

JANUARY-FEBRUARY 2023

# THE MACMILLAN HORIZON CENTRE



01273 468770 Monday - Friday 09:00-16:30



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



[www.macmillan.org.uk/horizoncentre](http://www.macmillan.org.uk/horizoncentre)



Like

Macmillan Horizon Centre

## Information & Support

You can phone us and book a telephone or face to face appointment to discuss how you are feeling and find out what is on offer at the centre.

We are as well welcoming tours of the centre, if you are interested in visiting our facilities and meet the staff & volunteers, please give us a call 01273 468770 or email [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)



## Welfare Benefits

Welfare benefits services are running phone appointments.

if you would like to contact the Welfare Benefits Team please email: [horizonbenefitsadvice@macmillan.org.uk](mailto:horizonbenefitsadvice@macmillan.org.uk) or call on **07483 171 832** or the Horizon Centre on **01273 468770**.

Please note that this service is very busy at this time and may take a few weeks to get back to you. But please do get in contact with them if you need support.

You can also access welfare benefits support through the Macmillan Support Line 0808 8080000 (7 days a week, 08:00-20:00)

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# WHAT'S NEW

## Guided meditation

Meditation can help improve concentration, aid relaxation, reduces stress & anxiety and help improve sleep.

**Friday lunchtimes 12:00-13:00, no need to book.**

**A series of 4 drop-in sessions:**

**27<sup>th</sup> January**

**3 February**

**10 February**

**24 February**

The sessions will focus upon on:

Breath work - learn calming breathing techniques and develop strategies to help you manage difficult emotions and feel calm.

Visualisation - to help you sleep and feel more relaxed

Positive affirmations - to help you cultivate a positive mindset and self-compassion.



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# STRENGTH WORKSHOP

**19th January 13:30-14:30: Arms & Elbows**

This workshop focusses on strengthening our limbs and increasing the flexibility and mobility in our joints. It is frustrating to feel that we are not as strong as we used to be and this workshop will offer you the opportunity to learn some simple exercises that you can do at home to increase strength. Stiffness in our elbow and knee joints makes moving around painful and limits our capacity to be as mobile as we would wish. This workshop will introduce you to techniques designed to improve flexibility in these areas.

**16th February 13:30-14:30: Back & pelvis**

Lower back ache is a familiar, albeit unwelcome, problem familiar to many of us. In order to avoid the pain we may unnecessarily limit our range of movement, a habit known as guarding. In this workshop we shall gently progress through a series of graded exercises that aim to ease pain, increase flexibility and reduce stiffness. We will also be looking to increase confidence and challenge our preconceptions regarding our physical capacity.

If you would like more information or to book into the session please contact the Horizon Centre

# COMPLEMENTARY THERAPIES

Our complementary therapy volunteers offer face to face appointments for complementary therapies at the Horizon Centre, including:

- Acupuncture (limited availability)
- Aromatherapy
- Craniosacral Therapy
- Facial
- Head and Neck Massage
- Massage (including massages in the evening on certain Mondays).
- Reiki
- Reflexology



Our complementary therapies are based on current evidence and best practice and they work alongside medical treatment without compromising existing care.

They can help to:

- Promote relaxation
- Reduce anxiety
- Ease symptoms such as pain, nausea, insomnia

If you would like anymore information about any of therapies or services please visit our website, call **01273 468770** or email **HorizonCentre@macmillan.org.uk** Please note we can only book in one session at a time and due to demand we can only offer 6 appointments in total.

## Manual Lymphatic Drainage Service

This is a referral service for people who have had breast surgery with lymph node removal and who are no longer receiving chemotherapy. This may result in some fluid collection in the arm on the affected side.

This gentle massage is for mild swelling only and is performed over a series of up to 4 sessions. The massage aims to improve the swelling caused by fluid and your therapist will also teach you how to perform massage techniques that you can do at home.

A member of your clinical team should refer you for this service. If you would like a referral form please contact the Horizon Centre by phone or email.

# HAIR & SKIN CARE

Our two hairdressers are experienced at listening & advising on haircare solutions when going through or completing

cancer treatment. Or maybe you just want a haircut and/or a blow-dry! To book an appointment with them, please contact the Horizon Centre.



Look Good, Feel Better is the only international cancer charity that helps boost the physical and emotional wellbeing of those going through cancer treatment.

**Face to face group sessions are running in the**

**Macmillan Horizon Centre:**

**31st January 10:00-12:00**

**28th February 10:00-12:00**

**Spaces are limited to 12 people**

The session will include demonstrations, tips and hints around hair, skin care and make-up and a 'goody bag' of products is yours to take home after.

To book a place please visit their website or follow the link below and follow the instructions for a Face to Face Workshop: [Book a Workshop - Look Good Feel Better : Look Good Feel Better](#)

**Are you a man living with cancer or do you know a man living with cancer?**

The Look Good Feel Better Skincare and Grooming Workshops not only offer some great practical advice from experts in their field, but also provides a safe place for men to connect with others on a similar journey, talk about what's going on and share experiences.



**look good feel better**  
FACING CANCER WITH CONFIDENCE

To book onto the next online workshop please visit their website:

<https://lookgoodfeelbetter.co.uk/workshops/>

## Chemo Headwear

Small face to face workshops for anyone who would like to learn different headscarf tying techniques & receive advice on all aspects of headwear. The next workshop is on the **10th January at 15:00.**



For more information please contact the Horizon Centre or Chemoheadwear on 01798 861501.

## Trendco



Wig specialists are available in the Hove salon to give advise on the phone or face to face. You can call them to find out more or book an appointment on 01273 778516. Trendco are in the Horizon Centre for appointments all day on the **17th January**

## EXTERNAL ORGANISATIONS

### Nordic Walking

Nordic walking provides aerobic exercise & strengthens muscles. It also engages more muscles throughout the body than both normal walking and walking with trekking poles. Free taster sessions are run at One Garden in Stanmer Park. For more information and to book please email [peter@nordicwalkingforhealth.co.uk](mailto:peter@nordicwalkingforhealth.co.uk)

### Choose To Move



Choose To Move is a project led by the Crew Club in partnership with Sport England to help people living in Whitehawk get more active locally. It works with people from the community of all ages providing a safe space to learn, socialise and play.

For more information on the project and walking maps of the local area please visit their website [Story \(choosetomove.co.uk\)](http://Story(choosetomove.co.uk))

Vision impaired sports, including cricket, netball, goalball and tennis, at the King Alfred Leisure Centre. For more information visit their website [News – Sight Loss Sports and Social Group based in Brighton and Hove \(esvsiable.uk\)](http://News – Sight Loss Sports and Social Group based in Brighton and Hove (esvsiable.uk))

**Totknots of Brighton** sell soft, stylish and unique turbans. Use code Brightonbelles to get 10% off your first order at [Totknotsofbrighton | Etsy UK](http://Totknotsofbrighton | Etsy UK)

**TOT KNOTS**  
OF BRIGHTON

The **Hair Reborn** charity provides support and advice helping people feel more prepared as they start chemo treatment and up to 3 free appointments in specially trained salons in West Sussex. Please see their website for more information [HAIR REBORN | Charity](http://HAIR REBORN | Charity)

### Counselling

Counselling sessions are now running over the phone, as online video sessions or as face to face at the Horizon Centre.

If you are at least 6 months since you finished active treatment please contact the Horizon Centre to arrange an appointment on 01273 468770 or via [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

If you are undergoing treatment at the moment or you are within 6 months of completing treatment please contact your clinical nurse specialist to access the Macmillan Counselling service delivered by the NHS.

If you don't know how to contact your clinical nurse specialist please ask us and we can give you their contact details.

### Virtual Support & sessions



Our online sessions will continue to run as usual via Microsoft Teams. Please email or call if you would like to book on:

- Yoga Nidra - Mondays 11:00-11:30
- Coffee Morning Book Club - First Tuesday of the month 10:30-11:30, next date **Tuesday 7th February**
- Breathing Workshop - Wednesdays 14:00pm-15:00
- Horizon Connect - Fridays 10:30-11:30

## GROUP SESSIONS

# EAT WELL FEEL BETTER

Would you like to build your cooking skills and confidence in order to eat well and feel better?



We're running a two-part workshop, where you can meet new people, try different food's, and get your questions answered about healthy eating!

All food and equipment will be provided.

Hosted by Macmillan's Eat well, feel better services manager Emma Winder and Consultant Dietitian Mhairi Donald.

## HOPE COURSE

A six week self-management course for people on a curative pathway, ideally suited for those who are coming to the end of treatment or finished treatment.

It focuses on topics including:

- smarter goal setting
- priorities and values
- living positively with fears for the future
- character strengths
- physical activity & eating well
- managing stress
- coping with fatigue
- finding things to be thankful for.

For more information please email: [laura.pritchard9@nhs.net](mailto:laura.pritchard9@nhs.net)

## Yoga

Join Laura for a 6-week, gentle yoga course in our Horizon View room. Novices and experienced all welcome.

**Thursday 5th January - Thursday 9th February**

**11:00-12:00**

For more information and to book onto the course please contact the Horizon Centre.

## Introduction to Pilates

Join Nicola for a 4 week introduction to Pilates course. These weekly classes will focus on balance, correct alignment, connecting with your core, and will enable you to become stronger and more flexible. Nicola will lift your spine and your spirits in a flowing class that will work your body from head to toe. Beginners welcome.



**Wednesday 11<sup>th</sup> January - Wednesday 1<sup>st</sup> February**

**11:00-12:00**

Please contact the Horizon Centre if you would like more information or to book onto the classes.



Activity through and after cancer

Albion in the Community will help you get active and stay active in a way that is right and safe for you at this present time.

This includes a tailored exercise programme, group activities such as circuits and prehab training.

The Horizon Centre staff can refer you to Albion in the Community or You can self refer via their website:

<https://www.albioninthecommunity.org.uk/brighter-outlook/>

## SUPPORT GROUPS

The peer support groups are run by people affected by cancer for people affected by cancer. The peer support groups meeting in the Horizon Centre in the next few weeks are:

- **Beat Bladder Cancer Together.** Second Wednesday alternate months. For more details contact Steve Thomas at [admin@beatbladdercancertogether.co.uk](mailto:admin@beatbladdercancertogether.co.uk) Tel 07837 388430 **Next meeting:** 11th January 18:45-20:00
- **BRCA Brighton Support Group for women across Sussex.** First Thursday of the month. If you would like to join BRCA please contact [brcabrighton@gmail.com](mailto:brcabrighton@gmail.com). **Next meeting:** 2nd February 18:30-20:45
- **Breast Cancer Support Group.** Third Monday of the month. For more details contact [info@breastcancersupportgroup.co.uk](mailto:info@breastcancersupportgroup.co.uk) or call Gwen on 07985115381. **Next meeting:** 16th January 18:30-20:30
- **Leukaemia Support Group.** Third Wednesday alternate months. For further details please contact [donna.munro@leukaemiacare.org.uk](mailto:donna.munro@leukaemiacare.org.uk). **Next meeting:** 18th January 19:00-20:30
- **Lung Cancer Support Group.** First Tuesday of the month. For more details please contact Tony at [lcs@btinternet.com](mailto:lcs@btinternet.com). **Next meetings:** 7th February 18:00-19:30
- **Mick's Men Only Tuesdays.** First and third Tuesday of the month. For more details please contact [micks@macmillan.org.uk](mailto:micks@macmillan.org.uk) **Next meetings:** 17th January 17:00-18:30
- **THANCS (The Head and Neck Cancer Support).** Third Friday alternate months. For more information please contact Steve at [sg14eley@gmail.com](mailto:sg14eley@gmail.com) or call 07787842556. **Next meeting:** 17th February 16:30-18:30

The Horizon Centre lounge is open Monday to Friday

09:00-16:30.

Come and have a chat with our volunteers and grab a coffee from our café.



Calling all  
**HORIZON  
CENTRE**  
Facebook Followers



we recommend you join this Facebook page as well:

**MACMILLAN HORIZON CENTRE BRIGHTON  
FUNDRAISING GROUP**

Keep up to date with all our Fun activities  
and perhaps join in with some of our events in 2023

Please **SHARE** this page with your Friends



Macmillan Horizon Centre Brighton Fundraising Group

## Support for families and carers

Most of our services are available for both patients and their families to ensure no one faces cancer or its consequences alone.

If you are a family member or a carer, you can access our services for free.

We can also signpost you to other organisations that might be able to support you according to your needs.

To find out more, give us a call on 01273 468770, email [Horizoncentre@macmillan.org.uk](mailto:Horizoncentre@macmillan.org.uk) or come to have chat with our volunteers Monday to Friday 09:00-16:30.



Meet the Carers Centre charity in our information lounge on:

2nd February & 2nd March

09:15-13:00

Established in 1988, the Carers Centre for Brighton & Hove is a local charity which aims to make a positive difference to the lives of unpaid family carers by enabling them to fulfil their own needs as individuals and offering them appropriate support to achieve a balance between their lives and caring role. The Centre works with young

## Fundraising Group

The Horizon Centre & Brighton & Hove Macmillan Fundraising Committee are looking for some additional committee members to help organise fundraising events & help other members of the team. The fundraising committee members typically give a few hours of their time a month. If you would like to help and get involved, please contact Kevin Smith (Chair of the Committee) on 07787 550069 for more details.

## Macmillan Cancer Support in the UK

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to,

call **0808 808 00 00** (7 days a week, 08:00-20:00)

or visit [macmillan.org.uk](http://macmillan.org.uk).

**THE MACMILLAN  
HORIZON CENTRE**



**MACMILLAN  
CANCER SUPPORT**  
RIGHT THERE WITH YOU

**NHS**  
University Hospitals Sussex  
NHS Foundation Trust

**Macmillan Horizon  
Centre  
2 Bristol Gate  
Brighton  
BN2 5BD**

**01273 468770**

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

**[www.macmillan.org.uk/](http://www.macmillan.org.uk/)**