

## June at the Macmillan Horizon Centre

### BODY IMAGE:

**Boots - Feel more like you** Macmillan Beauty Advisors are trained to offer make-up tips to help you manage the visible side effects of treatment.

Tuesday 13<sup>th</sup> June from 10 am-1 pm

**Hair and wig advice** with Trendco- Find out more information and advice about hair loss and get expert advice about wigs and wig styling from Trendco.

Every Wednesday afternoon from 1 – 5 pm

**Do you also fancy a haircut?** We have our hairdresser here on Mondays from 11 am to 1 pm so please call to make an appointment!

### EMOTIONAL SUPPORT:

The Macmillan Horizon Centre would like to invite you to try a **Mindfulness Meditation Hour taster** session on the following dates in June from 10-11 am:

Friday 9<sup>th</sup> June 2017

Friday 16<sup>th</sup> June 2017

Friday 23<sup>rd</sup> June 2017

Friday 30<sup>th</sup> June 2017

Get support, learn, and share coping strategies at our free, six week course for people recovering from cancer, the **HOPE** (Help Overcome Problems Effectively) course.

Find new ways to regain your confidence, manage stress and emotional difficulties. Meet, share, learn and get more out of life with a group that meets for six weeks.

The next HOPE course at the Horizon Centre will be on these dates:

Week 1	Wednesday 21 <sup>st</sup> June	2.00pm – 4.30pm
Week 2	Wednesday 28 <sup>th</sup> June	2.00pm – 4.30pm
Week 3	Wednesday 12 <sup>th</sup> July	2.00pm – 4.30pm
Week 4	Wednesday 19 <sup>th</sup> July	2.00pm – 4.30pm
Week 5	Wednesday 26 <sup>th</sup> July	2.00pm – 4.30pm
Week 6	Wednesday 2 <sup>nd</sup> Aug	2.00pm – 4.30pm

Booking is essential for these classes so please contact the Horizon Centre via email on [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk) or call 01273 468770

### **PHYSICAL ACTIVITIES:**

We are also starting our gentle **kickboxing class** again. If you'd like to increase your fitness and learn some kickboxing moves, please get in touch.

The Horizon Centre, together with the B&H **Healthwalks** are starting a brand new health walk from Queen's park to the Horizon Centre every Friday at 1 PM.

Are you interested in gentle running or would you like to get back into running? We are starting a **0-5k running group** on Mondays for 9 weeks.

We also have some spaces left for our all **female yoga class**, starting on Monday 3<sup>rd</sup> July from 5.30-6.45 pm.

### **EAT WELL FEEL BETTER**

We will be running a 3 week cooking skills course on Tuesday mornings. 10:30-13:00. This will be a chance to build cooking skills and confidence to eat well and feel better. The sessions will include tips on Quick and easy meals, one pot dishes, batch cooking and storage.

**June 20<sup>th</sup>, June 27<sup>th</sup> & July 4<sup>th</sup> 2017**

The course will include an introduction and overview to build on existing knowledge about healthy eating and sessions on:

- **Eat a rainbow** - a chance to learn how to make soups, salads, dips and other delicious dishes.
- **Breakfast boost** - a cooking workshop to learn how to make granola, different variations on porridge, ways to cook eggs, breakfast smoothies and lots more.
- **Protein positive** dishes looking at sources of healthy protein, concentrating on alternatives to meat.

### **HORIZON CENTRE OPEN FORUM**

**Saturday 24<sup>th</sup> June**, 10.30 am to 1.30 pm (buffet lunch and refreshments provided)

This is your chance to provide us with feedback and suggestions on our support services. Come and help us shape our future plans of the support services. This is open to anyone affected by cancer, patients, carers, family members, friends, volunteers and staff!

We will review the actions and points discussed at the last Open Forum (in February) and focus in on a review of the Café

## **CARERS WEEK AT THE HORIZON CENTRE**

You might hear the term 'carer' and think that's not you, but if you are supporting someone with cancer there is information and support that is available.

### **June 12<sup>th</sup> – Carers coffee morning**

On Monday June 12<sup>th</sup> we have the Brighton Carers' Centre with us from 10 am to 1 pm so please drop-in if you have any questions about looking after someone with cancer.

### **June 16<sup>th</sup> – Carers Information and Support**

**On Friday June 16<sup>th</sup>** as part of Carers Week we're holding an event at the Macmillan Horizon Centre where people can find out more about the different types of support available for people caring and supporting someone with cancer.

#### **From 10:30 – 13:00 there will be:**

- opportunities to meet others who are supporting a loved one
- information about support the Horizon Centre offers
- a chance to be pampered (ear acupuncture, facials, seated acupressure massage and make-up make over by Boots Nr.7 advisors)
- information stands from support organisations across Sussex
- Refreshments available

#### **From 13:30 – 15:00 there will be:**

A Focus Group session - an opportunity for to people caring for someone with cancer and also carers with a cancer diagnosis, to discuss information and support available and explore any additional needs not being met.

To reserve a place please e-mail [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk) or phone 01273 468770 or visit us at The Macmillan Horizon Centre, 2 Bristol Gate, Brighton, BN2 5BD (across the road from the Sussex Cancer Centre at the Royal Sussex Hospital in Kemptown, Brighton)

You can find out more details about carers week at [www.carersweek.org](http://www.carersweek.org)

### ***Get togethers:***

**Social coffee morning** – come along, have a chat, socialise and make new friends Thursday 15<sup>th</sup> June from 10-11.30 am.

### **Brighton Carers Centre**

Are you looking after someone affected by cancer? Then come and speak to one of the support workers about your needs on Monday 12<sup>th</sup> June from 10 am to 1 pm. As part of Carers' Week we would like to invite you to come and join us for teas and coffees!

## ***Support groups meeting at the Horizon Centre in May***

You can drop in on the group or contact the Horizon Centre or the group if you would like to attend or find out more information.

### **Brighton BRCA Support Group**

Thursday 1<sup>st</sup> June from 6.00-9.00 pm (Café)

### **Jo's Cervical Cancer Trust Group**

Thursday 1<sup>st</sup> June from 5.45-8.15 (Harbour)

### **Tenovous- choir**

Tuesday 6<sup>th</sup> and 20<sup>th</sup> June from 6.30 to 8.30 pm

### **Sisters Abreast-** breast cancer support group for women under 40

Thursday 15<sup>th</sup> June from 6-9 pm

### **Breast Cancer Support Group**

Monday 19<sup>th</sup> June from 6.30-8.30 pm (Reception)

### **Cancervive-** support for family members and friends

Monday 19<sup>th</sup> June from 6.30-8.30 pm (Cafe)

### **Blood Cancer Support Group**

Monday 26 June from 6.00-.7.30 (Reception)

In addition to these scheduled activities we provide

- an information drop-in service
- welfare benefits and money advice
- counselling and psychological therapies
- a cafe
- complementary therapies
- physical activities
- a body image service

If you have any other questions, don't hesitate to contact us on 01273 468770, drop-in or email

[horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)