

THE MACMILLAN HORIZON CENTRE

MACMILLAN
CANCER SUPPORT



MONTHLY SCHEDULE JULY 2026



Macmillan Horizon Centre
01273 468770

Monday to Friday 09:00 — 16:30



Macmillan Support Line
0808 8080 000

Contact 7 days a week 08:00 — 20:00



horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre



www.cancercaremap.org for local services

ABOUT US



MACMILLAN HORIZON CENTRE

At the centre we provide:

A comfortable space and café area

Information and signposting about local support services

Counselling and emotional wellbeing services

Welfare benefits and money advice

Complementary therapies

Physical activity programmes

Haircare, skincare and headwear services

Health and Wellbeing sessions

Support to eat well and feel better

Peer support groups

Online support sessions

Support for patient, families and carers

If you would like more information or to book a place on any of our sessions or complementary therapies please contact the centre on the details on the Front Cover.

WHAT'S NEW

MACMILLAN COMMUNITY GARDEN BARBECUE



If you'd like to know more about the Macmillan Community Garden and meet the other volunteers, please come along to our Barbecue. See dates below.



17th June 12:30-2:30pm

14th July 4:30-6:30pm

21st August 12:30-2:30pm



For more information or to book a place, please call 01273 468770 or email Horizoncentre@macmillan.org.uk

THE
MACMILLAN
HORIZON
CENTRE
Cancer support for Sussex



MACMILLAN
CANCER SUPPORT

WHAT'S NEW



Creative Writing Course and Drop In

Join local writer Gary, in exploring elements of creative writing over the course of 6 weeks.

Please feel free to book onto the course or to drop in. The drop in is for those who have attended a previous course or those who would like the 'opportunity to discuss your current, or past, writing experiences and help you move forward with a new project or to complete something which is in progress'.

Tuesdays 16th June to the 21st July from 10:00— 12:00



BSL Peer Support Group

For anybody who has been affected by cancer. A safe space, using British Sign Language. Free Refreshments provided.

Friday 17th July From 2pm -3pm

At The Macmillan Horizon Centre, 2 Bristol Gate, Brighton, BN2 5BD

For more details email horizoncentre@macmillan.org.uk or Text 07703 672773

COUNSELLING & EMOTIONAL WELLBEING

COUNSELLING

Counselling is a confidential space to talk about how you are feeling and to explore how cancer affects your life.



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

Supports people in Sussex, including family members, who are more than six months post treatment, on longer-term maintenance treatment, or receiving private treatment.

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

To find out more or to be referred see contact details on the Front Cover.

WELLBEING COACHING SERVICE ONLINE

Wellbeing coaching provides one to one support for people affected by cancer who want help moving forward. It offers space to rebuild confidence and identity, and to adjust to changes in roles or family relationships after a cancer diagnosis.

We offer up to six one hour online coaching sessions.

Wellbeing coaching is available to anyone affected by cancer, at any stage, including family members.

To find out more or to be referred see contact details on the Front Cover.



COUNSELLING & EMOTIONAL WELLBEING

MONTHLY MINDFUL MEDITATION DROP-IN

A calm, supportive space for anyone affected by cancer.

This month: Kindness For When Things Are Hard - Compassion in Difficult Times

When life feels uncertain or overwhelming, sometimes we push ourselves harder to get things done in an attempt to regain a sense of control. But what if it doesn't have to be this hard... what if we can take a moment to breathe... and remember to bring some kindness and compassion to ourselves in that moment... what then...? Well, it turns out that self-compassion is the best tonic out there... but the problem is, many of us have never been taught how to do it... Come along to this month's session and learn simple ways to bring a little more self-compassion and kindness to yourself and others - with benefits that can ripple into everyday life.

Next Session 7th July at 10:00am - 11:30am

To book a place see contact details on the Front Cover.

ONE-TO-ONE VOCAL MUSIC 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.

We offer up to 6 sessions of Vocal music therapy

Available to individuals affected by cancer, at any stage. Not available for family members.

Please note new referrals are paused while the service is at capacity. To join the waiting list, please see contact details on the Front Cover.



VIRTUAL SUPPORT



VIRTUAL SUPPORT (ONLINE)

Our online sessions run via Microsoft Teams.

YOGA NIDRA ONLINE Mondays 11:00-11:30 Cindi will lead this session that helps to promote deep rest & relaxation using guided visualisation.

COFFEE MORNING BOOK CLUB ONLINE First Tuesday of the month 10:30-11:30 next date 2nd June 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 led 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.

To book a place see contact details on the Front Cover

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, and quick and easy meals.



Wednesday 22nd July 10:30—13:30

To book a place see contact details on the Front Cover.

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. Next Date TBC

NATURE FOR WELLBEING

THE MACMILLAN 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 Wednesday sessions** at our community garden, located near Fiveways in Brighton. (with free parking and close to a bus route) Tools and gloves provided.



To book a place see contact details on the Front Cover.

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



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 offer 6 appointments in total.

To book a place see contact details on the Front Cover

COMPLEMENTARY THERAPIES

THE COMMUNITY BASED

ACCUPUNCTURE SERVICE (CBAS)



CBAS is a partnership between Sussex Cancer Fund (SCF), Macmillan Cancer Support and the Community Based Acupuncture Service. It is medical acupuncture, carried out by nurses trained in medical acupuncture. CBAS offer a course of 6 weekly treatments to patients who are experiencing symptoms such as: pain, fatigue, nausea or hot flushes.

Please ask your clinical team to refer you, or ask at the front desk for a referral form for your clinical team to complete



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.

Next session 28th July 10:00am-12:00 noon at the Macmillan Horizon Centre

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/

HAIR CARE

HAIRDRESSING

Our 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.

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 hairpieces as an alternative to wigs. **Next workshop: 28th July at 12:30 at the Macmillan Horizon Centre.**



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headwear, and discover creative ways to use scarves, hats, and hairpieces as an alternative to wigs. **Next workshop: 28th July 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/



Available to book at the Macmillan Horizon Centre for 1:1 appointments.

Next dates 30th June and 25th August

Drop in available after Headwrappers on 28th July

TRENDCO Wig specialists are available in the Hove salon to give advice on the phone or face to face. You can call them on 01273 778516.

PHYSICAL ACTIVITIES

DANCE FOR WELLNESS



Funded by SCF (Sussex Cancer fund)

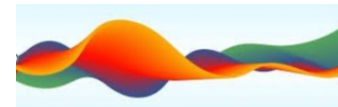
Dance for Wellness is a gentle yet effective form of exercise, it can boost your mood and reduce stress.

Tuesday 7th and 21st July From 13:00—14:00 There are no classes in August



To book a place see contact details on the Front Cover.

Please be aware that these sessions can book quickly. If its fully booked please call the centre a day or so before to see if any spaces have become available.



MOVEMENT WORKSHOP

This is a gentle, supportive, and adaptable session blending:

- breathwork
- pilates
- yoga-inspired movement
- a touch of improvisation

The aim is to create a space where people can move at their own pace, and explore what feels good in the moment, without any pressure or expectations.

Monday 22nd, 29th June
and 6th, 20th, 27th July

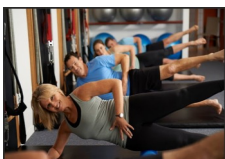
To book a place see contact details on the Front Cover.

PHYSICAL ACTIVITIES

Please be aware that these sessions can book quickly. If its fully booked please call the centre a day or so before to see if any spaces have become available.

QI GONG Qigong has its roots in ancient Chinese culture and the practice typically involves movement, breathing, meditation, coordinating slow flowing movement, deep rhythmic breathing, and a calm meditative state of mind.

There will be no further sessions until the Autumn



PILATES These classes will focus on balance, correct alignment, connecting with your core, and will enable you to become stronger and more flexible. **These are individual sessions.**

PILATES WITH SUE

Tuesday 23rd June, 11:00—12:00

Monday 29th June, and Thursday 30th July 12:00-13:00

To book a place see contact details on the Front Cover.

YOGA Do you want to improve your balance, flexibility and learn relaxation techniques?. These classes are suitable for all levels including complete Beginners. **These are individual sessions.**



YOGA WITH JULIET

Tuesday 14th, 28th July & 11th, 25th August from 18:00 - 19:00

YOGA WITH ELODIE

Wednesday 1st, 29th July and 12th August from 10:00 - 11:00

To book a place see contact details on the Front Cover.

PHYSICAL ACTIVITIES



In partnership with

Funded by

**MACMILLAN
CANCER SUPPORT**



Scan here for more info



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. Group classes available at various locations throughout Sussex.

To book a place see contact details on the Front Cover.

WALKING GROUP Do you want to get some gentle exercise, build up stamina or just 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).

STANMER PARK - Wednesday 15th July.
Meet at 10:30 at the Entrance to the One café



PRESTON PARK- Wednesday 19th August.

Meet at 10:30 at the Rotunda Café.



To book a place see contact details on the Front Cover.

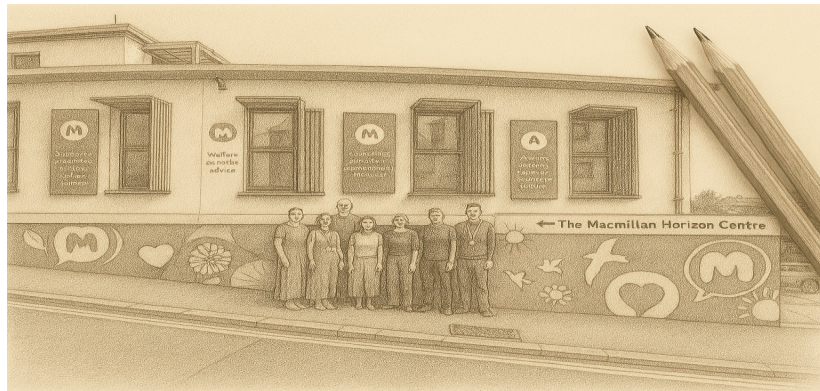
HEALTH AND WELLBEING



SINGING FOR BETTER 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

Wednesdays 8th, 29th July, and 12th, 26th August from 14:00—15:00



ART FOR WELLBEING—DRAWING DROP-IN

Unlock your creativity with relaxed, drawing sessions for every level. These are Drop in sessions you do not need to book.

Wednesdays 24th June, 8th, 22nd July, and 5th 19th August from 18:30—19:30

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



The 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 8th July, from 11:00— 13:00

To book a place see contact details on the Front Cover.

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 5th August 10:00 -12:30

To book a place see contact details on the Front Cover.

SUPPORT SERVICES



Our free HOPE (Help Overcome Problems Effectively) course is designed for people recovering from cancer. It's especially suited to those who are nearing the end of

treatment or who have completed treatment with curative intent within the past six months.

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.



Enquiries & booking please email

**uhsussex.cancerpsychologicaltherapies@nhs.net or
call 01273-664694 or speak to your Cancer Support**

MEET THE CARERS CENTRE CHARITY

In our information lounge TBC



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 SERVICES

MACMILLAN SUPPORT GROUPS

WORTHING MACMILLAN CANCER SUPPORT GROUP Meeting at East Worthing Community Centre, Pages Lane, Worthing BN11 2NQ (Parking available for free in the Range car park, next door). Contact Aleksandra.korbacz@kcl.ac.uk
Second Monday of the month. Next meeting 13th July 18:00 – 19:30.

INCURABLE CANCER SUPPORT GROUP Second Wednesday of the Month at the Macmillan Horizon Centre. Next meeting: 8th July 18:00 -19:30

PEER SUPPORT GROUPS

These groups are independent groups usually established to help people with cancer through difficulties following a diagnosis, whether they are physical, emotional or practical. They aim to turn a negative experience into a more positive one and help a person regain control of their life. **They are all held at the Macmillan Horizon Centre**

BEAT BLADDER CANCER TOGETHER. Every other month on the 2nd Wednesday in the reception area 18:45 for 19:00 start till 20:30. Next meeting : Wednesday 8th July. 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: 6th August 18:30-20:45.

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

HAEMATOLOGY SUPPORT GROUP. Third Wednesday alternate months. For further details contact: Nick York on nick.york@leukaemiacare.org.uk or suport@leukaemiacare.org.uk Next meeting: 15th July 18:30—20.00

PEER SUPPORT GROUPS

KIDNEY SUPPORT GROUP. Last Thursday of the month.

For further details contact: Allison Gayler on horizoncentre@macmillan.org.uk Next meeting 30th July 10:30-12:00

LIVING WITH SECONDARY BREAST CANCER. Every month. For

more details contact: secondaryservices@breastcancer.org
Next meeting: Wednesday 15th July 11:00-13:30.

LUNG CANCER SUPPORT GROUP. First Tuesday of the month.

For more details contact: Ashley Green on lcsussex@yahoo.com . Next meeting: 7th July 17:00-18:30

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate

months. For more details contact: brightonhovelsg1@gmail.com
Next meeting: 9th July 19:00-21:00.

MENOPAUSE AND CANCER COMMUNITY SUPPORT

SESSIONS— Next meeting 22nd July 18:00-19:30

for more information scan the QR code or visit <https://menopauseandcancer.org/community-support-sessions/>



MICKS M.O.T (Men Only Tuesdays). First Tuesday of the month.

For more details contact: micks@macmillan.org.uk Next meeting: 7th July 17:00-18:30

OVARIAN CANCER SUPPORT GROUP. Third Wednesday of the

month. For more details contact: Julie or Delilah on ovariansg@gmail.com Next meeting: 15th July 16:00-17:30.

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. For more information please email Brian chair.sussex@pcaso.org or call 07778 065094 . Next session: 14th July 11:00 -13:00

THANCS (The Head and Neck Cancer Support). Third Friday of

alternate months For more details contact: Steve on Thancs2011@gmail.com Next meeting: 21st August 16:30-18:30.

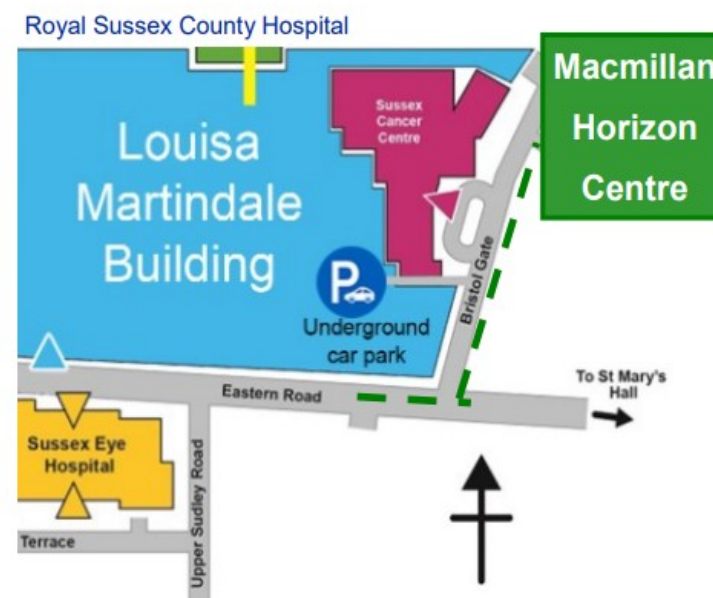
HOW TO FIND US

THE MACMILLAN HORIZON CENTRE



MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

NHS
University Hospitals Sussex
NHS Foundation Trust



The Macmillan Horizon Centre

2 Bristol Gate, Brighton, BN2 5BD

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

See the front cover for all contact details