

THE MACMILLAN HORIZON CENTRE

April/May 2020



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www.macmillan.org.uk/horizoncentre



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HORIZON CONNECT

It is currently a challenging time for everyone, and if you are affected by cancer it can generate even more complexities, concerns and anxieties. Social distancing and self-isolation mean there can be a loss of contact and disruption to the support mechanisms that you may have built up to help you through your experience.

The Macmillan Horizon Centre can't function in the usual way and deliver the diverse range of support services that many of you will have experienced. However, there are many ways we can still stay in touch and ways to access support, albeit in a different way.

We are introducing Horizon Connect

What is it?

There are a number of ways that we can all connect and keep in touch. We recognise that everyone is different and your circumstances unique, therefore we have developed 3 ways of contact. This can be a one-off, a regular contact or a 'as and when' contact.

What are the 3 ways?

Virtual – We will be running a virtual **Horizon Connect** session online on Monday, Wednesday and Fridays at 10.30am for 45 minutes. To access these sessions e-mail horizoncentre@macmillan.org.uk and we will e-mail you back with instructions of how to join. This is easily done and is free. This will be a facilitated session that will allow a virtual face-to-face meeting with others. It allows you to talk with those in similar positions and can provide both support and practical hints and tips.

WELCOME

Welcome to our April & May edition of our activities and support schedule for the Macmillan Horizon Centre.

Due to the Covid 19 Pandemic the Horizon Centre is not open for face to face appointments or drop in so we have switched to phone and online support.

If you'd like to find out more or book onto any of our services please call 01273 468770 or e-mail

horizoncentre@macmillan.org.uk

If you have a Facebook account, you can like and follow our page for the latest information on the support available through the Horizon Centre.

www.facebook.com/macmillanhorizoncentre

Phone us on 01273 468770 – During an initial phone call with either Scarlett or Elaine, you can determine if you would like follow-up call/s and the frequency of these. Follow up calls will be carried out by our wonderful **Macmillan Horizon Centre Information & Support Volunteers**, whom many of you will have met at the Horizon Centre. This is an opportunity to keep connected during this challenging time.

E-mail horizoncentre@macmillan.org.uk - This is an option where you can connect by email, as and when you wish or regularly. The advantage of this is that it is not at a fixed time and may suit some people better.

PSYCHOLOGICAL THERAPIES

The Psychological Therapy Service offers a broad range of emotional and psychological support to cancer patients, their families and carer's when treatment has stopped. It is often the emotional effects which are the most neglected and last the longest after treatment is finished. People may find they are more anxious, struggling with uncertainty, or unsure about how they can enjoy life again.

All of our psychological therapy services are still running and are being conducted over the phone.

If you would like to be referred to the Psychological Therapies Team please call 01273 468 770 or email horizoncentre@macmillan.org.uk

Anxiety Management Virtual Session. Thursdays 11:00-12:00

Chris has been a therapist for over 25 years and a volunteer at the Horizon centre since 2016. His skills are many and varied and he has a particular interest in supporting people in anxiety resolution and management.



In this online session for up to 4 people Chris is aiming to share practical steps you can take to soothe anxiety and worry. This comprises two areas:

1. How to prevent anxiety building.
2. What to do if you are experiencing overwhelming anxiety or worry.

He will introduce simple, tried and tested techniques which you can take away and practise yourself. The information shared on the day, will be backed up by email.

If you would like to attend the online sessions please call 01273 468 770 or email horizoncentre@macmillan.org.uk

Welfare Benefits

Our advisers give free, confidential and impartial advice to anyone affected by cancer in Sussex. They can help you identify the benefits you are entitled to and help you with filling in forms.

All of our welfare benefits services are still running and are being conducted over the phone.

If you would like to contact the Welfare Benefits Team please email jpratt@macmillan.org.uk or call us on 01273 468770

**ADVICE ABOUT
BENEFITS?
FINANCES
OR WORK**
WE ARE
MACMILLAN
CANCER SUPPORT

PILATES FOR ALL

Join John for friendly, gentle and relaxed Pilates sessions virtually via 'Microsoft Teams'.

Trouble getting up from a chair? Struggling more with your shopping? These Pilates-based moves could really help.

Build strength, improve balance and increase flexibility. With plenty of laughter along the way too!

These sessions will be run each Monday 13:00-14:00 commencing Monday 27 April.

If you would like to attend the online sessions please call 01273 468 770 or email

horizoncentre@macmillan.org.uk

Yoga Nidra

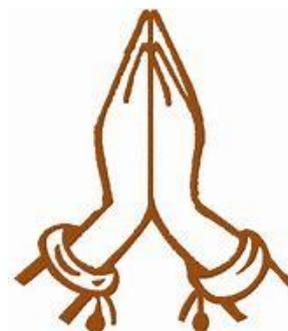
Please join this 30 minute session of virtual Yoga Nidra – sometimes called 'yoga sleep'. It is guided by meditation and is a state between consciousness, before waking and sleep.

There is evidence that Yoga Nidra can help relieve stress and is used for post-traumatic stress disorder.

Paula will be running these sessions each Monday 11:00-11.30 commencing 27th of April.

If you would like to attend the online sessions please call 01273 468 770 or email

horizoncentre@macmillan.org.uk



Acupressure is an alternative medicine technique similar to acupuncture. Some studies have suggested that acupressure may be effective at helping nausea and vomiting, lower back pain, tension headaches and stomach ache, amongst other things.

ACUPRESSURE

This virtual session will run on a 1:1 basis and the techniques will be taught to you to use yourself. Appointments will be available on Wednesdays commencing 29th of April.

If you would like to book an appointment please call 01273 468 770 or email

horizoncentre@macmillan.org.uk

Our breathing workshop is a chance to learn how to use your breath to help you to relax and feel calmer.

TAKE A BREATH

Richard, our expert volunteer will lead you through the workshop sharing with you techniques and breathing sequences that you can then use whenever you need to take a breather.



Richard will be running his sessions virtually via 'Microsoft Teams' each Wednesday 2-3pm commencing 29 April

If you would like to attend these online sessions please call 01273 468 770 or email horizoncentre@macmillan.org.uk

Emma, our Eat Well, Feel Better Services Manager, is offering bite sized 'Eat Well, Feel Better' virtual cookery demonstrations.

EAT WELL FEEL BETTER

Each week one recipe will be taken from the usual 3 part cookery workshop, covering; **Breakfast, Eating a Rainbow** and **Protein**.

Each session will be approximately 45mins long:

- Wed 22nd April 10:30am – Flour free banana pancakes; use up those blackening bananas with this delicious and very quick recipe
- Wed 29th April 10:30am – Spanish sardines on toast; a simple yet delicious combination that incorporates garlic, sardines, parsley and lemon.

All recipes will be sent out prior to the session if you would like to cook them at the same time!

If you would like to attend the online sessions please call 01273 468 770 or email horizoncentre@macmillan.org.uk

CANCER RELATED FATIGUE

RESTORE aims to support people living with cancer related fatigue. It provides information about things you can do to help you cope with fatigue. It can also give you more confidence to manage your fatigue.

RESTORE has been designed by the University of Southampton in collaboration with Macmillan Cancer Support and is based on the most up-to-date evidence.

For further information and to access services of RESTORE use the following link: <https://www.macmillanrestore.org.uk/>



Look Good Feel Better – Make-Over Sessions

LGFB have had to temporarily suspend their workshops but they have launched online tutorials covering a variety of topics from make up to haircare. They have also launched tutorials for men and teens and young adults. All of these resources can be found on their website - <https://www.lookgoodfeelbetter.co.uk/support-advice/tutorials/>

They have also started to run live online workshops covering:

- Learning how to look after your skin and applying make-up at home
- Offering a chance to chat to each other whilst the LGFB make-up artist hosts the session
- An individual review of your make-up bag

You'll need a computer or tablet with a working camera and microphone to take part.

If you'd like more information on the workshops please email info@lgfb.co.uk or phone 07545 551531.

Help Overcoming Problems Effectively

The iHOPE Programme is an online 6 weeks course covering self-management, enhancing resilience, rediscovering strengths and increasing your ability to cope through these difficult and challenging times.



The start dates are; 6th April, 4th May, 1 June 2020.

The facilitators ask that you commit a minimum of 2 hours per week, at a time that suits you, and have access to the internet via smartphone, tablet or PC.

For more information and to sign up please visit -

https://coventryhls.eu.qualtrics.com/jfe/form/SV_bIXGI1ADihkwTAN



**Albion in the
Community**

Brighter Outlook

Albion in the Community are still accepting new referrals into their Brighter Outlook Programme to 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 and you can self refer via their website - <https://www.albioninthecommunity.org.uk/brighter-outlook/>

They also have a range of YouTube videos available, which have all been designed by their Level 4 Cancer Rehab coaches and cover:

- Seated warm up – <https://www.youtube.com/watch?v=CeT2Xrcc4Fs&t=46s>
- Seated exercise session – <https://www.youtube.com/watch?v=r03IVULT0EY&t=4s>
- Circuits session - https://www.youtube.com/watch?v=kkMXD_RaJFo

They are also running live seated, gentle exercise and young adult sessions on Zoom. If you would like to sign up for these sessions please contact Albion in the Community directly via their website.

SUPPORT GROUPS

Many of the Support Groups that usually meet in the Centre are still meeting and running support virtually online.

BRCA Brighton Support Group

This group offers support to women who have or have had breast or ovarian cancer and who are also carriers of the faulty BRCA 1 & 2 gene.

They are continuing to meet online once a month and continue to support each other via their Facebook page; search for BRCA Brighton on Facebook.

If you would like to join the monthly meeting please email brcabrighton@gmail.com

Bright Sparks – Brain Tumour Support Group

This group offers support to anyone who has been diagnosed with a primary brain tumour. Many of the group are also carers and relatives who understand life with a brain tumour.

Even though their group meetings have currently been cancelled they are still offering virtual support. If you would like to connect with the group, please email Jill Collins on Jillc7474@gmail.com

THANCS – The Head & Neck Cancer Support Group

This group is open to anyone who has undergone or is undergoing treatment for head or neck cancer. Family and friends are also warmly welcomed to attend.

More information and contact details can be found on their website - <http://www.thancs-brighton.org.uk/>

DATES FOR YOUR DIARY

April 2020

Monday

10:30-11:15 – Horizon Connect Virtual Session

11:00-11:30– Yoga Nidra (commencing 27th April)

13:00-14:00pm– Pilates (commencing 27th April)

Tuesday

Wednesday

10:30-11:15 – Horizon Connect Virtual Session

10:00, 11:00 & 12:00 – 1:1 Acupressure (commencing 29th April)

10:30-11:15 – Eat Well, Feel Better Virtual Cookery Session

14:00-15:00 - Breathing workshop (commencing 29th April)

Thursday

11:00-12:00 – Anxiety Management with Chris

Friday

10:30-11:15 – Horizon Connect Virtual Session

