

THE MACMILLAN HORIZON CENTRE

Cancer support for Sussex

March 2018 Activities Schedule

Body Image Services:

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 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 March** at the Park Centre (Brighton), from **10 am to 12 noon**.

To make a booking, please call 01273 696955 Ext: 4799

The session in Chichester is on Monday **19th March** (same times) and to make a booking please call 01243 831727

LGFB also offers a Masterclass in Worthing on **26th March** 10 am to 12 noon. Women can bring their own make up and LGFB bring skin care products to share.

To make a booking, please call 01903205111 ext 84116

For other sessions in Sussex please follow the link: www.lgfb.co.uk

Trendco- hair loss group session

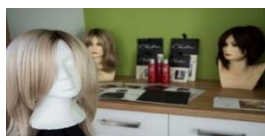


Independent of what stage of your hair loss journey you're on, Trendco is here to help. We offer a group session about hair loss before, during and after your cancer treatment which includes:

- 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 March from 2-3.30 pm** at the Macmillan Horizon Centre.

Booking necessary



On Thursday **15th March from 3-4 pm** 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 Fatima is offering a one off **YOGA** class on **Friday 2nd March from 11 am to 12.15 pm** here at the Horizon Centre AND Hannah is offering a 2 hour

workshop on **Wednesday 7th March from 11 am to 1 pm**. The sessions 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 also have a 5 weeks yoga for *men class* with Ade starting on **Tuesday 20th March** 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 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.



OM
RETREATS

Half day yoga retreat in Horsham!

Om Retreats in partnership with Macmillan, are hosting a half-day yoga retreat at the beautiful Yoga Garden, in the heart of the Sussex countryside. It is specifically for people affected by cancer. On this gentle retreat, we will have the time to take our yoga and meditation practice at a slow pace, and really relax our bodies and minds, whilst enjoying some time in this peaceful countryside location on the Knepp Safari Estate.

18th March from 10.30 am to 2 pm at The Yoga Garden, Horsham.

Equipment and Light refreshments provided.

<http://omretreats.co.uk/retreat/half-day-yoga-retreat-macmillan/>



Booking necessary



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.

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 5th March from 3pm-5pm. Open to all – why not drop in and have a go?

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 March** 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 March from 10am to 12 o'clock and Thursday 22nd March 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 March from 6-9 pm
(Horizon View)

Prostate Cancer Support Group
Monday 5th March from 7-9 pm
(Horizon View)

Head and Neck Drop In
Wednesday 7th March from 5-6.30 pm
(Reception)

Bladder Cancer Support Group
Wednesday 7th March from 6.45-8 pm

Brightsparks brain cancer support group
Thursday 8th March from 6.30-8.30 pm
(Reception)

Sisters Abreast (breast cancer support group for women under 40)
Monday 12th March from 6.30-8 pm
(Reception)

Lymphoedema Support Group
Thursday 15th March from 7-9 pm
(Reception)

Breast Cancer Support Group
Monday 19th March from 6.30-8.30 pm
(Reception)

Chronic Myeloid Leukemia
Wednesday 21st March from 6-7pm

Leukemia Support Group
Wednesday 21st March from 7-9 pm
(Reception)

Blood Cancer Support
Monday 26th March 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

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



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