

March at the Macmillan Horizon Centre

BODY IMAGE:

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.

Tuesday 14th March from 10 am-1 pm

Hair and wig advice with Trendco- Find out more information and advice about hair loss and get expert advice about wigs and wig styling from Trendco.

Every Wednesday afternoon

Do you also fancy a haircut? We have our hairdresser here on Mondays from 11 am to 2 pm so please call to make an appointment!

EMOTIONAL SUPPORT:

Managing Your Mood- an emotional support session for groups of up to ten people for cancer patients and their families to enhance your wellbeing.

Wednesday 8th March, 11 am to 1 pm

PHYSICAL ACTIVITIES:

Gentle Yoga Class – we have some yoga classes starting in the evening, starting on Monday 6th March 5.30-6.30 pm. This course will run for 10 weeks.

Yoga taster session – Wednesday 15th March from 12.30-2.15 PM

Re-introduction to Fitness – We still have some spaces on our course which takes place on Tuesdays from 2.00-3.00 pm and it will help you build up all round fitness.

Booking is essential for these classes so please contact the Horizon Centre via email on horizoncentre@macmillan.org.uk or call 01273 468770

Get togethers:

Social coffee morning – come along, have a chat, socialise and make new friends
Thursday 16th March from 10-11.30 am

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 Monday 6th March 11 am -1 pm and Thursday 23rd March from 1.30-3.30 pm.

Support groups meeting at the Horizon Centre in March

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.

Jo's Cervical Cancer Trust Support Group

Thursday 2nd March from 5.45-8.15 pm (Harbour room)

Brighton BRCA Support Group

Thursday 2nd March from 6.00-9.00 pm (Café)

Bladder Cancer Support Group

Wednesday 8th March from 6.30-9.15 pm (Reception Area)

Bright Sparks brain cancer support group

Thursday 9th March from 5.45-8 pm (Reception area)

The Head and Neck cancer support group

Friday 10th March from 2-4 pm (Horizon View)

Leukaemia Support Group

Wednesday 15th March from 7-9 pm (Reception Area)

Lymphoedema Support group

Thursday 16th March from 7-9 pm (reception area)

Breast Cancer Support Group

Monday 20th March from 6.30-8.30 pm (Reception Area)

Express Yourself blogging taster

Tuesday 21st March from 6.00-9.00 pm (Café)

Join in and Sing

Tuesdays 5.30-7 pm (call Vicki for more information on 07875 692409)

Brighton Blood Cancer Support Group

Monday 27th March from 6-7.30 pm (Reception Area)

In addition to these scheduled activities we provide an information drop-in service, welfare benefits and money advice, counselling and psychological therapies and a cafe as well as complementary therapies, physical activities and a body image service.

If you have any other questions, don't hesitate to contact us on 01273 468770, drop-in or email horizoncentre@macmillan.org.uk