

# THE MACMILLAN HORIZON CENTRE

Cancer support for Sussex

## December 2017 Activities Schedule

### Body Image Services:



On **Tuesday 12th December from 12 am to 2 pm** we have 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 all different colours & prints to try on & see what suits you. You can also bring your own scarves!

[www.chemoheadwear.co.uk](http://www.chemoheadwear.co.uk)

\*Booking necessary\*

### 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 16<sup>th</sup> December from 10.30-12.30 pm: DRAWING

\*Booking necessary\*

### Physical Activities:



We have a one off **Pilates taster session** coming up on Monday 11<sup>th</sup> December from 1.30-2.30 pm. To sign up, please get in touch

\*Booking necessary\*



Are you interested in running? We are looking to set up a 0-5k running group in the new year and to express an interest, please contact us on 01273 468770.

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](http://www.brighteroutlook.org.uk) email [brighteroutlook@albioninthecommunity.org.uk](mailto:brighteroutlook@albioninthecommunity.org.uk) or call the team on 01273 668591.

## One off cooking workshop:

We will be running a one off Christmas cooking workshop on **Tuesday 12<sup>th</sup> December** from 10.30am – 1.30pm.

*\*Booking necessary\**

## Get togethers:

Social coffee morning and Brighton Carers Centre are visiting us on **Monday 11<sup>th</sup> December** from 10 am to 12 midday.

## 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.

### **The Head and Neck Cancer Support group**

Friday 1<sup>st</sup> December, 4-6 pm (Horizon View room)

### **Brighton BRCA Support Group**

Thursday 7<sup>th</sup> December from 6-9 pm (Reception)

### **Jo's Cervical Trust Support Group**

Thursday 7<sup>th</sup> December 5:45 to 8:15

### **Breast Cancer Support Group**

Monday 11<sup>th</sup> December from 6.30-8.30 pm (Cafe)

### **Bright Sparks- brain tumour support group**

Thursday 14<sup>th</sup> December from 6:30 - 8.15pm (Reception area)

### **Sisters Abreast** (breast cancer support group for women under 40)

Thursday 21<sup>st</sup> December from 6-9 pm

You can find other support groups on the link below:

[www.macmillan.org.uk/in-your-area](http://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



[horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)



01273 468770

**PLEASE NOTE THERE WON'T BE ACCESS TO THE LIGHT AND SOUND ROOM IN DECEMBER DUE TO MAINTENANCE WORK. SORRY FOR THE INCONVENIENCE.**



### **Christmas opening hours:**

Friday 22<sup>nd</sup> December

9 am to 3 pm

**Monday 25<sup>th</sup> December closed**

**Tuesday 26<sup>th</sup> December closed**

Weds 27<sup>th</sup> – OPEN 9 am to 4.30 pm.

Thursday 28<sup>th</sup> - OPEN 9 am to 4.30 pm.

Friday 29<sup>th</sup> OPEN 9 am to 4.30 pm.

