



Press Release

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For Immediate Release

Ealing Woman Named Social Worker of the Year

A social worker from Ealing who supports women with mental health difficulties and those suffering from eating disorders has been named Social Worker of the Year.

Natalia Masternak works at Cygnet Hospital Ealing, Corfton Road, and in December, she scooped the top prize at the Cygnet Social Work Awards, a celebration of all Social Workers and Social Work Assistants at leading healthcare company, Cygnet Health Care.

She received ten nominations from different colleagues and those who nominated shared her drive to expand her role and assist others to learn. She was described as “knowledgeable, thorough and passionate about involving service users and carers as much as possible”.

She said she was “happy and delighted” to receive the award. She added: *“It’s a huge honour to be given the award of the Social Worker of the Year at Cygnet. I was watching the awards ceremony with my manager and when my name was called I was really proud to be recognised.*

“This acknowledgment means a lot to me, it reflects the hard work, passion and dedication I have for my role. It has definitely given me validation and boosted my confidence.

“I am extremely thankful to the interdisciplinary team for forwarding my name for this award, it is truly appreciated and it will continue to motivate me to be more determined to make a difference to the people who use our service.”

Cygnet Health Care operates more than 150 services and supports individuals with mental health needs, learning disabilities and autism.

Natalia joined Cygnet Ealing Hospital in June 2018 as a Student Social Worker, progressing to a Head of Social Work Department and a Safeguarding Lead role. She works across the two wards at the hospital, New Dawn Ward which provides treatment, care and support for women with a personality disorder and Sunrise Ward, which provides a highly specialised eating disorder service for women, including those with extremely low BMIs. Natalia is a Safeguarding Lead for both wards promoting safety and protecting individuals with care and support needs from abuse and neglect.

Natalia added that last year was an enormous learning curve as her role expanded from being a Social Worker and Safeguarding Lead to also working therapeutically with families. She is also training to become a Family Therapist which describes as a “real privilege”.

“The best part of my job is being able to directly work with patients and their families at the hospital. Social work is so much more than just helping people; it’s providing comfort, options and making sure things happen and that a real difference is made, for an individual and their families.”

CEO of Cygnet Health Care, Dr Tony Romero, passed on his congratulations to Natalia.

He said: *“We recognise the difference that our highly talented and passionate social workers and social work assistants make for our services users every single day.*

“These awards were an opportunity to show our social workers and social work assistants at Cygnet how much they’re valued and appreciated. Through the nominations process we saw so many wonderful examples of how they go above and beyond and step up to work outside of their role, sacrificing their time and dedication for the benefit of the individuals in their care. I congratulate Natalia for all she has achieved and for her passion in always putting service users at the heart of all she does.”

Ends

Notes to Editors

For interviews, please contact Gemma Attew, External Communications Manager, at gemmaattew@cygnethealth.co.uk

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