St Barnabas House

The adult hospice was opened in 1973 by a local anaesthetist at Worthing Hospital, Dr Francis Gusterson, to provide specialist palliative care for adults with cancer in the Worthing, Adur, Arun and Henfield area. In 2006, we extended the service to patients with other advanced, progressive, life-limiting illnesses.

Since opening, St Barnabas House has provided care to over 38,100 patients and their families. Services include the 32-bed In-patient Unit, Day Hospice, Specialist Nurse Community Team, Hospice at Home service, Outpatients Clinic, Hospice Outreach Project, Community Companions and bereavement support. Our holistic approach enables us to offer care for adults who are approaching the end of their life both at home and in the hospice, as well as providing support to their families. We also provide education in palliative care to other health care professionals.

Chestnut Tree House

Chestnut Tree House opened in 2003 to provide palliative care services for children and young people. We aim to care for every life-limiting child, young person and family who needs our support in East and West Sussex and South East Hampshire.

Our services include assessment, advice and information for children and young people with life-shortening conditions. We offer care 24 hours a day through specialist short breaks, emergency care and end of life care at the hospice or in the child's own home. Our multidisciplinary team also provides support for the entire family, from diagnosis throughout the course of the illness. We give support and advice on the transition from paediatric palliative care services to adult services, as well as specialist bereavement support such as play therapy, counselling and spiritual care.

Introducing our new Chairman

A warm welcome to our new Chairman, Derwyn Jones, who has been a Trustee of the hospices for the past four years. Our Board of Trustees are all volunteers and Derwyn became aware of the charity through his wife, Gillian, who has been a volunteer at Chestnut Tree House for six years. Derwyn became our Chairman in early 2016 and said, “I am very proud to take on the role of Chairman and keen to use my experience to continue the good work of our outgoing Chairman, Guy Clinch, and to work with my fellow Trustees and the Senior Management Team to take the charity forward. We are on the brink of the next evolution with new developments at St Barnabas House and the expansion of Chestnut Tree House to enable us to reach out to more people in our local community who desperately need our help. I am looking forward to meeting more of our dedicated staff and wonderful volunteers in my new role – they are a real inspiration. It is an exciting time for both hospices as they enter new phases and I hope to be able to make a difference to such a forward-thinking organisation.”

Introducing our new honorary President

We are proud and delighted to announce the appointment of Henry Fitzalan-Howard, Earl of Arundel and Surrey, as the new President of the charity. Lord Henry succeeds the late Lady Sarah Clutton as honorary President of the hospices.

Lord Henry, aged 28, is the eldest son and heir of the Duke of Norfolk, England’s premier Duke, and has many local Sussex connections through his family home, Arundel Castle. There are deep family links with the hospice movement through the late Lady Sarah Clutton and also Lord Henry’s paternal grandmother the late Anne, Duchess of Norfolk CBE. A leading figure in the early days of the British hospice movement, Anne, Duchess of Norfolk founded the charity Help the Hospices – now Hospice UK - in 1984 and became its first chairman and then in 1998 its President. In addition, Lord Henry’s maternal step-grandmother is Mrs Kathy Gore OBE DL, chair of Friends of Sussex Hospices and a Patron of Chestnut Tree House.

Lord Henry said: “I am very much looking forward to taking up the role of President of St Barnabas Hospices. Both hospices are amazing and the care they provide is second to none. I was very humbled when I visited to see how much their care means to the children and adults who use St Barnabas and Chestnut Tree House and what a difference this specialist care and expertise makes as they face the most difficult time in their lives. I am honoured to be the charity’s President and I take the responsibilities of the role very seriously and pledge to help this wonderful local charity to the best of my ability.”
A year in the life of St Barnabas House and Chestnut Tree House

Five years at our new St Barnabas House building have passed very quickly. We are proud that in that time the number of patients we help each year has increased by an incredible 70%.

Over the past year, referrals of new patients increased to 1,105 and we helped an average of 115 patients every single day of the year.

During the year, 456 patients were admitted to our In-patient Unit. St Barnabas cares for people of all ages and last year 18% of our patients were under the age of 65 years while 25% of our patients had a non-cancer diagnosis.

In response to growing need, we expanded our Hospice at Home service to support more people with end of life care in their own home. During the year, the Hospice at Home team supported 309 people, making 3,818 visits to patients in their homes including 418 visits during the night-time hours, often the most difficult time for patients and carers alike. A night-time visit usually involves staying with the patient and family for nine hours.

The success of our Hospice Outreach Project continues and our vehicle made 117 separate all-day visits to local communities throughout our area. This initiative aims to ease the worries of those affected by life-limiting illness and to take information into the community about St Barnabas and a range of other support groups and services.

We also continued to develop our Outpatient services, drawing on the skills of our staff in the Day Hospice, Community Services Team and In-patient Unit to offer medical consultations and clinical interventions. This year 291 patients used our Out-patient clinics and services while 223 patients attended the Day Hospice.

Our Community Companions service goes from strength to strength. This year our Community Companion volunteers visited 138 patients on a regular basis at home, offering invaluable companionship, befriending and practical help for them and their families.

In total, St Barnabas House provided care and support to 1,491 patients, including 1,105 newly referred patients, during 2015-16. Our Community Palliative Care Team made 21,260 telephone contacts with patients and over 2,403 visits. We also offered support to families and those who lost a loved one, with 824 people receiving help from our Family Services Team.

Another important aspect of our work is the delivery of education and training on palliative care topics, responding to the learning needs of local health and social care professionals.

This year 1,489 participants attended our training events and we shared our knowledge with a number of organisations in the area to promote best practice in end of life care.

Never content to stand still, St Barnabas is pioneering new care services, alongside our existing service. We have started to expand our non-cancer services and support for patients including the recruitment of specialist nursing staff. We now have four specialist nurses who focus on supporting patients with dementia, liver, heart or renal diseases.

Over the past year, Chestnut Tree House received new referrals for 60 children with life-shortening conditions. In total during the year, we cared for 314 children across East and West Sussex and South East Hampshire including 40 children who sadly died.

The numbers of children receiving our care at the end of their life and after death have sadly increased. Many people did not realise that we are able to care for children after they have died - even if they were previously unknown to Chestnut Tree House – so we have highlighted this service and worked hard throughout the year to deliver this message to healthcare professionals.

Our Community Team consists of specially trained nurses and care support workers who act as the first point of contact for families and as a vital link between them and the hospice.

This year we have carried out over 2,400 visits at home.

During the year, we developed our service for children who require continuous support to help them breathe. Sadly two of those children died before the end of the year but as technology develops, Chestnut Tree House is always there to offer new services to support families with life-limited children.

At Chestnut Tree House, we always like to create new experiences, activities and special memories for children and families. This might include music, art and crafts, cooking, outings, games, social events, sensory play and the famous Magic Carpet room.

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How we spent the £1 you gave us in 2015-16

Money given for Chestnut Tree House supports children’s care and money raised for St Barnabas House supports adult care.