



Press Release

Immediate Release

26 November 2025

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

An Occupational Therapist from Huddersfield who supports adults struggling with their mental health 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.

Hannah Burkinshaw, an Occupational Therapist at Cygnet Gledholt Mews and Coach House on Greenhead Road, won an award for being a "rising star" in the field. 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."

Speaking about Hannah, judges said: "Hannah truly lives and breathes occupational therapy. She bridges theory and practice effortlessly, dedicates large amounts of her own time to her professional development, and consistently puts the needs and well-being of her service users at the heart of every decision. Her drive, compassion, and determination to improve OT provision make her a rising star and an inspiration within our profession.

"Hannah is a shining example of what the future of our profession looks like: innovative, values-driven, and relentlessly focused on meaningful, person-centred transformation. We are incredibly proud to recognise her achievements."

Hannah said: "I am deeply honoured to have received the Award. The ceremony was inspiring and a testament to the remarkable achievements of colleagues across the company. I am grateful for the outstanding support, mentorship, and opportunities I have experienced early in my career at Cygnet, and I look forward to continuing to learn and grow in the profession that I love."

"What I value most about Occupational Therapy is its inherently person-centred nature, which encourages creative problem solving and a genuine understanding of the individuals we support."