

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



Kim Trickey

Social Prescribing Link Worker in Horsham

Kim Trickey is the Social Link worker and works to support the patients of the Horsham Central Primary Care Network.

This network is made up of Holbrook GP Surgery, Orchard GP Surgery, Park GP Surgery and Riverside GP Surgery.

Kim's role is not clinical, she takes a holistic approach to the health and wellbeing of patients and is there to give people the time to focus on what matters to them. She connects people to local community groups and services for practical and emotional support. Patients over 18 can be referred to Kim by the GP's nurses or receptionists.

There are many reasons why someone may need additional support such as: feeling alone, or isolated, having difficulties with housing and/or facing homelessness, need advocacy support, difficult relationships, have caring responsibilities, want to go back to work, are living with a long-term health condition, feeling depressed, or anxious, in fact any issues that affect someone's mental and physical wellbeing.

By trying to prevent these issues from getting worse, social prescribing can offer people the chance to explore their needs, wants and interests by taking into account both social and mental factors - rather than just the symptoms of an illness.

Being active, engaging with others, learning something new and being involved with the local community can help improve our wellbeing and mental health. Social link workers have more time to spend with individuals and can help them to build a better understanding and benefit from a regular 'check-in' to discuss progress. The support aim is for people to feel more confident in using local services, groups and personal tools to develop their wellbeing and independence.



Kim works at:

Park Surgery - Monday and Tuesday, Riverside Surgery - Wednesday,
Orchard Surgery - Thursday and Holbrook Surgery - Friday

If you are a patient in another part of West Sussex and would like to find out more please speak to the Reception Team at your GP surgery or contact Healthwatch West Sussex.

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 Berry, Community Partnership Lead: cheryl.berry@healthwatchwestsussex.co.uk

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