



## Press Release

25 April 2023

### For Immediate Release

#### **Nottinghamshire Psychologist Wins Innovator of the Year**

A Nottinghamshire Psychologist has won Innovator of the Year at a national awards ceremony for her work supporting those struggling with their mental health.

Sarah Ashworth is an Principal Forensic Psychologist at Cygnet Grange, an 8 bed Neuropsychiatric rehabilitation, care and treatment facility on Mason Street, Sutton- in-Ashfield, for those affected by acquired brain injuries. The service provides a safe and secure place to aid recovery as well as offering those diagnosed with a progressive neurological disease, like Huntington's Disease, a caring and long term placement to support and help manage the progression of their symptoms.

Sarah was singled out during the Cygnet Annual Psychologists Conference and National Awards 20223 for her commitment to innovation and delivering consistently high standards of care.

Organised by Cygnet Health Care, one of the UK's leading health and social care companies offering services to those with mental health needs, learning disabilities and autism, the Innovator of the Year award celebrates the innovation that is leading the way in delivering better services, empowering staff teams and improving the quality of care provided for service users.

Sarah was part of the team which developed the Assistant Psychologists Development Programme. This programme started in 2019 and following a comprehensive pilot completed in 2021, it was rolled out nationally in 2022.

The APDP is a structured development programme for Assistant Psychologists employed across Cygnet that aims to develop professional knowledge and in turn increase the quality of care that is provided to service users. It offers development opportunities across two streams: online lectures and interactive workshops.

Upon receiving the award, Sarah said: *"We really value the opportunity to showcase the expertise we have within Cygnet and also help with the development of the next generation of psychologists."*

*"It's lovely to be given an award for something we're already really passionate about."*

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

*"We have seen so many wonderful examples of how they, alongside their teams, go above and beyond 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 Sarah’s hard work, commitment and dedication. 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 Sarah.”*

Ends

**Notes to Editors:**

For more information, please contact Gemma Attew, External Communications Manager, on [gemmaattew@cygnethealth.co.uk](mailto: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](http://www.cygnethealth.co.uk)