

THE MACMILLAN HORIZON CENTRE

June 2019 Activities Schedule

What's coming up

Welcome to our June 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.

From June, the Brighton sessions will be moving to 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 get on the waiting list to make a booking, please call 01273 468770 or email horizoncentre@macmillan.org.uk

For the sessions in **Chichester** at St Richard's Hospital, please call 01243 831727.

The next free sessions in **Worthing** are at Worthing Hospital. To make a booking here, please call 01903 285132.

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 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

available. So why not try something new this summer?

Get expert hair loss advice from Trendco at our next sessions on **Tuesday 18th June 10 - 4** 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

On **Thursday 13th June 11am-1pm** we have the fabulous 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 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 your space, please contact the Horizon Centre.

Booking necessary

Physical Activity:

We have a wide selection of classes, tasters and workshops in activity

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 Move 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.

Last few spaces available on our Yoga class with Ade running Tuesday June 4th – Tuesday 2nd July 2.30 – 3.30pm. Call or email to secure your spot.



If you are interested in a space in our next three-part cookery workshop series – which takes place every other month – please contact the reception or email ewinder@macmillan.org.uk

These workshops are themed 'Breakfast boost - Eat a Rainbow and Protein Positive' and prove very popular.

Half day workshop for people with cancers affecting swallowing

Saturday June 1st 10:30am-1:30pm

This workshop is packed with ideas and recipes exploring the textural changes that are needed when swallowing becomes more difficult.

The recipes will incorporate mixed dietary needs while encouraging nutritional wellbeing. The recipes will be moist, smooth and easy to swallow but not pureed. To find out more please contact the Macmillan

Horizon Centre on 01273 468770
or email
ewinder@macmillan.org.uk

Art with Onca

PHOTOGRAPHY WITHOUT THE CAMERA

Come and get creative at our free art workshop. Open to all and no equipment required, join us on Saturday June 8th for 'Photography without The Camera' (10:30-12:30pm)

To snap up a place email or give us a call as below;

HorizonCentre@macmillan.org.uk
01273 468770

Hurry – they'll be gone in a flash!

Get together:



MACMILLAN
CANCER SUPPORT

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-together is **Thursday June 20th** from 10-11.30 am in the Horizon Centre lounge.

Family Friend Carers Drop-in

Are you looking after someone affected by cancer? Then come and speak to one of the support workers about your needs. Representatives from the three services that cover Sussex will be here every second Tuesday and last Thursday of the month.

Carers Week 10 -16th June 2019

SUPPORTING SOMEONE WITH CANCER? WE THINK YOU DESERVE A HAND

You may not think of yourself as a carer but if you're helping to support someone through cancer, then there's support on hand for you.

Wednesday 12th June 10.30 – 1pm as part of Carers Week, we're hosting a special drop in event.

We've an information stand, support organisations from across Sussex and much much more. To find out more call 01273 468770 or come along on the day. No booking required.

MINDFUL HOUR

Our popular Mindfulness sessions run every **Friday 1.30 – 2.30pm**

Whether Mindfulness is completely new to you or you're an experienced meditator, you're welcome to come and enjoy this tranquil hour.

There's no need to book ahead, we just ask that you arrive to start at 1.30pm.

Support Group Meetings at the Horizon Centre:

There are still spaces to sign up for the next Breast Cancer Care "Moving Forward" Support Group. The group runs as a fixed term support group for 4 consecutive Tuesday mornings with the next series starting 25th June and then running 2nd, 9th and 16th July.

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. 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

Breast Cancer Support Group

The next meeting is Monday June 17th 6.15-8.15 pm

Brighton BRCA Support Group

Thursday June 6th,
from 6:30-8:45 pm

If you would like to join a meeting please e-mail:

brcabrighton@gmail.com

Brightsparks Brain Tumour Support Group

Next meeting on Thursday 13th June 6.30 – 8.30pm.

Chronic Myeloid Leukaemia (CML) meet here every third

Wednesday, every other month.
Next meeting July 15th 6 – 7pm.

Head and Neck Drop In

is next running on Friday 14th June

at 3pm – 4pm.

Leukaemia Support Group –

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

Lymphoedema Support group

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

PCaSO Prostate Cancer Support-

next meet here on Wednesday 11th Sept 7 – 9pm

Sisters Abreast (breast cancer support group for women under 45)

Monday June 10th 6.30-8 pm

The Head and Neck Cancer Support Group (Thancs), is next running on June 14th 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



horizoncentre@macmillan.org.uk



01273 468770



www.macmillan.org.uk/horizoncentre



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