

MAY –JUNE 2023

THE MACMILLAN HORIZON CENTRE



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



Horizoncentre@macmillan.org.uk



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



Welfare Benefits

Welfare benefits services are running phone appointments.

if you would like to contact the Welfare Benefits Team please email: horizon.benefits@nhs.net 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)

WHAT'S NEW

A Vocal Psychotherapy Group – for women recovering from cancer treatment

When your treatment stops, it can leave you with mixed feelings – some positive and some negative. This is completely normal, yet it can be difficult to find a space for the more difficult feelings when people around you would prefer the fears and anxieties to become a thing of the past. You may want this too but when your body and sense of identity have experienced a lot of stress, they need time to recover and reset.

Vocal psychotherapy is a new kind of therapy which focusses on the singing voice as a resource and part of your identity. Through breath work, gentle vocal exercises, group and individualised singing within a reflective, therapeutic setting, you will have the opportunity to connect with yourself and others in new ways.

This group aims to help you:

- reconnect with yourself and your body.
- feel more in control of your anxieties and fears.
- feel brighter in mood and more positive about the future.

You will be supported to engage with the group at your own pace, with no pressure to 'perform' or sound a certain way. You will attend a 1:1 introductory session prior to joining the group which will be an opportunity for you to meet the therapist privately, so she has a good understanding of your individual needs

These small groups (up to 5 members) will run over 6 weeks with Tina Warnock, a vocal psychotherapist and you will need to commit to reliable attendance. There will be a one hour 1:1 introductory and closing session at the beginning and end. For more information about Tina, please visit www.belltree.org.uk

Thursdays 12:15 - 13:45. 18th, 25th May and 1st, 8th, 22nd, 29th June

For more information please contact Charlotte Almond
CAmond@macmillan.org.uk

Walking Group, Stanmer Park

Do you want to get some gentle exercise, build up stamina or just want to get out and about in the fresh air..... why not join our volunteer led walking group?

Tuesday 9th May 10:30 & Tuesday 23rd May 13:30

Our volunteers Nicki and Julie will meet you at the entrance to **Stanmer Park - Lower Lodge** - and will guide you on a walk around Stanmer Park and the One Garden for approximately 1 hour 15 minutes. The walk includes a gentle incline on mainly level ground but there may be some uneven surfaces through the woodland area. Parking is available at Lower Lodge (£1.50 for 2 hours) or the nearest train station is Falmer (the 5B, 23 & 25 bus stops near the station.) Toilet facilities and refreshments are available.

If you would like to book in for the walking session please contact the Horizon Centre.



Hand and Nail Care

Your hands and fingernails can go through changes during treatment. Aniko offers 30-minute appointments to help you manage the changes and keep your hands and nails as healthy as possible.

Alternatively, you may just want to have your hands massaged and nails manicured as a treat and to help you relax.

If you would anymore information or to book an appointment 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.

Spotlight on our online sessions

Horizon Connect

This a weekly meeting on Fridays 10:30-11:30.

It is an opportunity to meet together online with others who are affected by cancer. It is a facilitated session hosted by one of the staff members or volunteers at the Horizon Centre. Discussion are led by the participants and topics range from cancer to topical news - anything that's important to those attending!

Breathing Workshop

This is a weekly online session 14:00-15:00 led by Richard.

Richard takes you through breathing techniques to help you use your breath to help you feel relaxed and calmer. Richard will expertly take you through techniques and breathing sequences that you can then use when you wish.

Yoga Nidra

This is a weekly online session 11:00-11.30 led by Cindi.

Yoga Nidra is sometimes called 'yogi sleep'. It promotes deep rest and relaxation. Using guided visualisation, it can commonly take you to a state between sleeping and waking.

For all the above sessions a link is sent by email each week, so it gives you the opportunity to join via MS Teams as you wish.

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:

30th May 10:00-12:00

28th June 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](#)



Trendco

Wig specialists are available in the Hove salon to give advice 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 in the morning

on the **16th May**.

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 **20th June at 14:00**.



For more information please contact the Horizon Centre or Chemo-headwear on 01798 861501.

Cancer and Intimacy

A lot of people experience some worries or anxieties about how their cancer treatment will affect or is affecting their feelings or ability around sex and intimacy. This can include physical discomfort, hormonal changes or body image issues which make it difficult to feel confident about being intimate with a partner.

These sessions aim to answer your questions, help you to understand more about what might be going on for you, and to help you to find the right help to enable you to move forward.

Men 9th May and Women 7th June 17:00-18:00

For more information or to book into one of the sessions please contact the Horizon Centre



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/>

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.

For more information please email: laura.pritchard9@nhs.net

EXTERNAL ORGANISATIONS



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 www.choosetomove.co.uk/

Moving Forward



Breast Cancer Now run a two half-day Moving Forward course for people who have finished their hospital based treatment for primary breast cancer.

You can attend Moving Forward at a face-to-face course run at the Macmillan Horizon Centre in May and September 2023 or by joining online. Places are provided on a first come first serve basis. To book a place, please either visit the website breastcancernow.org, call Breast Cancer Now on 0345 077 1893 or email movingforward@breastcancernow.org

Counselling

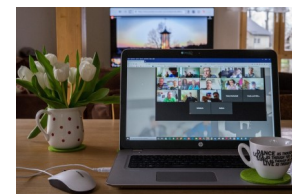
Counselling sessions are now running over the phone, as online video sessions or as face to face at the Horizon Centre.

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

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 2nd May**
- 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!

Tuesday 9th & 16th May 10:30-13:00

All food and equipment will be provided.

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

'Grow Together'. Macmillan's Community Allotment

Would you like to connect with nature, follow the seasons and be a part of an exciting new project?

Led by Emma and our allotment support volunteers, we run twice weekly sessions at our allotment, located near Fiveways in Brighton (with free parking and is close to a bus route).



From seed sowing, to digging or just simply enjoying the view, there is something for everyone! No experience necessary. Tools and gloves provided.

Wednesday 10:00-12:00 & Thursday 13:00-15:00

For more information please speak to Emma, our Eat Well, Feel Better Services Manager (based in the café) or contact the Horizon Centre.

Health & Wellbeing Workshops

Healthy Eating and Cancer

Tuesday 6th June 10:00-12:00

Many people want to make positive changes to their lifestyle when diagnosed with cancer – this may include families and carers. Please join us for a healthy eating information session. We will be looking at the different food groups based on the Eatwell guide including:

- Sources of protein
- Portion sizes
- Eating a rainbow of vegetables

We hope this will build upon your current knowledge and experience of food and nutrition enabling you to make more informed choices and supporting you to live a healthier lifestyle.

There will be examples of different foods for you to try, we'll have a look at portion size and even a quick and easy DIY pot noodle for you to take away!

Managing Fatigue

Tuesday 6th June or Monday 31st July 14:00-16:00

Fatigue is one of the most common reported symptoms of those affected by cancer and has a significant impact upon quality of life. As part of our health and wellbeing offer, we plan to run two 'Managing Fatigue' Workshops. These workshops will cover:

- What is cancer fatigue and what causes it
- Strategies to manage fatigue
- Activity and fatigue

For more information and to book onto any of the workshops please contact the Horizon Centre.

Yoga

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

Monday 26th June - Monday 31st July

10:00-11:00

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



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 Tel 07837 388430 **Next meeting:** 10th May 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. **Next meeting:** 4th May 18:30-20:45
- **Breast Cancer Support Group.** Third Monday of the month. For more details contact info@breastcancersupportgroupsussex.co.uk or call Gwen on 07985115381. **Next meeting:** 15th May 18:00-20:00
- **Leukaemia Support Group.** Third Wednesday alternate months. For further details please contact donna.munro@leukaemiacare.org.uk. **Next meeting:** 17th May 19:00-20:30
- **Living with Incurable Head, Neck & Thyroid Cancer Support Group (not neurological).** Every fourth Wednesday (not August). For patients only. Please sign up on Eventbrite: [Living with Incurable Head, Neck and Thyroid Cancer Support Group Tickets, Multiple Dates | Eventbrite](#) **Next meeting:** 17th May 16:30-19:00
- **Lung Cancer Support Group.** First Tuesday of the month. For more details please contact Tony at lcsg@btinternet.com. **Next meeting:** 2nd May 18:00-19:30
- **Lymphoedema Support Group.** Second Thursday of the month. For more details please contact brightonhovelsg1@gmail.com **Next meeting:** 11th May 19:00-21:00
- **Mick's Men Only Tuesdays.** First and third Tuesday of the month. For more details please contact micks@macmillan.org.uk **Next meetings:** 2nd & 16th May 17:00-18:30
- **THANCS (The Head and Neck Cancer Support).** Third Friday alternate months. For more information please contact Steve at thancs2011@gmail.com or call 07787842556. **Next meeting:** 16th June 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.



The Sanctuary - Light & Sound Room

Need a place to relax and rest? Our beautiful Light and Sound Room is always available for you to have a moment to yourself enjoying the changing colours and gentle music.

No need to book, just ask at the reception and we will show where to go!



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 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:

4th May & 1st June

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.



**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU

NHS
University Hospitals Sussex
NHS Foundation Trust

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