

MONTHLY SCHEDULE



**THE
MACMILLAN
HORIZON
CENTRE**

DECEMBER



The Horizon Centre will be closed on Christmas day,

Boxing day and New Year's day 25/12, 26/12 & 1/01



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

Macmillan Horizon Centre

EAT WELL
FEEL BETTER



Christmas Cookery Workshop

Would you like to build your confidence in the kitchen ?

This workshop will give you ideas for using up leftovers and for healthier alternatives to traditional recipes for the festive season

It will also include an introduction and overview to build on your existing knowledge about healthy eating

Monday 1st December 10:30 -13:00

Saturday 6th December 10:30 -13:00

Wednesday 10th December 10:30 -13:00

**THE
MACMILLAN
HORIZON
CENTRE**

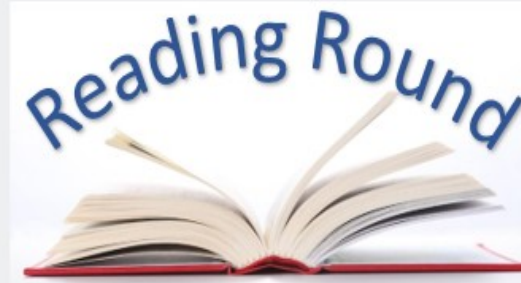
To find out more, or to register,
please contact the Macmillan Horizon Centre on

horizoncentre@macmillan.org.uk

or tel: 01273 468770

**MACMILLAN
CANCER SUPPORT**

WHAT'S NEW



by the Royal Literary Fund

Would you like to be immersed in great writing from all corners of the world, and travel deep into a poem or short story to discover how writing works, and what makes a text sing

Reading Round is a group activity. Round a table, we meet to listen to stories and poems read aloud.

Together with a professional writer we learn to listen, discuss and share our reactions with others.

There are no rights or wrongs and no knowledge of literature is needed. Curiosity is enough.

At The Macmillan Horizon Centre

11th December 2025

14:30 – 16:00

To book a place call 01273 468770

or email Horizoncentre@macmillan.org.uk

WHAT'S NEW

The Macmillan Horizon Centre

Christmas Open Event

Friday 12th December 14:00 – 16:00



Please join us
at the Macmillan Horizon Centre for :

Warm mince pies and mulled drinks

Festive music

Christmas Carols by the Naked Choir



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

FINAL SESSION 26th November



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

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

VOCAL MUSIC THERAPY GROUP

Join our vocal music therapy group for anyone recovering from cancer treatment. Our group involves breath work, gentle vocal exercises, group and individual singing within a safe setting. You can take things at your own pace and there's no pressure to perform.

Sign up for our 6 week programme, from **12:30 – 14:00** on :

29th January, 5th February, 12th February,

26th February, 5th March, 2nd March, 12th March

For more information or to book a place, please call

01273 468770 or email Horizoncentre@macmillan.org.uk



1-1 VOCAL MUSIC THERAPY

1:1 Vocal Therapy – for anyone regardless of where you are in treatment. We are offering 6 1:1 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.

For referral to this service please call 01273 468770 or

email 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 promotes deep rest & relaxation using guided visualisation.

COFFEE MORNING BOOK CLUB ONLINE

First Tuesday of the month 10:30-11:30

next date **2nd December**

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

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 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

HEADWRAPPERS WORKSHOP



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, you'll also learn useful scarf-tying techniques, receive a complimentary gift bag with head-wear, and discover creative ways to use scarves, hats, and hair-pieces as an alternative to wigs. **Next workshops 25th November and 27th January at 12:30 at the Macmillan Horizon Centre.** To book a place please visit the look good feel better website or follow the link below and follow the instructions for a Face to Face Workshop: www.lookgoodfeelbetter.co.uk/workshops/



Aderans

TRENDSCO 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.

SKIN CARE

SKINCARE AND MAKEUP WORKSHOP



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 sessions 10:00 - 12:00

25th November

27th January

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.

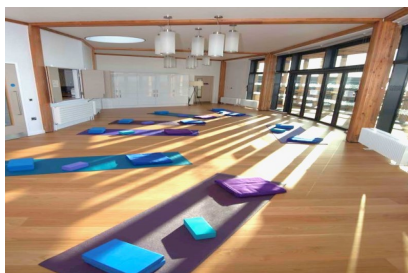
To book a place please visit their website or follow the link below and follow the instructions for a Face to Face Workshop: www.lookgoodfeelbetter.co.uk/workshops/

HeadWrappers workshop will follow this session—please see page 11

PHYSICAL ACTIVITIES

YOGA

Do you want to improve your balance, flexibility and learn relaxation techniques ? . These classes are suitable for all levels including complete Beginners. [Dates can be booked individually](#)



YOGA WITH JULIET

Tuesday 16th December - from 18:00 - 19:00

YOGA WITH LYDIA

4th December - from 17:00-18:00

YOGA WITH ELODIE

Tuesday 2nd December 12:00-13:00

Thursday 18th December 14:30- 15:30

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

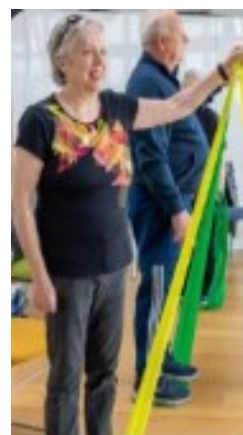
Eastbourne – Natural Fitness

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

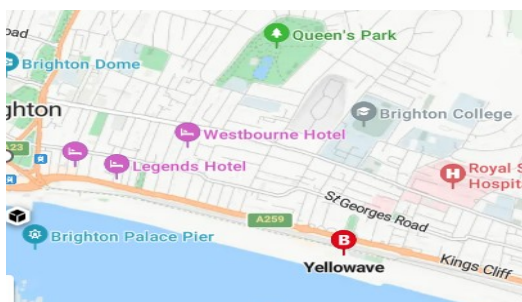
Do you want to get some gentle exercise, build up stamina or just want to get out and about in the fresh air.....

why not join our volunteer led walking group?

Stanmer Park Walk

Wednesday 17th December at 10:30

Meet at the entrance to the One Garden Café.



Walk out for 20/30 minutes down the path-way 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



HEALTH AND WELLBEING

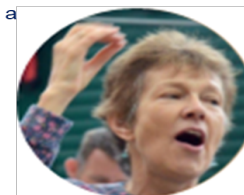
SINGING FOR HEALTH

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.

We are delighted to have Udita Everett back with us at Macmillan Horizon Centre On the following dates:

19th November and 10th December
from 14:00 – 15:00



Udita trained at the Academy of Music Vienna

She is a musician, music therapist and voice/ breath/ body coach with many years' experience.

Please book by calling 01273 468770 or email horizoncentre@macmillan.org.uk

MENOPAUSE AND CANCER



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 are at the Macmillan Horizon Centre from 18:00 – 19.30

Session Topics:



28th
January

Brain Fog, Anxiety
& Low Mood

26th
February

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.

To book onto any sessions, please contact the Macmillan Horizon Centre on horizoncentre@macmillan.org.uk or tel: 01273 468770

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.



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: Friday 3rd December 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** 8th December 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 14th January. 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 December 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:** 16th February 18:00-20:00.

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

LIVING WITH SECONDARY BREAST CANCER. Every month. For more details contact: secondaryservices@breastcancernow.org **Next meeting:** Wednesday 17th December 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: 21st January 19:00—20.30

LUNG CANCER SUPPORT GROUP. First Tuesday of the month. For more details contact: Ashley Green on lcsussex@yahoo.com .
Next meeting: for December this 9th December 17:00-18:30

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate months. For more details contact: brightonhovelsq1@gmail.com **Next meeting:** 8th January 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: for December this will be on 9th December 17:00-18:30**

OVARIAN CANCER SUPPORT GROUP. Third Wednesday of the month. For more details contact: Julie or Delilah ovariansg@gmail.com
Next meeting: 17th December 16:00-17:30.

THANCS (The Head and Neck Cancer Support). Second Friday of the month For more details contact: Steve at Thancs2011@gmail.com
Next meeting: 12th December 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 December 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

EXTERNAL ORGANISATIONS

Singing for Health delivered by Udit Everett Online

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 13:00—14:00 Thursdays 11.30-12.30 (alternate weeks) Fridays 11:30-12:30 Saturdays 12.30-13.30 Please email: uditamusic@protomail.com



5K Your Way—Move Against Cancer

This is for 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). We meet on the last Saturday of every month at 9.00am. The Lawns café on Hove Lawns. Look out for our blue flag. Next meeting is Saturday 27th December.

SUPPORT SERVICES

THE SANCTUARY LIGHT AND SOUND ROOM

Here at the Macmillan Horizon Centre

Relax with changing lights and gentle music.

No need to book. Just ask at reception and we will show you where to go.



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.



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

FUNDRAISING



MACMILLAN

3 course Christmas Lunch

£40 per person

Starter: Classic Prawn Cocktail dressed with Bloody Mary sauce
MAIN: Traditional Roast Turkey Breast, accompanied by Roast potatoes, Glazed parsnips, Carrots, Red cabbage, Brussel sprouts in Brandy cream plus a pig in blanket
Sweet: Traditional Christmas pudding with rich Brandy sauce

Optional Veggie dish available

Sunday 14th December 2025
Hove Club, Fourth Avenue, BN3 2PJ
Doors open 12.30 Christmas lunch 1pm

Now taking bookings

8 x 10 seater tables 80 seats available
with **RICK BONNER** entertainer

Contact: Robert Harding 01273 821391
info@rh-computers.com

Raffle prizes welcome

supported by Arun Lodge No: 7547



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