

JUNE - JULY 2021

# THE MACMILLAN HORIZON CENTRE



**01273 468770 Monday- Friday 9.00- 4.30 pm**



**[Horizoncentre@macmillan.org.uk](mailto:Horizoncentre@macmillan.org.uk)**



**[www.macmillan.org.uk/horizoncentre](http://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](mailto: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
- Horizon Connect – Fridays 10.30-11.30
- Mindfulness - Thursdays 14.30-15.00
- Exercise for Wellness – John will be starting a new exercise programme in September

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

# COMPLEMENTARY THERAPIES

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 (including massages in the evening on certain Mondays and massages based in Seaford).
- 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**

## The Sanctuary—Light and Sound Room

Need a place to relax and rest?

Our beautiful Light and Sound Room is always available for you to have a moment for yourself enjoying the changing colours and gentle music.



# 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.

Call 01273 4687770 or email

[HorizonCentre@macmillan.org.uk](mailto:HorizonCentre@macmillan.org.uk)

for more information on the next available dates.



# 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.

For more information visit their website :

<https://lookgoodfeelbetter.co.uk/workshops/>

The hair and wig specialists are currently seeing clients in the centre. 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 ( 30th June—11th August)

This 7-week yoga programme will be running every Wednesday @ 14:30 from 30th June – 11th August.

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.



## 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](mailto:Horizoncentre@macmillan.org.uk) or come to have chat with our volunteers Monday to Friday 10.00-16.30.



**Meet the Carers Centre charity in our information lounge every 1st Thursday of the month, starting on 8th July.**

Established in 1988, 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.

**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 is now fully open!**



## 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](http://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

[horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

[www.macmillan.org.uk/horizoncentre](http://www.macmillan.org.uk/horizoncentre)