



# Children & Families Charities

## Supporting children, young people, and families in need

These charities provide vital support for children and families — including healthcare, education, wellbeing, social support, and protection. Families often choose a charity to reflect a loved one's passion for helping children or to support causes that were important to them.

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## Local & Regional Charities

*(Worthing, West Sussex & South Coast)*

### Children's Hospices & Health

- **Chestnut Tree House (Arundel)**  
Children's hospice offering palliative care, respite, and support for families. Funded heavily through donations and legacy gifts.
- **St Barnabas House – Children & Family Programs (Worthing)**  
Offers family support initiatives alongside adult hospice services, including child bereavement support.

### Local Family Support & Welfare

- **Family Information Service – West Sussex**  
Provides resources, guidance, and community connections for families across West Sussex.
- **Young Carers Project (Worthing & Adur)**  
Supports young people caring for a family member, offering respite, mentoring, and social activities.
- **Local Children's Centres & Play Services**  
Community-focused hubs providing early years education, parenting support, and social programmes for children and families.

## Child Protection & Safeguarding

- **NSPCC Local Branches (West Sussex)**  
Local initiatives delivering child protection programmes, awareness campaigns, and support services.
  - **Barnardo's Regional Services**  
Support for vulnerable children, foster care, and advocacy for at-risk young people.
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## National Children & Families Charities (UK-Wide)

### Children's Health & Wellbeing

- **NSPCC – National Society for the Prevention of Cruelty to Children**  
Campaigns, helplines, and child protection programmes across the UK.
- **Young Minds**  
Provides mental health support, advice, and resources for young people and families.
- **Children's Heart Foundation**  
Supports children with heart conditions and funds vital research.
- **Child Bereavement UK**  
Specialist support for families grieving the loss of a child.

### Education & Opportunity

- **Family Action**  
Supports families in need with practical, financial, and emotional assistance.
- **Action for Children**  
Runs projects for children facing disadvantage, including foster care, mentoring, and early years support.
- **Place2Be**  
School-based mental health and wellbeing support for children.

## Child Protection & Advocacy

- **Barnardo's**  
Supports vulnerable children and young people with foster care, residential care, and advocacy.
  - **The Children's Society**  
Provides support for children facing abuse, exploitation, or neglect.
  - **Coram Children's Legal Centre**  
Offers legal advice and advocacy for children and families.
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## Bereavement & Family Support Charities

- **Cruse Bereavement Support – Children & Young People**  
Dedicated programmes for supporting grieving children and young people.
  - **The Compassionate Friends**  
Support for families who have lost a child, including guidance and peer connection.
  - **WAY Widowed and Young**  
Support for families and partners bereaved at a young age, including children impacted by parental loss.
  - **Child Bereavement UK**  
Counselling, resources, and guidance for children and families affected by death.
  - **Young Lives vs Cancer**  
Support for families when a child is seriously ill with cancer, including counselling and practical help.
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## How Families Often Use This Guide

Families may choose a charity to:

- Reflect a loved one's passion for children, families, or young people
- Give back to local services that provided care, guidance, or support
- Fund research or long-term projects improving children's health, wellbeing, or protection

This list includes **local organisations you can visit or contact directly**, as well as **national charities that accept donations or legacies**, offering options at every scale.

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## Quick Tips for Families

- You do **not need to choose immediately**; take your time
- Local organisations may offer a more personal connection
- National charities often have well-established programmes and broad reach
- All donations or legacy gifts, big or small, make a meaningful impact