

## MONTHLY SCHEDULE

**THE  
MACMILLAN  
HORIZON  
CENTRE**

**May  
2025**



**Horizon Centre 01273 468770**



**Monday to Friday 09:00 — 16:30**



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



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

## 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

### CANCER AND THE MENOPAUSE

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 cancer treatment? Are you sure about what menopause treatments or hormone replacement therapies you'll be able to take because of your cancer?

Dr Zoe Schaedel and Dr Olivia Hum, menopause specialist GPs with over 15 years experience, will hopefully be able to answer some of your questions and relieve some of your concerns around this topic.



**Wednesday 11th of June**

**10:00—12:00**

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

## WHAT'S NEW



**Join Brighton Festival and Cancer Culture Club this May**  
**Exclusive invitations for those affected by cancer**

#### Creative Workshop Invitation

International visual artists Doyel Joshi and Neil Ghose of [Howarefeeling.studio](http://Howarefeeling.studio) have been invited to be artists in residence at Brighton Festival throughout May. As part of their residency they will be exploring the theme of a New Dawn with communities across the city. They are inviting those affected by cancer to an exclusive workshop to explore the theme and get creative.

The workshop will take place on **Wednesday 14th May, between 14:30 - 16:30**, at Brighton Dome

There will be a private view of all the pieces created on **Friday 23rd May, 4-6pm**. The exhibition will then open to the public and run until the 26th May.

Places are limited, if you would like to book a place at this creative workshop and find out more information please book on this [Eventbrite link](#) or email [cancercultureclub@gmail.com](mailto:cancercultureclub@gmail.com)

You can see the full Brighton Festival programme [online](#)  
Huge thanks to Macmillan for supporting the marketing of these events

#### Dress Rehearsal Invitation

Within the Festival's classical programme the **Prizewinning International quartet Quator Van Kujik** will be playing a lunchtime concert in the Corn Exchange at Brighton Dome.

We have a chance to peek behind the scenes with limited places for those affected by cancer at a special dress rehearsal before the performance.

The dress rehearsal will take place on **Tuesday 20th May, between 10:30 to 12:30**, there will be tea and coffee and a chance to meet others before the rehearsal.

Places are limited, if you would like to book a dress rehearsal ticket and find out more information, please book on this [Eventbrite link](#) or email [cancercultureclub@gmail.com](mailto:cancercultureclub@gmail.com)



## SCIENCE CAFÉ

### MAY THE 19TH

Do you have questions about cancer research?  
Wonder what research is going on at University Hospitals Sussex?  
Want to get involved? Or find out more?

Then come along to the Macmillan Horizon Centre, University Sussex Hospitals Science Café to have a relaxed and open discussion with the Teams who are leading cancer research at University Hospitals Sussex.\*

Mon 19th May  
12.00 - 2.00pm  
Macmillan Horizon Centre  
Buffet Lunch will be provided



To register your interest please e-mail:  
[horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk) or call 01273 468770

\*Please note that the research teams will be unable to comment or advise on personal treatment plans. They will be sharing details of brand new research taking place in Sussex.

## INCURABLE CANCER PEER SUPPORT GROUP

**Next meeting: Wednesday 14<sup>th</sup> May  
6:00pm - 7:30pm**

This is an opportunity to meet others walking a similar path and to share experiences.

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

- Newly diagnosed
- Living with cancer long-term
- Seeking connection with others who truly understand
- Looking for practical or emotional support

For more information, email [Horizoncentre@macmillan.org.uk](mailto:Horizoncentre@macmillan.org.uk)

## PSYCHOLOGICAL SERVICES

### COUNSELLING AND CREATIVE THERAPY

We offer 12 sessions of counselling (Talking Therapy), either in person, over the phone or online. If suitable, you may be offered Art Therapy or Movement Therapy.

**Please be aware you must be 6 months (or more) post treatment to access this service. If you are still on treatment or finished within the last 6 months, please contact your Macmillan Nurse to discuss psychological support.**



### WELLBEING COACHING SERVICE ONLINE

A wellbeing coach is a professional who takes a holistic approach to your wellbeing. They can help you find an improved sense of direction and focus, and a better understanding of yourself, helping you to build confidence post cancer. This service is available to anyone who has been impacted by a cancer diagnosis, regardless of where you are with your treatment.

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

If you would like to access either of these services, 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 **2nd June**. 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 **3rd June 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 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 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.

Please contact the Horizon Centre to book on 01273 468770 or via email: [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

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



**Aderans**

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

**Next session Tuesday 27th of 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.

**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 is the only international cancer charity that helps boost the physical and emotional well-being of those going through cancer treatment.

**Face to face group sessions are running in the  
Macmillan Horizon Centre:**

**Next session Tuesday 27th May**

**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

### QI GONG

Qigong has its roots in ancient Chinese culture and the practice typically involves movement, breathing meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. You can book onto more than one session if you

wish: **14:30-15:30**



**Tuesday 22nd of April**

**Tuesday 29th of April**

**Tuesday 6th of May**

**Tuesday 13th of May**

### DANCE FOR WELLNESS

A gentle yet effective form of exercise, it can boost your mood and reduce stress!

You can book on more than one session if you wish:



**Tuesday 13th of May**

**Tuesday 27th of May**

**Tuesday 10th of June**

**Tuesday 24th of June**

**13:00-14:00**

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

# 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:

**Pilates with Sue**

**4 week course next one starting**

**Wednesday 23rd April—21 May (not 14<sup>th</sup> 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?

**Stanmer Park**

**Wednesday 18th of June Meet at 10:30 at the entrance of the One Garden café**



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)

# 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.

**Every Wednesday 10:00-12:00**

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 the 4th of June**

**10:30-13:30**

To book a place email

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

or call 01273 468770



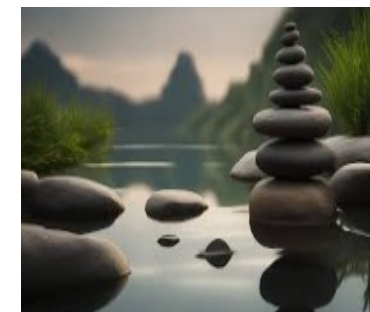
# HEALTH AND WELLBEING

## 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



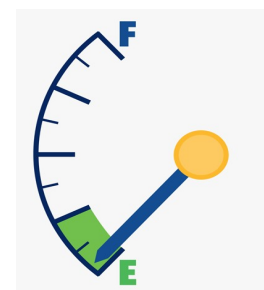
**Wednesday 16th of July 11:00-13:00**

## 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 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



## 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.



**Thursday  
24th April  
10-11.30am**

**Bowel Cancer Awareness  
Session with Sussex Bowel  
Cancer Screening Programme  
Specialist**

Join us for an information session on bowel cancer. Find out about:

- Early signs and symptoms.
- Myths and facts.
- Bowel screening.
- Further information and support

**At the Downsman Wellbeing Space,  
Downsman Court, Ground Floor,  
Hangleton Way, BN3 8ES  
Free on street parking, Bus route 5B**

Please contact Claire to book your space on 07422 692831 or [claire.hines@hkproject.org.uk](mailto:claire.hines@hkproject.org.uk)

ACT ON  
CANCER  
TOGETHER

**SBCSP**  
Sussex Bowel Cancer Screening Programme

**The Hangleton & Knoll Project**  
Working for a better community

## SUPPORT SERVICES

### What do I tell my child? RUTH STRAUSS FOUNDATION

The Ruth Strauss Foundation offers UK-wide, free guidance and support on how to prepare children when a parent has been diagnosed with a cancer that can't be cured.

Macmillan are often the first place someone turns to when they receive an incurable cancer diagnosis. So, we would love your help in spreading the word about our service. We can send you our information pack for you to share with parents who have a child under the age of 25, with the hope they will get the support they need to start the hardest conversation they will ever have with their children.

If you would like further information on the support we offer, please see our website - <https://ruthstraussfoundation.com/>

Kate, Family Support Service Lead, can send an information pack to you, please email: [kate.wells@ruthstraussfoundation.com](mailto:kate.wells@ruthstraussfoundation.com) with your full name and postal address and they will get it out to you as soon as possible.

### 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 the 12th of June 2025 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

### BEAT BLADDER CANCER TOGETHER

We are a local support group covering Brighton and surrounding areas for those people touched by Bladder Cancer.

We meet every other month on the 2nd Wednesday at the Horizon Centre reception area 18:45 for 19:00 start till 20:30.

**Our next meeting is Wednesday 14th May.**

For future meeting dates and information please look on our website <https://www.beatbladdercancertogether.co.uk/>

## 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 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:** 19th 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 meetings:** 23rd of April and 28th of May 11:00-13:30.

**LEUKAEMIA 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:** 28th May 2025

**LUNG CANCER SUPPORT GROUP.** First Tuesday of the month. For more details contact: Contact: [lcsg@btinternet.com](mailto:lcsg@btinternet.com)

**Next meeting:** 6th May 17:00-18:30.

**LYMPHOEDEMA SUPPORT GROUP.** Second Thursday alternate months. For more details contact: [brightonhovels1@gmail.com](mailto:brightonhovels1@gmail.com)

**Next meeting:** 15th 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:** 6th May 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:** 21st May 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 June 16:30-18:30.

## SUPPORT GROUPS

**PCaSO - Prostate Cancer Support Organisation** 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.sussex@pcaso.org](mailto:chair.sussex@pcaso.org) or call 07879903407.



## 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.org.uk](mailto:info@midsussexprostate.org.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

**BREAST CANCER NOW - Moving Forward** This is a two half-day Moving Forward course for people who have finished their hospital based treatment for primary breast cancer. Through supportive, open conversations in a safe, confidential space, you'll connect with people who understand. And you'll find the tools you need to feel more empowered, confident and in control. Ready to move forward with your life The next course is **Friday 16 and**



**23 May 9:30-13:00.** Places are provided on a first come first serve basis. To find out more and book a place, please either visit our website [breastcancernow.org/movingforward](http://breastcancernow.org/movingforward), call on 0345 077 1893 or email [movingforward@breastcancernow.org](mailto:movingforward@breastcancernow.org)



## FUNDRAISING

MUSIC ON THE  
**HORIZON**

All Proceeds  
donated to

**MACMILLAN  
HORIZON**

with heart with strength with ambition

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

**SOUNDS FROM THE BARGE**

WITH  
**The Brighton  
Bootleggers**

DOORS - 19:00  
BOOTLEGGERS - 19:30  
SOUNDS FROM THE BARGE - 21:00

THE **BRUNSWICK**

FRIDAY 9TH MAY  
1 HOLLAND ROAD, HOVE,  
BN3 1JF  
01273 733984

Tickets £15  
scan the QR  
AND  
SUPPORT  
MACMILLAN

CONNECT  
WITH  
SOUNDS  
FROM  
THE  
BARGE  
HERE

## 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)