

MAY –JUNE 2022

THE MACMILLAN HORIZON CENTRE



01273 468770 Monday- Friday 09:00– 16:30



Horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre



Like

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, 08:00-20:00)

WHAT'S NEW

**BRIGHTON
FRINGE.**

Brighton Fringe at the
Macmillan Centre

Mindful Iris

May 13th 18:30 – 19:30

Songs encouraging supportive relationships, social physical activities, arts & craft, creative work and music itself. The session will help you ponder the benefits of smiling, singing, sisterly compassion, touch, knitting, walking, acceptance, connection, nurturing, painting and dancing! It's not an exhaustive list! One hour of gentle acoustic music - just voice and guitar. A little talk about the poetry, wit and wisdom within the lyrics. No demands. You can just listen and enjoy. Any profits from tickets will go to the charity Mind and there will be a door collection for Macmillan.

Book tickets via Brighton Fringe ['mindful iris' | Brighton Fringe](#)

Random Act of

Nonsense

May 22nd

11:00–12:00 and 14:00–15:00

It's back! Bigger, better and more random than ever! The RAON team invite you to this fun, interactive family show that encourages everyone to participate in acts of nonsense for no good reason other than to smile, laugh & create memories....all donations go to Macmillan.

Book tickets via Brighton Fringe [Random Acts of Nonsense 2 | Brighton Fringe](#)



'Grow Together'. Macmillan's Community Allotment



Would you like to connect with nature, follow the seasons and be a part of an exciting new project? Led by Emma and our new allotment support volunteers, we'll be running weekly sessions at our newly acquired allotment, located near Fiveways in Brighton. (with free parking and is close to a bus route). From seed sowing, to digging or just simply enjoying the view! (Yes, you can see the sea) There's something for everyone! No experience necessary! Tools and gloves provided.

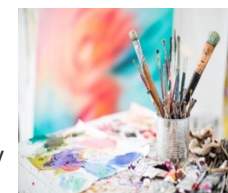
Weekly sessions run every Thursday 10:00-12:00

For more information please speak to Emma, our Eat well, feel better services manager (based in the café) or contact the Horizon Centre.

Art for Wellbeing

9th, 16th & 23rd May and 6th June. 10:00-12:00

A series of 4 classes facilitated by local artist Kitty Cava, to promote wellbeing and relaxation.



Come and join our art group and experience the relaxing power of drawing and painting from nature plants, seed pods, animals, landscape and even the weather! We can refresh our senses, and delight in the beauty and innovation of the natural world.

We will experience different ways of drawing and painting with water-colours. All levels of experience with art are welcome. Some materials will be provided for the sessions, but feel free to bring your own as well. I look forward to meeting you

COMPLEMENTARY THERAPIES

Our complementary therapy volunteers 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 any more information about any of therapies or services please visit our website, call **01273 468770** or email **HorizonCentre@macmillan.org.uk** Please note we can only book in one session at a time and due to demand we can only offer 6 appointments in total.

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 & sessions



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
- Coffee Morning Book Club—First Tuesday of the month 10:30-11:30, next date **Tuesday 3rd May**
- Breathing Workshop - Wednesdays 14:00pm-15:00
- Horizon Connect – Fridays 10:30-11:30

HAIR & SKIN CARE

Our two hairdressers are experienced at listening & 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 contact 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 are running in the

Macmillan Horizon Centre:

31st May 10:00-12:00

28th June 10:00-12:00

Spaces are 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 visit their website or 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](#)

Macmillan Horizon Centre

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.



look good **feel better**
FACING CANCER WITH CONFIDENCE

To book onto the next online workshop please visit their website:

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

CHEMO HEADWEAR

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

To book a place please contact the Horizon Centre.



TRENDCO



Wig specialists are available in the Hove salon to give advice on the phone or face to face. You can call them to find out more or book an appointment on 01273 778516. They will be in the Horizon Centre for appointments on the afternoon of **17th May**.

EXTERNAL ORGANISATIONS

Nordic Walking

Nordic walking provides aerobic exercise & strengthens muscles. By improving your normal walking to make it more natural, combined with learning how to propel the body forward using specialist poles, Nordic walking engages more muscles throughout the body than both normal walking and walking with trekking poles.



If you'd like to try out a free taster sessions at One Garden in Stanmer Park the dates are:

13:00-14:30 Thursdays & 09:45-11:15 Saturdays

Email peter@nordicwalkingforhealth.co.uk for more information and to book

Choose To Move



Choose To Move is a project led by the Crew Club in partnership with Sport England to help people living in Whitehawk get more active locally. It works with people from the community of all ages providing a safe space to learn, socialise and play.

Movement is essential for our physical and mental wellbeing – it makes us happier and healthier. It's also a great way to meet and connect with other local people. Choose To Move's aim is to create a family of walkers, joggers and runners that inspire and help each other to move more in and around Whitehawk.

For more information on the project and walking maps of the local area please visit their website [Story \(choosetomove.co.uk\)](https://www.choosetomove.co.uk)

The Horizon Centre lounge is open Monday to Friday

09:00-16:30.



Come and have a chat with our volunteers and grab a coffee from our café.

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!

GROUP SESSIONS 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. Please contact the Horizon Centre for the next set of dates.

EAT WELL FEEL BETTER

Would you like to build your cooking skills and confidence in order to eat well and feel better?



We're running a two-part workshop, where you can meet new people, try different food's, and get your questions answered about healthy eating!

June 14th & 21st

All food and equipment will be provided.

Hosted by Macmillan's Eat well, feel better services manager Emma Winder and Consultant Dietitian Mhairi Donald.



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/>

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:

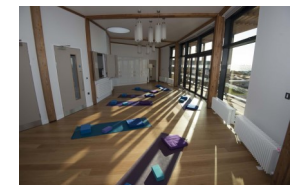
megan.consterdine@nhs.net

Yoga Course

Join Kate for a 6-week, gentle yoga course in our Horizon View room.

Novices and experienced all welcome.

Our May course is full but please keep an eye out for our next schedule for future dates.



SUPPORT GROUPS

The peer support groups are run by people affected by cancer for people affected by cancer. The peer support groups meeting in the Horizon Centre in the next few weeks are:

- **Beat Bladder Cancer Together.** Second Wednesday alternate months. For more details contact Steve Thomas at admin@beatbladdercancertogether.co.uk Tel 07837 388430
Next meeting: May 11th 18:45-20:00
- **BRCA Brighton Support Group for women across Sussex.** First Thursday of the month. If you would like to join BRCA please email brcabrighton@gmail.com
Next meetings: May 5th 18:30-20:45
- **Breast Cancer Support Group.** Third Monday of the month. For more details contact info@breastcancersupportgroup.co.uk or call Gwen on 07985115381
Next meeting: May 16th 18:30-20:30
- **Leukaemia Support Group.** Third Wednesday alternate months. For further details please contact donna.munro@leukaemiacare.org.uk
Next meeting: May 18th 19:00-20:30
- **THANCS (The Head and Neck Cancer Support).** Third Friday alternate months. For more information please contact Steve at sg14eley@gmail.com or call 07787842556
Next meeting: June 17th 16:00-18:00
- **Lung Cancer Support Group.** First Tuesday of the month. For more details please contact Tony at lcsg@btinternet.com
Next meetings: May 3rd 19:00-20:30

Manual Lymphatic Drainage Service

This is a referral service for women who have had breast surgery with lymph node removal and who are no longer receiving chemotherapy. This may result in some fluid collection in the arm on the affected side.

This gentle massage is for mild swelling only and is performed over a series of up to 4 sessions. The massage aims to improve the swelling caused by fluid and your therapist will also teach you how to perform massage techniques that you can do at home.

A member of your clinical team should refer you for this service. If you would like a referral form please contact the Horizon Centre by phone or email.

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 on:

5th of May, 8th of June & 8th of July

09:15-13:00

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

Fundraising Group

The Horizon Centre & Brighton & Hove Macmillan Fundraising Committee are looking for some additional committee members to help organise fundraising events & help other members of the team. The fundraising committee members typically give a few hours of their time a month. If you would like to help and get involved, please contact Kevin Smith (Chair of the Committee) on 07787 550069 for more details.

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, 08:00-20:00)

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/