

MONTHLY SCHEDULE

**THE
MACMILLAN
HORIZON
CENTRE**

JANUARY

CANCER SUPPORT



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).

FEATURED

HORIZON CONNECT ONLINE



Weekly on Wednesdays 10:30 - 11:45

This is a facilitated online support group, providing an opportunity for people affected by cancer to access support and connect with others.

Join from the comfort of your own home.

Led by the participants,
and facilitated by Horizon Centre staff members.
The session are delivered via MS Teams.

Please call or email to book into your first session.
Email horizon.centre@macmillan.org.uk

Tel 01273 468770

MACMILLAN
CANCER SUPPORT

**THE
MACMILLAN
HORIZON
CENTRE**
Cancer support for Sussex

WHAT'S NEW

New Dance Class



Start your New Year with a gentle, fun exercise routine with dancing to a mix of different music genres

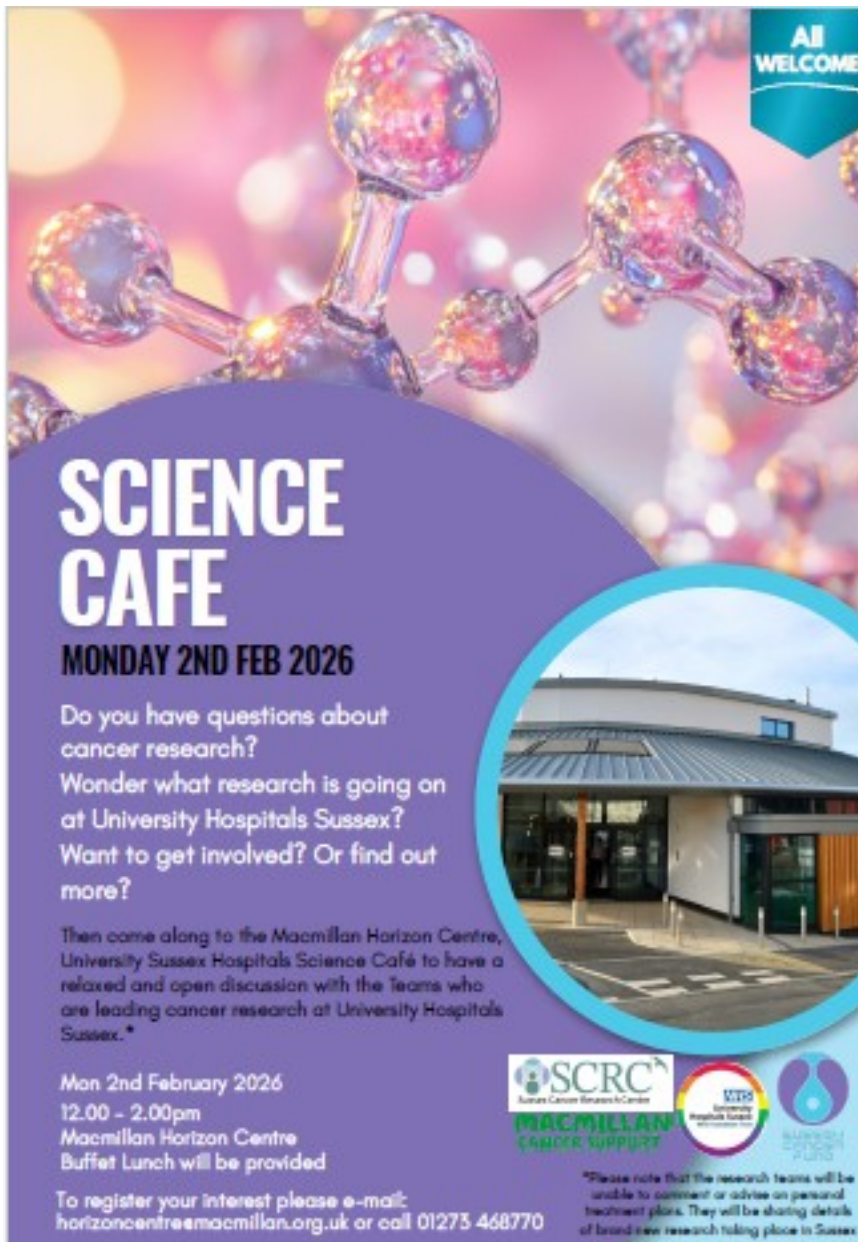
Fun, easy to learn routines mixing different styles of music – all danced in a line format...

At the Macmillan Horizon Centre
Thursdays 2:30 – 3:30PM on:

8th and 29th January
12th and 26th February
12th and 26th March

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

WHAT'S NEW



SCIENCE CAFE
MONDAY 2ND FEB 2026

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 2nd February 2026
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^h
Sussex Cancer Research Centre
MACMILLAN
CANCER SUPPORT

UHS
University Hospitals Sussex

SUSSEX HOSPITALS
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

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.



Wednesdays 25th February and 29th April

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

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.

Dates for the opening to be announced in the spring



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 AND EMOTIONAL WELLBEING SERVICE

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

In partnership with

MACMILLAN
CANCER SUPPORT

Funded by Sussex Cancer Fund

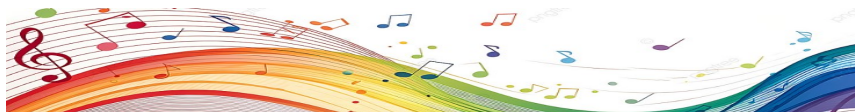


Join our vocal music therapy group for anyone recovering from cancer treatment. Our group involves breath work, gentle vocal exercises, group and individual singing within a safe setting. You can take things at your own pace and there's no pressure to perform.

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



1:1 VOCAL MUSIC THERAPY

In partnership with

MACMILLAN
CANCER SUPPORT

Funded by Sussex Cancer Fund



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.

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

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 **6th January**

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

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 delivered by nurses.



The CBAS offer a course of 6 weekly treatments to patients who are experiencing symptoms such as: pain, fatigue, nausea, hot flushes due to their cancer 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.

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 session 10:00 - 12:00

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 12

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 headwear, and discover creative ways to use scarves, hats, and hair-pieces as an alternative to wigs. **Next workshop 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/



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.

Next appointments available on 24th February

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

3rd, 10th, 17th 24th

February

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

13th, 20th January

3rd, 24th February



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

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 from 18:00 - 19:00

13th, 27th, January

10th, 24th February

YOGA WITH LYDIA from 17:00-18:00

15th, 29th January

YOGA WITH ELODIE from 10:00 - 11:00

7th and 28th January

3rd and 18th February



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

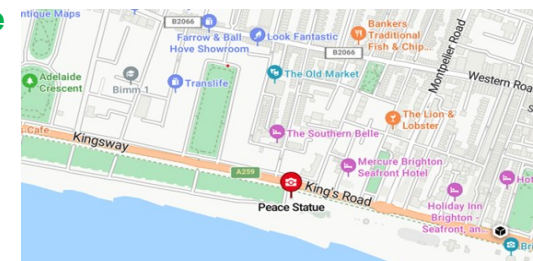
WALKING GROUP

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?

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).

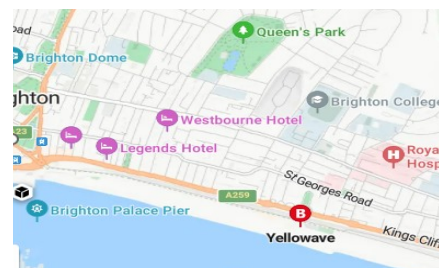
Hove Seafront - Wednesday 21st January. Meet at 10:30

at the Peace Statue



Brighton Seafront - Wednesday 18th February

Meet at 10.30 at Yellow Wave Beach Sports



29 Madeira Drive



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:

14th and 21st January
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

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 14th January 11:00-13:00

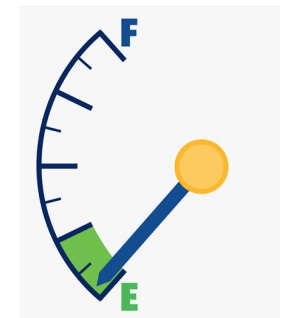
MANAGING FATIGUE

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

Tuesday 3rd February
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 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 12th February 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** 12th January 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:** 5th February 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. Call 01273 468770 or email Horizoncetre@macmillan.org.uk **to book in to attend.** **Next meeting:** 14th January 18:00 -19:30

LIVING WITH SECONDARY BREAST CANCER. Every month. For more details contact: secondarieservices@breastcancernow.org **Next meeting:** Wednesday 21st January 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:** 6th January 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:** 6th January 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:** 21st January 16:00-17:30.

THANCS (The Head and Neck Cancer Support). For more details contact: Steve at ThanCS2011@gmail.com **Next meeting:** 20th February 16:30-18:30.

PCaSO - PROSTATE CANCER SUPPORT ORGANISATION The group holds drop-in sessions in the Information Lounge on the second Tuesday of each month 11:00–13:00. No booking needed—just come along to speak with a team member. For more details, contact Brian. chair.sussex@pcaso.org or call 07879903407. **Next session:** 13th January 11:00 –13:00

EXTERNAL ORGANISATIONS

Mid Sussex Prostate Cancer Support Group

We meet each quarter: March, June, September & December. See www.midsussexprostate.uk for more details. Please feel free to come along. 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 patients and carers in Brighton & Hove and the surrounding areas. We meet on the last Thursday of the month, 14:00-16:00 at the House Project 168 South Coast Road Peacehaven BN10 8JH. The meeting room is on the top floor. No need book. For more information contact 07708 676499



Breast Cancer Now - Moving Forward

This is a two half-day course for people who have finished their hospital based treatment for primary breast cancer. See breastcancernow.org/movingforward, for more details. Next session TBC 9:30-13:00. To book a place, please either call 0345 077 1893 or email movingforward@breastcancernow.org



Singing for Health Online Enjoy the physical, emotional, and social benefits of singing together from the comfort of your home—no experience necessary and you won't be heard by others. Tuesdays 13:00—14:00 Thursdays 11.30-12.30 (alternate weeks) Fridays 11:30-12:30 Saturdays 12.30-13.30 Please email Udit Everett : uditamusic@protomail.com



5K Your Way—Move Against Cancer

This is a walk / jog / run support group at the Hove Promenade Park Run followed by coffees. See www.moveagainstcancer.org for details. We meet on the last Saturday of every month at 9.00am at the lawns café on Hove Lawns. Next meeting is 31st January.



SUPPORT

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**.

MACMILLAN
CANCER SUPPORT

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.



FUNDRAISING

FUNDRAISING GROUP

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

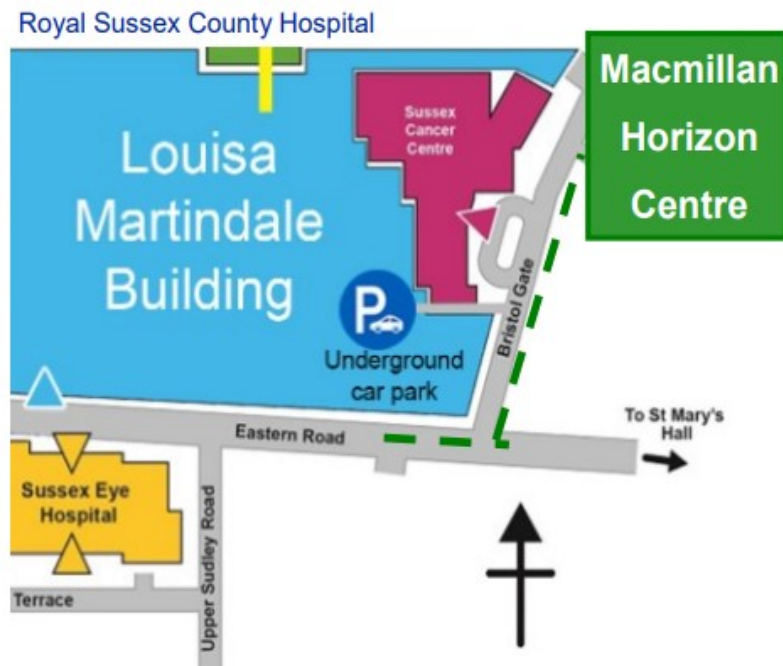
To organise fundraising events to raise funds to support the Macmillan Horizon Centre.

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

NOTES

HOW TO FIND US



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