



Press Release

Immediate Release

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### **Durham Worker Wins Assistant Psychologist of the Year at Cygnet Health Care Awards**

An assistant psychologist from Durham who supports women hospitalised with mental health struggles has won a national award.

Wesley Cooks, who works at Cygnet Appletree, in Meadowfield, County Durham, has been named Assistant Psychologist of the Year at Cygnet Health Care's Annual Psychology Awards, recognising outstanding contributions, innovation, and dedication across the organisation's psychology teams.

The awards, presented by Matt Gill, Director of Psychology (North Region), and Erica De Lange, Director of Psychology (South Region), celebrated exceptional achievements throughout 2025. Wesley was recognised for his excellent clinical work, research, and unwavering support to colleagues at the 22-bed hospital.

Dr Gill said Wesley's contributions have had a meaningful impact on both patient and carer well-being and his work has helped raise the profile of psychology within the service and among external stakeholders, while his commitment to staff learning and professional development has been "exemplary".

One nomination described Wesley as someone "whose warmth, professionalism, and dedication makes a profound difference to the patients and colleagues."

Speaking about his award, Wesley said: "Receiving the Assistant Psychologist of the Year award was both overwhelming and humbling. The most meaningful part for me was having my colleagues there to celebrate the achievement together. It brought to mind the concept of Ubuntu, an African proverb meaning 'I am because we are'. Cygnet stands out because of its teams working collaboratively to create a supportive and compassionate environment."

Matt Gill added: "Reading the nominations of excellent clinical practice, compassion, and innovation is a reminder of the dedication and talent of our psychology teams. Wesley is an outstanding Assistant Psychologist who has demonstrated clinical excellence, innovation, and an unwavering commitment to care, as well as consistently investing in the learning and development of all staff at Cygnet Appletree. Congratulations to Wesley and all the 2025 award winners for your remarkable contributions."

