

JANUARY 2022

THE MACMILLAN HORIZON CENTRE



01273 468770 Monday- Friday 9.00- 4.30 pm



Horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre



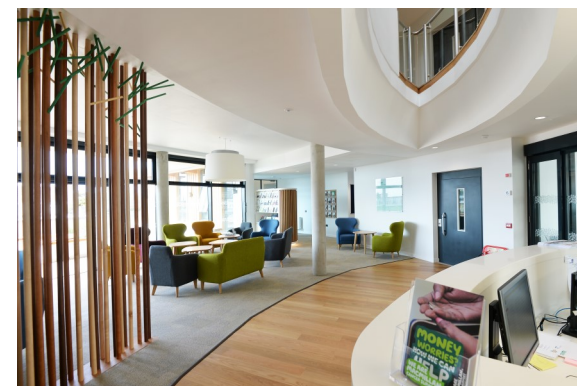
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Macmillan Horizon Centre

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 that this service is very busy at this time and may take a few weeks to get back to you. But please do get in contact with them if you need support.

You can also access welfare benefits support through the Macmillan Support Line 0808 8080000 (7 days a week, 8am-8pm)

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

COMPLEMENTARY THERAPIES

We offering 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

SUPPORT GROUPS

The peer support groups meeting in the Horizon Centre in the next few weeks are:

- **Beat Bladder Cancer Together** 18.45-20.00 : January 12th, March 9th
- **BRCA Brighton Support Group for women across Sussex** 18.30-20.45 : January 6th, February 3rd

If you would like to join BRCA please email

brcabrighton@gmail.com

- **Breast Cancer Support Group** 18.30-20.30 . No meeting in January—back on Monday 21st February
- **Leukaemia Support Group** 19.00-20.30 January 19th.
- **THANCS (The Head and Neck Cancer Support)** February 18th 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.

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 6th January 9.30-13.00 and
Friday 4th February 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!



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! To book an appointment with them, please ring or email the Horizon Centre.



Look Good, Feel Better is the only international cancer charity that helps boost the physical and emotional wellbeing of those going through cancer treatment.

**Face to face group sessions returning to the Macmillan Horizon Centre!
22nd February 10 –12**

Spaces limited to 8 people

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.

To book a place please follow the link below and follow the instructions for a Face to Face Workshop.

[Book a Workshop - Look Good Feel Better : Look Good Feel Better](#)

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 online workshop is on January 14th at 13.00 via zoom.

To book please visit their website:

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



CHEMOHEADWEAR

**BACK FOR FACE TO FACE WORKSHOP ON
18TH JANUARY 2-3pm**

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

To book a space for the January workshop, please call the centre or email us.

TRENDCO

Wig specialists are available in the Hove salon to give advise on the phone or face to face. You can call them to find out more or book an appointment on 01273 778516.



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 are dates for our upcoming cookery workshops:

2nd February 10.30-13.00

9th February 10.30-13.00

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



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.

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.

No need to book—just ask at the reception and we will show where to go!

STRENGTH WORKSHOP

Each month will target specific areas of the body and the physical skills needed to facilitate daily activities. They are designed to be fun, interesting and useful. You can book individual sessions or as a series.



JANUARY 14TH 2.00-3.30 BALANCE AND COORDINATION

The balance component of this workshop offers you the opportunity to learn some simple techniques to develop more confidence and skill in moving around. We will be firing up our neural pathways in our quest to improve our coordination in the second part of the session

FEBRUARY 4TH 2.00-3.30 NECK AND SHOULDERS

Anxiety and tension tends to nest in our neck and shoulders leading to stiffness, headaches and other problems. The workshop seeks to bring your awareness to this area of your body and explore ways in which you can reduce any tendency to carry this tension in our upper body.

MARCH 4TH 2.00-3.30 ARMS AND ELBOWS, LEGS AND KNEES

This workshop focusses on strengthening our limbs and increasing the flexibility and mobility in our joints. It is frustrating to feel that we are not as strong as we used to be and this workshop will offer you the opportunity to learn some simple exercises that you can do at home to increase strength and improve flexibility in these areas.

APRIL 1ST 2.00-3.30 BACK AND PELVIS

Lower back ache is a familiar problem familiar to many of us. In order to avoid the pain we may unnecessarily limit our range of movement, a habit known as guarding. In this workshop we shall gently progress through a series of graded exercises that aim to ease pain, increase flexibility and reduce stiffness.

To secure a space for one of these workshops please call the centre or email us!

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/>

Christmas / New Year opening hours

MONDAY 20TH 09:00 – 17:00

TUESDAY 21ST 09:00 – 17:00

WEDNESDAY 22ND 09:00 – 17:00

THURSDAY 23RD 09:00 – 17:00

FRIDAY 24TH 09:00 – 15:30

SATURDAY 25TH CLOSED

SUNDAY 26TH CLOSED

MONDAY 27TH CLOSED

TUESDAY 28TH CLOSED

WEDNESDAY 29TH 09:00 – 17:00

THURSDAY 30TH 09:00 – 17:00

FRIDAY 31ST 09:00 – 15:30

SATURDAY 1ST JANUARY CLOSED

SUNDAY 2ND JANUARY CLOSED

MONDAY 3RD JANUARY CLOSED

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/