

SEPTEMBER-OCTOBER 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



Mick's Men Only Tuesdays Group

20th September

17:00-18:30

A brand new support group starting at the Horizon Centre which seeks to support all men, who are going through diagnosis, treatment recovery or are supporting/caring for those with cancer. A zero pressure, confidential environment born from a need for men to have a safe space to talk and share their story (if they want to).



Come join your hosts Marc & Victor, both who have first hand experience of cancer and as family carers.

For more information please email

vDiGiorgio@macmillan.org.uk

Macmillan Coffee Morning

Join us at the Horizon Centre on the **Friday 30th September** between **10:00-14:00** to celebrate the 2022 Macmillan Coffee Morning, there will be tea, coffee and delicious cakes on offer.



Yoga

Join Laura for a 6-week, gentle yoga course in our Horizon View room. Novices and experienced all welcome.

Tuesday 27th September - 1st November

15:00-16:00

For more information and to book onto the course please contact the Horizon Centre.



STRENGTH WORKSHOP

15th September 13:30-14:30: Core

Our core muscles, the muscles found in the abdominal area are the foundation for building bodily strength. In this workshop we will learn to locate these muscles, look at ways to strengthen them and how to use them to protect our bodies, particularly the lower back, when carrying heavy weights.

29th September 13:30-14:40: Hands & wrists, feet & ankles

If you have noticed a loss of strength in your hands you may find this workshop helpful in giving you some ideas for exercises that will help you regain any lost capacity. Strong feet and ankles are essential to prevent falls, through a number of simple exercises that can be performed anywhere we will learn how to build strength in this area.

For more information and to book onto either of the workshops please contact the Horizon Centre.

COMPLEMENTARY THERAPIES

Our complementary therapy volunteers offer face to face appointments for complementary therapies at the Horizon Centre, including:

- Acupuncture (limited availability)
- Aromatherapy
- Craniosacral Therapy
- Facial
- Head and Neck Massage
- Massage (including massages in the evening on certain Mondays).
- Reiki
- 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.

Manual Lymphatic Drainage Service

This is a referral service for people 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.

Health & Wellbeing Events

**Is your treatment ending or recently finished?
What next?**

Join us at an online event that focuses upon your health and wellbeing during this time of transition with professionals on hand to guide you and answer your questions.

Thursday 1st September 10:00-12:15

- Eat well, be well - Dietician
- Physical activity and managing fatigue - Cancer Exercise Professional
- Moving on from cancer - Psychological Therapies Lead
- On-going support - Information & Support Manager

Please contact the Horizon Centre if you would like more information or to book onto one of the sessions.

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:

27th September 10:00-12:00

25th October 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](#)

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. The next workshop is on the **6th September at 14:00.**



For more information please contact the Horizon Centre or Chemoheadwear on 01798 861501.

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. Trendco are in the Horizon Centre for appointments on the afternoon of **20th September.**

EXTERNAL ORGANISATIONS

Nordic Walking

Nordic walking provides aerobic exercise & strengthens muscles. It also engages more muscles throughout the body than both normal walking and walking with trekking poles. Free taster sessions are run at One Garden in Stanmer Park. For more information and to book please email peter@nordicwalkingforhealth.co.uk

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.

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

Vision impaired sports, including cricket, netball, goalball and tennis, at the King Alfred Leisure Centre. For more information visit their website [News – Sight Loss Sports and Social Group based in Brighton and Hove \(esvsiable.uk\)](http://News – Sight Loss Sports and Social Group based in Brighton and Hove (esvsiable.uk))

Totknots of Brighton sell soft, stylish and unique turbans. Use code Brightonbelles to get 10% off your first order at [Totknotsofbrighton | Etsy UK](https://www.totknotsofbrighton.co.uk)

TOT KNOTS
OF BRIGHTON

The **Hair Reborn** charity provides support and advice helping people feel more prepared as they start chemo treatment and up to 3 free appointments in specially trained salons in West Sussex. Please see their website for more information HAIR REBORN | Charity

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 online sessions will continue to run as usual via Microsoft Teams. Please email or call if you would like to book on:

- Yoga Nidra - Mondays 11:00-11:30
- Coffee Morning Book Club - First Tuesday of the month 10:30-11:30, next date **Tuesday 6th September**
- Breathing Workshop - Wednesdays 14:00pm-15:00
- Horizon Connect - Fridays 10:30-11:30

GROUP SESSIONS

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!



All food and equipment will be provided.

The next workshops are on the 11th & 18th of October

10:30-13:00

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 for people on a curative pathway, ideally suited for those 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

'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 allotment support volunteers, we now run 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, there is something for everyone! No experience necessary. Tools and gloves provided.

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

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:** 14th September 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 contact brcabrighton@gmail.com. **Next meeting:** 8th September 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:** 19th September 18:30-20:30
- **Leukaemia Support Group.** Third Wednesday alternate months. For further details please contact donna.munro@leukaemiacare.org.uk **Next meeting:** 21st September 19:00-20:30
- **Lung Cancer Support Group.** First Tuesday of the month. For more details please contact Tony at lcsg@btinternet.com. **Next meetings:** 6th September 19:00-20:30
- **Mick's Men Only Tuesdays.** First and third Tuesday of the month. For more details please contact vDiGiorio@macmillan.org.uk **Next meetings:** 6th September and 20th September 17:00-18:30
- **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:** 21st October 16:30-18:30

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!

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 09:00-16:30.



Meet the Carers Centre charity in our information lounge on:

1st September & 6th October

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/