways to cope with some of the main problems faced by cancer patients as they go through treatment and beyond.

This session will cover:

- How to manage stress
- How to talk to family and friends
- Information about intimacy and body image
- Working out life priorities
- Finishing with breathing and relaxation exercises



Wednesday 19th February 13:00 -15:00

VOCAL CONNECTIONS GROUP

Join our Vocal Connections group for anyone recovering from cancer treatment.

Our group involves breath work, gentle vocal exercises, group and individual singing within a safe setting.

This is a 6 week programme starting on: **Thursday the 23rd of January**



Including the below dates:

**23rd, 30th January
13th, 20th, 27th February
and 6th March
12:15 until 13:45**

To register your interest or find out more contact Charlotte Almond via email calmond@macmillan.org.uk

PSYCHOLOGICAL SERVICES

WELLBEING COACHING SERVICE

The Macmillan Wellbeing Coaching 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.

Please be aware this is an online only service.

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



MOVEMENT THERAPY

We are happy to announce that we will be offering Dance Movement Psychotherapy in the New Year. We have a new therapist in training who will be joining us in January to offer 1:1 support. Dance Movement Therapy can be defined as the psychotherapeutic use of movement and dance founded on the principle of motion and emotion being inextricably entwined.

This relationship is the channel through which a person can embody a deeper connection with the self.

VIRTUAL SUPPORT



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 6th January**. 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 7th January**.

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**
- **Aromatherapy**
- **Craniosacral Therapy**
- **Facial**
- **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.



TRENDSCO 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 date: **20th January at 13:30.**

17th February 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 the 28th of January 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 and follow the instructions for a Face to Face Workshop:

www.lookgoodfeelbetter.co.uk/workshops

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 beginning on Friday 7th March to Friday 28th of March 11:30-12:30

Pilates with Sue 2025.

4 week course beginning on Wednesday 5th of March to Wednesday 26th of March 14:00—15:00

You can book onto a maximum of two Pilates programmes per year.

YOGA

An introduction to Lydia our new yoga teacher.

Lydia will be running yoga courses starting in February.

Please come along to this taster session, particularly if you are new to yoga

Monday the 20th of January 2025 11:00-12:15

6 week workshop

February 10th to 17th March 2025 12:30-13:30

For more information or to book, contact the Horizon Centre.

PHYSICAL ACTIVITIES

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:

Tuesday 14th January

Tuesday 28th January

Tuesday 11th February

Tuesday 25th February

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

PHYSICAL ACTIVITIES

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:

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 Lawns Walk - Wednesday 15th January

10.30am

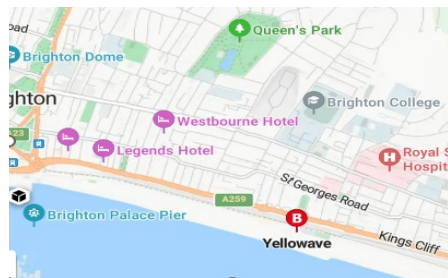
Meet at the Peace Statue



Brighton Seafront Walk - Wednesday 19th February

10.30am

Meet at Yellow Wave Beach Sports 29 Madeira Drive



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. 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

NATURE FOR WELLBEING

MACMILLAN'S COMMUNITY GARDEN



The community garden will be restarting sometime between mid-February to mid-March depending on the weather.

The date will be confirmed in the next couple of months.

Thank you to everyone who has come out to assist and spend time in our beautiful space.

HEALTH AND WELLBEING

MANAGING FATIGUE

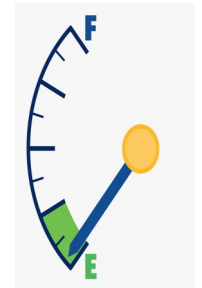
Fatigue is one of the most common reported symptoms of those affected by cancer and has a significant impact upon quality of life.

This workshop will cover:

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

Monday the 27th of January

10:00-12:30



HEALTH AND WELLBEING

ART FOR WELLBEING

These 4 classes are to promote wellbeing and relaxation.

We can refresh our senses and delight in the beauty of the natural world. We will experience different ways of drawing and painting.

All levels of experience are welcome, some materials will be provided.

6 week course starting on: 4th of March



and including these dates:

11th of March

18th of March

25th of March

1st of April

8th of April

HEALTHY EATING FOR WELLBEING

Many people want to make positive changes to their lifestyle when diagnosed with cancer – this may include families and carers. Please join us for a healthy eating information session.

We hope this will build upon your current knowledge and experience of food and nutrition enabling you to make more informed choices and supporting you to live a healthier lifestyle.

Next Session:
Friday the 7th of February
10:00-12:00 at the Horizon
Centre



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 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)

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



Every 1st
Tues of the
Month @ 5:00-
6:30pm
Macmillan
Horizon
Centre



“At MICK’S, we seek to support ALL men, who are going through diagnosis, treatment, recovery, or are supporting/caring for those with cancer.”

Meet others like you in the relaxing setting of the Horizon View Room...

1st Tuesday of every month - 5:00 - 6:30pm!


REFRESHMENTS PROVIDED!

Inspired by late friend and colleague Mick Townsend, MICK’S - is Brighton & Hove’s 1st group for MEN tackling cancer.

A zero pressure, confidential environment, born from a need for men to have a safe space to talk and share their story (if they want to)!

Come join your group hosts Marc & Victor, both with 1st hand experience of cancer and as family carers.

For further information contact Marc & Victor at: MICKS@macmillan.org.uk



...because no man should be a stranger to help.

Next Meeting dates (inc Xmas):-

- Tues 10th December 2024
- Tues 7th January 2025
- Tues 4th February 2025
- Tues 4th March 2025

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: Wednesday 12th February 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:** 8th January 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:** 2nd January 18:30-20:45.

BREAST CANCER SUPPORT GROUP. Third Monday of the month. For more details contact: wells5pd@btinternet.com

or call Gwen on 07985115381. **Next meeting:** 17th February 18:00-20:00.

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

secondarieservices@breastcancernow.org **Next meeting:** Wednesday 22nd January 11:00-13:30.

HEMATOLOGY SUPPORT GROUP. For further details contact: Nick York: nick.york@leukaemiacare.org.uk or

support@leukaemiacare.org.uk Office: 01905 755977 Helpline: 0808 8010444 **Next meeting:** Wednesday 15th January 19:00-20:30

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

Next meeting: 7th January 17:00-18:30.

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

Next meeting: 9th January 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:** 7th January 17:00-18:30.

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

Next meeting: 15th January 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:** 21st February 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.



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

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. 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/>

SUPPORT LINE

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.

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.

NOTES

THE MACMILLAN HORIZON CENTRE

HOW TO FIND US

Royal Sussex County Hospital



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

Macmillan Horizon Centre
2 Bristol Gate, Brighton
BN2 5BD

 01273 468 770

 horizoncentre@macmillan.org.uk

 www.macmillan.org.uk/horizoncentre