

# MONTHLY SCHEDULE

**THE  
MACMILLAN  
HORIZON  
CENTRE**

**April  
2025**



**Horizon Centre 01273 468770**

**Monday to Friday 09:00 — 16:30**

**PLEASE BE AWARE WE ARE CLOSED ON BANK  
HOLIDAYS**

**GOOD FRIDAY 18TH APRIL & EASTER MONDAY 21ST  
APRIL**



**Macmillan Support Line 0808 8080 000**

**Contact for free 7 days a week 08:00 — 20:00**



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



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

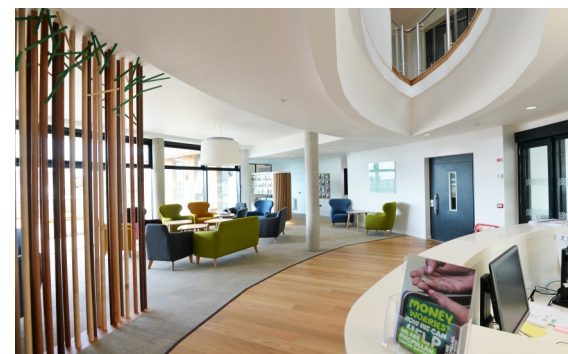
# ABOUT US

## 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 also welcoming tours of the centre. If you are interested in visiting our facilities and meeting 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 171832** 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

### LIVED EXPERIENCE OPEN FORUM

#### Responding to the National Cancer Plan

Friday April 4<sup>th</sup> 2025 from 14:00 –15:30

What should the government priorities be for:

**Prevention**  
**Early diagnosis**  
**Treatment**  
**Living with and beyond cancer**  
**Research and innovation**  
**Tackling inequalities**

We want your feedback and suggestions to feed into our response to the new National Cancer Plan.

**We need your feedback!**



To book a place, please email  
[Horizoncentre@macmillan.org.uk](mailto:Horizoncentre@macmillan.org.uk)  
or call 01273 468770

**THE  
MACMILLAN  
HORIZON  
CENTRE**

## WHATS NEW

### LIFE CAFÉ WITH MARIE CURIE

**Tuesday 1st April at 11:30am-12:30pm**

This is an opportunity to come together and talk about things that matter to us around the themes of death, dying and bereavement. We realise these conversations can be tough, so we use a series of informal exercises to help facilitate them. Our approach is gentle, and people are welcome to join in as little or as much as they want. We like to view the sessions as an entry point to more talking. You will also learn about the Marie Curie Support services.



To sign up for this session  
please contact the centre on 01273 468 770  
or email [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

### 8-WEEK MINDFUL MEDITATION COURSE

**The Horizon Centre 8-week Mindful Meditation course starts in May 2025**

**We're holding a pre-course information session on:**

**Friday 4 April 10.00 – 11.15am**

Attendance at this information session is ***strongly advised*** before signing up for the 8-week course.

Spaces are limited and so please register in advance by emailing [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)



## WHAT'S NEW

### INCURABLE CANCER SUPPORT GROUP

A new support group is forming for people living with incurable cancer—a welcoming space to connect, share experiences, and support one another in whatever way feels right for you.

#### What to Expect

This first session will be an informal introduction—an opportunity to meet others walking a similar path and to help shape the group together. There are no expectations or obligations.

This group is open to anyone at any stage of living with incurable cancer, whether you are:



- Newly diagnosed
- Living with cancer long-term

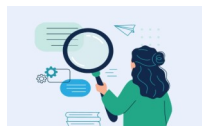
**Date:** Wednesday, 9th April

**Time:** 6:00 – 7:30 PM

**Location:** Horizon Centre

### COULD YOU BE A CANCER INFORMATION REVIEWER?

**Our information is for everybody,  
help us make it better**



That is why all our booklets and webpages are reviewed by people with a lived experience of cancer.

We are looking to expand the range of voices who review our literature.

If you are Disabled, identify as LGBTQ+, or are from an ethnically diverse

community, your feedback could help us to help others.

Become one of our cancer information

reviewers today. Email [Reviewing@macmillan.org.uk](mailto:Reviewing@macmillan.org.uk)

## WHATS NEW

### WRITING FOR WELLBEING

This four-week course aims to develop your creative writing skills by expanding your range of expression and exploring the craft of writing. The course will draw on participants' experience of cancer and recovery to foster creativity, self-expression, and wellbeing. Group exercises, discussion, writing games, and peer and personalised feedback will enable participants to reflect on, document, and reimagine their experiences.



John O'Donoghue is the author of four books and was awarded the Mind Book of the Year in 2010. He spent fifteen years as a Lecturer in Creative Writing at several UK universities, and he has a PhD in Creative Writing.

The course starts on and includes the below dates:

**13:30-15:30**

**Monday the 7th of April,**

**14th April, 28th April,**

**Finishing on Wednesday 7th of May**

**10:00-12:00**



## PSYCHOLOGICAL SERVICES

### WELLBEING COACHING SERVICE ONLINE

The Macmillan Wellbeing Coaching service is available to anyone who has been impacted by a cancer diagnosis. You might be living with cancer currently, be in remission, or have been diagnosed in the past, or be a relative of someone living with cancer.

Please contact the Horizon Centre to find out more on 01273 468770 or via email:

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

**Please be aware this is an online only service.**



### COUNSELLING AND CREATIVE PSYCHOTHERAPY



We offer 12 sessions of counselling either in person, over the phone or online, or 12 sessions of art or movement therapy in person.

If you would like to access therapy

please contact the Horizon Centre to request a referral on 01273 468770 or via email:

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

## VIRTUAL SUPPORT



### VIRTUAL SUPPORT

**\*\*\* ONLINE \*\*\***

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 ONLINE

**Mondays 11:00-11:30** Cindi will lead this session that helps to promote deep rest & relaxation using guided visualisation.

#### HYPNO RELAXATION ONLINE

**First Monday of the month 19:15-20:00**, next date **Monday 7th April**. Led by our hypnotherapist Lauren, 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 ONLINE

**First Tuesday of the month 10:30-11:30** next date **Tuesday 1st April 2025**.

Come along and talk about all things books...it is not a traditional book club that reads a book and then critiquing it. Rather, it's to bring anything to the book club that may be of interest to you; a book you are currently or have read in the past, a particular genre or author you enjoy. The chat is lead by you!

#### BREATHING WORKSHOP ONLINE

**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 ONLINE

**Fridays 10:30-11:45** 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**
- **Head 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 any more 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 nails 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.

**You can have up to 4 appointments during or after treatment.**

## COMPLEMENTARY THERAPIES

### THE COMMUNITY BASED ACCUPUNCTURE SERVICE

CBAS is a partnership between Sussex Cancer Fund (SCF), Macmillan Cancer Support and the Community Based Acupuncture Service. It is medical acupuncture, which is adapted from Chinese/traditional acupuncture and is carried out by nurses trained in medical acupuncture.



The CBAS offer a course of 6 weekly treatments to patients to those who are experiencing symptoms such as: pain, fatigue, nausea, hot flushes due to their treatment. There is the opportunity join a group session after the initial 6 weeks, for 3 sessions. Some patients are taught "DIY" needling at the end of treatment.

Please ask your clinical team to refer you, or ask at reception for a referral form, for your clinical team to complete and return.

## HAIR AND SKIN CARE

### HAIRDRESSING

Our two hairdressers are experienced at listening & advising on haircare solutions when going through or completing cancer treatment and your hair is regrowing.

**You can have up to 4 appointments during this period and then a maximum of 2 appointments per year thereafter.**

### TRENDCO



CREATING HEADLINES WORLDWIDE

**Aderans**

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 on the last Tuesday of the month (morning appointments) or just drop in.

**Tuesday 29th of 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:

**To be confirmed**

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



## HAIR AND SKIN CARE

### LOOK GOOD FEEL BETTER



look good **feel better**

HELPING WOMEN WITH CANCER

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:**

**Next session Tuesday 29th 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:

[www.lookgoodfeelbetter.co.uk/workshops/](http://www.lookgoodfeelbetter.co.uk/workshops/)

## PHYSICAL ACTIVITIES

### PILATES

These classes will focus on balance, correct alignment, connecting with your core, and will enable you to become stronger and more flexible. Beginners welcome:

**4 week course starting on and including the below dates:**



**Wednesday 23rd of April, 30th of April, 7th of May, 21st of May**

You can book onto a maximum of two Pilates programmes per year.

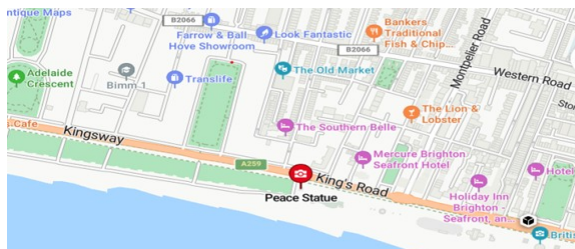
### WALKING GROUP

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 Seafront - Wednesday 16th April. Meet at 10:30  
at the peace statue

For more information or to book onto a walk contact the Horizon Centre on 01273 468770

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



## PHYSICAL ACTIVITIES

### Dance for Wellness

Creative, gentle and holistic dance classes  
at the Macmillan Horizon Centre



Dance offers a gentle yet effective form of exercise, and engaging in dance can boost mood and reduce stress levels. The class is inclusive of all abilities and all movement can be adapted to suit participant's needs and bodies.

Come and have some fun moving with me, Annie Roberts  
at the Horizon Centre on the following dates:

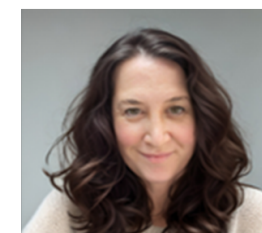
**Tuesday 8th of April**

**Tuesday 22nd of April**

**Tuesday 13th of May**

**Tuesday 27th of May**

**From 13:00-14:00**



These are individual sessions not a course and people can book on more than one session if they wish.

Please book at reception or email

[horizon.centre@macmillan.org.uk](mailto:horizon.centre@macmillan.org.uk) Tel no: 01274 468770



## PHYSICAL ACTIVITIES

### ACTIVE OUTLOOK



**Supporting active living through cancer**

Join SCF Active Outlook: A **FREE** programme in Sussex for anyone facing cancer. Our cancer exercise specialists provide tailored one-on-one support and diverse group classes to boost your activity levels and well-being throughout your journey—before, during, and after treatment. Regardless of your current fitness level or treatment stage, reclaim control and feel empowered with us.

Do not book if you have attended a previous 12 month programme



**Develop your Active Outlook through and after cancer with our FREE physical activity programme**

Scan here for more info



T: 01273 468774  
E: [scfactiveoutlook@macmillan.org.uk](mailto:scfactiveoutlook@macmillan.org.uk)  
[www.sussexcancerfund.co.uk](http://www.sussexcancerfund.co.uk)

Thanks to the Macmillan Horizon Centre for Admin Support

**MACMILLAN CANCER SUPPORT**

Registered with **FUNDRAISING REGULATOR**

[www.sussexcancerfund.co.uk](http://www.sussexcancerfund.co.uk) Registered Charity No. 1147195 Follow us on social media:    

## 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)

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](mailto:Horizoncentre@macmillan.org.uk) or call 01273 468770

### COOKERY WORKSHOP

We're running a hands on cookery workshop, where you can meet new people, try different foods, and get your questions answered about healthy eating!

Topics include eating a rainbow of veg, exploring alternatives to red and processed meat, healthy breakfasts and quick and easy meals.

**Wednesday 2nd April (reserve list)**

**Wednesday the 4th of June**

**10:30-13:30**

To book a place email

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





## SUPPORT SERVICES

### EMOTIONAL IMPACT OF CANCER TREATMENT

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.

This 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



**April the 9th 11:00-13:00**

### MANAGING FATIGUE

Fatigue is one of the most common reported symptoms of those affected by cancer and has a significant impact upon quality of life.

This workshop will cover:

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



**Monday the 2nd of June**

**10:00-12:30**

## 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 and West Sussex.

For enquiries and further information please contact

[uhsussex.cancerpsychologicaltherapies@nhs.net](mailto:uhsussex.cancerpsychologicaltherapies@nhs.net) or telephone 01273 664694.



In partnership with



**NHS**

University Hospitals Sussex  
NHS Foundation Trust

## SUPPORT SERVICES

### THE TRUST FOR DEVELOPING COMMUNITIES

Maha is a Senior Engagement Worker from the Trust for Developing Communities, an organisation that delivers community development.

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 and support.

Drop in and see Maha at the Macmillan Horizon Centre on the third Wednesday of every month, from 10:00-13:00.



Trust for  
Developing  
Communities



### 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 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](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: Thursday 10th April 9:30-12:30**



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](mailto:admin@beatbladdercancertogether.co.uk) Tel 07837 388430. **Next meeting:** 12th March 19:00-20:30

## SUPPORT GROUPS (continued)

**BRCA BRIGHTON SUPPORT GROUP FOR WOMEN ACROSS SUSSEX.** First Thursday of every alternate month. If you would like to join BRCA please contact [brcabrighton@gmail.com](mailto:brcabrighton@gmail.com). **Next meeting:** 1st of May 18:30-20:45.

**BREAST CANCER SUPPORT GROUP.** Third Monday of the month. For more details contact: [wells5pd@btinternet.com](mailto:wells5pd@btinternet.com) or call Gwen on 07985115381. **Next meeting:** 17th of March 18:00-20:00, then the 19th of May 18:00-20:00.

**LIVING WITH SECONDARY BREAST CANCER.** Fourth Wednesday of the month. For more details contact:

[secondarieservices@breastcancernow.org](mailto:secondarieservices@breastcancernow.org) **Next meeting:** Wednesday 23rd of April 11:00-13:30.

**HAEMATOLOGY SUPPORT GROUP.** Third Wednesday alternate months. For further details contact: **Nick York e-mail:** [nick.york@leukaemiacare.org.uk](mailto:nick.york@leukaemiacare.org.uk) or [support@leukaemiacare.org.uk](mailto:support@leukaemiacare.org.uk)

**Next meeting:** Wednesday 28th of May 19:00-21:00

**LUNG CANCER SUPPORT GROUP.** First Tuesday of the month. For more details contact: Contact to be confirmed.

**Next meeting:** 1st of April 17:00-18:30.

**LYMPHOEDEMA SUPPORT GROUP.** Second Thursday alternate months. For more details contact: [brightonhovelsg1@gmail.com](mailto:brightonhovelsg1@gmail.com)

**Next meeting:** 8th of May 19:00-21:00.

**MICKS M.O.T (Men Only Tuesdays).** First Tuesday of the month. For more details contact: [micks@macmillan.org.uk](mailto:micks@macmillan.org.uk) **Next meeting:** 1st of April 17:00-18:30.

**OVARIAN CANCER SUPPORT GROUP.** Third Wednesday of the month. For more details contact: Di at [dishiple@btinternet.com](mailto:dishiple@btinternet.com)

**Next meeting:** 16th of 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](mailto:ThanCS2011@gmail.com) **Next meeting:** 25th of April 16:30-18:00.

## SUPPORT GROUPS

**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. [www.pcaso.org](http://www.pcaso.org)



## EXTERNAL ORGANISATIONS

### Mid Sussex Prostate Cancer Support Group



This group holds meetings each quarter: March, June, September & December. We invite guest speakers to enlighten us on current issues and research. Please feel free to come along & chat with our members. If you would like to speak with someone please call Ray on: 07919949318 or email: [info@midsussexprostate.uk](mailto:info@midsussexprostate.uk).

**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, 14:00-16:00 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



**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/>

## SUPPORT LINE

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

## FUNDRAISING

### FUNDRAISING GROUP

New Chair and members needed for the Horizon Centre and Brighton & Hove Macmillan Fundraising Committee.

The Horizon Centre and Brighton & Hove Fundraising Committee are looking for someone to take over as Chair and for new members to organise fundraising events to raise funds to support the Macmillan Horizon Centre. The fundraising committee meets monthly and arranges a schedule of fundraising activities. If you would like to help and get involved please contact the **Macmillan Horizon Centre Brighton Fundraising Group** on Facebook or call the Macmillan Supporter Care Team on 0300 1000 200 or e-mail Geoff at [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

## THE MACMILLAN HORIZON CENTRE

### HOW TO FIND US

Royal Sussex County Hospital



(Opposite the Sussex Cancer Centre at the Royal Sussex County Hospital)

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



**01273 468 770**



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



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