



Press Release

Immediate Release

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Gloucester Psychiatrist Honoured with Special Recognition Award

A Gloucester-based psychiatrist has been recognised for his outstanding contribution to mental health care at a national awards ceremony.

Dr Mark Luffingham, consultant psychiatrist and medical director at Cygnet Alders Clinic on Podsmead Road, received a Special Recognition Award at the Cygnet Annual Psychiatrists Awards 2025.

The event, which this year explored the theme “Beyond risk: advancing suicide prevention through partnership and practice”, brought together clinicians from across the UK to celebrate best practice in mental health care.

Dr Luffingham said: “I was deeply honoured to be presented with such a special award. It represents the strength of the team I work with and the patients who we support to overcome adversity and to challenge stigma and perceptions about their struggles.

“It is a privilege to be able to work in the position I do with those around me and for Cygnet to support us and recognise our work through the National Awards programme.”

Cygnet Alders Clinic is a 20-bed rehabilitation service providing assessment, treatment and rehabilitation for women with personality disorder and complex needs. It is part of the Cygnet Health Care division.

Dr Luffingham was presented the award by Dr Jon Van Niekerk, Cygnet's Group Clinical Director, who praised his contribution and the lasting difference he has made to both patients and staff.

Dr Van Niekerk said: “The awards are a powerful reminder of what this looks like in practice. Each winner represents the very best of our values, colleagues who embody compassion, creativity and resilience in their daily work. I know these stories will inspire all of us to continue striving for safer, more relational, and more hopeful mental health care.

“Dr Mark Luffingham brings a wealth of clinical experience, leadership and wisdom to Cygnet Health Care. His long-standing dedication has been instrumental in elevating the standard of care and fostering a culture of clinical excellence. For

many years, he has not only driven high-quality patient care but has also profoundly impacted the team by equipping them with the essential skills and confidence required to effectively manage complex patients with Personality Disorder and co-morbid Autism Spectrum Disorder (ASD).

“Mark has a unique ability to combine strong clinical expertise with a relational and person-centred approach. He inspires those around him to think differently, to look for solutions where others may see barriers, and to maintain hope even in the most complex situations. His leadership has created an environment where staff feel supported and empowered, and where patients are given the best possible chance to achieve positive outcomes.

“Dr Luffingham’s work has had a profound impact not only on patients but also on his colleagues, equipping them with the skills and confidence needed to manage complex conditions. His influence is felt both within Cygnet Alders Clinic and across the wider organisation, where his clinical leadership continues to set a benchmark for excellence.”

Dr Tony Romero, Cygnet CEO, added: “These awards are a testament to the achievements of our dedicated doctors and their teams. Their motivated, compassionate, and value-driven approach makes a profound difference in the lives of our service users and residents. The commitment and willingness of our staff to consistently go above and beyond ensures we are effectively improving lives together.”