



In the five years since opening its doors, the Macmillan Horizon Centre has supported thousands of people living with cancer in Sussex to live life as fully as they can.

Because cancer affects so much more than someone's health, there's a wide range of information, support and guidance available. This includes therapies to help people cope with the effects of treatment; advice and support with money worries; physical activity classes to regain strength after treatment has finished; and an all essential café where people can relax and chat.

There are currently over 51,000 people living with cancer in Sussex and this number is predicted to increase to over 83,000 by 2030. We want to be there for everyone with cancer when they need us. But we can only be there with ongoing generous donations from individuals, committees and businesses and with the amazing contribution of our volunteers.

**THE
MACMILLAN
HORIZON
CENTRE**

**MACMILLAN
CANCER SUPPORT**

Our progress report

Here's how the Macmillan Horizon Centre has supported people over 127,000 times in the five years since it opened in November 2016.



Volunteers

Over the last five years, volunteers have given over **50,000 hours** of their time to support people affected by cancer.



Information and signposting

It's crucial the centre makes everyone aware of the support that is available. We have had **27,294 visits**, calls and e-mail exchanges with people affected by cancer through our information service.



Welfare benefits

We have provided welfare benefits advice and signposting through **4,453 appointments** and calls over the last 5 years.

This work has supported people affected by cancer to access over **£5million** in benefits and grants.



Complementary therapies

5,086 appointments for people living with cancer, their carers and family members, giving them the benefit of relaxing complementary therapies.



Body image

452 appointments and spaces were filled on workshops -including wig and make up sessions - to help people both cope with the physical changes of treatment, and feel more like themselves.



Café

59,927 visits to the café where people can relax and enjoy a chat over a cuppa. And since the start of the pandemic, **1,543 food parcels** given to support people to eat well and feel better.



Social activity

366 attendances at social activities, such as an art session and a poetry pop in session. The activities are a chance to meet others and relax.



Counselling/psychological therapy

11,740 appointments for people for both one-to-one and group therapy sessions. These can help people feel more in control, during and after their cancer treatment.



Cooking workshops

288 places were filled on cooking workshops to help build people's confidence and awareness of healthy eating.



Peer support

11,744 contacts with people through one-to-one outreach and centre-run groups. Knowing you are not alone can really help when facing a cancer diagnosis.



Physical activity

4,248 places have been filled by people trying out different regular physical activities, such as yoga and pilates. These may ease side effects and help people to feel more positive.