

THE MACMILLAN HORIZON CENTRE

Cancer support for Sussex

October 2017 Activities Schedule

Body Image Services:

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 such as eye lashes and eye brows, as well as skin care tips.

The next session is on **Tuesday 10th October from 10 am-1 pm at the Horizon Centre.**

Booking necessary



Trendco- hair loss group session

Independent of what stage of your hair loss journey you're on, Trendco is here to help. We offer a group session about hair loss before, during and after your cancer treatment which includes:

- How to get a NHS wig prescription

- Ready to wear samples of wigs and other headwear
- Brochures of styles and colour samples

Get expert hair loss advice from Trendco on **Wednesday 25th October from 2-3.30 pm** at the Macmillan Horizon Centre.



Look Good Feel Better



Open to all ladies with a cancer diagnosis from point of diagnosis, up to year after treatment has completed. Each lady is given a gorgeous Look Good Feel Better gift bag of full size skincare and make-up products from a variety of high street cosmetic brands that support the charity. The next session is on **Tuesday 31st October** at the Park Centre for breast care, from **10 am to 12 noon.**

To make a booking, please call 01273 696955 Ext: 4799

For other sessions in Sussex please follow the link: www.lgfb.co.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!

- Saturday 14th October from 10.30 am-12.30 pm: **PRINTMAKING**
- Saturday 11th November from 10.30 am- 12.30 pm: **PHOTOGRAPHY** without cameras
- Saturday 16th December from 10.30-12.30 pm: **DRAWING**

Booking necessary

Physical Activities:

YOGA FOR MEN WITH ADE

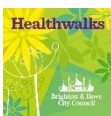
Our lovely yoga teacher Ade is holding a yoga class for men. The class will focus on cultivating body awareness and resourcing. **This is a 6 weeks class, starting on Wednesday 4th October from 2-3 pm**

We will explore the use of breathing exercises, movement and gentle stretching to help relax while maintaining strength and mobility. You will be encouraged to listen deeply to your own body.

Ade also offers a 6 weeks **mixed yoga** session from **3.15-4.15 pm** starting on Wednesday 4th October.

Booking necessary

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.



'One-to-one support with Physical Activity'

Staying active through and after treatment for cancer can offer a host of benefits, from boosting your mood to maintaining strength and reducing fatigue. If you live in Brighton, Brighter Outlook is here to help, offering free, specialist support to help you get and stay active through and beyond your treatment. It's brought to you by Albion in the Community, funded by Brighton and Hove CCG and supported by Macmillan.

Call or email us and we will arrange a one-to-one meeting with your coach at a time and venue to suit you. At this appointment, we'll get to know you and you will be able to ask questions

and discover ways to get more active in the city. We can also help you access a host of free specialist classes including circuits, running and walking groups and walking football. All our coaches have specialised training in cancer and exercise rehabilitation so you know you'll be getting more active in a safe, supported and friendly environment. Let Albion in the Community help you start your physical activity journey in a way that supports you and is fun. www.brighteroutlook.org.uk, email brighteroutlook@albioninthecommunity.org.uk or call the team on 01273 668591.



We have a **re-introduction to fitness** class on **Tuesdays from 2-3 pm with Joe**. So, if you're interested in a little circuit training, please get in touch.

Booking necessary

Our lovely Tracey is also putting on a short term **Pilates** course, starting on Monday 2nd October from 5.30-6.30 pm for 4 weeks.

Booking necessary



Eat Well Feel Better:

We will be running a 3 week cooking skills course on Tuesday mornings. 10:30-13:00. This will be a chance to build cooking skills and confidence to eat well and feel better.

24th October, 31st October and 7th November 2017

The cooking skills course will include an introduction and overview to build on existing knowledge about healthy eating and sessions on:

- **Eat a rainbow** - a chance to learn how to make soups, salads, dips and other delicious dishes.
- **Breakfast boost** - a cooking workshop to learn how to make granola, different variations on porridge, ways to cook eggs, breakfast smoothies and lots more.
- **Protein positive** dishes looking at sources of healthy protein, concentrating on alternatives to meat.



Booking necessary

Get togethers:

Social coffee morning – come along, have a chat, socialise and make new friends Thursday 19th October from 10-11.30 am in the Horizon Centre Reception area.

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 Thursday 26th October 1.30-3.30 pm and Monday 30th October from 10 am to 12 noon.

Support Group Meetings at the Horizon Centre:

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.

Bereavement Support Group
Monday 2nd, 9th and 16th October from 6:30 – 8:30 pm (Café)

The head and neck cancer support group drop-in Wednesday 4th October 5-7 pm (Reception)

Support group meetings continued:

Prostate Cancer Support Group meeting Wednesday 4th October 6.30-8.15 pm (Café)

Brighton BRCA Support Group Thursday 5th October from 6-9 pm (Reception)

Jo's Cervical Cancer Trust support group Thursday 5th October from 5.45- 8.15 pm (The Harbour)

Bright Sparks- brain tumour support group Thursday 12th October from 6:30 - 8.15pm (Reception area)

Yakity Yak- laryngectomy support group Monday 16th October from 2-4 pm (the Horizon View)

Breast Cancer Support Group Monday 16th October from 6.30-8.30 pm (Reception)

Cancervive- a support group for family members and friend of people affected by cancer Monday 16th October from 6.30-8.30 pm (Harbour)

Sisters Abreast (breast cancer support group for women under 40) Thursday 19th October from 6-9 pm

Lymphedema Support Group Thursday 26th of October from 7-9 pm (Horizon View)

Brighton Blood Cancer Support Group Monday 30th October from 6-7.30 pm (reception)

You can find other support groups on the link below:

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

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



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