

# THE MACMILLAN HORIZON CENTRE

Cancer support for Sussex

## January 2018 Activities Schedule

### Body Image Services:



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 9<sup>th</sup> January from 10 am-1 pm at the Horizon Centre.** - **TBC**

*\*Booking necessary\**

### **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 30<sup>th</sup> January** at

the Park Centre for breast care, from **10 am to 12 noon.**

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

The session in Chichester is on Monday 22<sup>nd</sup> January (same times) and to make a booking please call 01243 831727

There is also a *Masterclass* available where you can bring your own make-up to learn how to apply and there's a little complimentary gift at the end.

**Worthing:** Monday 22<sup>nd</sup> January  
To book please call 01903 205111 ext 84116

For other sessions in Sussex please follow the link: [www.lgfb.co.uk](http://www.lgfb.co.uk)



### **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 31<sup>st</sup> January from 2-3.30 pm** at the Macmillan Horizon Centre.



### Physical Activities:



There are a couple of pilates classes starting in January.

We have a 6 weeks **Pilates class** with Tracey coming up on **Wednesday 10<sup>th</sup> January** from 3.30-4.30 pm. To sign up, please get in touch.

And Simmy's Pilates class starts on **Monday 22<sup>nd</sup> January from 1.30-2.30 pm** for 6 weeks. For more information please contact the Horizon Centre.

*\*Booking necessary\**

Our lovely Hannah is offering a two hours **YOGA workshop** on **Wednesday 17<sup>th</sup> January from 11 am to 1 pm** here at the Horizon Centre. The session includes breath work, meditation, gentle restorative yoga postures, and deep relaxation. These techniques can all help with reducing anxiety, depression and fatigue and promoting a sense of peaceful wellbeing.

*\*Booking necessary\**



## YOGA FOR MEN WITH ADE

We also have a one off yoga for *men* **taster session** with Ade on **Wednesday 24<sup>th</sup> January** from 10-11 am.

And a *mixed group session* from 11.15-12.15. The classes will focus on cultivating body awareness and resourcing and is aimed at cultivating a balance between strength and ease, building energy and resting deeply.

*\*Booking necessary\**

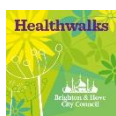
Strictly come dancing- Horizon Centre style! Try out different styles of dance, meet new people and have fun! We are starting a new 8 weeks course on **Thursday 1<sup>st</sup> February** from 6.30-7.30 pm.

*\*Booking necessary\**



## WE LOVE GENTLE KICKBOXING

We are trying to set up a gentle kickboxing class again and if you'd like to give it a go and express an interest in this session, please contact the Horizon Centre.



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.

## Nordic Healthwalking ... a new opportunity !

Would you like the opportunity to take up Nordic walking for the benefit of your health and well-being on a tailor-made course for people living with or beyond cancer? A beginner course consists of four sessions, each one and

a half hours long about a week apart. Funding is now available for at least two courses enabling course places and specialist poles to be provided free of charge. Each course has five places for people living with/beyond cancer and takes place in Stanmer Park, Brighton.

To register interest and find out more, email

[peter@nordicwalkingforhealth.co.uk](mailto:peter@nordicwalkingforhealth.co.uk) on the subject of **Nordic Healthwalking Cancer Support Programme**.

## Get togethers:



We would very much like to start a knitting and crochet group. And we'll be meeting for the

first time on **Tuesday 16<sup>th</sup> January from 2-3 pm**. Just bring your work with you, join us for some tea and coffee and some craftsiness!

**Social coffee morning** – come along, have a chat, socialise and make new friends **Thursday 18<sup>th</sup> January** from 10-11.30 am in the Horizon Centre Reception area.



**Brighton Carers Hub**- Are you looking after someone affected by cancer? Then come and speak to one of the support workers about your needs on **Monday 15<sup>th</sup> January from 10am to 12 o'clock** and **Thursday 25<sup>th</sup> January 1.30-3.30 pm** <https://carershub.co.uk/>

## 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.

### **Head and Neck Drop In**

Wednesday 3<sup>rd</sup> January from 5-7 pm  
(Reception)

### **Brighton BRCA Support Group**

Thursday 4<sup>th</sup> January from 6-9 pm  
(Horizon View)

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

Monday 8<sup>th</sup> January from 6.30-8 pm  
(Horizon View)

### **Beat Bladder Cancer Together**

(Bladder Cancer Support Group)  
Wednesday 10<sup>th</sup> January from 6.45-8 pm  
(Reception)

### **Breast Cancer Support Group**

Monday 15<sup>th</sup> January from 6.30-8.30 pm  
(Reception)

### **Leukaemia Support Group**

Wednesday 17<sup>th</sup> January from 7-9 pm  
(Reception)

### **Lymphoedema Support Group**

Thursday 18<sup>th</sup> January from 7-9 pm  
(Reception)

### **Blood Cancer Support**

Monday 29<sup>th</sup> January from 6-7.30 pm  
(Reception)

### **Ricochet Plus**

Table tennis peer support group meets  
Wednesdays 11am – 1pm at Brighton  
Table Tennis Club, The Fitzherbert  
Centre, 36 Upper Bradford Street,  
Brighton BN2 1JP

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

## Art work- Open Forum:

On **Friday 9<sup>th</sup> February from 10.30 am-1.30 pm** we would like to invite you to our open form.

Come and tell us what kind of art work YOU think we should have at the Horizon Centre and how we could involve you and others affected by cancer in deciding what art work to have in the Horizon Centre. A light buffet lunch and refreshments will be provided.

This invitation is open to everyone affected by cancer, including carers, family, friends, volunteers and staff.

We want your suggestions to shape the development of the centre.

*\*Booking necessary\**



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



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