



Press Release

Immediate Release

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Nottingham Occupational Therapy Assistant Wins National Award

An Occupational Therapy Assistant from Nottingham who supports men hospitalised 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 providers of mental health, learning disabilities and autism services, celebrate exceptional practice across the national Occupational Therapy teams.

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."

One of this year's winners was Sahar Alhabaj, Occupational Therapy Assistant at Cygnet Hospital Clifton, a 25 bed specialist low secure service for men with a personality disorder and mental health needs, on Clifton Lane.

Sahar won the Occupational Therapy Assistant award.

Judges said: "The nomination recognised Sahar as an exceptional Occupational Therapy Assistant whose creativity, compassion, and commitment have had a profound impact on both service users and colleagues at Cygnet Hospital Clifton.

"Since joining in 2023, she has approached every part of her role with enthusiasm, reliability, and an unwavering drive to improve the service. Her willingness to learn, try new approaches, and translate training into meaningful practice has already resulted in enhanced patient experience and outcomes.

Her commitment, professionalism, and positivity have made her a true pillar of the OT team. Sahar embodies everything this award stands for, and we are thrilled to recognise her exceptional contribution."

Sahar said: "This award means a lot to me. It not only acknowledges the effort I have put into working within a new culture and language, but also reflects the meaningful journey I have been privileged to share with the people I serve. It is an honour to give back to the community that has welcomed and hosted me.

"Being recognised as an Outstanding Occupational Therapy Assistant for 2025 is a powerful reminder of why this work matters. I am truly grateful for every service user and every colleague who has shaped my experience and contributed to this journey."