

THE MACMILLAN HORIZON CENTRE

December 2019 &
January 2020



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www.macmillan.org.uk/horizoncentre



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HORIZON CENTRE'S 3RD BIRTHDAY

The Macmillan Horizon Centre opened in November 2016 and celebrated its 3rd Birthday on the 25th of November.

Emma our Café Manager put on a delicious spread and many of our clients and partners came to celebrate with us.

Thank you to you all for joining us on our special day, it was lovely to see you all and enjoy some valued catch up time and scrumptious food.



WELCOME

Welcome to November, December and January edition of our activities schedule for the Macmillan Horizon Centre.

We offer a wide variety of activities to help support you and our programme is updated all the time.

If you'd like to book onto any of our services please call 01273 468770

If you have a Facebook account, you can like and follow our page for the latest information on classes, groups and activities that you can join here at the Horizon Centre.

www.facebook.com/macmillanhorizoncentre

Our expert John will be returning in the New Year to run a further Peaceful Pilates class. The class will run for 8 weeks and begins on the 15 January.

To book a place let us know on 01273 468 770 or email us HorizonCentre@macmillan.org.uk to book your place.

PEACEFUL PILATES

HEART YOGA

Paula our expert volunteer Heart Practice Yoga teacher will be bringing gentle movement and plenty of chances to rest and restore, a chance to take time out for you. Register your interest for the Spring sessions now by phoning on 01273 468770 or email horizoncentre@macmillan.org.uk



We can offer haircuts, headshaves and styling through our programme of complementary therapies. Ask at reception for more information and to book a 1-2-1 appointment.

HAIRCUTS STYLING AND HEAD SHAVES

TRENDCO



No matter what stage of hair loss you may be experiencing, Trendco is here to help. We offer a group session about hair loss before, during and after your cancer treatment which includes:

- Ready to wear samples of wigs and other headwear
- Brochures of styles and colour samples
- Information on what your NHS wig prescription provide



All welcome to drop-in at any time during the day.



Social workshop for anyone who would like to learn different headscarf tying techniques & receive advice on all aspects of headwear.

There will be a huge selection of ready-tied headscarves, turbans, beanies & hats in a variety of colours prints to try on! You can also bring your own and learn how to tie and fix them. www.chemoheadwear.co.uk for more information

HEADWEAR WORKSHOP

COMPLEMENTARY THERAPIES

Our complementary therapy service is facilitated by our volunteer therapists who so willingly donate their time to the Macmillan Horizon Centre and our clients.

The demand for a complementary appointment is high so please do bear with us as there is currently a 4-5 week wait for appointments, that said we will continue to endeavour to accommodate the needs of our clients and we thank you for your patience.

Check out the website for more information
www.brighteroutlook.org.uk email
brighteroutlook@albioninthecommunity.org.uk or call the team on 01273 668591.



Move More Sussex - if you live outside of Brighton and would welcome some support in getting active, the coaches at Albion in the Community, via Move More Sussex, offer free advice, support and signposting to groups and classes across the county and at the Horizon Centre. Call 01273 668591 or email movemore@albioninthecommunity.org.uk

Walk Tall Football

If you'd like to join a fun and friendly class based on gentle exercise and football skills, this group is for you. Run by our friends at Albion in the Community as part of Brighter Outlook at King Alfred Centre in Hove, 1-2pm on Mondays from 2nd September. Call 01273 668591 to book direct.

Look Good Feel Better – Make-Over Sessions

These popular sessions are open to all women with a cancer diagnosis from point of diagnosis, up to a year after treatment has been completed. Each woman is given a gorgeous Look Good Feel Better gift bag of full-size skincare and make-up products from a variety of High Street cosmetic brands that support the charity.



Get in touch to book your January slot now.

For information on the sessions in Chichester at St Richard's Hospital, please call 01243 831727.

The next free sessions in Worthing are at Worthing Hospital. To enquire about availability and make a booking here, please call 01903 285132.

For other sessions in Sussex please follow the link: www.lgfb.co.uk

ART WORKSHOPS WITH ONCA GALLERY

Fancy trying something different? Our free to attend art workshop is being held on 14 December from 10:30-12:30 and is perfect for people who've never so much as picked up a pencil but would like to get creative. Our partners at ONCA gallery will help you explore your playful side and all materials are provided.

A chance to use your breath to help you relax and feel calmer.



The group is suitable for most people, although if you have lung disease or shortness of breath you may wish to discuss your needs prior to signing up

TAKE A BREATH

MINDFUL HOUR



Our popular Mindfulness sessions run every Friday 1.30 – 2.30pm.

Whether Mindfulness is completely new to you or you're an experienced meditator, you're welcome to come and enjoy this tranquil hour. There's no need to book ahead, we just ask that you arrive to start at 1.30pm.

Our mindfulness Sessions on the 22 and 29 November will unfortunately not be running, however will return on the 06 December – we look forward to seeing you then.

We're taking names of people interested in attending our next three-part cookery workshop series.



These popular workshops are themed as follows:

- Breakfast boost - learn how to make granola, ways to cook eggs, breakfast smoothies and lots more.
- Eat a Rainbow - a chance to learn how to make soups, salads, dips and other delicious dishes.
- Protein Positive - looking at sources of healthy protein, concentrating on alternatives to red meat.

EAT WELL FEEL BETTER

Mhairi and Emma, pictured, are your course experts who will have you kitchen confident in no time. You can sign up for more information, either at reception or by emailing ewinder@macmillan.org.uk

In addition to these scheduled activities we provide:

- an information drop-in service
- counselling and psychological therapies
- a friendly cafe
- welfare benefits and money advice
- Our Sanctuary Light & Sound Room

December 2019						
Mo	Tu	We	Th	Fr	Sa	Su
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

DATES FOR YOUR DIARY

January 2020						
Mo	Tu	We	Th	Fr	Sa	Su
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

December

- 04** – PCaSO Prostate Cancer Support Group
19:00-21:00
- 05** – BRCA Brighton Support Group for Women
across Sussex 18:30 – 20:45
- 05** – Albion in the Community circuits
10:30 – 11:30 & 11:45 – 12:45
- 06** – THANCS head and neck support group
16:00-18:00
- 06** – Mindful Hour 13:30 – 14:30
- 07** – Christmas Cookery Workshop – invite only
- 09** – Sisters Abreast Breast Cancer Support for
women under 45 18:30-20:00
- 10** – Urology LGBTQ Group 17:00 – 19:00
- 11** – Breathing Workshop 14:30-15:30
- 12** – Albion in the Community circuits
10:30 – 11:30 & 11:45 – 12:45
- 12** – Chemoheadwear Workshop 10:00-12:00
- 12** – Bright Sparks Brain Tumour Support Group
18:30 – 20:30
- 13** – Mindful Hour 13:30 – 14:30
- 14** – ONCA Art Workshop – 10:30 – 12:30
- 17** – Trendco 10:00-15:00
- 19** – Albion in the Community circuits 10:30 –
11:30 & 11:45 – 12:45
- 20** – Mindful Hour 13:30 – 14:30
- 24** – Christmas Eve – The Centre is open
- 25** – Christmas Day – Centre is closed
- 26** – Boxing Day – Centre is closed
- 27** – The Centre is open
- 30** – The Centre is open
- 31** – The Centre is open

January

- 01** – Centre is closed
- 03** – Mindful Hour 1:30-2:30
- 08** – Beat Bladder Cancer Together 18:45-20:00
- 09** – Bright Sparks 18:30-20:30
- 10** – Mindful Hour 1:30-2:30
- 14** – LGBTQ+ Urology Cancer Support Group
17:00-18:30
- 15** – Pilates 1:30-2:30 (1of8 -call to book a place)
- 16** – Chemoheadwear Workshop 10:30-12:30
- 16** – Chronic Myeloid Leukaemia 18:00-19:00
- 16** – Leukaemia Support Group 19:00-21:00
- 16** – Lymphoedema Support Group 19:00-21:00
- 17** – Mindful Hour 1:30-2:30
- 22** – Pilates 1:30-2:30 (2of8 -call to book a place)
- 24** – Mindful Hour 1:30-2:30
- 28** – Cookery Workshop (invite only)
- 28** – Look Good Feel Better (invite only)
- 31** – Mindful Hour 1:30-2:30