

MAY 2021

THE MACMILLAN HORIZON CENTRE



01273 468770 Monday- Friday 9.00- 4.30 pm



Horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre



Like

Macmillan Horizon Centre

Phone Support

Information & Support

You can phone us or book a 20 minutes telephone appointment to discuss what is on offer at the centre.

Counselling

Counselling sessions are running over the phone or as online video session.

Welfare and Benefits

All our welfare benefits services are running and they are being contacted over the phone.

If you would like to contact the Welfare Benefits Team please email: horizonbenefitsadvice@macmillan.org.uk or call on **07483 171 832** or the Horizon Centre on **01273 468770**.

Virtual Support

Our on line sessions will continue to run as usual via Microsoft Teams:

- Breathing Workshop - Wednesdays 2-3 pm
- Exercise for Wellness – Wednesdays 15.15-16.15
John will be starting a new 10-week exercise programme.
This programme runs from 5 May – 7 July
- Horizon Connect – Fridays 10.30-11.30
- Anxiety Management - Thursdays 11.00-12.00
- Mindfulness - Thursdays 14.30-15.00

Please email or call us if you want to sign up for any of these session.

COMPLEMENTARY THERAPIES

We're pleased to announce the phased re-opening of our Complementary Therapy services from May 4th 2021.



We are now able to offer face to face appointments for complementary therapies at the Horizon Centre, including:

- Acupuncture
- Aromatherapy
- Craniosacral Therapy
- Facial
- Indian Head Massage
- Massage
- Reflexology
- Reiki
- Shiatsu

If you would like anymore information about any of therapies or services please visit our website, call **01273 468770** or email **HorizonCentre@macmillan.org.uk**

EAT WELL FEEL BETTER

If you'd like the chance brush up on your kitchen skills and learn more about healthy eating, our Eat Well, Feel Better cooking skills sessions could be for you.

More dates to be announced in the following weeks.

Call 01273 4687770 or email

HorizonCentre@macmillan.org.uk
for more info.



SUPPORT GROUPS

We are hoping to see support groups coming to meet at the Horizon Centre soon.

In the meantime, a few support groups are meeting on line via Zoom/MS teams if you require more information use the tool **In Your Area** on **www.macmillan.org.uk** or call the Horizon Centre for an update on 01273 468770.

HAIR & SKIN CARE

Our two hairdressers are experienced at listening and advising on haircare solutions when going through or completing cancer treatment. Or maybe you just want a haircut and/or a blow-dry, please book an appointment.



Look Good, Feel Better is the only international cancer charity that helps boost the physical and emotional wellbeing of those going through cancer treatment. 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. Returning to The Horizon Centre in July.

Back at the Horizon Centre from 4th May
The hair and wig specialists will be back at the Horizon Centre from 4th May. Please call or email us to book an appointment. You can also book an appointment at their Hove salon: please call Maria for an appointment on 01273 778516.



Chemo Headwear – Claire is still available online for one-one consultations .

We hope to be able to run group workshops at the Horizon Centre in the near future.

<https://www.chemoheadwear.co.uk/online-private-consultation/>

GROUP ACTIVITY SESSIONS

Albion in the Community will help you get active and stay active in a way that is right and safe for you at this present time.



This includes a tailored exercise programme and you can self refer via their website

<https://www.albioninthecommunity.org.uk/brighter-outlook/>

Yoga (12th May—16th June)

This 6-week yoga programme will be running every Wednesday @ 11am from 12 May – 16 June.

All levels of experience (or not) are welcome to join this session with Laura.

This program will take place in our beautiful horizon view room. Please call or email the Horizon Centre if you would like to book.

Move, Dance, Feel

MOVE DANCE FEEL
Online

HELPING WOMEN AFFECTED BY CANCER TO RECONNECT WITH THEMSELVES, THROUGH A SHARED CREATIVE DANCE EXPERIENCE.

WWW.MOVEDANCEFEEL.COM

FOR FREE VIA ZOOM...

WEEKLY DANCE SESSIONS:
MONDAYS 6PM - 7.15PM
FRIDAYS 10AM - 11.15AM

50 MINUTES OF DANCING
FOLLOWED BY AN OPTIONAL SOCIAL

APRIL - JUNE 2021

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 10.00-16.30.

The horizon centre lounge is open Monday to Friday 9.00-16.30.

Come and have a chat with our volunteers and grab a coffee from our café which remains open for takeaway.



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, 8am-8pm) or visit macmillan.org.uk.



**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU

NHS
University Hospitals Sussex
NHS Foundation Trust

**Macmillan Horizon Centre
2 Bristol Gate
Brighton
BN2 5BD**

01273 468770

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