What’s coming up

Welcome to our July/August summer 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 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:

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.

We are taking bookings for the July and August sessions in Brighton at their new home the Macmillan Horizon Centre! These run 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 468770 or email horizoncentre@macmillan.org.uk

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 information 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:

- Ready to wear samples of wigs and other headwear
- Brochures of styles and colour samples
- Information on what your NHS wig prescription provide

Get expert hair loss advice from Trendco at our next sessions on Tuesday 16th July or Tuesday 20th August, 10 – 4pm at the Macmillan Horizon Centre.

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

**Headwear Workshop**

On July 4th 11 – 1pm we host a social workshop for anyone who would like to learn different headscarf tying techniques & receive advice on all aspects of headwear.

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 onto upcoming workshops, please contact the Horizon Centre.

*Booking necessary*

**Physical Activity:**

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

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 More 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

There’s still space on our Just Bowl group which is running every Wednesday 3.30 – 4.30pm until the end of July. Based loosely around indoor bowls, our group is packed with fun mini-games that will have you up and scoring in no time. Email horizoncentre@macmillan.org.uk or call 01273 468770 to take part.

**HEART PRACTICE YOGA GROUP**

Join Paula this summer for a five-week group of gentle Heart Practice Yoga in our glorious Horizon View room.

The new class runs every Monday from July 22nd - 19th August, 11am – 12.15pm. Whether you’re an experienced yogi or a total newcomer, all are welcome. Mats and blocks are provided, just wear something comfortable that you can move in. Email horizoncentre@macmillan.org.uk or call 01273 468770 to join.

**TAKE A BREATHER**

Our new breathing workshop on Wednesday August 14th 2.30 - 3.30pm is a chance to use your breath to help you relax and feel calmer.
The group is suitable for most people, though if you have lung disease or shortness of breath you may wish to discuss your needs prior to signing up.

Please call 01273 468770 or email horizoncentre@macmillan.org.uk

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Our next three-part cookery workshop series takes place here on Wednesday mornings 10.30 – 1pm on 10th, 17th and 24th July.

These popular workshops are themed as follows:

- **Breakfast boost** - learn 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** - looking at sources of healthy protein, concentrating on alternatives to red meat.

Mhairi and Emma, pictured above, are your course experts who will have you kitchen confident in no time. Booking is essential, either at reception or by emailing ewinder@macmillan.org.uk

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The family behind the Brighton Fringe Festival show Random Acts of Nonsense is returning to the Macmillan Horizon Centre on Saturday 3rd August, to help other families create fun memories in the face of incurable cancer.

After a performance of the show there will be activities, games and crafts for all ages to enjoy. This show is open to all but would be especially suitable for families where a parent or guardian is living with cancer.

You can discover all about RAON at [https://www.randomactsofnonsense.co.uk/](https://www.randomactsofnonsense.co.uk/)

To find out more about the family event and book your free space please call 01273 468770 or email horizoncentre@macmillan.org.uk

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**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 July 18th** and **Thursday 15th August** from 10-11.30 am in the Horizon Centre lounge.

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**Support Group Meetings at the Horizon Centre:**

The next series of the Breast Cancer Care “Moving Forward” Support Group is set to be announced. The group runs as a fixed term support group for 4 consecutive mornings with the next series starting in November 2019 with a likely end in early December.

Whether you are experiencing side effects of treatment, wondering how...
to adopt a healthier lifestyle or finding it hard to make sense of your breast cancer experience, our Moving Forward courses are here for you.

These groups aim to provide information, support and professional guidance on how to cope with and adjust to life after breast cancer treatment. Topics covered may include: healthy eating, exercise, managing menopausal symptoms, lymphoedema, cancer fatigue, and intimacy and relationships.

The course is open to people who have had a primary breast cancer diagnosis and have finished their hospital-based treatment. We ask that you are free to attend every week of the course.

To sign up or for more information please e-mail movingforward@breastcancercare.org.uk, call 0345 077 1893 or contact your breast cancer nurse.

Listed below are all the support groups currently meeting at the Horizon Centre. We do not run these ourselves, so do please drop in or contact 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 group here Wednesday 10th July 6.45 – 8pm

BRCA Support Group
Meets on the first Thursday of the month, the next meetings are on July 4th and August 8th.

Breast Cancer Support Group
Meets on third Monday of the month. The next meeting is on July 15th. There is no meeting in August.

Brightsparks Brain Tumour Support Group
Next meetings on Thursday 11th July and 8th August 6.30 – 8.30pm.

Chronic Myeloid Leukaemia (CML) meet here every third Wednesday, every other month. Next meeting July 15th 6 – 7pm.

Leukaemia Support Group – Every third Wednesday every other month, with the next meeting on July 17th 7 – 9pm

LGBTQ+ Urology Support Group
Will be starting up in September, on the second Tuesday of the month from 5pm – 6:30. The first meeting is on Tuesday Sept 10th.

Lymphoedema Support group
runs once every two months, with the next meeting Thursday July 11th 7 – 9pm.

PCaSO Prostate Cancer Support Group
next meet here on Wednesday 11th Sept 7 – 9pm

Sisters Abreast (breast cancer support group for women under 45) are next here Monday July 8th, and August 12th - 6.30-8 pm

The Head and Neck Cancer Support Group (Thancs), is next running on August 16th 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

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