

JANUARY-FEBRUARY 2024

# 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: [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

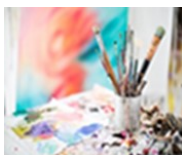
## Art for Wellbeing

**Tuesdays 10:00-11:30. 6<sup>th</sup>, 13<sup>th</sup> & February then 1 week gap, re-commencing 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> March.**

A series of 6 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.

This is a one off session as an introduction to art for wellbeing and can only be attended once.



## Looking after your emotional well-being through & beyond cancer

This wellbeing session will help you to find ways to cope with some of the main problems faced by cancer patients as they go through treatment and beyond.

The session will cover:

- How to manage stress
- How to talk to family and friends
- Information about intimacy and body image
- Working out life priorities
- Finishing with breathing and relaxation exercises

**Wednesday 31st January 12.30-14.30**

For more information or to book onto the session, please contact the horizon centre on 01273 468770 or email [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

## Cancer & the Menopause

**Friday 15th March 14:00-16:00**

Are you going through the menopause whilst also having cancer treatment or having been diagnosed with cancer? Have you started the menopause early due to your cancer treatment? Are you unsure about what menopause treatments or hormone replacement therapies you're able to take because of your cancer?

Dr Zoe Schaedel, Menopause Specialist GP with over 15 years' experience, will hopefully be able to answer some of your questions and relieve some of your concerns in this session. For more information or to book onto the session, please contact the horizon centre on 01273 468770 or email [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

**MACMILLAN  
CANCER SUPPORT**

**Cancer and Intimacy**

**NHS**  
University Hospitals Sussex  
NHS Foundation Trust

Men only session Tuesday 23rd January 17:00-18:30

Women only session Tuesday 30th January 17:00-18:30

Many 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.

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



This session is run in collaboration with UHS NHS Trust Psychological Therapies Team and delivered by Ruth Horne – Specialist Counsellor / Psychotherapist / MSc Relationship and Psychological Therapy

To book please call 01273 468770 or email [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

# 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.**

## PHYSICAL ACTIVITES

### Yoga Workshop with Laura: Finding our Strength

A workshop is an opportunity to delve deeper into the physical and meditative practices of yoga; a chance to find something new or allow well known techniques to flourish. During this extended class we will explore ways of building strength sustainably, balancing movement that creates heat and energy with postures that bring us back to more restorative states

The practices is accessible to everyone; everybody and every level of experience (this includes none) is welcome. There will be a comfort break and opportunity for refreshments part way through the workshop.

**Monday 8<sup>th</sup> January 10:00-12:30**

**Tuesday 6<sup>th</sup> February 14:00-16:30**

For more information or to book onto the workshop contact the Horizon Centre. You can book onto a maximum of three yoga workshops per year.



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://bhaFOUNDATION.org.uk/community-wellbeing/supporting-your-wellbeing/living-with-cancer/>

# 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 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](#)



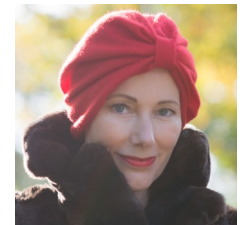
## Trendco

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 **30th January**.

## 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 **16th of January at 14:00**.



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

## 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 January 2024. Places are provided on a first come first serve basis. To book a place, please either visit the website [breastcancer-now.org](http://breastcancer-now.org), call Breast Cancer Now on 0345 077 1893 or email [movingfor-](mailto:movingfor-)

**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 would like to access counselling please contact the Horizon Centre to arrange an appointment on 01273 468770 or via [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

### 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.** Cindi will lead this session that helps to promotes deep rest & relaxation using guided visualisation.
- **Hypno-relaxation - First Monday of the 19:15-20:00,** next date **Monday 8th January.** Led by our hypnotherapist Laura, this is a time to relax & unwind helping you to prepare for sleep. An opportunity for you to slow down & find a space of calm and deep relaxation.
- **Coffee Morning Book Club - First Tuesday of the month 10:30-11:30,** next date **Tuesday 2nd January.**
- **Breathing Workshop - Wednesdays 14:00-15:00.** Richard will take you through the techniques to help you use your breath to aid relaxation & feel calmer. You can then use the breathing sequences when you wish.
- **Horizon Connect - Fridays 10:30-11:30.** This is a facilitated session hosted by one of the Horizon Centre staff members & provides an opportunity to meet together online with others who are affected by cancer. Discussions are led by the participants & the topics include anything that is important to those who are attending.



# 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 6th & 13th March**

**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.



## Health & Wellbeing Workshops

### Healthy Eating and Cancer

**Wednesday 28th February 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 13th February 10:00-12:00**

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.

These are one-off workshops that only need to be attended once.



## 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:** 10th January 19:00-20:30
- **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:** 1st February 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:** 19th February 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:** 17th January 19:00-20:30
- **Living with Secondary Breast Cancer.** Fourth Wednesday of the month. For more details contact [aryservices@breastcancer.org](mailto:aryservices@breastcancer.org) **Next meeting:** 22nd January 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:** 9th January 17:00-18:30.
- **Lymphoedema Support Group.** Second Thursday alternate months. For more details contact [brightonhovelsg1@gmail.com](mailto:brightonhovelsg1@gmail.com) **Next meeting:** 11th January 19:00-21:00
- **Mick's Men Only Tuesdays.** First Tuesday of the month. For more details contact [micks@macmillan.org.uk](mailto:micks@macmillan.org.uk) **Next meetings:** 2nd January 17:00-18:30.
- **Ovarian Cancer Support Group.** Third Wednesday of the month. For more details contact Di [dishipley@btinternet.com](mailto:dishipley@btinternet.com) **Next meeting:** 17th January 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:** 16th February 16:30-18:30

The Horizon Centre lounge is  
open Monday to Friday

09:00-16:30.

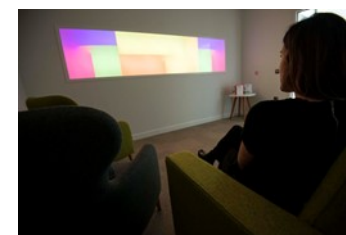
Come and have a chat with our  
volunteers and grab a coffee  
from our café.



## 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. Prayer mats are available, please just ask at Reception.

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:

Friday 23rd February  
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 join the Macmillan Horizon Centre Brighton Fundraising Group on Facebook.

## 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/)