

AUGUST at the Macmillan Horizon Centre

BODY IMAGE:



Boots - Feel more like you Macmillan Beauty Advisors are trained to offer make-up tips to help you manage the visible side effects of treatment as well as skin care tips. The next session is on Tuesday 8th August from 10 am-1 pm

To book a place, please contact The Macmillan Horizon Centre on **01273 468770** or email horizoncentre@macmillan.org.uk

ART CLASSES:



ONCA, on behalf of the Macmillan Horizon Centre, is running monthly creative sessions for people affected by and living with cancer. Sessions will consist largely of making art for art's sake, to get away from the monotony of treatment. The fun, creative workshops will include activities such as screen printing, drawing as a form of communication and photography without cameras!

Here are the dates for the next couple of sessions: Saturday mornings 10.30 am-12.30 pm

- August 12- PHOTOGRAPHY without cameras
- September 16- DRAWING

<https://onca.org.uk/learning/arts-and-health/11955-2/>

Booking is essential for these classes so please contact the Horizon Centre via email on horizoncentre@macmillan.org.uk or call 01273 468770

PHYSICAL ACTIVITIES:

We are offering some **pilates taster sessions!** The first one is on *Wednesday 30th August* from 3.30-4.30 pm and a couple more in September on *Wednesday 20th* and *27th September*.



YOGA taster sessions at the Horizon Centre with Ade



1. *Wednesday 23rd August from 2-3 pm:*
Yoga for men - in treatment, post treatment and support for carers - with a focus on cultivating body awareness and resourcing

2. *Wednesday 23rd August from 3.15-4.15 pm:*
Mixed yoga group for strength and resilience - aimed at cultivating a balance between strength and ease, building energy and resting deeply



We are also starting our gentle **kickboxing class** again. If you'd like to increase your fitness and learn some kickboxing moves, please get in touch.

The Horizon Centre, together with the B&H **Healthwalks** have started a health walk from the Queen's Park café to the Horizon Centre every Friday at 1 PM. Just turn up at the Queen's Park café and look out for the Healthwalk volunteers in their green jackets.



Are you interested in gentle running or would you like to get back into running? We are starting a **0-5k running group** on Mondays for 9 weeks.

To book a place, please contact The Macmillan Horizon Centre on **01273 468770** or email horizoncentre@macmillan.org.uk

GET TOGETHERS:

Social coffee morning – come along, have a chat, socialise and make new friends
Thursday 17th August from 10-11.30 am. (Reception)

Brighton Carers Centre

Are you looking after someone affected by cancer? Then come and speak to one of the support workers about your needs on Monday 7th August from 11 am to 1 pm

Sing with us Brighton - choir

Tuesday 1st, 15th and 29th August from 6.30 to 8.00 pm (Reception)

SUPPORT GROUPS meeting at the Horizon Centre in August

You can drop in on the group or contact the Horizon Centre or the group if you would like to attend or find out more information.

The head and neck cancer support group drop-in

Wednesday 2nd August 5-7 pm (Reception)

Jo's Cervical Cancer Trust Support Group

Thursday 3rd August 5.45-8.15 pm (The Harbour)

Brighton BRCA Support Group

Thursday 3rd August from 6-9 pm (Reception)

Cancervive- a support group for family members and friend of people affected by cancer Monday 21st August from 6.30-8.30 pm (Cafe)

You can find other support groups on the link below:

www.macmillan.org.uk/in-your-area

Volunteering opportunity: Sussex Peer Evaluator

Are you a person affected by cancer with good listening and communication skills? Could you use your experience to carry out interviews with your peers? You'll be helping us to gain a better understanding of people's needs, so that we can work together to develop the right support and information for the local community in Sussex.

For more information please contact

Elizabeth Stickney

Phone: 07764503475

Email: estickney@macmillan.org.uk

Or you can apply here:

<https://volunteering.macmillan.org.uk/Opportunity/Details/5501>

You can also follow us on facebook and twitter!

In addition to these scheduled activities we provide

- an information drop-in service
- welfare benefits and money advice
- counselling and psychological therapies
- a cafe
- complementary therapies
- physical activities
- a body image service

If you have any other questions, don't hesitate to contact us on 01273 468770, drop-in or email

horizoncentre@macmillan.org.uk