



Press Release

Immediate Release

25 November 2025

## **Gloucester Occupational Therapist Wins National Award for Exceptional Patient Care**

An Occupational Therapist from Gloucester who supports women receiving inpatient mental health care has been recognised with a national award.

The Occupational Therapy Awards, run by Cygnet Health Care - one of the UK's leading independent providers of mental health, learning disabilities and autism services - celebrate excellence, innovation and compassionate practice across the Occupational Therapy community.

Dulcima Lilly, an Occupational Therapist at Cygnet Alders Clinic on Podsmead Road, won the Outstanding Occupational Therapy Practice Award. Cygnet Alders Clinic is a specialist 20-bed hospital supporting women with complex mental health needs, including personality disorder.

Sylvia Dubarry, Occupational Therapy Director at Cygnet Health Care, said: "The Occupational Therapy Awards celebrate the positive contribution Occupational Therapists make to the lives of the people we care for, and their loved ones, as well as to the wider Occupational Therapy team and sector as a whole.

"Reading the nominations for this year's awards has been genuinely inspiring, full of stories of innovation, compassion and brilliant practice. It's a powerful reminder of just how much talent and dedication there is across the Occupational Therapy community. Congratulations to all the nominees and finalists. Thank you for everything you do, the energy and care you bring, and the difference you make every day."

Judges praised Dulcima - known as Dulcie to colleagues - for her exceptional commitment to co-production, values-driven leadership and outstanding impact on patients and families.

They said: "Dulcie stood out for her unwavering commitment to co-production, her values-driven leadership, and the extraordinary impact she has had on patients, families, and the entire service.

"Dulcie's work shines with integrity, creativity, and heart. She continually goes above and beyond, shaping a service where occupation is meaningful, hopeful, and transformative. Her leadership, her outcomes, and her dedication to every individual

she supports make her a truly exceptional practitioner and a worthy winner of this year's award."

Reflecting on the recognition, Dulcie said: "The best thing about being an Occupational Therapist is helping people rediscover what reignites their sense of purpose and brings them back to life. Every person's journey is unique and it's a profound privilege to build genuine human connection as we uncover strengths, nurture hope, and rebuild identity and confidence for life beyond hospital.

"Receiving this award feels especially meaningful after a challenging year. It's a reminder that holding onto my values of compassion, integrity and hope, and truly championing people's strengths, makes a difference.

"I'm deeply proud of what this recognition represents, and it fuels my ongoing commitment to the people I support and to the continued development of my practice."