

MONTHLY SCHEDULE

THE MACMILLAN HORIZON CENTRE

March
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

CANCER AND INTIMACY

A lot of people experience some worries or anxieties about how their cancer treatment will affect or is affecting their feelings or ability around sex and intimacy. This can include physical discomfort, hormonal changes or body image issues which make it difficult to feel confident about being intimate with a partner.

These sessions aim to answer your questions, help you to understand more about what might be going on for you, and to help you to find the right help to enable you to move forward.



6 March 4-5pm (men)

13 March 4-5pm (women)

QI-GONG TASTER SESSION

Qigong has its roots in ancient Chinese culture and the practice typically involves movement, breathing meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. Come along and try it out on our Qi-Gong taster sessions:



Tuesday 18th March 15:00-16:00

Monday 31st of March 12:00-13:00

To book a place, please email Horizoncentre@macmillan.org.uk
or call 01273 468770

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



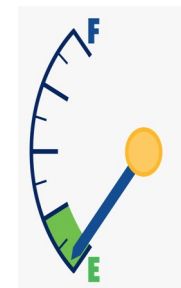
April the 9th 11:00-13:00

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 24th of March

10:00-12:30

WHAT'S NEW

MINDFUL MEDITATION TASTER SESSION

We're offering another introduction to Mindful Meditation on:

Tuesday 1st April 2025 – 2.00- 3.30pm

- For anyone new to Mindfulness and Meditation and would like to learn more and experience what it is, this session is for you. 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



WHAT'S NEW

8-WEEK MINDFUL MEDITATION COURSE

The Horizon Centre 8-week Mindful Meditation course starts in May 2025

We're holding a pre-course information session on:

Friday 4 April 10.00 – 11.15am

Come along to this information session to:

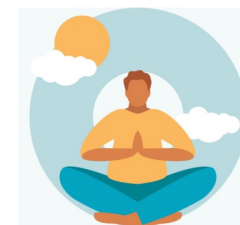
- **Hear about what you'll learn on the course and the benefits to you!**
- **Receive all the practical details and the week-by-week schedule**
- **Experience a short meditation practice**
 - **Ask any questions**
- **Meet the teacher and see if the course is for you!**

This information session is designed to answer all your questions about the 8-week course and help you decide if you want to join us in learning meditation and mindfulness in a fully supported and safe group learning environment at the Horizon Centre.

No prior experience needed.

Attendance at this information session is **strongly advised** before signing up for the 8-week course.

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



WHATS NEW

LIFE CAFÉ WITH MARIE CURIE

Tuesday 1st April at 11:30am-12:30pm

This is an opportunity to come together and talk about things that matter to us around the themes of death, dying and bereavement. We realise these conversations can be tough, so we use a series of informal exercises to help facilitate them. Our approach is gentle, and people are welcome to join in as little or as much as they want. We like to view the sessions as an entry point to more talking. You will also learn about the Marie Curie Support services.

To sign up for this session please contact

Charlotte on

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 contact the Horizon Centre to find out more

on 01273 468770 or via email:

horizoncentre@macmillan.org.uk

Please be aware this is an online only service.

COUNSELLING AND CREATIVE PYSCHOTHERAPY

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

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



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 3rd March**. 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 4th March 2025**.

Come along and talk about all things books...it is not a traditional book club that reads a book and then critiquing it. Rather, it's to bring anything to the book club that may be of interest to you; a book you are currently or have read in the past, a particular genre or author you enjoy. The chat is lead by you!

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.

TRENDCO

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



CREATING HEADLINES WORLDWIDE

Aderans

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

Tuesday 25th of March

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: **Thursday 13th of March**

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:

Next session Tuesday 25th March

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:

www.lookgoodfeelbetter.co.uk/workshops/

PHYSICAL ACTIVITIES

PILATES

These classes will focus on balance, correct alignment, connecting with your core, and will enable you to become stronger and more flexible.

Beginners welcome:

March courses are full



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



YOGA

Lydia our new yoga teacher and is running the below course:

A 6 week course starting on 31st March and continuing through April 7th, 14th, 28th, and May 12th, 19th

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 4th March

Tuesday 11th March

Tuesday 25th March

Tuesday 8th of April

Tuesday 22nd of April

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?

Next walk:

Stanmer Park - Wednesday 19th March

Meet at 10:30

at the entrance to the one garden café.



Walk out for 20/30 minutes down the pathway and then back. 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

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

Wednesday 12th of March 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



COOKERY WORKSHOP

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 the 5th of March

10:30-13:30

Wednesday the 2nd of April

10:30-13:30

Wednesday the 4th of June

10:30-13:30

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 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 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 10th April 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:** 12th March 19:00-20:30

SUPPORT GROUPS (continued)

BRCA BRIGHTON SUPPORT GROUP FOR WOMEN ACROSS SUSSEX. First Thursday of every alternate month. If you would like to join BRCA please contact brcabrighton@gmail.com. **Next meeting:** 5th March 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 March 18:00-20:00.

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

secondarieservices@breastcancernow.org **Next meeting:** Wednesday 26th March 11:00-13:30.

HEMATOLOGY SUPPORT GROUP. Third Wednesday alternate months. For further details contact: **Nick York e-mail:** nick.york@leukaemicare.org.uk or support@leukaemicare.org.uk

Next meeting: Wednesday 26th March 19:00-21:00

LUNG CANCER SUPPORT GROUP. First Tuesday of the month. For more details contact: Contact to be confirmed.

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

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate months. For more details contact: brightonhovels1@gmail.com

Next meeting: 13th March 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:** 4th March 17:00-18:30.

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

Next meeting: 19th March 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:** 18th April 16:30-18:30.

SUPPORT GROUPS

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. www.pcaso.org



EXTERNAL ORGANISATIONS

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

New Chair and members needed for the Horizon Centre and Brighton & Hove Macmillan Fundraising Committee.

The Horizon Centre and Brighton & Hove Fundraising Committee are looking for someone to take over as Chair and for new members to organise fundraising events to raise funds to support the Macmillan Horizon Centre. The fundraising committee meets monthly and arranges a schedule of fundraising activities. If you would like to help and get involved please contact the **Macmillan Horizon Centre Brighton Fundraising Group** on Facebook or call the Macmillan Supporter Care Team on 0300 1000 200 or e-mail Geoff at horizoncentre@macmillan.org.uk

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**