

NOVEMBER-DECEMBER 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



Welcome to your Hypno-Relaxation!

Would you like a relaxing and refreshing Friday Lunchtime?

Between 1200-1245, 9 Slots available! Please arrive promptly for 12.00

You are able to ask questions prior and may exit the session at any time.

Some chairs and mats will be provided, but if you have special requirements you may wish to bring your own, as the session will run for around 45 minutes, where you may lay down or lay back. You may also wish to bring some water.



What is Hypnosis...

The techniques used in this session are NOT for stage hypnosis.

You will likely be familiar with the sensation as it is similar to daydreaming i.e., when you are watching TV, or driving / walking a familiar route. Your mind is focused on something, but you are still able to use the brakes / stop if needed.

As such, you have control and cannot be made to do anything you do not want to do.

There is no 'right' or 'wrong' way, your mind will go to where it needs and do whatever is right for you.

STRENGTH WORKSHOP

17th November 13:30-14:30: Balance & Coordination

Anxieties about our balance can severely limit our lives making even a trip to the shops more fraught than it need be if a fear of falling is around. This workshop will, in a safe environment, give you the chance to assess your balance and learn ways to improve it and your confidence in this crucial area. We will also be looking at the coordination skills we need to enhance our ability to move with confidence.

If you would like more information or to book into the session please contact the Horizon Centre

Walking Group, Stanmer Park

15th November 10:30

Do you want to get some gentle exercise, build up stamina or just want to get out and about in the fresh air..... why not join our volunteer led walking group?

Our volunteers Nicki and Julie will meet you at the entrance to Stanmer Park - Lower Lodge - and will take you on a walk around Stanmer Park and the One Garden for approximately 1 hour 15 minutes. The walk includes a gentle incline on mainly level ground but there may be some uneven surfaces through the woodland area.

Parking is available at Lower Lodge (£1.50 for 2 hours) or the nearest train station is Falmer (the 5B, 23 & 25 bus stops near the station.) Toilet facilities and refreshments are available.



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 anymore 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 17th November 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:

29th November 10:00-12:00

31st January 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 **8th November 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 morning of **15th November**

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 1st November**
- 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 one-off Christmas cooking 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 workshops are on the

10th & 14th of December

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/>

Bowel Cancer UK will be running their virtual Chat Together sessions in November:



Monday 14th November 12:00-13:00 – Advance bowel cancer

Wednesday 16th November 12:00-13:00 – Younger people (aged 50 and under)

Thursday 17th November 12:00-13:00 – Friends and family, a caregiver's support group

Thursday 17th November 19:00-20:00 – Living with a stoma

To register or find out more information please visit: [Chat Together | Bowel Cancer UK](#)

Chat Together is a welcoming place to talk to others with bowel cancer and to meet new people. It's a chance to share experiences in a friendly, supportive and informal environment.

'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

For more information please speak to Emma, our Eat Well, Feel Better Services Manager (based in the café) or contact the Horizon Centre.

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 ad-min@beatbladdercancertogether.co.uk Tel 07837 388430 **Next meeting:** 9th November 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:** 3rd November 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:** 21st November 18:30-20:30
- **Leukaemia Support Group.** Third Wednesday alternate months. For further details please contact donna.munro@leukaemiacare.org.uk. **Next meeting:** 16th November 19:00-20:30
- **Living with Incurable Head, Neck & Thyroid Cancer Support Group.** Meeting on 19th October, 16th November & 14th December. Please sign up on Eventbrite: [Living with Incurable Head, Neck and Thyroid Cancer Support Group Tickets, Multiple Dates | Eventbrite](#)
- **Lung Cancer Support Group.** First Tuesday of the month. For more details please contact Tony at lcsg@btinternet.com. **Next meetings:** 1st November 19:00-20:30
- **Mick's Men Only Tuesdays.** First and third Tuesday of the month. For more details please contact micks@macmillan.org.uk **Next meetings:** 1st and 15th November 17:00-18:30
- **THANCS (The Head and Neck Cancer Support).** Third Friday alternate months. For more information please contact Steve at sg14e-ley@gmail.com or call 07787842556. **Next meeting:** 15th December 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:

3rd November & 1st December

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

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2 Bristol Gate
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BN2 5BD

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