

## MONTHLY SCHEDULE

**THE  
MACMILLAN  
HORIZON  
CENTRE**

**OCTOBER**



**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](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



Menopause may be a result of cancer treatment and people may experience a variety of symptoms.

These four sessions hosted by Menopause and Cancer will include expert information and help, practical tips on how to cope, and time for discussion in a safe and supportive environment.

Whether you're looking for answers, connection, or simply a friendly space to talk, we'd love you to join us.



All Sessions 18:00 – 19:30

- 1 9<sup>th</sup> October 2025
- 2 5<sup>th</sup> November 2025
- 3 28<sup>th</sup> January 2026
- 4 26<sup>th</sup> February 2026

Session Topics:

1

Menopause  
After  
Cancer:  
What Now?

2

Hot Flashes,  
Night  
Sweats &  
Sleep  
Problems

3

Brain Fog,  
Anxiety &  
Low Mood

4

Joint Pain,  
Sexual  
Health,  
Confidence  
& Identity



Menopause and Cancer CIC is a not-for-profit organisation dedicated to supporting anyone navigating the challenges of menopause after cancer treatment. We're proud to be partnering with Macmillan to bring you a new series of community support sessions.

**MACMILLAN**  
CANCER SUPPORT

To book onto any sessions, please contact the Macmillan Horizon Centre on 01273 468770 or email [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

## WHAT'S NEW

# PIANOBATH

**At the Macmillan Horizon Centre  
On 12<sup>th</sup> November at 13:00 – 14:15**

**Soundbaths are an ancient wellness practice**

**Come and enjoy a deeply relaxing Pianobath with Penny**

**You can unwind and totally recharge to the world's first  
piano & vocal soundbath**



**A beautiful, immersive music experience where you can  
fully switch off. Lying on a yoga mat or sitting in a chair  
with surround sound, candles and low lighting.... your  
chance to slow down, reconnect and recharge.**

Please book by calling 01273 468770 or email  
[horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

**THE  
MACMILLAN  
HORIZON  
CENTRE**

For more info, trailer, testimonials and free  
Pianobath library,  
visit [www.pianobath.co.uk](http://www.pianobath.co.uk)

**MACMILLAN**  
CANCER SUPPORT

## WHAT'S NEW

### YOGA WITH ELODIE

Do you want to improve your balance, flexibility and learn relaxation techniques ?. This class is suitable for all levels including complete beginners

**Thursdays 16th and 30th October**

**14:30—15:30**

**At the Macmillan Horizon Centre**



To book a place call 01273 468770  
or email [Horizoncentre@macmillan.org.uk](mailto: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 24<sup>th</sup> 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](mailto: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's 8th October and 5th November

10:30-13:30

at the Macmillan Horizon Centre



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

## EAT WELL SERVICES

### HEALTHY EATING FOR WELLBEING

Many people want to make positive changes to their lifestyle when diagnosed with cancer. Please join us for a healthy eating information session. We hope this will build on your experience of food and nutrition, supporting you to live a healthier lifestyle.



Wednesday 12th November 10:00-12:00

at the Macmillan Horizon Centre

### SOUP MAKING

Please join us around the fire as we make autumn soup from the community garden produce



Thursday 23rd October 12:30—14:30

At the Macmillan Community Garden

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



## NATURE FOR WELLBEING

### THE MACMILLAN COMMUNITY GARDEN



Would you like to connect with nature, follow the season and be a part of the Macmillan 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](mailto:Horizoncentre@macmillan.org.uk)

### MACMILLAN 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](mailto:Horizoncentre@macmillan.org.uk)

## PSYCHOLOGICAL SERVICES

### COUNSELLING



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

**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](mailto: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](mailto: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

**Please note that this will be last session.**

**First Monday of the month 19:15-20:00**, next date **6th October** 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 **7th October**

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

**Wednesdays 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](mailto: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](mailto: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](mailto:Horizoncentre@macmillan.org.uk)



**TREND CO** 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 28th October**

### 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**

**28th October 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/)

## HAIR AND SKIN CARE

### 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 30<sup>th</sup> 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**

## 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**

**18th November**

**2nd & 9th December**

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

**28th October**

**11th November**

**25th November**



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

## PHYSICAL ACTIVITIES

### YOGA WITH JULIET

This is not a course, dates can be booked individually

**Tuesdays 14th & 21st October**

**11th & 25th November**

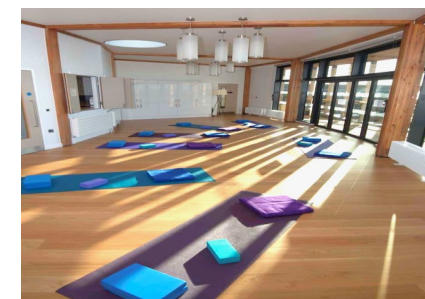
**from 18:00 - 19:00**

### YOGA WITH LYDIA

**Thursday**

**23rd October**

**From 17:00—18:00**



### PILATES WITH NICOLA

This is not a course, dates can be booked individually

**Fridays 10th, 17th, 24th October**

**From 11:30 - 12:30**

To book a place on sessions call 01273 468770 or email

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



Scan here for more info



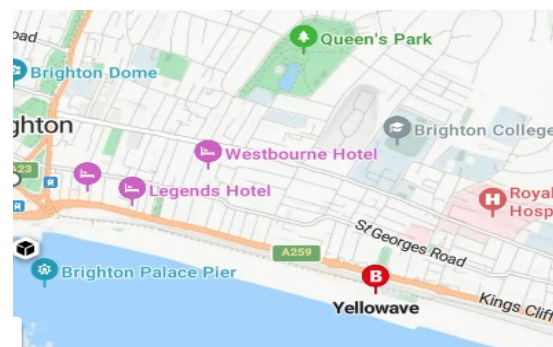
## PHYSICAL ACTIVITIES

### 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?

### Brighton Seafront Walk

**Wednesday 19th November at 10.30am**



**Meet at**  
**Yellow Wave**  
**Beach Sports**  
**29 Madeira Drive**  
**Brighton**

Walk out for 20/30 minutes and then back. Plenty of places to stop along the way and toilet facilities. Paid parking available. Total distance: Just under 5km (3 miles).

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)



## 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 on  
Tuesdays 4th, 11th, 18th November  
2nd, 9th December

10:00 - 11:30

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



### 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.

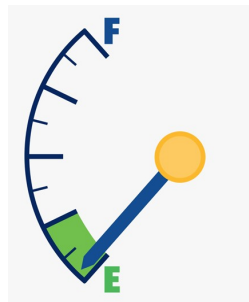
This workshop will cover:

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

Monday 10th November

10:00 - 12:30

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



## 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 22nd October 11:00—13:00

To book a place call 01273 468770  
or email [Horizoncentre@macmillan.org.uk](mailto: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](mailto:uhsussex.cancerpsychologicaltherapies@nhs.net) or telephone 01273 664694.



In partnership with



**NHS**  
University Hospitals Sussex  
NHS Foundation Trust

## SUPPORT SERVICES

### THE SANCTUARY LIGHT AND SOUND ROOM

Here at the Macmillan Horizon Centre

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 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** 13th October 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 12th November. 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](mailto:brcabrighton@gmail.com). **Next meeting:** 2nd October 18:30-20:45.

## SUPPORT GROUPS (continued)

**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:** 20th October 18:00-20:00.

**INCURABLE CANCER SUPPORT GROUP** Second Wednesday of the Month. For more details contact [Horizoncentre@macmillan.org.uk](mailto:Horizoncentre@macmillan.org.uk) **Next meeting:** 8th October 18:00 -19:30

**LIVING WITH SECONDARY BREAST CANCER.** Every month. For more details contact: [secondaryservices@breastcancernow.org](mailto:secondaryservices@breastcancernow.org) **Next meeting:** Wednesday 15th October 11:00-13:30.

**HEMATOLOGY 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:** 19th November 2025

**LUNG CANCER SUPPORT GROUP.** First Tuesday of the month. For more details contact: Ashley Green on [lcsqsussex@yahoo.com](mailto:lcsqsussex@yahoo.com) . **Next meeting:** 7th October 17:00-18:30.

**LYMPHOEDEMA SUPPORT GROUP.** Second Thursday alternate months. For more details contact: [brightonhovelsg1@gmail.com](mailto:brightonhovelsg1@gmail.com) **Next meeting:** 13th November 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:** 7th October 17:00-18:30.

**OVARIAN CANCER SUPPORT GROUP.** Third Wednesday of the month. For more details contact: Julie or Delilah [ovariansg@gmail.com](mailto:ovariansg@gmail.com) **Next meeting:** 15th October 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:** 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](mailto:chair.sussex@pcaso.org) or call 07879903407. **Next session:** 14th October 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](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



**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.

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

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)

**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](mailto:uditamusic@protonmail.com)

## EXTERNAL ORGANISATIONS



**MOVE  
AGAINST  
CANCER.**

**5K Your Way  
BRIGHTON AND HOVE  
HOVE PROMENADE**

This is a new initiative in Brighton & Hove to encourage people experiencing cancer, going through treatment or recovering (and their friends and family!) to be as active as possible.

It's a walk/jog/run support group at the Hove Promenade Park Run.

Do 5K if you want, or whatever you can manage, and It's followed by coffees).



**Dates and time:**

We meet on the last Saturday of every month at 9.00am.

Next meeting is this Saturday 25th October.

**Meeting Place:**

The Lawns cafe, look out for our blue flag and we will be there to say hello.



## 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.

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)

## FUNDRAISING

### MACMILLAN HORIZON CENTRE

Brighton Fundraising Group

Macmillan Horizon Centre Brighton Fundraising Group

*Warmly welcome you to  
to our fundraising lunch*

*on Friday 10th October 2025 at*

**The Hove Club**

**28 Fourth Avenue, Hove, BN3 2PJ**

*Lunch 1.00pm for 1.30pm*

Menu:

Chicken Korma & Pilau Rice

Dessert: Various sorbets

**Entertainment**

featuring

**Whitney G Jones**



**Soul & Motown  
sounds**

**Fun Raffle**

*Great value at £20 ph.*

To book, email Ellie at

**[eventsmanager@thehoveclub.com](mailto:eventsmanager@thehoveclub.com)**

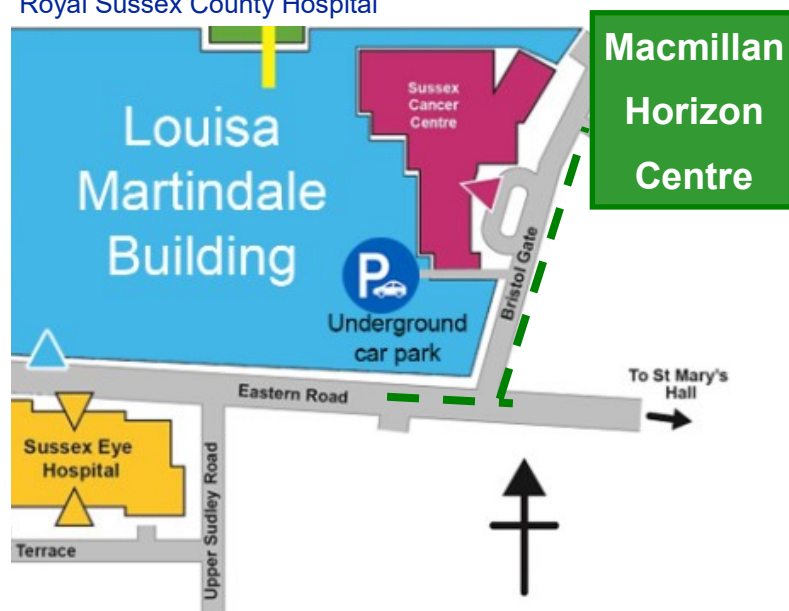




## NOTES

### 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**