

Macmillan Horizon Centre- scheduled activities

NOVEMBER and DECEMBER 2016

One off Mindfulness Meditation hours- learn mindfulness meditation practices that are simple and practical, explore ways of bringing more kindness into your life and learn to respond skilfully to times of stress and difficulty.

Fridays 11th, 18th and 25th November from 10 AM to 11 AM

Breakfast Boost-A cooking workshop to learn how to make granola, different variations on porridge, pancakes, breakfast smoothies and lots more

23rd November 2016, 10 AM-12.30 PM

Eat a rainbow- learn how to make soups, salads, dips and other delicious dishes

30th November 2016, 10 AM-12.30 PM

Personal First Aid Kit- find out how to enhance your wellbeing in a facilitated group session. Every second Wednesday of the month from 11 AM to 12.30 PM

Om Retreat- a half day Yoga retreat in Brighton where you will be taught breath work, meditation and gentle restorative yoga postures and deep relaxation.

Sunday, 4th December 2016, 1.30-5 PM

Feel more like you- Boots Macmillan Beauty Advisors are trained to offer make-up tips to help you manage the visible side effects of treatment.

13th December 2016, 10 AM-1 PM

Hair and wig advice with Trendco- Find out more information and advice about hair loss and get expert advice about wigs and wig styling from Trendco.

Every Wednesday 9 AM -5 PM

Carers' Information session- if you're supporting or looking after someone affected by cancer, then come along and learn more about what's available to support you. The Carers' Centre will be here twice a month, Mondays and Thursdays.

SHINE Cancer Support provides a workshop for young adults in their 20s, 30s and 40s who would like to get support and information.

Wednesday 7th December from 2.30-6 PM

In addition to these scheduled activities we provide an information drop-in service, welfare benefits and money advice, counselling and psychological therapies and a cafe as well as complementary therapies, physical activities and a body image service.

For more information about the activities, please contact us 01273 468770

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