

MONTHLY SCHEDULE

THE MACMILLAN HORIZON CENTRE

APRIL 2024



☎ 01273 468770 Monday to Friday 09:00–16:30

✉ horizoncentre@macmillan.org.uk

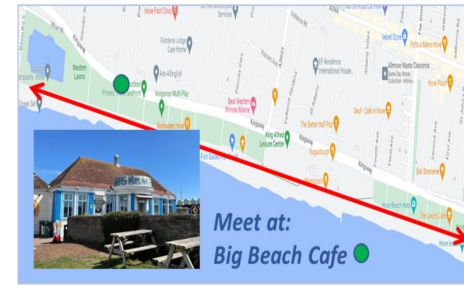
🌐 www.macmillan.org.uk/horizoncentre

WHAT'S NEW

WALKING GROUPS

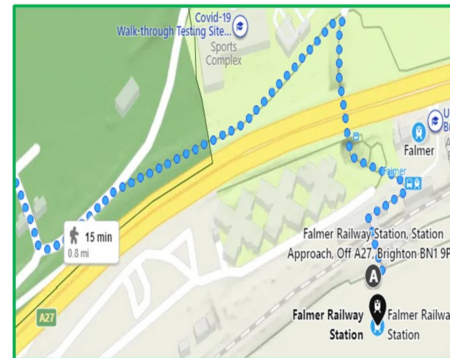
Do you want to get some gentle exercise, build up stamina or just want to get out and about in the fresh air..... why not join our volunteer led walking group?

Hove Promenade Walk
2nd April and 16th April at 10.30



Join us for a walk from Hove Lagoon along the promenade to the Lawns Café and then back along the same route. Refreshments and toilets along the way. Total distance: Just under 5km (3 miles) Flat.

Stanmer Park Walk
26th March and 9th April at 10.30



Join us at the entrance to Stanmer Park - Lower Lodge and we 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.

For more information or to book onto a walk contact the Horizon Centre 01273 468770 or email horizoncentre@macmillan.org.uk

WHAT'S NEW

PARTNERS IN TREATMENT

This is a four week course for partners of people going through cancer treatment or recovering from cancer.

This course will give you a chance to,

Meet others in a similar situation

Help with understanding what your partner is going through

Working through the shock of a cancer diagnosis and how this has changed your life and your relationships

To gain strategies to help you,

Improve communication

Manage stress

Re-build emotional and physical intimacy

the group will run from 5pm-6:30pm on the following Thursdays:

6th June

13th June

20th June

27th June



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

WHAT'S NEW

Vocal Psychotherapy Group



Join our new vocal psychotherapy group for anyone recovering from cancer treatment

Our new group involves breath work, gentle vocal exercises, group and individual singing within a safe setting. You can take things at your own pace and there's no pressure to perform.

Here's what others have to say about the course:

'Who would have thought that humming some notes could change your way of thinking?'

'(It) has helped me understand and start finding my voice... and helped reduce my anxiety every time'.

Sign up for our 6- week programme on Thursday at 12:15PM until 1:45PM on following dates 21st, 28th March, 11th, 18th, 25th April and 2nd May (no session 4th April).

If you're interested in joining this group, please contact Charlotte Almond (Psychological Therapy Service Manager):

CAAlmond@macmillan.org.uk

**THE
MACMILLAN
HORIZON
CENTRE**

Cancer support for Sussex



Belltree
Music Therapy

**MACMILLAN
CANCER SUPPORT**

ABOUT US

INFORMATION AND 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)

ABOUT US

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

VIRTUAL SUPPORT



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 promote deep rest & relaxation using guided visualisation.
- **Hypno-relaxation - First Monday of the 19:15-20:00,** next date **Monday 5th February.** 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 6th February.**
- **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.

COMPLEMENTARY THERAPIES

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

- **Acupuncture**
- **Aromatherapy**
- **Craniosacral Therapy**
- **Facial**
- **Hand and Nail care**
- **Head and Neck Massage**
- **Massage**
- **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.

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.

HAIR AND SKIN CARE

HAIRDRESSING

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.

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 on the last Tuesday of the month (morning appointments) or just drop in. Next session 26th March and 30th April

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.



Next date: Wednesday 24th April at 2:30PM

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

HAIR AND SKIN CARE

LOOK GOOD FEEL BETTER



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:

26th March 10:00-12:00

16th April 10:00 - 12:00

30th April 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](#)

PHYSICAL ACTIVITIES

YOGA

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 6th May 10:00 - 12:30

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.



PILATES

There are no available dates at the moment.

EAT WELL FEEL BETTER

COOKERY WORKSHOPS

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 17th & 24th April

10:30– 13:00 (fully booked)

Wednesday 12th June - Eat a rainbow & breakfast ideas

Wednesday 19th June - All about protein

All food and equipment will be provided.

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



NATURE FOR WELLBEING

Macmillan's community garden

Would you like to connect with nature, follow the season and be a part of Macmillan's community garden?

Led by our gardening support volunteers, we'll be running weekly sessions at our community garden, 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! (Yes, you can see the sea) There's something for everyone! No experience necessary! Tools and gloves provided

Wednesdays 10am-12noon

For more information please speak to Emma, our Eat well, feel better services manager (based in the café) or email Horizoncentre@macmillan.org.uk or call 01273 468770



HEALTH AND WELLBEING

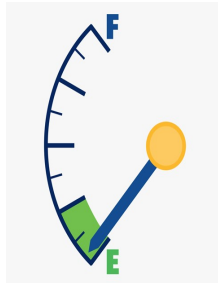
Health & Wellbeing Workshops

Managing Fatigue

Thursday 25th April 13:00—15:30

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



Cancer and Intimacy

Tuesday 9th April 5-6.30 (men)

Tuesday 16th April 5-6.30 (women)



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.

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

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

HEALTH AND WELLBEING



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!

If you would like to book or for more information please speak to a volunteer at reception, call 01273 468770 or email horizoncentre@macmillan.org.uk

SUPPORT SERVICES



Get support, learn, and share coping strategies at our free, **six-week course for people recovering from cancer**, the HOPE (Help Overcome Problems Effectively) **self-management course**. This course is ideally suited for people coming to the end of treatment or finished treatment.

Find new ways to regain your confidence, manage stress and emotional difficulties. Meet, share, learn and get more out of life with a group that meets for six weeks.

The programme 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.

The **HOPE** course is delivered by University Hospitals Sussex NHS trust Cancer Psychological therapies team. There are courses at the Macmillan Horizon Centre in Brighton but also courses in East & West Sussex.

For enquiries and further information please contact uhsussex.cancerpsychologicaltherapies@nhs.net or telephone 01273 664694.



SUPPORT SERVICES

THE TRUST FOR DEVELOPING COMMUNITIES

Maha is a Senior Engagement Worker from the Trust for Developing Communities, an organisation that delivers grassroots community development across the city of Brighton and Hove. Their work is community led and tackles inequalities experienced by communities of place and identity.



Maha will be at the Macmillan Horizon Centre on the third Tuesday of every month, from 10:00-13:00. She is here to act as a resource for people affected by cancer who may need more support. Maha speaks Arabic and English and she works closely with people from ethnically diverse communities to support them with their cancer diagnosis by aiding them to access information about cancer, the Macmillan Horizon Centre's services and other local support services. You are very welcome to drop in and chat to Maha

SUPPORT SERVICES

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:

Tuesday 2nd April

09:30-12:30

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 and adult carers aged between 6 and 90+ in Brighton & Hove.

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 meetings: 13th March and 8th May 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.

Next meeting: 4th April 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:** 18th March and 15th April 18:00-20:00

LIVING WITH SECONDARY BREAST CANCER. Fourth Wednesday of the month. For more details contact secondaryservices@breastcancer.org **Next meeting:** 20th March and 10th April 11:00-13:30

LEUKAEMIA SUPPORT GROUP. Third Wednesday alternate months. For further details contact donna.munro@leukaemicare.org.uk. **Next meeting:** 20th March 19:00-20:30

SUPPORT GROUPS

Lung Cancer Support Group. First Tuesday of the month. For more details contact Tony at lcs@btinternet.com
Next meeting: 2nd April 17:00-18:30.

Lymphoedema Support Group. Second Thursday alternate months. For more details contact brightonhovels1@gmail.com
Next meeting: 9th May 19:00-21:00

Mick's Men Only Tuesdays. First Tuesday of the month. For more details contact micks@macmillan.org.uk
Next meetings: 2nd April 17:00-18:30.

Ovarian Cancer Support Group. Third Wednesday of the month. For more details contact [Dishipley](mailto:dishipley@btinternet.com)
Next meeting: 17th April 16:00-17:30

THANCS (The Head and Neck Cancer Support). Third Friday alternate months. For more details contact Steve at thancs2011@gmail.com
Next meeting: 19th April 16:30-18:30

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 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

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.

**BREAST
CANCER
NOW** The research
& care charity

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

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!



FUNDRAISING

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.

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**

 **www.macmillan.org.uk/horizoncentre**