

THE MACMILLAN HORIZON CENTRE

Cancer support for Sussex



Body Image Services:

Look Good Feel Better



Open to all women with a cancer diagnosis from point of diagnosis, up to

year after treatment has 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 is on **Tuesday 27th February** 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 19th February (same times) and to make a booking please call 01243 831727

For other sessions in Sussex please follow the link: 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 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 28th February from 2-3.30 pm** at the Macmillan Horizon Centre.

Booking necessary



On **27th February from 10 am to 12 o'clock** we have 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 & prints to try on & see what suits you. You can also bring your own scarves!

www.chemoheadwear.co.uk

For more information and to book your space, please contact the Horizon Centre.

Booking necessary

Physical Activities:



Our lovely Hannah is offering a two hours **YOGA** workshop on **Tuesday**

6th February 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

WE LOVE QIGONG

We are also starting the **Qigong** class with Carmen again for 6 weeks, starting on **Wednesday 7th February from 2-3 pm.**

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 will start on **Thursday 1st March for 6 weeks 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.

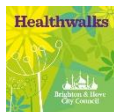
This 6 week class is starting on **Wednesday 7th March from 3.30-4.30 pm.**

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.



'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.

Find out about Albion in the Community and speak to the coaches directly - come and see them at the Horizon Centre on **Thursday 7th February** from 9 am to 1 pm

Check out their website for more information www.brighteroutlook.org.uk, email 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 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 – starting from Feb 5th from 3pm-5pm. Open to all – why not drop in and have a go?

Eat Well Feel Better:

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

20th February, 27th February and 6th March 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 together:



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 craftsiness!

Social coffee morning – come along, have a chat, socialise and make new friends Thursday 15th February 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 12th February from 10am to 12 o'clock and Thursday 22nd February 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.

Brighton BRCA Support Group

Thursday 1st February from 6-9 pm (Horizon View)

Head and Neck Drop In

Wednesday 7th February from 5-7 pm (Reception)

Brightsparks brain cancer support group

Thursday 8th February from 6.30-8.30 pm (Reception)

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

Monday 12th February from 6.30-8 pm (Reception)

The Head and Neck cancer support group meeting

Friday 16th February, 4-6 pm (Horizon View)

Breast Cancer Support Group

Monday 19th February from 6.30-8.30 pm (Reception)

Blood Cancer Support

Monday 26th February 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

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 9th February from 10.30 am-1.30 pm** we would like to invite you to our Art Work Open Forum.

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.

Booking necessary



horizoncentre@macmillan.org.uk



01273 468770