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St Barnabas House, Titnore Lane, Worthing, West Sussex  
BN12 6NZ

Main Switchboard: 01903 706300

Fundraising: 01903 254777

Shops: 01903 741719

[www.stbh.org.uk](http://www.stbh.org.uk)

Registered charity no 256789

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# St Barnabas House



# Who we are

**St Barnabas House, first opened in 1973 by local GP, Dr Francis Gusterson, offers specialist palliative care both within the hospice and in the comfort of patients' homes, to adults with advanced progressive life-limiting illnesses.**

At St Barnabas, we care for the whole person, aiming to meet all needs – physical, emotional, social and spiritual. A serious illness will have an emotional and spiritual impact on the people involved as well as the physical effects. The team at St Barnabas has the skills to help.

Many people still think of a hospice as a place where people go to die, and while we do look after people in the last days of their lives, it is only a small part of what we do. Our other services include symptom management and pain relief, respite care, a Day Hospice and counselling for both the patient and their family. The hospice also has a Chaplain, physiotherapists, complementary therapists, an artist-in-residence, social workers and a Community Team, who support patients in their own home.

## **Relying on your support**

St Barnabas offers care and support to people in the Worthing, Arun, Adur and Henfield areas. It costs around £4 million each year to provide the hospice's services and patients are never charged for their care. Only a small part of these costs are funded by the government. For the remainder, we rely on the generosity, help and support of the local community.

## *Did you know?*

**During 2010/11, 877 patients spent time with us receiving respite care, symptom management or end of life care.**



Did you know?

In 2010/11, 630 new patients were referred to St Barnabas House

## What we do

Our new purpose-built hospice opened in March 2011, allowing us to provide our patients and their families with the best hospice care for many years to come.

### In-Patient Unit

St Barnabas House has 20 private rooms, all with en-suite facilities. Rooms are distributed across five wings, each comprising three single rooms, one family room with space for relatives who wish to stay, a large assisted bathroom and communal lounge. All rooms have access to beautifully landscaped private gardens, with extensive planting, water features and seating.

The In-Patient Unit offers:

- Symptom management and pain relief – we aim to help relieve persistent and difficult symptoms such as pain or nausea. The patient can then return home, often feeling much better than on admission.
- Respite Care – patients can come to the hospice for up to two weeks to give their carer a break.
- End of life care – many patients ask to come in to St Barnabas to die, but others prefer to stay in their own home, which can be supported by their GP, District Nurse and the hospice's Community Team.

The doctors, nurses and care staff at St Barnabas have the skills and experience needed to help control difficult symptoms with the goal of achieving comfort and maintaining quality of life.

### Day Hospice

The Day Hospice runs from Monday to Friday, 10am to 3pm, and has 18 places per session. Patients attend the Day Hospice for a number of reasons; many see it as an opportunity for social activities, some use the sessions to speak to our Chaplain or Family Services Team and access spiritual, emotional or psychological support. The Artist-in-Residence can work with patients to explore different ways of expressing their feelings and emotions. Physiotherapy, and complementary therapies, such as reflexology and massage, are also available.

### Community Team

The team of nurses is available seven days a week and provides specialist nursing advice and support to patients and their families in their own home, and to those in rest homes or nursing homes and community hospitals. Working closely with GPs and District Nurses, they offer expert knowledge in symptom control together with emotional support, and can help patients access other hospice services.

### Family Services

Our team of social workers, counsellors, Chaplain, administrators and specially trained volunteers provide practical, emotional and spiritual support to patients and their families.

### Education

St Barnabas House has almost 40 years experience in palliative care, which it shares with other healthcare professionals through an extensive education programme. The aim is to promote the best possible care for patients and support for their family and friends.



# Linda's Story

Linda was diagnosed with terminal lung cancer in January 2011 and sadly lost her battle with the disease in May of the same year. Before her illness, Linda was an active volunteer and fundraiser for St Barnabas House. Her daughters, Corinne and Amanda, believe the hospice's support has been invaluable in helping them get through an extremely difficult time.

"Mum started volunteering for St Barnabas about four years ago, just after we lost our Dad, Leslie, to cancer" says Corinne. "It was her way of helping other people going through a similar experience and keeping herself busy. She worked in the kitchen serving the evening meals and later joined the Rustington Friends of St Barnabas where she was always busy helping out at fundraising events – barbecues, quiz nights, fetes, you name it she was there.

"When her cancer was diagnosed and the doctors suggested she came to St Barnabas, she was terrified. Even though she knew the hospice well, the thought of coming here as a patient made her nervous. The first night we left her in the In-patient Unit we were so worried, but we needn't have been. When we returned the next morning she was sitting up in bed looking like her old self. She had enjoyed a relaxing massage from the Complementary Therapist, a Jacuzzi bath and the nurses arranged for her to have her hair done.

"Mum was in St Barnabas for six weeks, where they helped get her pain under control. She was able to go home



for a short period but was admitted again two weeks later, where she stayed until the end of her life."

Continues Amanda, "The staff were absolutely fantastic. Everyone, from the nurses to the housekeeping staff, put her at her ease and helped to make a difficult time a bit easier. The Chaplain was always on hand to talk to Mum, and although she never had strong religious beliefs, she found him a great comfort and support.

"But it wasn't just Mum they looked after; support is there for the whole family. We felt included every step of the way and they were great with our kids, helping us to explain what was happening to their Grandma.

"We were able to get the most out of our final days together knowing that Mum was receiving the best possible care. She wanted to spend her final days at St Barnabas and the family were able to stay with her during this time.

"She was very proud to be one of the first patients admitted to the new hospice building and loved being out in the gardens, watching the ducks on the pond. Our friends and family were in awe of the care she received and many plan to volunteer at St Barnabas to help them continue their great work. Corinne and I hope to do the same in the near future and will be buying a brick in Mum's memory for the Walk of Life, which is a fitting way to remember her."

*Did you know?*

**835 people received support from our Bereavement Team during 2010/11**



# How to get involved

**There are so many ways you can get involved.**

## Make a donation

Patients are never charged for their care at St Barnabas and the government funds less than one third of our running costs, so we rely heavily on the generosity of the local community. If you can help, please complete the form at the back of this booklet or call 01903 254777.



## Fundraising

Individuals, families, companies and groups work extremely hard to organise events on our behalf, from barn dances, balls and pub gigs to sponsored slims, overseas expeditions and restaurant nights – the possibilities are endless! Call our Fundraising Team on 01903 254777 to find out how to get involved and how we can help you.

## Friends Groups

Join one of our existing Friends Groups or start one in your area to help us raise vital funds and awareness in your town or village. Call 01903 254777 to find out more.

Find us on Facebook



[www.facebook.com/stbarnabasfundraising](http://www.facebook.com/stbarnabasfundraising)

## Join our Lottery



Just £1 per week will enter you into our lottery, with a weekly top prize of £1,000.

As well as the chance to win yourself, you'll be supporting local hospice care. For information call 01903 871841.

## Events

We run a series of events throughout the year, suitable for people of all ages and abilities. Call the Events Team on 01903 871817 to find out more.

## Leave a gift in your Will

Leaving a gift to St Barnabas House in your Will is a wonderful way of continuing to support the charity, as well as an effective way of minimising the inheritance tax your estate will pay. For information, call 01903 706330.

## Join our Circle of Friends

A regular gift of £3 or more per month allows us to plan and budget for the year. To join, please call 01903 706329.



## Donate goods

Our 11 charity shops are always in need of good quality clothing and bric-a-brac to sell and the profits directly support our work. We can arrange collection from your home, just call our Retail Team on 01903 741719.

For more ways to get involved, visit [www.stbh.org.uk](http://www.stbh.org.uk). Please make sure you tell your friends, family and colleagues about our work and encourage them to get involved too.

## Thank you.



# What it costs

Providing a high level of specialist care and support is our aim. The total cost of providing all of the care services at St Barnabas House is approximately £4 million per year, with less than one third of these costs funded by the government. For the rest, we rely on the generosity of the local community.

- **£10,950** will pay for one day of all care services at St Barnabas House
- **£475** pays for a patient to stay at the In-Patient Unit for 24 hours.
- **£200** allows us to hold a 'Time to Remember' group, offering therapeutic support to bereaved families
- **£190** covers the cost for a patient to attend one Day Hospice session
- **£40** pays for a session with a member of the Family Services Team.
- **£35** pays for one hour's physiotherapy treatment for a patient.
- **£10** pays for a patient's meal to be prepared according to their individual dietary requirements
- **£7** buys a special story book to help us talk to children about bereavement issues
- **£5** provides a patient with snacks and light refreshments throughout the day



## How you can help

Please use this form to show us how you would like to get involved with St Barnabas House. Thank you.



Please send me details on:

- Joining the Lottery
- Volunteering
- Fundraising
- Leaving a gift in my Will
- Joining the Circle of Friends
- I would like to make a donation:
- Events
- Running and sports

I enclose a cheque for £  payable to St Barnabas House **OR**

Please debit my credit/debit card the amount £

Card type:  We cannot accept AMEX or Diners Club

Card no:

Valid from:  /  Expiry date:  /

3 digit security code:  Issue number (Maestro only):

Signature(s):  Today's date:  /  /

### Your personal details (Please use CAPITALS)

Title  First Name

Surname

Address

Post Code

Tel No.

Email

### Please return this form to:

**Freepost RSL-CHXE-CGZR, St Barnabas House,  
2 Titnore Lane, Goring-by-Sea, Worthing, BN12 6NZ**

**For every pound that you donate to St Barnabas House we can collect 25p from the taxman.**

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To help us raise more funds, please tick, sign and date below.

- I am a UK taxpayer and would like St Barnabas House to reclaim tax on all donations I have made in the last 4 years and all future donations. I understand that I must have paid an amount of income or capital gains tax at least equal to the tax you reclaim on my donations.

I am not a UK taxpayer: Date: \_\_\_ / \_\_\_ / \_\_\_

Your details will be held on our database and whilst they will not be passed on to any other party (in compliance with the Data Protection Act 1998), we may contact you ourselves. If you would prefer not to receive future mailings from us and would like your details removed, please call the Database Administrator on 01903 706327.

Funds raised will be used in accordance with the aims of the charity as set out in its governing document, namely to promote the relief of sickness and suffering.