

OCTOBER-NOVEMBER 2023

# THE MACMILLAN HORIZON CENTRE



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



**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: [horizon.benefits@nhs.net](mailto: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

## Yoga

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

**Monday 30th October - Monday 4th December**

**10:00-11:00**

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

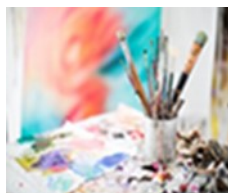


## Art for Wellbeing

**Tuesdays 10:00-11:30. 10th & 17th October then 2 weeks gap, recommencing 7th, 14th & 21st November.**

A series of 5 classes facilitated by local artist Kitty Cava, to promote wellbeing and relaxation. Come and join our art group and experience the relaxing power of drawing and painting from nature plants, seed pods, animals, landscape and even the weather! We can refresh our senses, and delight in the beauty and innovation of the natural world.

We will experience different ways of drawing and painting with water-colours. All levels of experience with art are welcome. Some materials will be provided for the sessions, but feel free to bring your own as well.



**MACMILLAN  
CANCER SUPPORT**

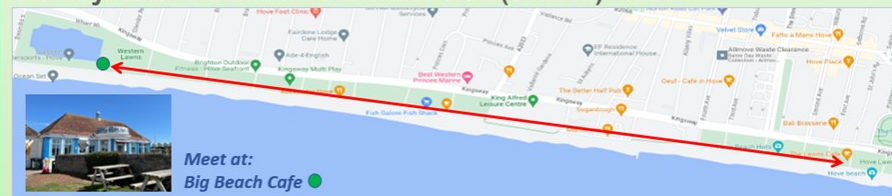
## Hove Promenade Walk

**30th October & 13th November at 10.30**

**THE  
MACMILLAN  
HORIZON  
CENTRE**

Join us at Big Beach Café (see map) for a walk from Hove Lagoon along the promenade to the Lawns Café and then back along the same route.

Refreshments at start and finish (Big Beach Café), Rockwater, Lex's Café, Marrocco's, the Lawns Café (all on the promenade). Toilets along the way. Total distance: Just under 5km (3 miles) Flat.



### PARKING

Free for 4 hours on Wharf Road next to the Lagoon  
Also free between 11am and 7pm on any of the side roads close to the lagoon.  
On Kingsway itself, there is metered parking

### Getting There

### BUSES

Coastliner 700 bus travels along Kingsway and stops by Hove Lagoon.  
Brighton buses 1, 1A and 6 travel along New Church Road and you can alight and walk down Saxon Road or Wish Road to the lagoon

## 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?

**Monday 6<sup>th</sup> November 10:30**

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.

# 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
- Hand and Nail care
- 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.

## Introduction to Pilates

Join John for a 5 week introduction to Pilates course. These 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 15th, 22nd & 29th November and 6th & 14th December 15:00-16:00**

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



# 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 October 10:00-12:00**

**28th November 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](https://www.lookgoodfeelbetter.org.uk/book-a-workshop)



## 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 **31st October**.

## 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 **17th October at 14:30**.



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



Brighton & Hove Albion Foundation 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 Brighton & Hove Albion Foundation or you can self refer via their website: <https://bhafcfoundation.org.uk/community-wellbeing/supporting-your-wellbeing/living-with-cancer/>



## EXTERNAL ORGANISATIONS

### PCaSO - Prostate Cancer Support Group



The group are running drop in sessions in the Information Lounge on the second Tuesday of the month between 11:00-13:00. There is no need to book, just turn up to talk to one of the members of their team. For more information please email Brian on [chair@pcaso.org](mailto:chair@pcaso.org) or call 07879903407

### C-Side Colorectal Support Group

C-Side is a voluntary support group for Colorectal cancer patients in Brighton & Hove and the surrounding areas. It is made up of patients and carers.

C-Side meet on the last Thursday of the month, except December, at the House Project 168 South Coast Road Peacehaven BN10 8JH. The meeting room is on the top floor via the side gate on the right of shop or via the back door from the rear car park. No need book. For more information contact 07708 676499 or visit their website: [c-sidebrighton.org](http://c-sidebrighton.org)

the  
**LOSS**  
foundation

### The Loss Foundation

The Loss Foundation is the only UK charity dedicated solely to providing bereavement support following the loss of a loved one to cancer, whether that be spouses, family members, friends or colleagues.

They provide a variety of support events to help people at any point during their loss and create the opportunity for them to meet others who have experienced something similar. For more information contact The Loss Foundation on 0300 200 4112 or visit their website: <https://thelossfoundation.org/>

### 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](http://breastcancernow.org), call Breast Cancer Now on 0345 077 1893

**BREAST  
CANCER  
NOW** The research  
& care 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 3rd October**
- Breathing Workshop - Wednesdays 14:00-15:00
- 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!

**Wednesday 8th & 15th November 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 a weekly session 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.

**Wednesdays 10:00-12:00**

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

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

**Monday 9th October 14:00-16:00**

**Tuesday 14th November 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.



## 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:** 8th November 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:** 5th October 18:30-20:45
- **Breast Cancer Support Group.** Third Monday of the month. For more details contact [info@breastcancersupportgroupsussex.co.uk](mailto:info@breastcancersupportgroupsussex.co.uk) or call Gwen on 07985115381. **Next meeting:** 16th October 18:00-20:00
- **Leukaemia Support Group.** Third Wednesday alternate months. For further details contact [donna.munro@leukaemiacare.org.uk](mailto:donna.munro@leukaemiacare.org.uk). **Next meeting:** 15th November 19:00-20:30
- **Living with Secondary Breast Cancer.** Fourth Wednesday of the month. For more details contact [secondaryservices@breastcancernow.org](mailto:secondaryservices@breastcancernow.org) **Next meeting:** 25th October 11:00-13:30
- **Lung Cancer Support Group.** First Tuesday of the month. For more details contact Tony at [lcsg@btinternet.com](mailto:lcsg@btinternet.com) **Next meeting:** 3rd October 18:00-19:30.
- **Lymphoedema Support Group.** Second Thursday of the month. For more details contact [brightonhovelsg1@gmail.com](mailto:brightonhovelsg1@gmail.com) **Next meeting:** 12th October 19:00-21:00
- **Mick's Men Only Tuesdays.** First and third Tuesday of the month. For more details contact [micks@macmillan.org.uk](mailto:micks@macmillan.org.uk) **Next meetings:** 3rd & 17th October 17:00-18:30. From November it will be the first Tuesday of the month only.
- **Ovarian Cancer Support Group.** Third Wednesday of the month. For more details contact Di [dishiple@btinternet.com](mailto:dishiple@btinternet.com) **Next meeting:** 8th October 16:00-17:30
- **THANCS (The Head and Neck Cancer Support).** Third Friday alternate months. For more details contact Steve at [thancs2011@gmail.com](mailto:thancs2011@gmail.com) **Next meeting:** 20th October 16:30-18:30

The Horizon Centre lounge is  
open Monday to Friday

09:00-16:30.

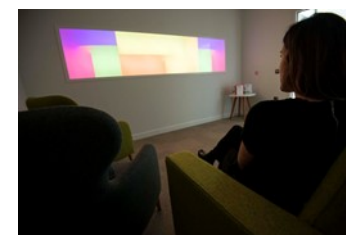
Come and have a chat with our  
volunteers and grab a coffee  
from our café.



## 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](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:

Wednesday 4th October & Monday  
4th December

09:15-12:00

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).



**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/)