



Press Release

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For Immediate Release

Weston-Super-Mare Doctor wins Consultant of the Year

A Medical Director from Weston-Super-Mare is celebrating after winning Consultant of the Year at a national awards ceremony.

Organised by Cygnet Health Care, one of the UK's largest independent providers of specialised mental health services for the NHS and local authorities, the Cygnet Annual Psychiatrists Conference and National Awards 2022 recognise excellence in the healthcare industry. The Consultant of the Year award identifies consultants with advanced clinical skills as well as those who demonstrate a positive image of psychiatry. They must excel in service development and lead others as a positive role model.

Winner of the award, Dr Sai Achuthan, is Medical Director at Cygnet Hospital Kewstoke, a hospital which provides an emergency admissions service for men and a pathway for women from low secure to rehabilitation including a specialist service for personality disorder. He was singled out at the awards ceremony for his exemplary clinical skills and for chairing the first carer conference at the service.

Presenting the award, Dr Jon Van Niekerk, Group Clinical Director at Cygnet Health Care, said: "Dr Achuthan was nominated for making a positive impact at a national and local level to patients and their care and wellbeing. He has been responsive to service needs in supporting clinical staff and the management team.

"He has demonstrated innovation in clinical practice and service development, and led or was integral to multiple innovations including Quality Improvement projects.

"He has empowered his colleagues to build their clinical skill sets and has supported career progression. He has made efforts towards achieving parity of esteem between mental and physical health needs and is thoroughly deserving of this award."

Dr Achuthan said he was extremely proud to receive the award. He added: "I would like to say a big thank you to Cygnet Hospital Kewstoke and Taunton as they have been a pillar of my success. My colleagues have provided me with enormous support throughout my journey in Cygnet Health Care. My advice to people, including medical professions, is that resilience is key to success."

Dr Tony Romero, CEO of Cygnet Health Care, said: "These awards recognise the achievements and difference our motivated, compassionate and value-driven doctors and teams make for our services users every single day."

“We have seen so many wonderful examples of our doctors and other clinicians, going above and beyond over the last year and stepping up to work beyond their role and sacrifice their time and dedication for the benefit of the individuals in their care.

“As CEO I am proud to count these exceptional individuals as colleagues who exemplify our values at Cygnet.

“This accolade is testament to the hard work, commitment and dedication of Dr Achuthan. At Cygnet Health Care, we strive to provide the highest quality and standard of care and always put our service users at the heart of what we do. This is demonstrated impeccably by Dr Achuthan.”

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Notes to Editors:

For more information, please contact Gemma Attew, External Communications Manager, on gemmaattew@cygnethealth.co.uk or 07718 244811.

About Cygnet Health Care

Cygnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnet Health Care’s pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnet Health Care’s focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet’s facilities are rated as good or outstanding, which is above the national average.

www.cygnethealth.co.uk