

July 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 as well as skin care tips. The next session is on Tuesday 18th July from 10 am-1 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!

The Macmillan Horizon Centre would like to invite you to try a Mindfulness Meditation Hour taster session where you will:

- Learn mindfulness meditation practices that are simple and practical that can become part of daily life.
- Learn how to reduce negative thoughts and explore ways to bring more kindness into your life.
- Take part in creative activities that help you explore new ways of being.
- Learn to respond skilfully to times of stress and difficulty.



Here are the dates:

Friday 7th July 2017

Friday 14th July 2017

Friday 21st July 2017

The Mindfulness Meditation Hour taster sessions will take place from **10 am to 11 am at the Macmillan Horizon Centre.**

To book a place, please contact The Macmillan Horizon Centre on **01273 468770** or email horizoncentre@macmillan.org.uk

ART CLASSES:



ONCA, on behalf of the Macmillan Horizon Centre, is running six free monthly creative sessions for people affected by and living with cancer. Sessions will consist largely of making art for art's sake, to get away from the monotony of treatment. The fun, creative workshops will include activities such as screen printing, drawing as a form of communication and photography without cameras!

Saturday mornings 10:30-12:30:

- July 15- PRINTMAKING
- August 12- DRAWING
- September 16- PHOTOGRAPHY

<https://onca.org.uk/learning/arts-and-health/11955-2/>

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

tucked away at the back of the building. There will also be a chance to look around the rest of the Horizon Centre as well. *Just drop in ... refreshments will be available. We are opposite the Sussex Cancer Centre and the Royal Sussex Hospital 2 Bristol Gate, Brighton BN2 5BD.*

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** have started a health walk from the Queen's Park café to the Horizon Centre every Friday at 1 PM. Just turn up at the Queen's Park café and look out for the Healthwalk volunteers in their green jackets.

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 Wednesday 5th July from 6- 7.15 pm. We still have a few spaces available!

Carmen who is doing our **Qigong** class is back and on Tuesday 11th July from 1-2 pm she will be at the Horizon Centre for 4 weeks.

The Brighton Multisports Triathlon on July 9th has designated The Horizon Centre as their official charity. <http://www.brightonmultisports.com/triathlon/> The Horizon Centre Manager, Geoff Brown, will be giving it a go. If you'd like to sponsor Geoff you can do so at <https://www.justgiving.com/fundraising/geoffbrown4horizoncentre>

GET TOGETHERS:

Social coffee morning – come along, have a chat, socialise and make new friends
Thursday 20th July 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 10th July from 11 am to 1 pm and then again on Thursday 27th July from 1.30 to 3.30 pm.

Sing with us Brighton - choir

Tuesday 4th and 18th July from 6.30 to 8.00 pm

Brighton Macmillan Coastal Garden Trail

Gardens between Brighton and Seaford including the Horizon Centre

Saturday 29th and Sunday 30th July 2017 11.00am to 5.00pm

A collection of wonderfully diverse private gardens will be open, with several gardens that have never opened to the public before. TV Gardener Christine Walkden is the patron of this event. Gardens are located in Brighton and along the coast. Tea and cakes will be available at some gardens. Full details with maps and pictures of all gardens opening on website link below.

Cost:

£6.00 for a day pass or £2.00 for entry to individual gardens.
This event raises money specifically for the Horizon Centre.

HORIZON CENTRE OPEN GARDEN



On **Saturday July 29 from 1pm – 4pm** the Horizon Centre will be open, as a part of the Driftwood Open Garden trial. Our terrace garden provides a haven of peace and quiet with sea glimpses over the roof tops of Kemptown. Come and have a look at the raised beds of fragrant lavender and beautiful, architectural planting we have on the balcony and tucked away at the back of the building. There will also be a chance to look around the rest of the Horizon Centre as well. *Just drop in ... refreshments will be available. We are opposite the Sussex Cancer Centre and the Royal Sussex Hospital 2 Bristol Gate, Brighton BN2 5BD.*

Details of the whole garden trail are available on:

www.macmillangardentrail.co.uk

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

twitter <https://twitter.com/MacmillanTrail>

SUPPORT GROUPS meeting at the Horizon Centre in July

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 6th July from 6.00-9.00 pm (Café)

Lymphedema Support Group

Thursday 6th July from 7-9 pm (Horizon View)

Bladder Cancer Support Group

Wednesday 12th July from 6-45-9.30 pm (Reception)

Bright Sparks- brain tumour support group

Thursday 13th July from 5.45-8.15pm (Reception area)

Yakity Yak- laryngectomy support group

Friday 14th July from 2-4 pm (The Harbour)

Breast Cancer Support Group

Monday 17th July from 6.30-8.30 pm (Reception)

Cancervive- a support group for family members and friend of people affected by cancer Monday 17th July from 6.30-8.30 pm (Cafe)

Leukaemia Support Group

Wednesday 19th July from 7-9 pm (Reception)

Sisters Abreast- breast cancer support group for women under 40

Thursday 20th July from 6-9 pm (The Horizon View)

Blood Cancer Support Group

Monday 31st July 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