

# Health & Illness Charities

Supporting research, care, and comfort for those facing illness

Often chosen when a loved one was affected by a particular condition, received specialist care, or supported medical causes during their life. These charities range from local hospices and hospitals to national research and support organisations.

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## Local & Regional Health Charities

*(Worthing, West Sussex & South Coast)*

### Care, Comfort & End-of-Life Support

- **St Barnabas House (Worthing & Arun)**

Local hospice providing specialist palliative and end-of-life care for adults with life-limiting illnesses, as well as support for families and carers. Widely supported through donations and in-memory giving.

- **Martlets Hospice (Brighton & Hove)**

Provides hospice care, symptom management, and bereavement support across the Sussex region.

- **Chestnut Tree House (Arundel)**

Children's hospice supporting babies, children and young people with life-limiting and life-threatening conditions, alongside their families.

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### Hospitals & Local NHS Support

- **Worthing Hospital Charity**

Supports enhanced patient care, equipment, and wellbeing projects at Worthing Hospital.

- **Friends of Worthing Hospital**

Long-standing local charity supporting hospital services, facilities, and patient comfort.

- **Western Sussex Hospitals NHS Charity**

Supports hospitals across Worthing, St Richard's (Chichester) and Southlands with funding for equipment, staff wellbeing, and patient experience.

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## Condition-Specific Local Support

- **Parkinson's UK – Worthing & District Branch**

Local support, activities, and peer connection for people affected by Parkinson's and their families.

- **Alzheimer's Society – West Sussex**

Dementia support services, advice, and community programmes for people living with dementia and their carers.

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## National Health & Illness Charities (UK-Wide)

### Major Research & Medical Charities

- **British Heart Foundation (BHF)**

Funds life-saving research into heart and circulatory disease and provides patient support.

- **Cancer Research UK**

UK's largest funder of cancer research, supporting prevention, diagnosis and treatment.

- **Diabetes UK**

Research, education and support for people living with diabetes and their families.

- **Alzheimer's Research UK**

Dedicated to accelerating research into dementia prevention, diagnosis and treatment.

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### Care, Nursing & Patient Support

- **Marie Curie**

Provides expert end-of-life care, nursing support, and guidance for people with terminal illness and their families.

- **Macmillan Cancer Support**

Practical, emotional and financial support for people living with cancer and those who care for them.

- **Sue Ryder**

Provides hospice care, neurological support, and bereavement services.

- **Hospice UK**

Supports the UK hospice sector, improving access to compassionate end-of-life care nationwide.

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## Long-Term & Complex Conditions

- **Motor Neurone Disease Association (MNDA)**

Care, research and support for people affected by MND and their families.

- **Parkinson's UK**

Research, specialist nurses, and support services for people with Parkinson's.

- **Multiple Sclerosis Society UK**

Funds research and provides support, information and advocacy for people with MS.

- **Stroke Association**

Support, recovery services and research for stroke survivors and their families.

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## Mental Health, Wellbeing & Hidden Illness

### Mental Health Support

- **Mind**

National mental health charity providing advice, advocacy and local support services.

- **Rethink Mental Illness**

Supports people living with severe mental illness through services, campaigning and advice.

- **Samaritans**

Emotional support for anyone experiencing distress or struggling to cope.

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## Invisible & Chronic Conditions

- **ME Association**

Supports people living with ME/CFS through information, research and advocacy.

- **Fibromyalgia Action UK**

Information and support for people living with fibromyalgia.

- **Crohn's & Colitis UK**

Support, research and information for people affected by inflammatory bowel disease.

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## **Bereavement & Family Support (Health-Related)**

- **Cruse Bereavement Support**

National bereavement charity offering emotional support, including for those bereaved following illness.

- **The Compassionate Friends**

Supports families after the death of a child, including following illness or medical conditions.

- **WAY Widowed and Young**

Support for people bereaved of a partner at a young age, often following long-term illness.

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### **Gentle note for families**

There is no expectation to choose a charity immediately — or at all. Some families feel strongly about supporting a specific cause; others prefer to take time or decide together later.

If you'd like help identifying a charity connected to a particular illness, hospital, or care experience, we're always here to talk it through calmly and without pressure.