



MONTHLY SCHEDULE OCTOBER 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

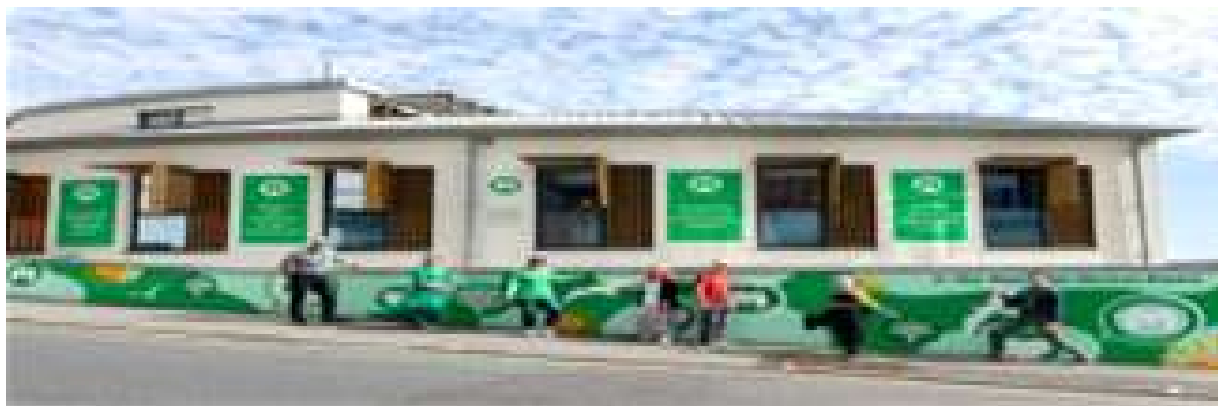


www.macmillan.org.uk/horizoncentre



www.cancercaremap.org for local services

ABOUT US



THE MACMILLAN HORIZON CENTRE

At the centre we provide:

Support for patients, partners, family members and carers

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

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 LIVED EXPERIENCE OPEN FORUM



**Friday October 16th 10:00 – 11:30
at the Macmillan Horizon Centre**

**How well are we meeting the support needs
of the LGBTQIA + Community?
We need your ideas and feedback**

What support should the Macmillan Horizon Centre be providing to support people from the LGBTQIA+ community affected by cancer?

- What is working well already?
- What needs to improve?
- Is there any other support you think the Horizon Centre could provide?

We want your feedback and suggestions to shape and guide the development of support the Horizon Centre provides for the LGBTQIA+ community affected by cancer.

For more details or to book a place, please contact us at horizoncentre@macmillan.org.uk or Tel 01273 468770

If you prefer you can feedback ideas by e-mail to the above email address.

**THE
MACMILLAN
HORIZON
CENTRE** 3

FOCUS ON

The Macmillan Horizon Centre IS CELEBRATING IT'S



10TH

ANNIVERSARY

2016–2026

WEDNESDAY, 4TH NOVEMBER
2026

1PM – 4:30PM

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

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 with the NHS, 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.



To be referred or discuss this further please see contact details on the Front Cover.

COUNSELLING & EMOTIONAL WELLBEING

MONTHLY MINDFUL MEDITATION DROP-IN

Places We Go When We Compare: What comparison stirs in us, envy, grief, resentment and things we don't often say.

Comparison creeps in quietly, how life was before, how we used to cope, or wondering, "Are they getting more attention or better treatment than me?"

These comparisons can stir feelings of jealousy, isolation and unfairness, things we may feel ashamed to say out loud.

In this Mindful Meditation session, we'll explore how comparison can suck the joy from our lives, and how noticing these human reactions with awareness can help you step out of the comparison trap and into a kinder relationship with the life that's here.

Tuesday 13th October 10:00 -11:30

To find out more, 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 available to individuals affected by cancer, at any stage. Not available for family members or carers.



To find out more or to be referred for any of these 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 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**



AUTUMN SOUP MAKING

at the Macmillan Community Garden on World Vegetarian Day

Thursday 1st October 12:30—14:30



Please join us for some homemade homegrown soup cooked in a cauldron over a fire at our beautiful Macmillan Community Garden in Hollingdean.

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



**MACMILLAN
CANCER SUPPORT**

THE COMMUNITY BASED

ACCUPUNCTURE SERVICE (CBAS)



CBAS is medical acupuncture, carried out by trained nurses. 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.**

To book a place see contact details on the Front Cover

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.**



To book a place see contact details on the Front Cover

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/



TRENDCO

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

Next bookable date 27th October

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.**

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 Tuesday 27th October



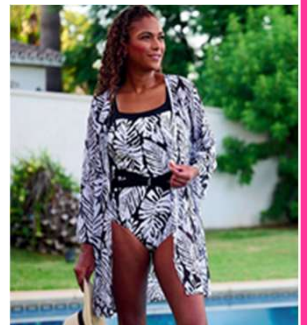
10:00—12:00 at the Macmillan Horizon Centre

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/

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

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.

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

**Tuesdays 22nd September , 6th and 20th October
from 13:00—14:00**



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 Thursday 24th September from 15:00—16:00 , Wednesday 7th October from 10:00 – 11:00, and Thursday 22nd October from 15:15 – 16:15

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 ELODIE Wednesday 30th September and 14th, 28th October 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).

YELLOWWAVE Brighton- Wednesday 21st October.

Meet at 10:30 Outside Yellowwave Beach Sports

29 Madeira Drive Brighton



STANMER PARK - Wednesday 18th

November. Meet at 10:30 at the Entrance to the One 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

Wednesday 14th and 28th October 14:00 – 15:00

To book a place see contact details on the Front Cover

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
and 27th October – 1st December from 10:00— 12:00**

To book a place see contact details on the Front Cover

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 30th September, and 14th , 28th October from 18:30—19:30



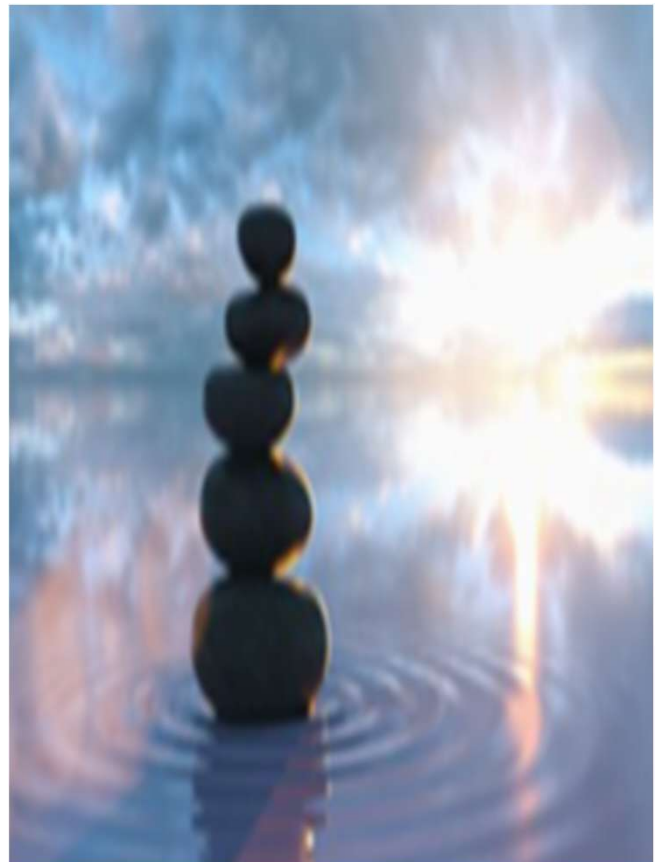
SUPPORT SERVICES

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 11th November, from 11:00— 13:00

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:

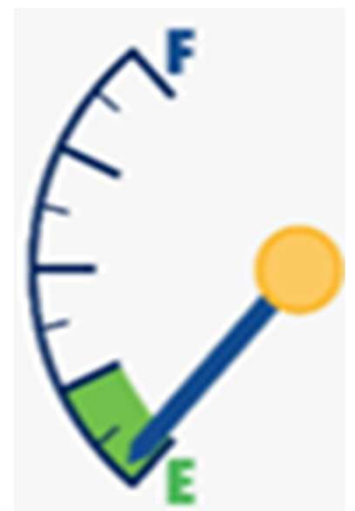
**uhsussex.cancerpsychologicaltherapies@nhs.net or
call 01273-664694 or speak to your Cancer Support
worker/Specialist nurse**

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

Currently fully booked please contact the centre a few days before to see if any spaces become available

To book a place see contact details on the Front Cover

SUPPORT SERVICES

CARER / SUPPORTER PEER SUPPORT GROUP

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



Are you here with someone for their appointment?

if so, you can get support too!!

We will be running a monthly Support Group 3 month pilot from Monday 19th October at the Macmillan Horizon Centre.

Just drop-in or you can book a place.

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

There will be:

- Tea, coffee, biscuits and fruit
- Information packs and an information table
- Someone from The Carers Centre and the Horizon Centre
- A chance to speak to others who are in a similar position to you.

Dates: Mondays 19th Oct, 23rd Nov, 14th Dec From: 10:30-12:00

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

To book a place see contact details on the Front Cover

If you are interested but can't make Mondays please tell a member of staff so we can be in touch if we change the day.

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 12th October 18:00–19:30.**

FACT—FACING ALL CANCERS TOGETHER

Meeting every second Wednesday of the month from 18:00—19:30. Next Meeting is 14th October.

A safe, confidential and welcoming community for anyone living with, or affected by, an incurable cancer diagnosis. For more information contact horizoncentre@macmillan.org.uk

To book a place see contact details on the Front Cover

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 14th October. 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, 19th October 18:00-20:00.

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. For more details contact horizoncentre@macmillan.org.uk

Next meeting 16th October 14:00-15:00.

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, 18th November 19:00—20.30

KIDNEY SUPPORT GROUP. Last Thursday of the month. For further

details contact: Allison Gayler on horizoncentre@macmillan.org.uk Next

meeting 29th October 10:30-12:00

PEER SUPPORT GROUPS

LIVING WITH SECONDARY BREAST CANCER. Every month.

For more details contact: secondaryservices@breastcancernow.org

Next meeting: Wednesday 16th September, 21st October 11:00-13:30.

LUNG CANCER SUPPORT GROUP. First Tuesday of the month.

For more details contact: Ashley Green on

lcsgsussex@yahoo.com Next meeting: 6th October 17:00-18:30

LYMPHOEDEMA SUPPORT GROUP. Second Thursday alternate

months. For more details contact: brightonhovelsg1@gmail.com Next

meeting: 12th November 19:00-21:00.

MENOPAUSE AND CANCER COMMUNITY SUPPORT

SESSIONS— Next meeting 23rd September, 28th October 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: 6th October 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,

21st October 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: 13th October 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

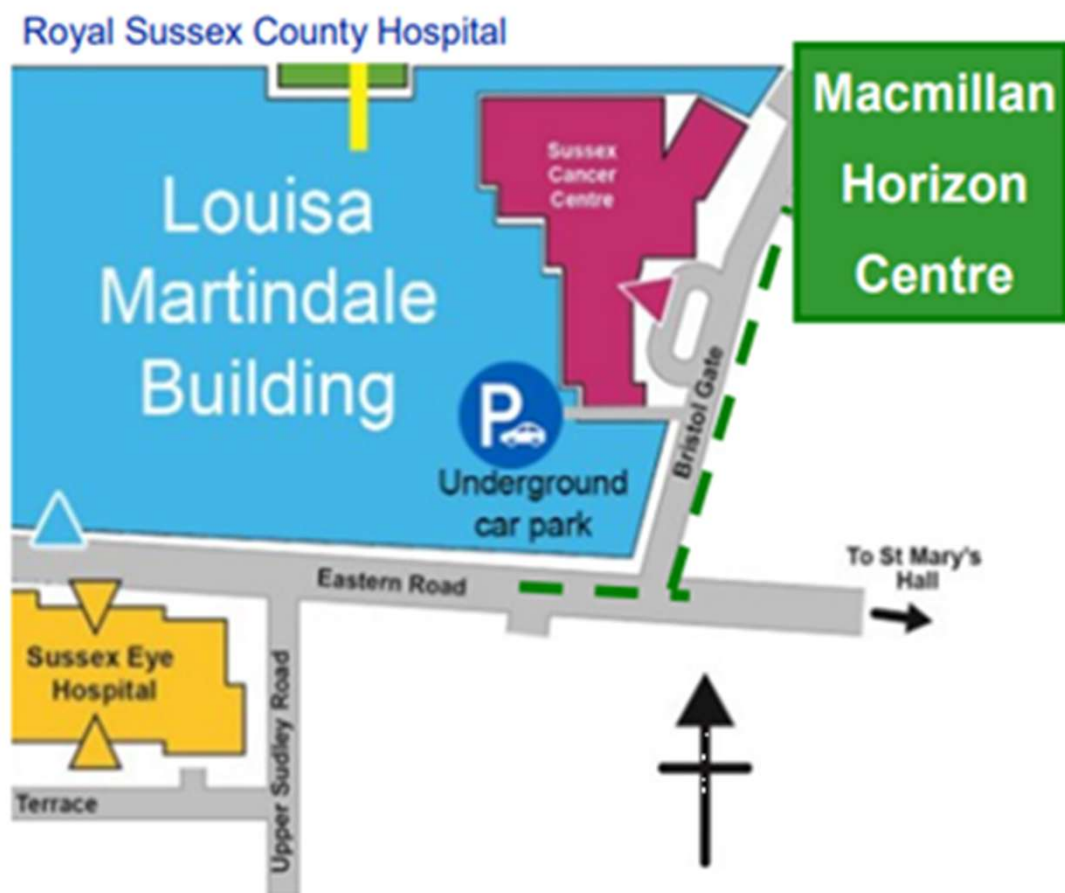
THE MACMILLAN HORIZON CENTRE



**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU



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