

MONTHLY SCHEDULE

**THE
MACMILLAN
HORIZON
CENTRE**

September



Macmillan Horizon Centre 01273 468770

Monday to Friday 09:00 — 16:30



Macmillan Support Line 0808 8080 000

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



horizoncentre@macmillan.org.uk



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.



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 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

HeadWrappers Workshop

Hosted at the Macmillan Horizon Centre by



This workshop is aimed at anyone who has lost or is likely to lose their hair due to cancer treatment.

It covers practical advice on how to care for your hair and scalp before, during, and after treatment.



You'll also learn useful scarf-tying techniques, receive a complimentary gift bag with headwear, and discover creative ways to use scarves, hats, and hairpieces as an alternative to wigs.

Plus, these workshops provide a great chance to share experiences and ideas with others on a similar journey.



Next workshop Tuesday 30th September at 12:30 – 14:00
At 2 Bristol Gate, Brighton, East Sussex, BN2 5BD

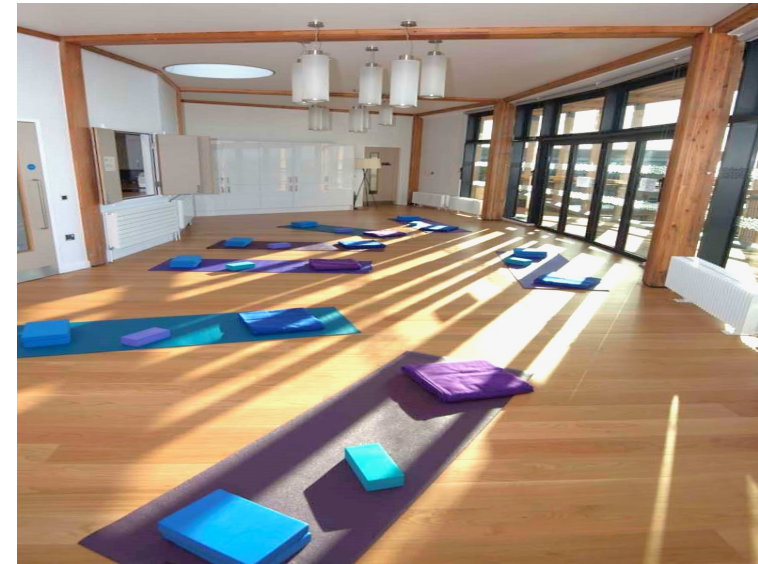
**THE
MACMILLAN
HORIZON
CENTRE**

For more information and to book, please visit <https://lookgoodfeelbetter.co.uk>

**MACMILLAN
CANCER SUPPORT**

WHAT'S NEW

YOGA WITH JULIET



This is not a course, dates can be booked individually

Tuesday 9th September

Tuesday 30th September

Tuesday 14th October

from 18:00 - 19:00

To book a place call 01273 468770 or email

Horizoncentre@macmillan.org.uk

WHAT'S NEW

SINGING FOR HEALTH



Enjoy the physical, emotional, and social benefits of singing together

No experience necessary!

Each session will begin with gentle breathing, posture, and voice exercises. Then moving on to singing well known songs together including Beatles, Abba, musicals and traditional.

The HERA project is offered two singing sessions at the Macmillan Horizon Centre delivered by Uditā Everett on the following dates:

**Wednesdays 10th and 17th September
from 14:00 - 15:00**

Uditā trained at the Academy of Music Vienna - she is a musician, music therapist and voice/ breath/ body coach with many years' experience.



To book a place call 01273 468770 or email Horizoncentre@macmillan.org.uk

WHAT'S NEW

Horizon Centre



Open Forum

Are you a carer of family member supporting someone with cancer?

We need your ideas and feedback

**Come along to the Horizon Centre on
Wednesday September 24th from 11:00 – 12:30**

What support could the Macmillan Horizon Centre be providing for people supporting people with cancer?

- What is working well already?
- What needs to improve?
- Is there any other support you think the Horizon Centre could provide?

We want your feedback and suggestions to shape and guide the development of support for carers and family members who are supporting people with cancer.

For more details or to book a place, please contact us at horizoncentre@macmillan.org.uk or Tel 01273 468770

If you prefer you can feedback ideas by e-mail to the above email address.

**THE
MACMILLAN
HORIZON
CENTRE**

EAT WELL SERVICES

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 17th September

10:30-13:30

at the Macmillan Horizon Centre



To book a place call 01273 468770

or email 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 call 01273 468770 or email Horizoncentre@macmillan.org.uk

MACMILLAN's COMMUNITY GARDEN

BARBECUE

If you'd like to know more about the Macmillan Community Garden, please come along to our Barbecue

Wednesday 24th September

12:30 - 14:30



To book a place call 01273 468770 or email 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.

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 Macmillan Horizon Centre to request a referral on 01273 468770 or email:

horizoncentre@macmillan.org.uk

PSYCHOLOGICAL SERVICES

SOLUTION FOCUSSED HYPNOTHERAPY

Lynne is a solution-focused hypnotherapist offering 1:1 sessions to support emotional wellbeing during and after cancer treatment.

Hypnotherapy can help with thoughts, emotions and behaviours .

Hypnosis is a natural and accessible skill where you remain fully in control at all times.

It can help you:-

- To feel calm and relaxed
- Relieve pain and stress
- To help with sleep problems



1 to 1 VOCAL THERAPY

Funded by Sussex Cancer Fund

1 to 1 Vocal Therapy – for anyone regardless of where you are in treatment.

We are offering 6 1 to 1 sessions of vocal therapy.



The voice is unique in its connection to our mind, body and sense of self. Working with our voice can enable us to recognise and understand different parts of ourselves and develop a stronger sense of identity.

If you would like to access either of these services, please contact the Horizon Centre to request a referral on 01273 468770 or email: horizoncentre@macmillan.org.uk

VIRTUAL SUPPORT



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 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 **1st September**
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 ONLINE

First Tuesday of the month 10:30-11:30 next date **2nd September**

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

FROM SEPTEMBER, SESSIONS WILL BE MOVED TO WEDNESDAYS

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 Macmillan Horizon Centre, including:

- **Acupuncture**
- **Aromatherapy**
- **Craniosacral Therapy**
- **Facial**
- **Head Massage**
- **Massage**
- **Reiki**
- **Reflexology**



To book a place call 01273 468770 or email Horizoncentre@macmillan.org.uk

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**

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.

To book a place call 01273 468770 or email Horizoncentre@macmillan.org.uk

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.

To book a place call 01273 468770 or email Horizoncentre@macmillan.org.uk



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 Macmillan Horizon Centre for appointments on the last Tuesday of the month (morning appointments) or just drop in.

Next session Tuesday 30th September

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: TBC

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

30th September from 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/

PHYSICAL ACTIVITIES

QIGONG

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:



From 14:30 - 15:30 :
Tuesday 30th September
Tuesday 7th October

To book a place call 01273 468770 or email Horizoncentre@macmillan.org.uk

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:

From 13:00-14:00

9th September

23rd September

14th October



To book a place call 01273 468770 or email Horizoncentre@macmillan.org.uk

PHYSICAL ACTIVITIES



In partnership with

MACMILLAN
CANCER SUPPORT

Funded by Sussex Cancer Fund



Supporting active living through cancer

Join SCF Active Outlook: A FREE programme in Sussex for anyone facing cancer. Our cancer exercise specialists provide a one-on-one appointment to assess your needs and develop a personal plan with you. The weekly on-line and in-person sessions will 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

Group classes at various locations including:

Brighton - Horizon Centre and Yellow Wave

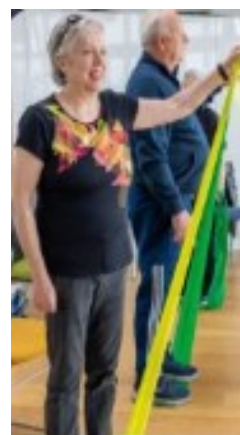
Eastbourne – Natural Fitness

Bexhill – Sara Lee Trust

Worthing – coming soon

To find out more please call 01273 468770

scfactiveoutlook@macmillan.org.uk



Scan here for more info



PHYSICAL ACTIVITIES

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 17th September 10:30



Meet 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.



To book a place call 01273 468770 or email Horizoncentre@macmillan.org.uk

HEALTH AND WELLBEING

ART FOR WELLBEING

These 5 classes are to promote wellbeing and relaxation. We can refresh our senses and delight in the beauty of the natural world. All levels of experience are welcome, and some materials will be provided.

This is a 5 week course starting on and including the below dates:

Fridays 29th August,

5th, 12th, 19th, 26th September

13:30—15:00

Fully Booked

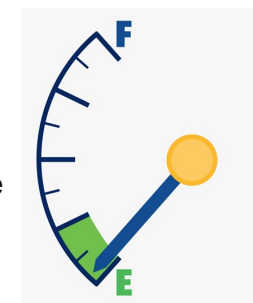


MANAGING FATIGUE

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



Tuesday 2nd September

13:00-15:30

To book a place 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 and West Sussex.

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



In partnership with



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:



Trust for
Developing
Communities

**Third Wednesday of
every month,**

from 10:00-13:00

Next Meeting 17th September



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 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 16th November 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

Worthing Macmillan Cancer Support Group second Monday of the month. Meeting at East Worthing Community Centre, Pages Lane, Worthing BN11 2NQ (Parking available for free in the Range car park, next door). **Next meeting** September 8th 19:00 – 20:30.

The support groups meeting in the Horizon Centre in the next few weeks are:

BEAT BLADDER CANCER TOGETHER. Every other month on the 2nd Wednesday at the Horizon Centre reception area 18:45 for 19:00 start till 20:30. **Next meeting** : Wednesday 10th September. For future meeting dates and information please look on our website <https://www.beatbladdercancertogether.co.uk/>

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. **Next meeting:** 4th September 18:30-20:45.

SUPPORT GROUPS (continued)

BREAST CANCER SUPPORT GROUP Third Monday of the month. For more details contact: wells5pd@btinternet.com or call Gwen on 07985115381. **Next meeting:** 15th September 18:00-20:00.

INCURABLE CANCER SUPPORT GROUP Second Wednesday of the Month. For more details contact Horizoncentre@macmillan.org.uk **Next meeting:** 10th September 18:00 -19:30

LIVING WITH SECONDARY BREAST CANCER. Every month. For more details contact: secondaryservices@breastcancernow.org **Next meeting:** Wednesday 17th September 11:00-13:30.

HEMATOLOGY SUPPORT GROUP. Third Wednesday alternate months. For further details contact: **Nick York e-mail:** nick.york@leukaemiacare.org.uk or support@leukaemiacare.org.uk **Next meeting:** 24th September 2025

LUNG CANCER SUPPORT GROUP. First Tuesday of the month. For more details contact: Ashley Green on lcsgsussex@yahoo.com . **Next meeting:** 2nd September 17:00-18:30.

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate months. For more details contact: brightonhovelsq1@gmail.com **Next meeting:** 11th September 19:00-21:00.

MICKS M.O.T (Men Only Tuesdays). First Tuesday of the month. For more details contact: micks@macmillan.org.uk **Next meeting:** 2nd September 17:00-18:30.

OVARIAN CANCER SUPPORT GROUP. Third Wednesday of the month. For more details contact: Julie harides64@gmail.com or Delilah delilah.hesling@me.com

Next meeting: 17th September 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:** 17th October 16:30-18:30.

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 or call 07879903407. **Next session:** 9th September 11:00 –13:00

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.

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 **TBC 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, call on 0345 077 1893 or email movingforward@breastcancernow.org

ONLINE Singing for Health delivered by Udit Everett



Enjoy the physical, emotional, and social benefits of singing together—no experience necessary! This will be from the comfort of your home and (you won't be heard during the songs) Tuesdays 1- 2pm Thursdays 11.30-12.30 (alternate weeks) Fridays 11:30-12:30 Saturdays 12.30-13:30 Please email: uditamusic@protonmail.com

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,



FUNDRAISING

FUNDRAISING GROUP

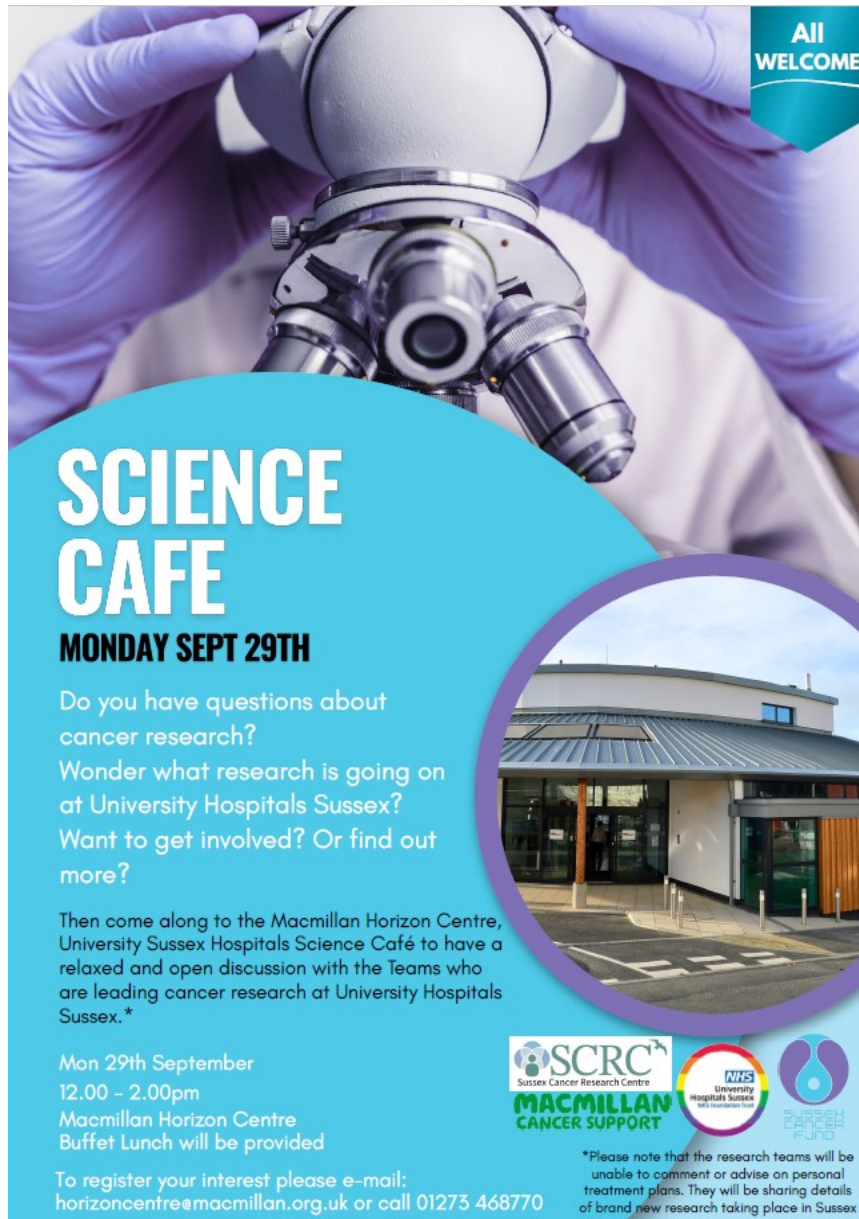
New Chair and members needed for the Horizon Centre and Brighton & Hove Macmillan Fundraising Committee.

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

SCIENCE CAFE



All WELCOME

SCIENCE CAFE


MONDAY SEPT 29TH


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 29th September
12.00 - 2.00pm
Macmillan Horizon Centre
Buffet Lunch will be provided

To register your interest please e-mail:
horizoncentre@macmillan.org.uk or call 01273 468770

 **SCRC**
Sussex Cancer Research Centre
MACMILLAN
CANCER SUPPORT

 **NHS**
University
Hospitals Sussex
SUSSEX CANCER RESEARCH CENTRE

 **SUSSEX**
CANCER
FUND

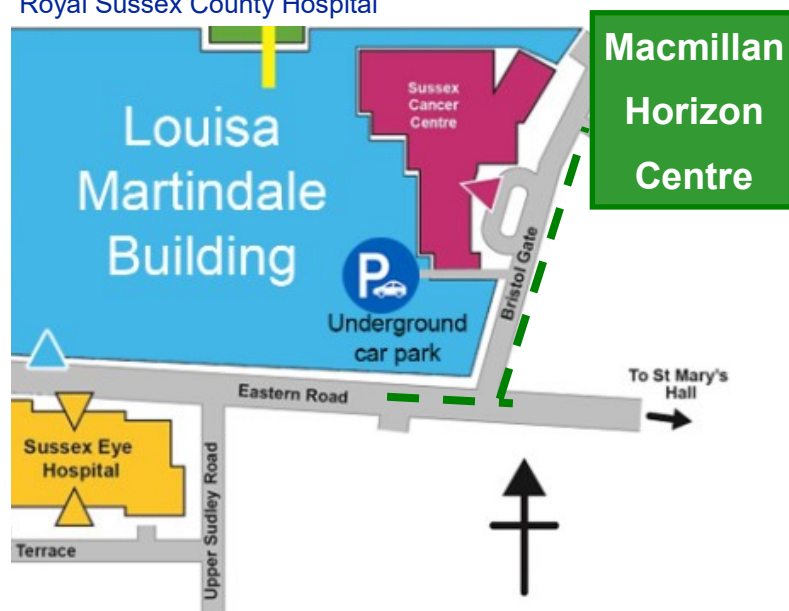
*Please note that the research teams will be unable to comment or advise on personal treatment plans. They will be sharing details of brand new research taking place in Sussex

NOTES

NOTES

HOW TO FIND US

Royal Sussex County Hospital



The Macmillan Horizon Centre

2 Bristol Gate, Brighton, BN2 5BD

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

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 468 770



horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre