

September 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 12th September from 10 am-1 pm

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 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 16th September from 10.30 am-12.30 pm - DRAWING
Saturday 14th October from 10.30 am-12.30 pm- PRINTMAKING
Saturday 11th November from 10.30 am- 12.30 pm- PHOTOGRAPHY without cameras

You can find out more information here:

<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

PHYSICAL ACTIVITIES:

We have a **re-introduction to fitness** class starting again on Tuesday 12th September from 2-3 pm with Joe. So, if you're interested in a little circuit training, please get in touch.

We are also offering some **pilates taster sessions!** Pilates is a low impact exercise method that improves muscle strength, flexibility, mobility and posture. By focusing on precise movements, core control and breathing it also aids concentration and relaxation.



Wednesday 20th and 27th September from 3.30-4.30pm



YOGA taster with Fatima on Wednesday 13th September from 6-7.15 pm- female only and for ladies who haven't tried yoga yet

Fatima is also starting a 6 week female only yoga course from Wednesday 20th September from 6-7.15 pm

Hannah is offering us a 5 week yoga course, starting on Wednesday 13th September from 1-2 pm too.

We are also starting our **Qigong** class again for 6 weeks, on Thursday 21st September from 1-2 pm.



For the more energetic person, we would like to get our gentle **kickboxing class** up and running 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.

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

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.

19th, 26th September & 3rd October 2017

The cooking skills 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.

THE MACMILLAN COFFEE MORNING- FRIDAY 29th September



From 10 am to 2 pm- come to the Horizon Centre, get some lovely cakes and support us with donations.
<http://coffee.macmillan.org.uk/>

There will also be a cake baking competition!



GET TOGETHERS:

Social coffee morning – come along, have a chat, socialise and make new friends
Thursday 21st September from 10-11.30 am. (Reception)

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 4th Sept from 11 am to 1 pm

Sing with us Brighton - choir

Tuesday 12th and 26th of September from 6.30 to 8.00 pm (Reception)

SUPPORT GROUPS meeting at the Horizon Centre in September

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.

The head and neck cancer support group drop-in

Wednesday 6th September 5-7 pm (Reception)

Brighton BRCA Support Group

Thursday 7th September from 6-9 pm (Reception)

Bereavement Support Group

Monday 11th, 18th & 25th of September from 6:30 – 8:30 pm (Café)

Bladder Cancer Support Group

Wednesday 13th September from 6-45-9.30 pm (Reception)

Bright Sparks- brain tumour support group

Thursday 14th September from 5.45-8.15pm (Reception area)

Yakity Yak- laryngectomy support group

Friday 15th September from 1-2.30 pm (The Horizon View)

THANCS (Head and Neck) Cancer Support Group

Friday 15th September 4-6pm

Breast Cancer Support Group

Monday 18th of September from 6.30-8.30 pm (Reception)

Cancervive- a support group for family members and friend of people affected by cancer Monday 18th September from 6.30-8.30 pm (Café or Harbour)

Leukaemia Support Group

Wednesday 20th of September from 7-9 pm (Reception)

Sisters Abreast- breast cancer support group for women under 40

Thursday 21st of September from 6-9 pm (The Horizon View)

Lymphedema Support Group

Thursday 28th of September from 7-9 pm (Horizon View)

You can find other support groups on the link below: www.macmillan.org.uk/in-your-area

You can also follow us on facebook and twitter!

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