

THE MACMILLAN HORIZON CENTRE

Happy New Year to all our
service users.

January & February 2020



01273 468 770



horizoncentre@macmillan.org.uk



www.macmillan.org.uk/horizoncentre



2 Bristol Gate, Brighton, BN2 5BD

Possability People are very excited to be running some gentle, affordable and accessible exercise courses in 2020, called **Steady On**.

Possability
People

These courses consist of 12 weekly classes of **gentle, low-impact and low-pace movement** that will help build up muscle strength, balance and flexibility with the aim of helping people feel stronger and steadier on their feet.

Each class will be followed by a cup of tea and a short wellbeing session, allowing people to share their experiences and learn new tips to boost confidence and mental health, reduce social isolation and help participants feel more informed about the options available to them and what else is out there that could help.

Steady On is ideal for anyone living with pain who feels wobbly when standing and walking, is at risk of falls and feels left out or left behind by mainstream, high-energy exercise classes. Open to all adults of any age. Must be able to travel, and stand/walk short distances (with walking aid if required). Please note there will be small weekly cost involved.

The first course will take place at our head office in Montague House (Kempton) towards the end of January.

Between now and then we will be holding an **information session** (both held at Montague House, Montague Place, Brighton BN2 1JE) to allow people to try out some of the movements and register their interest:

- **Thursday 16 January:** Drop in 10:30am – 12:30pm

To book onto the information sessions please contact:
01273 89 40 40.

If you are Deaf or hard of hearing, text us on 07774 910064
hello@possabilitypeople.org.uk

WELCOME

Welcome to our January & February edition of our activities schedule for the Macmillan Horizon Centre.

We offer a wide variety of activities to help support you and our programme is updated all the time.

If you'd like to book onto any of our services please call 01273 468770

If you have a Facebook account, you can like and follow our page for the latest information on classes, groups and activities that you can join here at the Horizon Centre.

www.facebook.com/macmillanhorizoncentre

CANCER RELATED FATIGUE

RESTORE aims to support people living with cancer related fatigue. It provides information about things you can do to help you cope with fatigue. It can also give you more confidence to manage your fatigue.

RESTORE has been designed by the University of Southampton in collaboration with Macmillan Cancer Support and is based on the most up-to-date evidence.

For further information and to access services of RESTORE use the following link:

<https://www.macmillanrestore.org.uk/>



Shine Cancer Support (reg. charity no 1146902) is the only charity in the United Kingdom that is exclusively focused on supporting men and women in their 20s, 30s and 40s who have had a cancer diagnosis.

Our vision is that every adult in the UK diagnosed with cancer in their 20s, 30s or 40s can access the help and support that they need in a way that suits their lifestyle, and that they are a part of a confident, supportive, and empowered community of young adults with cancer.

For more information:

Email hi@shinecancersupport.org

www.shinecancersupport.org

<https://www.facebook.com/ShineCancerSupport/>

<https://twitter.com/shinecancersupp>

<https://www.instagram.com/shinecancersupport/>



Our expert John will be returning in the New Year to run a further Peaceful Pilates class. The class will run for 8 weeks and begins on the 15 January.

To book a place call us on 01273 468 770 or email us at HorizonCentre@macmillan.org.uk to book your place.

PEACEFUL PILATES

HEART YOGA

gentle movement and plenty of chances to rest and restore, a chance to take time out for you. Register your interest for the Spring sessions now by phoning on 01273 468770 or email horizoncentre@macmillan.org.uk

Paula our expert volunteer Heart Practice Yoga teacher will be bringing



We can offer haircuts, headshaves and styling through our programme of complementary therapies. Ask at reception for more information and to book a 1-2-1 appointment.

HAIRCUTS STYLING AND HEAD SHAVES

MALE SKIN FITNESS

Our “Skin Fitness” Programme is facilitated by our Look Good Feel Better Partners. The session is between an hour and a half to two hours and covers skincare, shaving, grooming, sun protection, advice on scarring and help with eyebrows/skin cover-up if required.

Each attendee receives a gift bag which contains the following products:

- Face wash
- Face scrub
- Aftershave balm
- Moisturiser
- Face SPF
- Body SPF
- Lip balm
- Body wash
- Fragrance



Courses will be held in 2020 so If you'd like to register your interest for this session please do give us a call on 01273 468 770 alternatively you can email us on horizoncentre@macmillan.org.uk

Further information around the services led by our partner can be found here:
https://www.lookgoodfeelbetter.co.uk/support-advice/men/#men_form

TRENDCO



If you'd like to speak to one of the teams experts give them a call on:

01273 778516

No matter what stage of hair loss you may be experiencing, Trendco is here to help.

We offer a group session about hair loss before, during and after your cancer treatment which includes:

- Ready to wear samples of wigs and other headwear
- Brochures of styles and colour samples
- Information on what your NHS wig prescription provide

All welcome to drop-in at any time during the day.





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

There will be a huge selection of ready-tied headscarves, turbans, beanies & hats in a variety of colours prints to try on!

You can also bring your own and learn how to tie and fix them. www.chemoheadwear.co.uk for more information

HEADWEAR WORKSHOP

COMPLEMENTARY THERAPIES

Our complementary therapy service is facilitated by our volunteer therapists who so willingly donate their time to the Macmillan Horizon Centre and our clients.

The demand for a complementary appointment is high so please do bear with us as there is currently a 4-5 week wait for appointments, that said we are continuing to recruit new complementary therapists to increase our capacity and we continually strive to accommodate the needs of our clients and we thank you for your patience.

Check out the website for more information
www.brighteroutlook.org.uk email
brighteroutlook@albioninthecommunity.org.uk or call the team on 01273 668591.



Move More Sussex - if you live outside of Brighton and would welcome some support in getting active, the coaches at Albion in the Community, via Move More Sussex, offer free advice, support and signposting to groups and classes across the county and at the Horizon Centre. Call 01273 668591 or email movemore@albioninthecommunity.org.uk

Walk Tall Football

If you'd like to join a fun and friendly class based on gentle exercise and football skills, this group is for you. Run by our friends at Albion in the Community as part of Brighter Outlook at King Alfred Centre in Hove, 1-2pm on Mondays from 2nd September. Call 01273 668591 to book direct.



Look Good Feel Better – Make-Over Sessions

These popular sessions are open to all women with a cancer diagnosis from point of diagnosis, up to a year after treatment has been completed. Each woman is given a gorgeous Look Good Feel Better gift bag of full-size skincare and make-up products from a variety of High Street cosmetic brands that support the charity.

Get in touch to book your space on the January or February sessions now.

For information on the sessions in Chichester at St Richard's Hospital, please call 01243 831727.

The next free sessions in Worthing are at Worthing Hospital. To enquire about availability and make a booking here, please call 01903 285132.

For other sessions in Sussex please follow the link: www.lgfb.co.uk

ART WORKSHOPS WITH ONCA GALLERY

Fancy trying something different? Our free to attend art workshop is being held on 25 January from 10:30-12:30 and is perfect for people who've never so much as picked up a pencil but would like to get creative. Our partners at ONCA gallery will help you explore your playful side and all materials are provided. Please do get in touch via 01273 468770 or horizoncentre@macmillan.org.uk to book your slot.

A chance to use your breath to help you relax and feel calmer.



The group is suitable for most people, although if you have lung disease or shortness of breath you may wish to discuss your needs prior to signing up

TAKE A BREATH

MINDFUL HOUR

Our
popular
Mindfulness



sessions run on Friday's 1.30 – 2.30pm, check our dates for your diary page for the next session.

Whether Mindfulness is completely new to you or you're an experienced meditator, you're welcome to come and enjoy this tranquil hour.

There's no need to book ahead, we just ask that you arrive to start at 1.30pm.

We're taking names of people interested in attending our next three-part cookery workshop series.



These popular workshops are themed as follows:

- Breakfast boost - learn how to make granola, ways to cook eggs, breakfast smoothies and lots more.
- Eat a Rainbow - a chance to learn how to make soups, salads, dips and other delicious dishes.
- Protein Positive - looking at sources of healthy protein, concentrating on alternatives to red meat.

EAT WELL FEEL BETTER

Mhairi and Emma, pictured, are your course experts who will have you kitchen confident in no time. You can sign up for more information, either at reception or by emailing ewinder@macmillan.org.uk

In addition to these scheduled activities we provide:

- an information drop-in service
- counselling and psychological therapies
- a friendly cafe
- welfare benefits and money advice
- Our Sanctuary Light & Sound Room

DATES FOR YOUR DIARY

January

- 01** – Centre is closed
- 08** – Beat Bladder Cancer Together 18:45-20:00
- 09** – Bright Sparks 18:30-20:30
- 13** – Look Good Feel Better 10-12 (Call to book a space)
- 14** – LGBTQ+ Urology Cancer Support Group 17:00-18:30
- 15** – Pilates 13:30-14:30 (1of8 - call to book a place)
- 16** – Chemoheadwear Workshop 10:30-12:30 (call to book a place)
- 16** – Chronic Myeloid Leukaemia 18:00-19:00
- 16** – Leukaemia Support Group 19:00-21:00
- 16** – Lymphoedema Support Group 19:00-21:00
- 17** – Mindful Hour 13:30-14:30
- 24** – CBREAM Group 14.30-15.30 (Call to book a place)
- 22** – Pilates 13:30-14:30 (2of8 -call to book a place)
- 25** – ONCA Art Workshop 10.30-12.30 (call to book a place)
- 27** – CBAS Hot Flush Group 15.45 – 17.00 (call to book a place)
- 28** – Cookery Workshop (call to book a space)
- 28** – Look Good Feel Better 10-12 (call to book a space)
- 28** – Trendco Hair stylist drop in 09:30-3:30
- 29** – Breathing workshop 14:30-15:30

February

- 05** - Pilates 13:30-14:30 (3of8 - call to book a place)
- 06** – BRCA Brighton Support Group for Women Across Sussex 18.30-20.45
- 10** – Look Good Feel Better 10-12 (call to book a space)
- 10** – Sisters Abreast – Breast Cancer Support Group for Women under 45
- 11** – LGBTQ+ Urology Cancer Support Group 17:00-18:30
- 12** - Pilates 13:30-14:30 (4of8 - call to book a place)
- 13** – Bright Sparks Brain Tumour Support Group 18.30-20.30
- 14** - Chemoheadwear Workshop 10:30-12:30 (call to book a place)
- 17** – CBAS Hot Flush Group 15.45 – 17.00 (call to book a place)
- 17** – Breast Cancer Support Group 18.30-20.30
- 19** - Pilates 13:30-14:30 (5of8 - call to book a place)
- 21** – THANCS Head and Neck Support Group 16.00-18.00
- 24** – CBREAM Group 14.30-15.30 (Call to book a place)
- 25** - Look Good Feel Better 10-12 (call to book a space)
- 25** – TRENDSCO 10.00-15.00 Drop in
- 26** - Pilates 13:30-14:30 (6of8 - call to book a place)