

THE MACMILLAN HORIZON CENTRE

April / May
2019
Activities
Schedule

What's coming up

Welcome to our April-May edition of our activities schedule for the Macmillan Horizon Centre. We offer a wide variety of activities to help support you and our programme is being updated all the time.

If you have a Facebook account, you can like and follow our page for the latest information on classes, groups and things you can do here at the Horizon Centre.

www.facebook.com/macmillanhorizoncentre

Body Image Services:



look good
feel better

FACING CANCER WITH CONFIDENCE

These popular sessions are open to all women with a cancer diagnosis from point of diagnosis, up to a year after treatment has been completed. Each woman 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 **Brighton** sessions in April and May are taking place at the Park Centre for Breast Care. They fall on the **last Tuesday of the month** with a 9.30am arrival for a 10 am to 12 noon session.

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

The next sessions in **Chichester** are at St Richard's Hospital on **Monday 29th April and Monday 20th May**, 9.30am arrival for a 10 – 12.30pm group. To make a booking please call 01243 831727.

The next free sessions in **Worthing** are at Worthing Hospital, also on **Monday 29th April and Monday 20th May** 9.30am arrival for a 10 am to 12 noon session. To make a booking please call 01903 285132.

For other sessions in Sussex please follow the link:



www.lgfb.co.uk

*We also offer **haircuts, headshaves and styling** through our programme of complementary therapies. Ask at reception for more information and to book a 1-2-1 appointment.*

Trendco- hair loss group session



No matter what stage of hair loss you may be experiencing, 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 an 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 at our next sessions on **Tuesday 16th April and 21st May from 10 - 4** and at the Macmillan Horizon Centre.

Booking is necessary but you're welcome to drop-in at any time during the session. Please call the Centre on 01273 468770 or email horizoncentre@macmillan.org.uk



On **Thursday 2nd May 11am-1pm** we have the fabulous Claire from Chemo Headwear in the



Centre for a workshop to teach different ways of tying headscarves. There will be a huge selection of ready-tied headscarves, turbans, beanies & hats in different colours and prints to try on and see what suits you. You can also bring your own scarves and learn how to tie and fix.

www.chemoheadwear.co.uk

For more information and to book your space, please contact the Horizon Centre.

Booking necessary

Physical Activity:

We have a wide selection of classes, tasters and workshops in activity available this Spring. So why not try something new?

If you live in Brighton & Hove, free personalised coaching and activity support is on hand from the **Brighter Outlook** team.

Staying active during and post cancer treatment can offer a host of benefits, from boosting your mood to maintaining strength and reducing fatigue. It's brought to you by Albion in the Community, funded by Brighton and Hove CCG and supported by Macmillan.



Check out the website for more information

www.brighteroutlook.org.uk ,

email

brighteroutlook@albioninthecommunity.org.uk or call the team on

01273 668591.

Move More Sussex - if you live outside of Brighton and would welcome some support in getting active, the coaches at Albion in the Community, via Move More Sussex, offer free advice, support and signposting to groups and classes across the county and at the Horizon Centre. Call 01273 668591 or email movemore@albioninthecommunity.org.uk



Walk up an appetite **every Friday at 11.30am** at the Horizon Centre, with our free, friendly health

walk, brought to you by Brighton and Hove City Council. The walk is a leisurely 55 minutes, covering about 1.5miles and takes in some of the sights of Kemp Town – including some of the many blue plaque buildings nearby. It's easy to sign up – a quick form and you're ready to stroll.

STROLL FOR A BOWL!

And to welcome you back to the Centre a free, hot bowl of our soup of the day will await!

April 8th 10.30 – 11.30am is

MOVE IT MONDAY!

We've joined up with Albion in the Community and the Brighton & Hove Table Tennis club to offer a fun activity information session with mini-tasters of a host of fabulous activities.

Don't miss out – call 01273 468770 and save your space.

PILATES FOR ALL

Join John for a friendly, gentle and relaxed introduction to Pilates on **Wednesday April 10th 1-2pm**

No need to hunt out your leotards or running shorts, just bring enthusiasm and some comfortable clothes.

Build strength, improve balance and increase flexibility. With plenty of laughter along the way too!

And if you enjoy the taster we start a new group, **Wednesdays May 1st to June 5th 1-2pm**

Gentle Yoga Workshop

Join us on **Tuesday 14th May 10.30 – 12.30pm** for a yoga workshop with Hannah. A mix of very gentle yoga, meditation and breathwork, the group is suitable for all and an ideal introduction to yoga. Please contact us to find out more and book a space. *Priority will be given to newcomers.*

Call 01273 468770 or email horizoncentre@macmillan.org.uk

GENTLE YOGA

Love QiGong? Don't miss out - Last few spaces available in new April group.

The class runs for five Tuesdays starting on **9th April – 7th May, 3 – 4pm.**

Call 01273 468770 or email horizoncentre@macmillan.org.uk

Half day workshop for people with cancers affecting swallowing

**Saturday April 27th
10:30am-1:30pm at the
Horizon Centre**

We will look at ideas and recipes that allow you to keep as varied a diet as possible based around the themes of our usual three-part cookery workshops, building on existing knowledge about healthy eating.

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

We are still also taking details of people interested in our three-part cookery workshops taking place every other month. Contact the Centre or email ewinder@macmillan.org.uk

Get togethers:



Social coffee morning – our coffee morning is a chance to pop-in, find

out about the Centre and chat to others in a relaxed and friendly setting. Cake optional!

Our next get-togethers are on **Thursday 18th April and Thursday 16th May** from 10-11.30 am in the Horizon Centre lounge.

Family Friend Carers Drop-in

Are you looking after someone affected by cancer? Then come and speak to one of the support workers about your needs. Representatives from the three services that cover Sussex will be here every second Tuesday and last Thursday of the month.

MINDFUL HOUR

Our popular Mindfulness sessions run every **Friday lunch at 12.30pm – 1.30pm.**

Whether Mindfulness is completely new to you or you're an experienced meditator, you're welcome to come and enjoy this tranquil hour.

There's no need to book ahead, we just ask that you arrive to start at 12.30pm.

Support Group Meetings at the Horizon Centre:

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

Beat Bladder Cancer Together, the bladder cancer support group runs every second Wednesday alternate months, with the next groups running Wednesday 8th May, 6.45 – 8pm

Breast Cancer Support Group
The next meetings are Monday April 15th and Monday May 20th 6.15-8.15 pm

Brighton BRCA Support Group
Thursday April 3rd and Thursday May 2nd from 6:30-8:45 pm
If you would like to join a meeting please e-mail:
brcabrighton@gmail.com

Brightsparks Brain Tumour Support Group
Next meetings on Thursday , 11th April and 9th May, 6.30 – 8.30pm.

Chronic Myeloid Leukaemia (CML) meet here every third

Wednesday, every other month.
Next meeting May 15th 6 – 7pm.

Head and Neck Drop In
is next running on April 26th at 3pm

Leukaemia Support Group –
Every third Wednesday every other month, with the next meeting on May 15th 7 – 9pm

Lymphoedema Support group
runs once every two months, with the next meeting Thursday May 9th 7 – 9pm

PCaSO Prostate Cancer Support- next meet here on Wednesday 22nd May 7 – 9pm

Sisters Abreast (breast cancer support group for women under 45)
Monday April 8th and Monday May 13th from 6.30-8 pm

The Head and Neck Cancer Support Group (Thancs), is next running on April 26th 4 – 6pm

You can find other support groups on this link:
www.macmillan.org.uk/in-your-area

In addition to these scheduled activities we provide:

- an information drop-in service
- counselling and psychological therapies
- a friendly cafe
- complementary therapies
- welfare benefits and money advice
- Our Sanctuary Light & Sound Room



horizoncentre@macmillan.org.uk



01273 468770



www.macmillan.org.uk/horizoncentre



2 Bristol Gate
Brighton
BN2 5BD

Art with ONCA

Free Creative art workshops on Saturdays – suitable for all abilities. Come along and have fun. Sign up for one or the series:

Saturday April 13th 2pm – 3pm – What is Drawing (*note new afternoon time*)

Saturday May 11th 10.30 – 12.30pm – Fabricated Felt

Saturday June 8th 10.30 – 12.30pm – Photography without the Camera

Call 01273 468770 or email horizoncentre@macmillan.org.uk