



Press Release

Immediate Release

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Former Brain Injury Patient from Bristol Shortlisted for Lived Experience Award

A former brain injury patient from Bristol who now dedicates his time to supporting others has been named a finalist in the 2025 National Lived Experience Awards.

Jamil Hussain, who suffered life-changing injuries in a road accident in 2020, has been shortlisted in the Hope and Positivity Award category. The awards, organised by leading health and social care company, Cygnet Group, celebrate service user-led initiatives in mental health, learning disability and autism services across the country.

The judging panel - made up of both head judges and lived experience representatives - evaluated nominations anonymously, focusing on co-production, service user involvement, and the uniqueness of each project. This year's theme, chosen by the lived experience events team, is "Bridgerton and Rainbows."

In 2020, Jamil was driving along the M69 motorway when he suffered a seizure, causing a serious crash that left him in a coma for three months. He was later diagnosed with Limbic Encephalitis, a rare neurological condition that wiped out his memory, language, and basic life skills.

After six months in hospital, Jamil was transferred to Cygnet Brunel, a 32-bed neuropsychiatric hospital in Henbury, Bristol. There, he began the painstaking process of relearning how to walk, talk, cook, and live independently.

Today, Jamil uses his experience to help others as an Expert by Experience (EbyE) at Cygnet Health Care. In this role, he acts as a bridge between patients and staff, ensuring that the voices of those receiving care are heard and used to shape services.

"I'm like the bridge between the staff and the service users," Jamil said. "I only speak from my own experience, and that helps me show others that they are safe, supported, and not alone."

Jamil plays a vital role in People's Council meetings, where Cygnet Health Care patients share feedback, and supports staff in better understanding patient needs, using his unique perspective to build trust and improve communication.

"When I woke up, I didn't know who I was or how to do anything," Jamil recalled. "Looking back now, I realise how far I've come. I want to be that beacon of light for others who are still in the thick of their difficult times, helping them see a way through."

Back behind the wheel and managing his condition with medication, Jamil says his recovery would not have been possible without his mother's unwavering support.

"My mum was the driving force behind my recovery," he said. "She gave me the strength to come back stronger, and now I can be that strength for others."

Reflecting on his shortlisting, Jamil added: "Being shortlisted is an honour in itself. It's a moment of recognition that says, 'You're doing something right,' and that truly means the world."

The National Lived Experience Awards, launched in 2013 by service users at Cygnet Hospital Derby, have grown into an annual celebration of service user achievements, previously hosted at iconic venues including Silverstone Circuit, Old Trafford, and Pride Park.

Winners will be announced at a ceremony on 23 September at Colwick Hall in Nottingham. Ciela Costa, are the Headline Sponsors of the event. Additional sponsors include Sustainable Advantage, Central Computers, Delaware, Cyber One, Audience Link, Blue Leaf, and U Energy Group.