

# THE MACMILLAN HORIZON CENTRE

Cancer support for Sussex

## April 2018 Activities Schedule

### Body Image Services:

#### 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 such as those affecting eye lashes and eye brows, as well as skin care tips.

Come to the Feel More Like you session on **Tuesday 10<sup>th</sup> April** from 10 am to 1 pm.

Just contact us to book a place.

#### Look Good Feel Better



look good  
feel better  
FADING CANCER WITH CONFIDENCE

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 next session in **Brighton** is on **Tuesday 24<sup>th</sup> April** 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 16<sup>th</sup> April (same times) and to make a booking please call 01243 831727

In **East Grinstead** the session is on Monday 16<sup>th</sup> April at the Queen Victoria Hospital

To make a booking, please call 01342414369

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 you have, 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 on **Wednesday 25<sup>th</sup> April** from **2-3.30 pm** at the Macmillan Horizon Centre.

*\*Booking necessary\**



### Physical Activities:

We have a 6 weeks **PILATES** class with Tracey coming up on **Wednesday 18<sup>th</sup> April** from **3.30-4.30 pm** for 6 weeks.

*\*Booking necessary\**



Our lovely Hannah is offering a two hour **YOGA** workshop on

**Tuesday 24<sup>th</sup> April** 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 have a 6 weeks yoga for *men class* with Ade starting on **Tuesday 1<sup>st</sup> May** 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\**

## SEATED PILATES

Are you interested in joining an exercise class but anxious that you're not up to it? If you are looking for a gentle introduction on the journey of taking responsibility for your own fitness then our **seated pilates** classes with John might be the answer for you. This form of exercise can lead to improvements in strength, flexibility and balance. The fundamental aim is to give you the confidence to participate in an activity that appeals to you.

The classes are every **Thursday (except the 29<sup>th</sup> March) from 4.15-5.15 pm**

*To find out more, please contact the Horizon Centre.*

## TIME OUT for CARERS and FAMILY MEMBERS

We are starting a new physical activity class for carers and family members which is a mix of fitness, Pilates and yoga to ease stress, get moving, strengthen, and lift mood. Fun and suitable for all ages and abilities.

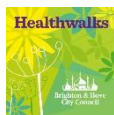
This class is starting on Wednesday 18<sup>th</sup> April from 3.30-4.30 pm.

For more information please contact the Horizon Centre.

*\*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, 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.

We also have a Healthwalk pop up stall at the Horizon Centre on **Wednesday 18<sup>th</sup> April, 10.30 am- 12 midday**. Please come along and find out about the different walks you can join.



'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.

Check out their website for more information [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**.



## **Ricochet Plus – table tennis**

Drop in Table tennis session at the Horizon Centre. First Monday of the month – 3<sup>rd</sup> April, from 3pm-5pm. Open to all – why not drop in and have a go?

## Eat Well Feel Better:

We will be running cooking skills course on Wednesday mornings. 10:30-13:00 over 3 weeks. This will be a chance to build cooking skills and the confidence to eat well and feel better.

**11<sup>th</sup> April, 18<sup>th</sup> April and 25<sup>th</sup> April 2018**

The cooking skills course will include an introduction and overview to build on existing knowledge about healthy eating and sessions on:

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

\*Booking necessary\*

## Get togethers:



On Tuesdays between 2-3 pm we have a little knitting club. So just bring your work with you, join us for some tea and coffee and some craftsness!

**Social coffee morning** – come along, have a chat, socialise and make new friends  
Thursday 19<sup>th</sup> April 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 9<sup>th</sup> April from 10am to 12 o'clock** and **Thursday 26<sup>th</sup> April 1.30-3.30 pm**  
<https://carershub.co.uk/>

## 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! All sessions are from 10.30 am to 12.30 pm

- Saturday 12<sup>th</sup> May
- Saturday 9<sup>th</sup> June
- Saturday 14<sup>th</sup> July

\*Booking necessary\*

## 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 4<sup>th</sup> April from 5-7 pm  
(Reception)

### **Brighton BRCA Support Group**

Thursday 5<sup>th</sup> April from 6-9 pm  
(Horizon View)

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

Monday 9<sup>th</sup> April from 6.30-8 pm  
(Reception)

**Brightsparks** brain cancer support group

Thursday 12<sup>th</sup> April from 6.30-8.30 pm  
(Reception)

### **Breast Cancer Support Group**

Monday 16<sup>th</sup> April from 6.30-8.30 pm  
(Reception)

**The Head and Neck cancer support group (THANCS) meeting**

Friday 20<sup>th</sup> April, 4-6 pm (Horizon View)

### **Blood Cancer Support**

Monday 30<sup>th</sup> April 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 Bedford 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



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



01273 468770

**Please note that we're closed on Good Friday (30<sup>th</sup> March) and Easter Monday (2<sup>nd</sup> April).**