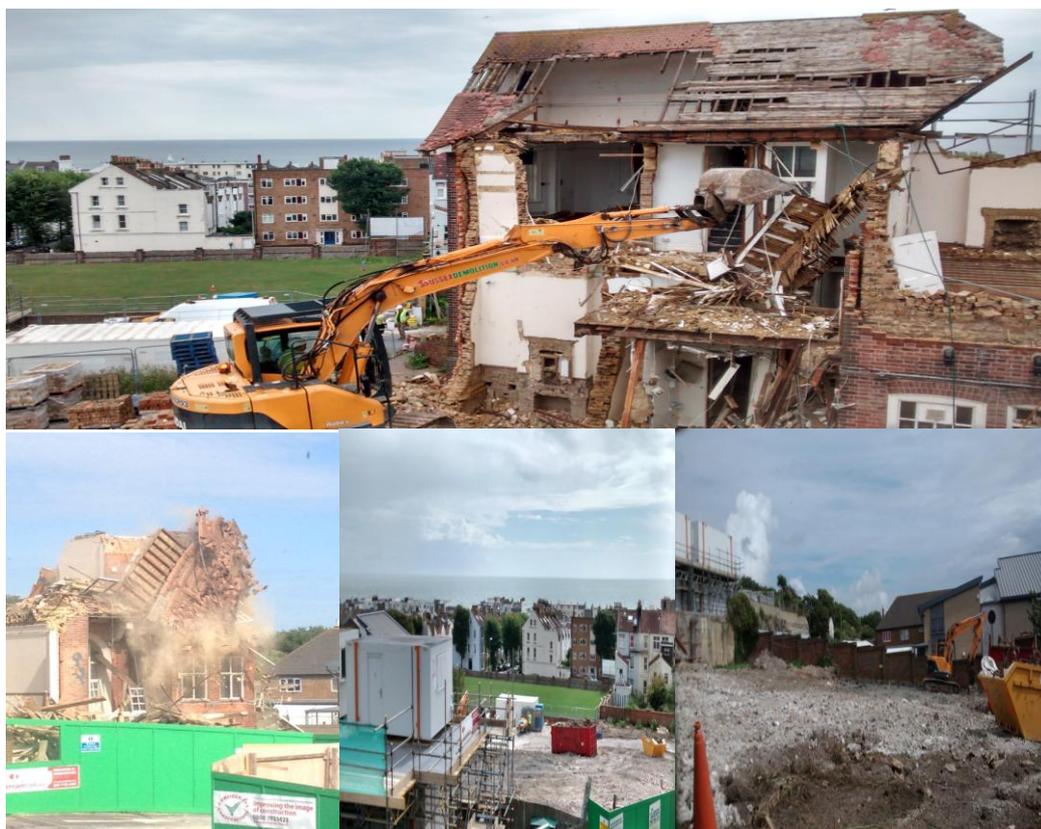


LATEST

Macmillan Horizon Centre

September 2014

Building the Macmillan Horizon Centre



The site has been cleared and work is progressing and the building of the Sussex Macmillan Cancer Support Centre is expected to be completed by the end of 2015



Brighton and Sussex
University Hospitals
NHS Trust



**WE ARE
MACMILLAN.
CANCER SUPPORT**

Macmillan Horizon Centre

Contact: Geoff Brown, Centre Manager, Macmillan Horizon Centre

Tel: 077 03672773 E-mail: gbrown@macmillan.org.uk

Questions about living with cancer?

Call the Macmillan Support Line free on 0808 808 00 00 or visit macmillan.org.uk

Service Development Spotlight

Body Image support

A workshop was held on July 3rd 2015 to map out the current provision of support to people affected by cancer with Body Image issues and concerns.



The participants at the workshop were a mix of service users, health professionals and representatives of organisations offering body image support.

At the workshop the participants mapped out current sources of Body Image support in Sussex and discussed what the gaps in services and information are and what this means for the Body Image services that should be developed at the Macmillan Horizon Centre.

Over the next twelve months work will take place to follow up on the discussions and develop a range of services to provide Body Image support. This will include:

- *Hair and wig support, including sample products and advice and guidance*
- *Make up and beauty advice and guidance*
- *Skin, nail and personal hygiene advice and guidance*
- *Clothing, Lingerie and swimwear information, advice, guidance and samples*
- *Tattoo, scar and stencils information and advice*
- *Emotional support with the impact of Body Image issues*
- *Fitness activities and advice and a range of complementary therapies*

Information, support and guidance will be available online, through one to one appointments and through group sessions and courses.

Psychological Support Services

An important aspect of cancer patient care is the provision of effective psychological support. It is recognized that while the majority of patients will be able to cope with the emotional distress associated with cancer there is a significant minority who are not able to do so without the help of professionals within the cancer field. Those patients and carers need to be offered psychological support appropriate to their needs with those experiencing particular distress referred to professionals with specialist expertise.

The Sussex wide approach.

The Macmillan Horizon Centre needs to be more than just a building and services provided in Brighton. The vision is that the Support Centre will be a catalyst and be at the heart of developments to improve support and information services across the whole of the Sussex. The approach to developing a Sussex wide psychological therapy service will be to build strong links with and explore opportunities to support the development of the existing psychological therapy services in East Sussex, West Sussex and Brighton and Hove.

Summary of current services across Sussex:

East Sussex Healthcare Trust: The East Sussex Macmillan Counselling Service is managed from Eastbourne (0.9 wte) and currently has 14 qualified counsellors and psychotherapists who volunteer their time and together provide a range of psychological services in Eastbourne, Seaford, Uckfield, Bexhill and Hastings areas. **Contact:** Tel 01323-414918 Ext 3252 or 07747 472657 e-mail Karen.aylward@nhs.net

West Sussex Healthcare Trust: The West Sussex Macmillan Psychological Therapy Service based in Chichester (a 0.6 post) provides a counselling service for patients with a cancer diagnosis who are referred by their CNS or consultant. The Trust is exploring, with Macmillan, options to expand the service to Worthing. **Contact:** Tel: 01243 831624 e-mail: Jane.Mitchell@wsht.nhs.uk

Brighton Sussex University Trust: The BSUH Macmillan Psychological Therapy Service has staff (1.0 WTE) based at the Cancer Centre in Brighton and also covers Princess Royal in Haywards Heath and currently has 5 volunteers providing a range of therapies in Brighton and Haywards Heath. **Contact:** Tel 01273 66469 e-mail Laura.Pritchard@bsuh.nhs.uk

Non NHS based cancer focussed psychological support services are also available across Sussex at:

- The Olive Tree, Cancer Support Centre in Crawley
- Cancerwise, Cancer Support Centre in Chichester
- Sara Lee Trust in St Leonards
- Cancervive, support to carers, family and friends, based at Hurstpeirpoint
- There are a variety of self help and support groups in Sussex that offer different types of support and activities for people affected by cancer. You can find details of local and national self help and support groups on the Macmillan website or by contacting communitysupport@macmillan.org.uk

The psychological therapy service at the new Support Centre.

When it opens the Macmillan Horizon Centre will provide a psychological therapy service managed by a Psychological Therapy Service Coordinator. The psychological therapy service will be provided by volunteers who are fully qualified.

Overview of the Macmillan Horizon Centre

The building has been designed by experts with input from people affected by cancer. The Macmillan Horizon Centre will offer all round support for people affected by cancer in a calm, friendly and welcoming environment. The centre will offer:

- Cancer information and advice
- Help and advice with money worries
- Body Image advice and support
- A refreshment service and dietary advice
- Complementary therapies, such as massage, reflexology, aroma therapy and reiki
- A chance to chat to someone who understands, including access to a counselling service and self help and activity based support groups.

More details are available at www.macmillan.org.uk/horizoncentre

Service Users Group

The Macmillan Horizon Centre - Service Users Group meets monthly. It is an important part of the process of making sure the voices and experiences of people affected by cancer shape the services that the Macmillan Horizon Centre will deliver.

“We want to develop the very best cancer support services, based at the centre and available to people affected by cancer across Sussex”

Della Lamden,
Chair Sussex
Macmillan Horizon
Centre, Service Users
Group



Members of the
Service Users Group
discuss the
development of a
tool to map out the
provision of cancer
information across
Sussex

Anyone interested to join the Service Users Group please contact horizoncentre@macmillan.org.uk