

OCTOBER 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

WHAT'S NEW

BARBER SERVICE

We are welcoming to our team Oliver, a very experienced barber who will be starting volunteering with us in early November!

For any questions and to book an appointment with Oliver, please email the centre or call us on 01273 468770.



Information & Support

You can phone us and book a telephone or face to face appointment to discuss how you are feeling and find out what is on offer at the centre.

We are as well welcoming tours of the centre, if you are interested in visiting our facilities and meet the staff & volunteers, please give us a call 01273 468770 or email horizoncentre@macmillan.org.uk



Welfare Benefits

Welfare benefits services are running phone appointments.

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**.

Please note the Welfare Benefits Team will aim to get in contact with you within 2-3 weeks.

Counselling

Counselling sessions are now running over the phone, as online video sessions or as face to face at the Horizon Centre.

If you are at least 6 months since you finished active treatment please contact the Horizon Centre to arrange an appointment on 01273 468770 or via horizoncentre@macmillan.org.uk

If you are undergoing treatment at the moment or you are within 6 months of completing treatment please contact your clinical nurse specialist to access the Macmillan Counselling service delivered by the NHS. If you don't know how to contact your clinical nurse specialist please ask us and we can give you their contact details.

Virtual Support



Our on line sessions will continue to run as usual via Microsoft Teams—you can email us or call if you would like to attend :

- Yoga Nidra—Mondays 11.00-11.30 am
- Breathing Workshop - Wednesdays 2-3 pm
- Horizon Connect – Fridays 10.30-11.30
- Mindfulness - Thursdays 14.30-15.00

OPENING COMPLEMENTARY THERAPIES TO 16-18 YEARS OLD

The Macmillan Horizon Centre is very pleased to announce the opening of our complementary therapies and group activities to anyone affected by cancer who is 16+.

If you are aged between 16 and 18 years old, you can sign up for our therapies!

If you are interested, you will need to complete a registration form and a parent/guardian permission form.

For more information please give us a call on 01273468770, email us horizoncentre@macmillan.org.uk or just pop in to see us in the centre Monday—Friday 9.00-16.30.



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.



Meet the Carers Centre charity in our information lounge back on

Thursday 7th October 9.30-13.00 and Friday 5th November 9.30-13.00

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!



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.



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.

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.



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/>

Are you a man living with cancer or do you know a man living with cancer?



The Look Good Feel Better Skincare and Grooming Workshops not only offer some great practical advice from experts in their field, but also provides a safe place for men to connect with others on a similar journey, talk about what's going on and share experiences.

The next workshop is on November 2nd at 10 am via zoom.

To book please visit their website:

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

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, group activities such as circuits and prehab training.

The Horizon Centre staff can refer you to Albion in the Community or You can self refer via their website

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

CORE STRENGTH WORKSHOP

Friday 15th October 13.30-15.00

Horizon View Room

This workshop is an introduction to locating, strengthening and using our core muscles.

Firing up these muscles contributes to better posture, balance and flexibility.

Lower back pain, poor balance, continence problems, amongst other issues, may be due to poor core strength.

This introduction aims to familiarise you with how these muscles work - a first step towards improving their function. No prior experience is necessary.

As some movement will be required, wear clothes that allow you to move comfortably.

To secure a space, please call or email the Horizon Centre.

SUPPORT GROUPS

These are the support group coming back to the centre in the next few weeks:

- **Beat Bladder Cancer Together** 18.45-20.00 : November 10th.
- **BRCA Brighton Support Group for women across Sussex** 18.30-20.45 : October 7th, November 4th, December 2nd

If you would like to join BRCA please email

brcabrighton@gmail.com

- **Breast Cancer Support Group** 18.30-20.30 : October 18th, November 15th, December 20th.
- **Leukaemia Support Group** 19.00-20.30: October 20th, November 17th
- **THANCS (The Head and Neck Cancer Support)** October 15th 16.00—18.00

Other support groups are still 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.

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
- Head and Neck Massage
- Massage (including massages in the evening on certain Mondays).
- Reiki
- Shiatsu
- 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

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**

HOPE COURSE

A six week self-management course ideally suited for people who are coming to the end of treatment or finished treatment. It 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.

For more information please email: megan.consterdine@nhs.net

EAT WELL FEEL BETTER

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

Here you can find the upcoming sessions:

5th– 12th—19th October 10.30—13.00

10th—17th –24th November 10.30-13.00

If you would like to book, please ring the centre or email us horizoncentre@macmillan.org.uk

FATIGUE WORKSHOP

By

Brain Tumour Support Group "Bright Sparks" & Brainstrust

Date: 29/11/2021

Time: 11:00-14:00

Max capacity: 15 spaces

Lunch included

Book via the Bright Sparks

email: bright.sparks.brighton@gmail.com

Please include your details, how many spaces you would like to book and any dietary requirements



This is a small face to face workshop for anyone who would like to learn different headscarf tying techniques & receive advice on all aspects of headwear.

You are also welcome to bring your own scarf if you wish.

Wednesday 6th October from

2 – 3 p.m.

To book a space please call

01273 468770 or email horizoncentre@macmillan.org.uk

I can write myself

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careering on corniche roads that tucks, revolves
in the Cote d'Azur's brûlée noon. then plunges

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suspended in defiance
of Earth's pull,

my balance restored.
Lost nodes, radiated breast,
sleeved right arm

Notes

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

horizoncentre@macmillan.org.uk

www.macmillan.org.uk/