

REVIEW OF THE YEAR

2017-18

B
St Barnabas
House
{Hospice
Care}

C
Chestnut
Tree House
{Children's
Hospice Care}

15

Local schoolchildren aged 9 – 10 have been taking part in a pioneering project at St Barnabas House to learn about hospice care. The three week course helps to explore concepts of life, death, dying and bereavement and introduces the children to hospice care in a safe environment. To date, 173 pupils have taken part and more schools are booked in for the coming year.



A message from our Chairman



This has been a very special milestone year for both Chestnut Tree House and St Barnabas House and I am immensely proud to see what a long way we have come and how many adults, families and local children we have helped.

At Chestnut Tree House, we are celebrating our 15th birthday. When we first opened our doors in November 2003, we were caring for just 30 children. Now, we are caring for over 300 children and young people and their families, both at the hospice and in families' own homes across Sussex and South East Hampshire.

It is also an important year for St Barnabas as it is 45 years since we opened and 50 years since the public appeal was launched to build the original St Barnabas. Since then, we have provided care for over 40,000 patients and their families.

Our vision is that no-one should face death or bereavement without the care and support they deserve and we have ambitious plans to reach more people who need vital hospice care. But it is a constant challenge. The demand for our services continues to increase while funding from central government decreases every year so we rely more and more on the incredible support from our local community. Without the generosity of individuals, businesses, schools, local organisations and our fantastic community of volunteers, we would not be able to continue providing the very best care for patients and their families at such a difficult time in their lives.

Thank you from all of us at St Barnabas House and Chestnut Tree House for all the help you have given us this year and we hope you will continue to support our work.

Best wishes,

Derwyn Jones, Chairman

A message from our President



I was honoured to be invited to be President of St Barnabas House and Chestnut Tree House in 2016 and it is wonderful to see how much the charity has moved forward in that short time.

To see an increase in referrals for both hospices last year and in the number of adults, children and families we are helping just goes to show how very much both hospices are needed and valued in the local community.

Whenever I visit Chestnut Tree House and St Barnabas, I am humbled to see how much the charity's care means to our patients and their families and what a lifeline it provides to them at a very difficult time in their lives.

I would like to thank the wonderful staff and volunteers for their unstinting dedication – everyone goes the extra mile to make sure that the needs of the adults, children and families we care for at the forefront of everything we do.

I am immensely proud to be associated with such a proactive and forward-thinking charity and, with your generous support, I know we can continue to provide vital care to local people. Thank you to all our supporters for being with us every step of the way, it means so much to all of us at St Barnabas and Chestnut Tree House.

Henry Fitzalan-Howard, Earl of Arundel and Surrey
President of St Barnabas House and
Chestnut Tree House

We have been celebrating Chestnut Tree House's 15th birthday this year with lots of special events and sharing memories of how far we have come in that time.





326 visits during the night-time hours, often the most difficult time for patients and carers alike.

The success of our Hospice Outreach Project continues and our vehicle made 122 separate all-day visits to 18 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.

Each year hundreds of patients benefit from our day services, Outpatient clinics, wellbeing classes and complementary therapies. While 181 patients attended the Day Hospice last year, our Occupational and Physiotherapists were also able to offer 196 therapy sessions in the patient's own home.



Our Community Companion volunteers visited 145 patients on a regular basis at home, offering invaluable companionship, befriending and practical help for patients and their families. We are now piloting a new volunteer service supporting patients who are discharged from the hospice to their own homes.

Our Community Palliative Care Team made 14,659 telephone contacts with patients and 3,995 visits. We also offered support to families and those who lost a loved one, with 286 people receiving help from our Bereavement Team and 994 attendances at our bereavement groups and events.

Another important aspect of our work is the delivery of education and training on palliative care topics, which is especially directed at local health and social care professionals including care homes. This year 2,136 participants attended St Barnabas training events and we shared our knowledge with a number of organisations in the area to promote best practice in end of life care. ♥



St Barnabas continues to pioneer new care services, alongside our existing service. We have again expanded our non-cancer specialist team and now have five specialist nurses who focus on supporting patients with end stage respiratory, liver, heart or renal diseases. Last year patients with a non-cancer diagnosis rose to nearly one-third of the total number of people helped by the hospice.

During the last year, 461 patients were admitted to our In-patient Unit. Alongside this, in response to growing need, we have continued to expand our Hospice at Home service to support more people with end of life care in their own home. Over 90% of patients cared for by our Hospice at Home team were able to die in their own homes. During the year, the Hospice at Home team supported 292 people, making 5,050 visits to patients in their homes including

Our weekly hospice lottery raised £1.9m and through careful investments has grown to 37,000 playing members.

1 in 4 of all our patients are funded by gifts in Wills.

Our hospice, shop, event and fundraising volunteers gave more than 120,332 hours of their time.

69% of our £17.3m total expenditure in 2017-18 was on patient care at our two hospices.

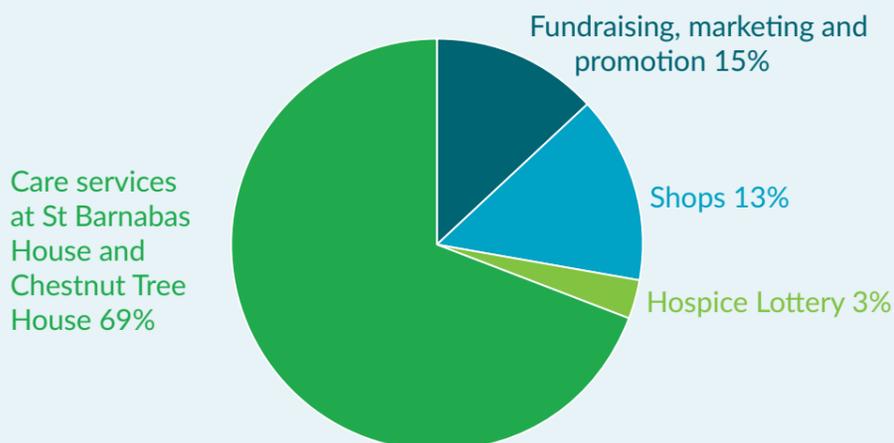
88% of our total income came through fundraising, donations, legacies, shops and our weekly lottery.

Only 13% of our overall care costs is funded by the state.

Our 22 shops made a net contribution of £1m to hospice care costs.

Every penny counts – over £136,000 was given to the hospices in donations of less than £10.

How we spent the £1 you gave us in 2017-18



Money given for Chestnut Tree House supports children's care and money raised for St Barnabas House supports adult care. Copies of the Trustees' Report and consolidated Financial Statements for the year ended 31 March 2018 are available on our websites, at our AGM and thereafter by request from the hospices.

Over the past year, Chestnut Tree House accepted new referrals for 80 children with life-shortening conditions. We cared for more children than ever before last year - 366 children across East and West Sussex and South East Hampshire including 52 children who sadly died.

Our Community Team consists of specially trained nurses and care support workers who are the first point of contact for families, offering specialist advice and symptom management, acting as a vital link between families and the hospice. There were 1,492 home visits to children and families last year as well as nearly 1,000 therapy, support and counselling sessions. Our Community service continues to expand to meet the need across Sussex and South East Hampshire and the development of geographically based staff groups has enabled Chestnut Tree House to focus on specific localities and communities. In particular, our Eastbourne-based team has helped us to reach out to many more families in East Sussex.

Last year we supported 211 bereaved families. Many children and families now choose to receive end of life care in their own homes rather than at the hospice and our Community Team of nurses is on call 24/7 for when the need arises. In many areas of Sussex, we are the only service able to fully support end of life care in a child's own home.



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. We cared for children overnight at the hospice on 1,990 occasions and also provided 431 'stay and play' sessions. Last year we provided 626 opportunities for children and siblings at events such as the Christmas parties, summer BBQs, cinema events and swimming club. ♥



Celebrating 15 years of children's hospice care

- ♥ Since opening in 2003, we have accepted 833 children into our care.
- ♥ We have supported 276 bereaved families since 2003.
- ♥ Chestnut Tree House has been supported by over 94,000 people, organisations and companies over the past 15 years.

Thank you!



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Vice Presidents:

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- Miss Margaret Stroud

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- Dr Malcolm Donaldson
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- Jacquie Hives
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St Barnabas Hospices

Patrons:

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- Major Tom Wye MBE, DL

Chestnut Tree House

Patrons:

- The Lord-Lieutenant of West Sussex, Mrs Susan Pyper
- Linda Bloom
- Tony Bloom
- Tim Breden
- Raymond Briggs CBE
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- Kathy Gore OBE, DL
- Julie Graham
- Sally Gunnell OBE, DL
- Ambrose Harcourt
- Paul Jones
- Matt Prior
- Debbie Raggio
- Ben Richards

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 40,300 patients and their families. Services include the 20-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.

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www.stbh.org.uk



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-limited 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.

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