



Press Release

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For Immediate Release

Nottingham Doctor Wins Innovator of the Year

A Nottingham doctor has won Innovator of the Year at a national awards ceremony for her work to improve the lives of those struggling with severe and enduring mental illness.

Dr Sree Thamburaja, Consultant Forensic Psychiatrist at Cygnet Hospital Clifton, an inpatient mental health hospital for men, was singled out during the Cygnet Annual Psychiatrists Conference and National Awards 2023.

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 Innovator of the Year award celebrates a doctor who has driven innovation to improve the quality of services, empowering service users and putting them at the centre of care, engaging stakeholders and reducing stigma.

Presenting the award, Stephen Firm OBE, Cygnet Health Care's CEO of Healthcare, said: "Dr Thamburaja has lead one of the quality improvement projects, life-changing relationships, with service user involvements. She has developed an induction programme for new staff and has ensured service users deliver some of the training sessions.

"She has created a service-user focused environment and has reduced the stigma associated with personality disorder unit and low secure units.

"I was blown away by the range and quality of her work which showcased her talents."

Upon receiving her award, Dr Thamburaja, said: "I feel highly honoured that Cygnet and my colleagues have chosen me as the winner of this prestigious award.

"To be recognised for innovating and providing service users with the highest level of support is a privilege. I try every day to make a difference to the lives of those we support and winning this award filled me with pride.

"For me, the best part of my job is that I work with a fantastic team and service user group. They are kind, smart, resilient and dedicated to changing lives for the better."

Dr Tony Romero, CEO of Cygnet Health Care, said: "We are a clinically-led organisation and doctors are the engine here at Cygnet.

"These awards recognise the achievements and the difference that motivated, compassionate and value-driven doctors and their teams make for our services users and our residents 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. Dr Thamburaja has demonstrated an extraordinary level of innovation to keep things constantly improving and to ensure our standard of care remains the very best. We are extremely lucky to have hers with us and to witness the positive difference she makes to our service users each and every day.”

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Notes to Editors:

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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