

# Local & Community Charities

**Supporting projects, hospitals, and initiatives in Worthing, West Sussex, and beyond**

Families often choose local community charities to reflect a loved one's connection to their home, town, or region, or to support causes that help their neighbours and the wider community.

Some families prefer to give back to **local hospitals, hospices, food banks, or community programmes**, while others wish to support national organisations with strong local links.

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## Local & Regional Charities

*(Worthing, West Sussex & South Coast)*

### **Hospitals, Hospices & Health Projects**

- **St Barnabas House (Worthing & Arun)**  
Supports local patients with palliative care, hospices, and community health programmes.
- **Worthing Hospital Charity**  
Enhances patient care, funds vital equipment, and improves facilities at Worthing Hospital.
- **Friends of Worthing Hospital**  
Provides financial support for patient comfort projects, equipment, and staff wellbeing initiatives.

### **Food Banks & Poverty Relief**

- **Worthing & Adur Food Bank**  
Provides emergency food, toiletries, and support to families in need.
- **Local church-based food support initiatives**  
Many churches and community centres run small-scale food and essentials projects, often supported by donations.

## Youth, Education & Community Development

- **Youth Matters West Sussex**  
Provides safe spaces, mentoring, and activities for children and young people.
  - **Adur & Worthing Community Transport**  
Supports mobility and independence for local residents, including elderly and vulnerable community members.
  - **Community-led arts & sports projects**  
Local initiatives supporting creativity, fitness, and engagement for children, teens, and adults.
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## National & UK-Wide Charities with Local Impact

### Hospitals & Health-Related Charities

- **Macmillan Cancer Support**  
Provides services and practical support for people living with cancer, including local community outreach.
- **Marie Curie**  
Funds nurses and care services for people with terminal illnesses in communities across the UK.

### Food, Poverty & Welfare

- **The Trussell Trust**  
Supports a network of food banks nationwide, including branches operating in West Sussex.
- **National Citizen Service (NCS) & local volunteering programmes**  
Provides community engagement opportunities for young people, helping them improve local projects.

### Local Environment & Public Spaces

- **The Conservation Volunteers (TCV) – Local Projects**  
Supports community-led green space projects and environmental volunteering initiatives.

- **Groundwork UK**

National charity delivering local programmes for community regeneration, green spaces, and youth engagement.

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## **Family, Social & Community Support**

- **Age UK (West Sussex branches)**

Supports older residents with social connection, welfare advice, and community activities.

- **Local community centres & hubs**

Run classes, social groups, and support programmes for all ages.

- **Young Carers Projects**

Supports young people providing care for family members, helping them stay connected, healthy, and engaged.

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### **How Families Often Use This Guide**

Families may choose a local community charity to:

- Reflect a loved one's connection to Worthing, West Sussex, or their neighbourhood
- Give back to hospitals, hospices, or frontline services they valued
- Support children, youth, or vulnerable community members
- Encourage environmental, educational, or social programmes that benefit local residents

This guide includes **local charities you can contact directly**, as well as **national organisations with strong local impact**, giving families a wide range of options.

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### **Quick Tips for Families**

- Local charities may offer a more personal connection and direct impact
- National charities often have wider reach but may still fund local projects
- Donations, legacies, or volunteer support all make a meaningful difference
- Take your time — choosing a charity is about reflecting what mattered most to your loved one