



## Press Release

15 September 2023

### For Immediate Release

#### Ealing Doctor wins Consultant of the Year

An eating disorder psychiatrist from Ealing 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, the Cygnet Annual Psychiatrists Conference and National Awards 2023 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 Amit Mistry, is a Consultant Psychiatrist at Cygnet Hospital Ealing, on Corfton Road, which provides a highly specialised eating disorder service for women, including those with extremely low BMIs. He was singled out at the awards ceremony for his exemplary clinical skills and for inspiring the team around him.

Presenting the award, Subulade Smith CBE, President of the Royal College of Psychiatrists, said Dr Mistry helps the team at Cygnet Hospital Ealing to achieve outstanding results for patients.

*She added: "Dr Mistry always has patients and their families' wellbeing at heart. He is open and transparent with his decision making. He actively involves patients in their care plans which positively impacts their lives. He is a great leader and always listens to everyone's perspective and makes them feel valued."*

*"He is innovative and shares his knowledge and passion with a wide audience. He teaches the rest of the team on a daily basis."*

Dr Mistry said he was extremely pleased to receive the award. He added: *"It's a real privilege to have been nationally recognised by my colleagues at Cygnet Hospital Ealing."*

*"I am proud to lead such a dedicated, hardworking team aiming to provide exemplary, inpatient care for those suffering from an Eating Disorder".*

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 service 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 Mistry. 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 Mistry.”*

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)