



MONTHLY SCHEDULE

September 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

Macmillan Money & More -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 patients, 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

**The Macmillan Horizon Centre
IS CELEBRATING IT'S**



**10TH
ANNIVERSARY**

2016-2026

**WEDNESDAY, 4TH NOVEMBER
2026**

1PM – 4PM

If you would like to join us at our 10-year celebrations then please email your name and contact details to:
horizoncentre@macmillan.org.uk by the
30th September 2026

Due to limited spaces you will be entered in to our ballot
Attendees will be randomly selected and invites will be sent
out by the **9th October 2026**

WHAT'S NEW

**SCIENCE
CAFÉ**

MONDAY 28TH SEPTEMBER 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 28th September 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



*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

confirmed/potential speakers:

Luke Yates (potential) - Lab science

Rowan Souray/Jeanne Dekerle (confirmed) – Fatigue study

Erika Mancini (confirmed) - The Sussex Drug Discovery Centre

New Oncology Chair/Stephen Robinson (potential) - Clinical

WHAT'S NEW

THE MACMILLAN WORLD'S BIGGEST COFFEE MORNING

IS COMING UP LATE SEPTEMBER!

Would you like to organise a coffee morning with a little help from us, at your home or at your favourite venue.

EVERY CUP MAKES A DIFFERENCE

RAISE FUNDS FOR THE
LOCAL MACMILLAN
HORIZON CENTRE
IN SEPTEMBER.

For details please contact:
KEVIN SMITH
CHAIRMAN
MACMILLAN HORIZON CENTRE
BRIGHTON FUNDRAISING COMMITTEE
07787 55 00 69

LET'S BREW THIS!

TOGETHER WE CAN MAKE A BIG DIFFERENCE

**MACMILLAN
HORIZON
CENTRE**

Brighton
Fundraising
Group

COFFEE
CAKE
COMPANY

Macmillan Horizon Centre Brighton Fundraising Group

WHAT'S NEW



menopause
and cancer

Menopause & Cancer Support Sessions

MANAGE SYMPTOMS & FEEL MORE IN CONTROL

These sessions offer clear, evidence-based information on menopause after cancer, alongside practical strategies to manage symptoms such as fatigue, sleep, and anxiety. They also provide a supportive space to connect with others and feel more confident in managing your health.

WWW.MENOPAUSEANDCANCER.ORG

SESSION 1: Menopause after Cancer: What's in My Toolkit? Wednesday 23rd September, 6pm - 7.30pm	SESSION 2: Managing Hot Flashes, Night Sweats & Better Sleep Wednesday 21st October, 6pm - 7.30pm	WHERE: Macmillan Horizon Centre, 2 Bristol Gate, Brighton BN2 5BD HOW TO BOOK: Scan the QR code or visit our website
SESSION 3: Help with Brain Fog, Anxiety & Low Mood Wednesday 18th November, 6pm-7.30pm	SESSION 4: Support with Joint Pain, Sexual Health & Confidence Wednesday 20th January, 6pm-7.30pm	



Menopause and Cancer is a not-for-profit organisation dedicated to supporting anyone navigating the challenges of menopause after cancer treatment.

WHAT'S NEW

Carer/Supporter Peer Support Group

Do you support someone who couldn't manage
without your help?

If so, this support group is for you!



We will be running a new monthly Support Group open to anyone supporting someone with a cancer diagnosis.

You can book a place or you're welcome to drop in on the day.

You can arrive and leave at any time during the session.

There will be:

- Useful information packs
- A representative from both The Carers Centre and the Macmillan Horizon Centre
- A chance to speak to others who are in a similar position to you, to share practical tips and get support
- Refreshments provided

Dates: Mondays 19th Oct, 23rd Nov, 14th Dec

From: 10:30-12:00

At the Macmillan Horizon Centre - Hope to see you then!

If you are interested but Mondays don't work for you,
Please let us know.

To book a place, please email Horizoncentre@macmillan.org.uk
or call The Horizon Centre on 01273 468770

MACMILLAN
CANCER SUPPORT

THE
MACMILLAN
HORIZON
CENTRE

Macmillan Public

WHAT'S NEW

Nicola
Jane

Helping you to get the perfect fit,
post-surgery

Bra Fitting Event

Bras | Swimwear | Breast Forms

Wednesday 7th October

10:30am – 11:00am

Drop-in Collection Viewing

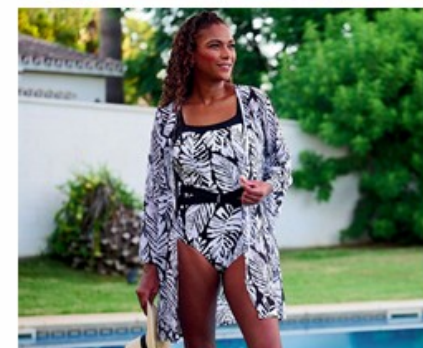
11:00am – 1:00pm

Fitting Appointments Available

The Macmillan Horizon Centre
2 Bristol Gate
Brighton
East Sussex
BN2 5BD

THE
MACMILLAN
HORIZON
CENTRE

For further event details or to book
an appointment contact:
01273 468770
horizoncentre@macmillan.org.uk



01243 537300 | nicolajane.com

COUNSELLING & EMOTIONAL WELLBEING

COUNSELLING

Counselling offers a confidential space to talk about how you're feeling and explore how cancer has affected your life. This support is available to anyone affected by cancer, including family members and carers, who are more than six months post-treatment, on longer-term maintenance treatment, or receiving private treatment. **If you're currently in treatment, or finished within the last six months, please speak to your Macmillan Nurse about psychological support through the NHS Cancer service.**



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.

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

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

COUNSELLING & EMOTIONAL WELLBEING

COFFEE, CAKE & CONVERSATIONS ABOUT DEATH: inspired by the Death Café movement

Friday 11th September from 10:30—12:00

Death is something many of us think about when living with cancer. But it can be hard to find a space to talk about it openly.

This group offers exactly that. Over coffee and cake, you are welcome to share your thoughts, fears, and reflections on death and dying in relaxed, informal company, with others who understand.

This session is for people who have, or have had, a cancer diagnosis. **It is not open to family members or carers.** To find out more or to book a place, see contact details on the Front Cover. This session will also run in November if you are unable to attend in Sept.

MONTHLY MINDFUL MEDITATION DROP-IN

A calm, supportive space for anyone affected by cancer.

This month: Meeting Uncertainty with Courage: Loosening the grip of anxiety and learning to stand within the unknown with presence and trust

When we don't know what's coming, the instinct is to clench, to grip the unknown as if holding on tightly enough might control it.

Meeting uncertainty with courage doesn't mean feeling fearless, or even particularly brave. It is something within us that we can learn to access and strengthen.

In this session, we'll explore practices that can help loosen the grip of anxiety, create a little more space around uncertainty, and grow confidence in our capacity to meet change and the unknown.

Tuesday Sept 15th 10:00 -11:30

To find out more, 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 promotes deep rest & relaxation using guided visualisation.

COFFEE MORNING BOOK CLUB ONLINE First Tuesday of the month 10:30-11:30 next date 1st September 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.

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 21st October

from 10:30—13:30

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

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 from 10:00—12:00** 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 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.

**MACMILLAN
CANCER SUPPORT**

HAIR CARE

HEADWRAPPERS WORKSHOP This is for anyone who has lost or may 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 date: 29th September at 13:00 at the Macmillan Horizon Centre.** To book a place please visit the look good feel better website or follow the link below and select a Face to Face Workshop: www.lookgoodfeelbetter.co.uk/workshops/



TREND CO Wig Specialists Available to book at the Macmillan Horizon Centre for 1:1 appointments.

Next bookable date 25th August

Drop in also available during Headwrappers on 29th September between 12:00 -14:00

They are also available in their Hove salon to give advice on the phone or face to face. You can call them on 01273 778516.

HAIR and SKIN 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.**



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

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 sessions Tuesday 29th September 10:00—12:00

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/

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 8th and 22nd September

13:00—14:00



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

If its fully booked please call the centre a day or so before to see if any spaces have become available.

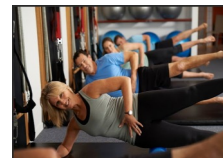
PHYSICAL ACTIVITIES

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.

Tuesday 6th, 13th, 20th, 27th October from 14:30—15:30

These sessions are currently fully booked.

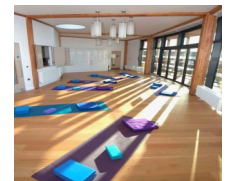


PILATES These classes will focus on balance, correct alignment, connecting with your core, and will enable you to become stronger and more flexible. **These are individual sessions.**

PILATES WITH SUE Tuesday 1st September 10:00—11:00 and Thursday 24th September from 15:00—16:00

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 LYDIA Thursday 3rd, September from 17:00 - 18:00

YOGA WITH ELODIE Wednesday 2nd and 30th September 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).

HOVE SEAFRONT - Wednesday 16th September. Meet at 10:30 at the Peace Statue in Hove



YELLOWWAVE Brighton- Wednesday 21st October. Meet at 10:30 Outside Yellowwave Beach Sports 29 Madeira Drive Brighton



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

HEALTH AND WELLBEING



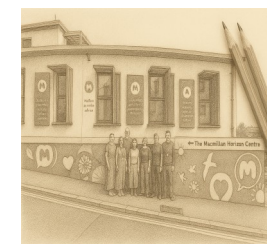
SINGING FOR BETTER HEALTH Enjoy the physical, emotional, and social benefits of singing together. No experience necessary!

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

Sessions will resume in October.

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 2nd, 16th and 30th September from 18:30—19:30

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 1st September—6th October from 10:00— 12:00

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

SUPPORT SERVICES

BSL CANCER PEER SUPPORT GROUP

For anybody who has been affected by cancer

A safe space, using British Sign Language

Supported by a BSL interpreter to give an opportunity to ask any questions

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

Friday 18th September

14:00—15:00

Free refreshments



For more details and to book email
horizoncentre@macmillan.org.uk
or Text 07703672773

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 9th September, from 11:00— 13:00

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

SUPPORT SERVICES

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

Wednesday 6th October 10:00 -12:30

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



Moving Forward Course Breast Cancer Now

Friday 11th and 18th September

9.30 - 13.00

At **Shinewater Sports Centre, Milfoil Dr, Eastbourne BN23 8ED**

Week 1 - Looking back to move forward: This session offers a safe and supportive space to share anything that's on your mind and explore what you need to start moving forward. It's an opportunity to acknowledge your experience.

Week 2 - Moving forward: Here, you'll discover practical tools to help you adjust to daily life. We'll guide you through the '5 Ways to Wellbeing' and offer online resources on topics like activity levels, mental wellbeing, lymphoedema, menopausal symptoms, managing worries of the cancer coming back, and eating well. You'll also have a chance to ask questions to a healthcare professional in a Q&A session.

Booking link: <https://signup.breastcancernow.org/event/2e7fb529-0ab2-4d12-a162-023b11da9d7b/aedd8ab0-6efd-4680-8e22-8bdcf2902f07?count=4>

SUPPORT SERVICES

THE HOPE COURSE

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 worker/Specialist nurse



THE CARERS CENTRE CHARITY



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.

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 14th September 18:00–19:30.

MACMILLAN SUPPORT GROUPS

FACT—FACING ALL CANCERS TOGETHER Meeting every second Wednesday of the month from 18:00—19:30. Next Meeting is 9th September.

A warm welcoming community for anyone living with, or affected by, an incurable cancer diagnosis. This is a space to talk openly, ask difficult questions, share experiences and find connection with people who truly understand what life can feel like after a diagnosis like this.

Safe, confidential and without judgement - no subject is off limits, and nobody is expected to carry it alone.

For more information contact horizoncentre@macmillan.org.uk

PEER SUPPORT GROUPS

These groups are independent groups 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 9th September. For future meeting dates and information please look on our website <https://www.beatbladdercancertogether.co.uk/>

BRCA BRIGHTON SUPPORT GROUP FOR WOMEN ACROSS SUSSEX. First Thursday of every alternate month. If you would like to join BRCA please contact brcabrighton@gmail.com Next meeting: 1st October 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: 21st September 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: 16th September 19:00—20.30

PEER SUPPORT GROUPS

KIDNEY SUPPORT GROUP. Last Thursday of the month.

For further details contact: Allison Gayler on horizoncentre@macmillan.org.uk Next meeting 24th September 10:30-12:00

LIVING WITH SECONDARY BREAST CANCER. Every month. For

more details contact: secondaryservices@breastcancernow.org
Next meeting: Wednesday 16th September 11:00-13:30.

LUNG CANCER SUPPORT GROUP. First Tuesday of the month.

For more details contact: Ashley Green on lcsqsussex@yahoo.com . Next meeting: 1st September 17:00-18:30

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate months. For more details contact: brightonhovelsg1@gmail.com
Next meeting: 10th September 19:00-21:00.

MENOPAUSE AND CANCER COMMUNITY SUPPORT SESSIONS— Next meeting 23rd September 18:00-19:30 for more information 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: 1st September 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: 16th September 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: 8th September 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: 16th October 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