THE MACMILLAN HORIZON CENTRE

MACMILLAN CANCER SUPPORT



MONTHLY SCHEDULE

NOVEMBER 2026

Macmillan Horizon Centre 01273 468770

Monday to Friday 09:00 — 16:30

horizoncentre@macmillan.org.uk

www.macmillan.org.uk/horizoncentre

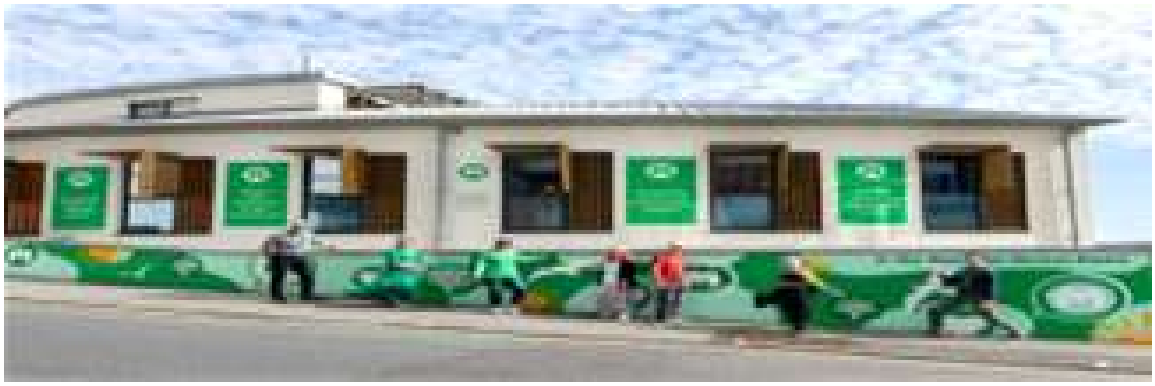
Macmillan Support Line 0808 8080 000

Contact 7 days a week 08:00 — 20:00

www.cancercaremap.org for local services

Macmillan Public

ABOUT US



THE MACMILLAN HORIZON CENTRE

At the centre we provide:

<u>Support for patients, partners, family members and carers</u>

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.

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WHAT'S NEW

CHRISTMAS COOKERY WORKSHOPS



Would you like to build your confidence in the kitchen ?

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

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

Saturday 28th November, Tuesday 1st December or Wednesday 2nd December

from 10:30-13:00

To find out more, or to register,
please see contact details on the front cover

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WHATS NEW

BOOK OF HOPE – A TIME CAPSULE PROJECT

We are honoured to be collaborating with University Hospitals Sussex on a very special initiative: the **Cancer Patients' Book of Hope**, a collective project that will capture the strength, courage, and wisdom of those walking through cancer today — and preserve it for the future in a sealed **time capsule** for the new Sussex Cancer Centre building.

This project invites **patients, survivors, families, carers, and staff** to contribute messages, artwork, reflections, and letters of encouragement. Every contribution becomes part of a powerful legacy of hope, to be discovered by future generations when the time capsule is opened in 50 years.



Why this project matters

Cancer journeys are filled with moments of bravery, vulnerability, love, and unexpected light. By gathering these experiences into a single book, we create something that honours every voice and reminds future patients that they are never alone.

How to take part

Visit our **Hope Station** in the **Macmillan Horizon Centre**
Ask a team member if you'd like support contributing
Share a short message, drawing, poem or whatever hope looks like to you on the card provided
Please only write on one side of the card, to enable it to be stuck into the book.
All contributions are voluntary, supported, and handled with care.

THE MACMILLAN HORIZON CENTRE

MACMILLAN CANCER SUPPORT

NHS University Hospitals Sussex NHS Foundation Trust

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FOCUS ON



SINGING FOR BETTER HEALTH

Returning from its break over the Summer, Singing for Better Health starts again this month.

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 28th October and 11th, 25th November

from 14:00 – 15:00

SINGING FOR OUR 10-YEAR CELEBRATIONS

THE MACMILLAN HORIZON CENTRE

Would you like to join us in celebrating our 10-year Anniversary with the power of song.

On Wednesday 4th November from 13.45 - 14.15

We need your voices to celebrate the physical, emotional and social benefits of singing together to congratulate the Horizon centre for being open 10-years.

Come raise a glass and your voices in celebration. NO Experience required!

To book a place see contact details on the Front Cover

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.

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COUNSELLING & EMOTIONAL WELLBEING

MONTHLY MINDFUL MEDITATION DROP-IN

What We Cannot See: Judgement, Story and the Practice of Compassion

Following the Horizon Centre's 10-year celebration, this session will explore compassion — not as simply being "nice", but as a way of seeing more clearly and making room for what we may not yet understand.
At this time of year, the landscape can appear bare and still, while beneath the surface life is continuing in ways we cannot see. People can be like that too. We rarely know the whole story behind another person's words, choices or behaviour.
Through story, reflection and meditation, we'll notice how quickly the mind forms judgements, and explore how compassion can create a little more space, ease and choice in how we respond — to others and to ourselves.

Tuesday 10th November 10:00 -11:30

To find out more or book a place , see contact details on the Front Cover

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

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.

Friday 13th November 2026 from 10:30 – 12:00

To find out more or to book a place, see contact details on the Front Cover.

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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 3rd November** 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

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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.



This will be the Christmas Workshops see details in What's New Section.

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

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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, and 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

THE COMMUNITY BASED ACCUPUNCTURE SERVICE (CBAS)

CBAS is medical acupuncture, carried out by trained nurses in Brighton, Eastbourne and Worthing. 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.

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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: 24th November 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

Aderans 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 24th November 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.

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SKIN CARE

SKINCARE AND MAKEUP WORKSHOP

look good feel better
FACING CANCER WITH CONFIDENCE



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 24th November

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

Tuesdays 20th October and 3rd, 17th November from 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.

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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.

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 NICOLA Monday 2nd and 16th November from 13:00—14:00

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 ELODIE Wednesday 28th October and 16th November from 10:00 - 11:00

To book a place see contact details on the Front Cover

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PHYSICAL ACTIVITIES

ACTIVE OUTLOOK

Supporting active living through cancer

In partnership with MACMILLAN CANCER SUPPORT

Funded by SUSSEX CANCER FUND

Scan here for more info

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).

YELLOWAVE Brighton- Wednesday 21st October. Meet at 10:30 Outside Yellowave 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

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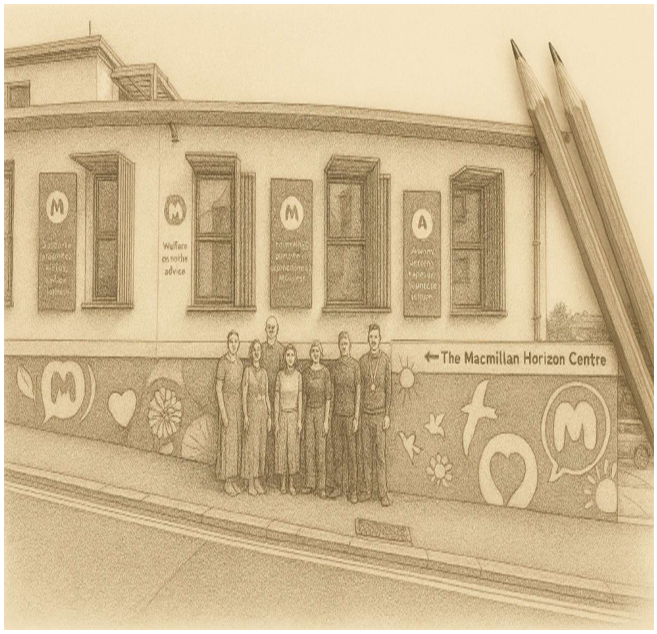
HEALTH AND WELLBEING

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 11th November from 18:30—19:30 (this is the last session for this year)

These sessions will resume again in January 2027



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'.

Tuesday 27th October – 1st December

from 10:00— 12:00

To book a place see contact details on the Front Cover

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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

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 25th November 10:00 -12:30

To book a place see contact details on the Front Cover

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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 Cantre and the Horizon Centre**
- **A chance to speak to others who are in a similar position to you.**

Dates: Mondays 23rd Nov and 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 Meeting the second Monday of the month. Next meeting 9th November 18:00–19:30.

FACT—FACING ALL CANCERS TOGETHER

Meeting every second Wednesday of the month from 18:00—19:30. Next Meeting is 11th November.

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

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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 11th November. **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: 3rd December 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: 19th October, 16th November 18:00-20:00.

BSL CANCER PEER SUPPORT GROUP. Third Friday of the month. **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 20th November 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: 18th November 19:00—20.30

KIDNEY SUPPORT GROUP. Last Thursday of the month. **For further details contact: Allison Gayler on** horizoncetre@macmillan.org.uk Next meeting 26th November 10:30-12:00

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PEER SUPPORT GROUPS

LIVING WITH SECONDARY BREAST CANCER. Every month. For more details contact: secondaryservices@breastcancernow.org Next meeting: Wednesday 21st October, 18th November 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 3rd November 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 21st October and 18th November 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: 3rd November 17:00-18:30 We are looking for a new Volunteer Facilitator please speak to Christina at the Horizon Centre

OVARIAN CANCER SUPPORT GROUP. Third Wednesday of the month. For more details contact: Julie or Delilah on ovariansg@gmail.com Next meeting: 21st October, 18th November 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: 10th November 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, 18th December 16:30-18:30.

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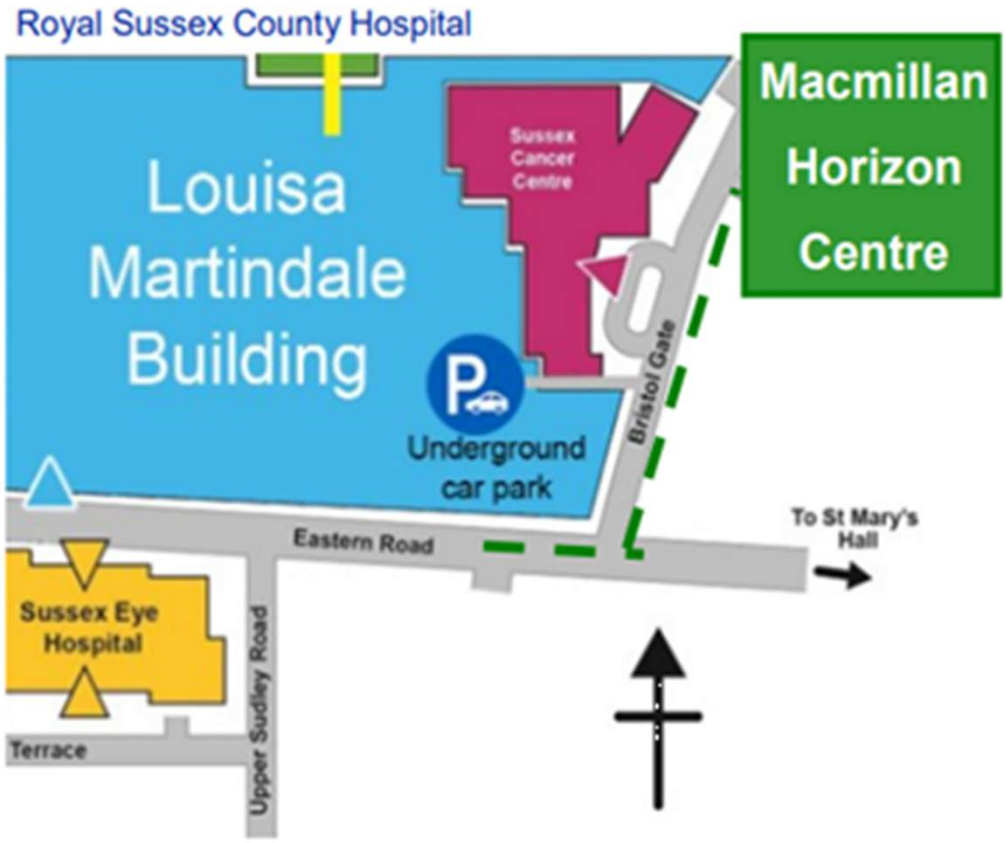
HOW TO FIND US

THE MACMILLAN HORIZON CENTRE

SUSSEX CANCER FUND

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

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