

Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on



HOPE
Charity Project
Hold On ~ Pain Ends

HOPE Charity Project

HOPE Charity Project provides early intervention and prevention support for families and young people aged 10–21 years, offering a safe space to be heard, guided and strengthened before crisis point.

They are based at the HOPE Hub at Wild Heart Hill in Findon, West Sussex.

HOPE provides accessible emotional wellbeing support for young people and their families.

Many families are currently navigating long, often with appalling waiting periods for specialist services or their current needs do not meet statutory thresholds.

What makes HOPE distinctive is its informal, welcoming approach rooted in lived experience.

Families can access support without lengthy referral processes, and the focus is always on:

- Strengthening confidence
- Emotional regulation
- Resilience before escalation

HOPE services include:

- Walk-in Talk Support sessions
- One-to-one emotional wellbeing sessions
- Creative group sessions for young people
- Family support and guidance for parents and carers

HOPE complements statutory services by operating upstream, providing support early on of crisis, helping families feel supported at an earlier stage and reducing isolation during vulnerable periods.

Contact details

Website: hopecharityproject.org

Email: info@hopecharityproject.org

Location: Wild Heart Hill, Worthing, West Sussex, BN14 0RJ

For help, advice, and information or to share your story.

Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care.

We also help people to find reliable and trustworthy information and advice.



Last year, we helped nearly a million people like you, to have your say and get the support you need.



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl, Community Partnership Lead: cheryl.berry@healthwatchwestsussex.co.uk

w: healthwatchwestsussex.co.uk t: 0300 012 0122

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