

Improving lives together



Complex Minds, Clear Pathways:

A Neuropsychiatry
Conference

Tuesday 9th June 2026

The Eastside Rooms,
Birmingham



Sponsored by



Introduction

Inpatient Neuropsychiatric Rehabilitation is not just about diagnostic codes - it's about managing risk, complexity, cost and outcomes in a system under pressure.

In a world where commissioners need to balance financial control with clinical complexity, we explore how this is best achieved and how we collaborate to offer the most effective treatment solutions for those patients with complex neurorehabilitation requirements.

We move beyond conventional thinking to explore the interface between mental and physical ill health post brain injury.

Through clinical insight, case-based discussions, expert evidence, and shared best practices, this event will offer attendees clarity, confidence, and information. It will equip them with a clearer understanding of what specialist inpatient Neuropsychiatric Rehabilitation pathways deliver and how investing in them provides long-term health benefits, increased quality of life, and a reduced need for restrictive living environments.

Affiliations:



Neuropsychiatric Services for Adults

Scan the QR codes to find out more

Our Neuropsychiatric Inpatient Rehabilitation Services

  Cygnets Brunel, Bristol 	 Awaiting accreditation Cygnets Grange, Sutton-in-Ashfield 	 Awaiting accreditation Cygnets Heathers, West Bromwich 	 Awaiting accreditation Cygnets Lodge, Sutton-in-Ashfield 
  Cygnets Newham House, Middlesbrough 	  Cygnets Pindar House, Barnsley 	  Cygnets St William's, Darlington 	 Awaiting accreditation Cygnets Paddocks, Widnes 

Our Neuropsychiatric Residential Services

  Meadows Mews, Tipton 	 Awaiting accreditation River View, Darlington 
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Our person-centred and flexible model aims to reduce risk, maximise independence, improve quality of life and where possible, help those affected to fully recover.



View our latest Neuropsychiatric Services brochure

Programme of the Day

- 8:45** **Registration Open** (Refreshments and Networking)
- 9:30** **Conference Open**
Elly Fiorentini
- Welcome Address**
Dr Salim Matta
- Sponsor Address from Irwin Mitchell**
Olivia Sinclair
- Mental Health Act and Neurorehabilitation – a paradox?**
Dr Czarina Kirk
This session explores the criteria for Mental Health detention, alongside the opportunities and challenges of applying this framework in neurorehabilitation. Additionally, we will examine upcoming MHA reforms and their potential impact on individuals with neuropsychiatric conditions.
- 11:05** **Break** (Refreshments, exhibition stands & poster viewing)
- 11:25** **Pathways in Action - TBI, FND and Mental Health - are things less complex now?**
Dr Mike Dilley
While national initiatives have sought to integrate care across TBI, FND, and mental health, this presentation explores whether these pathways have reduced clinical and organisational complexity or simply shifted into new forms. It argues that while this complexity is inherent, it can be made manageable and effective through multidisciplinary integration, shared formulations, and collaborative leadership.
- What is QN Neuropsychiatry?**
Dr Czarina Kirk and Dr Mike Dilley
The Quality Network for Neuropsychiatry Services (QN-Neuro) launched in 2024 to promote quality improvement within and between neuro services.
- 12:35** **Lunch** (Exhibition stands, posters & raffle ticket purchase opportunity)
- 13:20** **Breakout Sessions** (meet in the main conference room)
- Laura's Story – A Patient Perspective**
- 14:30** **Comfort Break**
- 14:40** **Tourette Syndrome and other tic disorders between neurology and psychiatry**
Professor Andrea E. Cavanna
Tourette syndrome is a quintessentially neuropsychiatric condition characterised by chronic motor and vocal tics, frequently associated with psychiatric comorbidities. Tics, tic-related obsessive-compulsive behaviours, attention-deficit and hyperactivity disorder, impulsivity, anxiety and affective symptoms can differentially affect health-related quality of life and require individualised treatment interventions.

Endocrine complications of brain injury

Dr Vasileios Chortis, MBChB, PhD, MRCP(UK)

This talk will provide an overview of the main Endocrine problems that can develop in the aftermath of brain injury and affect patient recovery. This will include a discussion of clinical presentation, diagnostic approach and management options.

16:15

Closing Remarks

Dr Matt Rowett and Dr Kumi Pilay

Breakout Sessions

These three sessions will run concurrently after lunch. The colours below correspond to your lanyard. Please let one of the events team know if you would like to attend a different session.

Session A - Escape Rooms in Rehabilitation

Georgia Nelson, Occupational Therapist, Cygnet St William's

A talk on using creative methods to overcome testing barriers in a neuropsychiatric setting using treasure hunts and escape rooms to assess cognitive and functional abilities in neuro-rehabilitation.

Session B - Sexual Dysfunction & Disinhibition in Neuropsychiatry

Dr. Khalil Memon, Consultant Psychiatrist, Cygnet St William's

We aim to review the neurobiological basis of sexual dysfunction and disinhibition in neuropsychiatric populations, discuss medication-related adverse sexual effects, and highlight practical approaches to assessment and management.

Session C - Rehab Nursing: Therapeutic Relationships as a Limbic-Focused Neuroplastic Intervention

Oluwatobi (Tobi) Olaojoyetan, Ward Manager, Cygnet Paddocks

This presentation reframes the therapeutic relationship in neuropsychiatric rehabilitation nursing as a biologically active, limbic-focused intervention that drives neural recovery following acquired brain injury (ABI). It demonstrates how consistent, attuned nursing care - including emotional validation, co-regulation, and boundary setting - stabilises autonomic responses and promotes adaptive neuroplasticity, positioning relational practice as an intentional, evidence-based intervention rather than a peripheral skill.

Speakers

Host: Elly Fiorentini
Broadcaster & Journalist, BBC

Elly is an award-winning BBC Local Radio journalist/presenter known for her rigorous programmes and interviews with politicians, NHS leaders and business figures, always pushing for truth while showing deep compassion in conversations with people affected by loss and tragedy. She has spent 15 years working closely with the mother of missing York chef Claudia Lawrence, whose body has never been found, and was a finalist in the New York Radio Festivals awards for her first podcast with Claudia's mum, Joan.

Alongside her journalism, Elly mentors young women across the BBC and serves as a Peer Support Networker. She is also a trustee of two charities supporting underprivileged young people.

Outside work, she is a passionate rugby union fan, often meeting up with international friends to watch the Six Nations, and is a regular at Murrayfield cheering on her adopted second team, Scotland, but not when they're playing Ireland!

Dr Salim Matta
Interim Group Medical Director, Cygnet Group

Before studying medicine, Salim completed an honours degree in Chemistry, following which he worked in research which led to publications. He then attended medical school and graduated as a medical doctor in 2004 having trained in the Caribbean, New York and London.

Salim is a specialist in General Adult and Addictions Psychiatry. He has worked within the organisation since 2017 when he joined as a Consultant Psychiatrist. In May 2018 he became Cygnet's Regional Medical Director for the North, and in April 2026 he was appointed Interim Group Medical Director.

Prior to working for Cygnet Group, Salim worked in the NHS for over 10 years. In his spare time, he is a keen published photographer, traveller and amateur track racer.

Olivia Sinclair
Associate Solicitor-Medical Negligence, Irwin Mitchell

Olivia Sinclair is an Associate Solicitor at Irwin Mitchell, where she specialises in clinical negligence and patient safety. She has a particular interest in supporting individuals who have sustained brain injuries, focusing on securing financial compensation, appropriate accommodation, and access to rehabilitation to support long-term recovery.

Olivia works closely with clients and multidisciplinary experts to achieve outcomes that promote independence, dignity, and quality of life.

Dr Czarina Kirk, FRCPsych.
Consultant Neuropsychiatrist, Lancashire & South Cumbria NHS Foundation Trust

Dr Czarina Kirk is a Consultant Neuropsychiatrist at the Forensic Brain Injury Service at Guild Lodge, in Preston, UK. This service provides secure brain injury rehabilitation within a Forensic Mental Health framework. It is the only NHS service of its kind.

Czarina is a Fellow of the Royal College of Psychiatrists and Chair of the Neuropsychiatry Faculty at the Royal College of Psychiatrists. She has been involved in a number of projects, including Quality Network for Neuropsychiatry, integrating mental health care in neurology and neuro-rehabilitation, training and curriculum reviews to include neuropsychiatric conditions, suicide prevention etc.

Czarina is involved in the RCPsych committees for Workforce and Policy and Public Affairs. She is an affiliate member of the Neurology Clinical Reference Group in the UK and a member of the strategy team of the ABI Justice Network – sub-group of the ABI All Party Parliamentary Group. She has won a number of awards within her Trust for leadership and raising our profile.

As a committee member of UKABIF North West, Czarina supports UKABIF, Headway UK and other Justice partners in delivering training to their members and stakeholders in particular as regards mental illness in the context of neurological conditions.



Professor Andrea E. Cavanna, MD, PhD, FRCP, FANPA, SFHEA.
Consultant in Behavioural Neurology & Associate Professor,
National Centre for Mental Health and University of Birmingham

Andrea is Consultant in Behavioural Neurology at the Department of Neuropsychiatry, National Centre for Mental Health, and Associate Professor in Neuropsychiatry at University of Birmingham and University of Milano-Bicocca, Milan (Italy).

He received his MBChB and MD from the University of Turin and completed neurology specialty training at Amedeo Avogadro University, Novara. He earned a PhD in Neurological Studies from University College London. Moving to the UK in 2008, he is now Lead Consultant at Birmingham's Tourette syndrome clinic and Director of the MSc in Clinical Neuropsychiatry at the University of Birmingham.

He has published extensively in the fields of behavioural neurology and neuropsychiatry, with focus on the behavioural aspects of movement disorders and epilepsy. In 2010 he received the American Neuropsychiatric Association Career Development Award.



Dr Michael Dilley
Consultant Neuropsychiatrist, King's College Hospital NHS
Foundation Trust and Brain & Mind Ltd

Mike specialises in brain injury and complex functional neurological disorders, focusing on interdisciplinary rehabilitation and outpatient treatment. He provides support throughout the integrated care pathway for neuropsychiatric patients at King's and The Royal Hospital for Neurodisability, assisting in their recovery from acute care to community reintegration.

As a member of the NHS England Clinical Reference Group for Rehabilitation, he also served as the past Chair of the Faculty of Neuropsychiatry at the Royal College of Psychiatrists and is a Trustee for both the UK Brain Injury Forum and The Neurological Alliance.

Mike has previously led mental health services in Westminster and worked at key institutions like The Maudsley and St George's Hospital. He has played a significant role in integrating mental health services for neurological conditions and in training for neurobehavioural rehabilitation.

He completed his training at King's College London and related institutions, and is co-investigating an NIHR trial on preventing depression after traumatic brain injury.



Georgia Nelson
Occupational Therapist, Cygnet St William's

Georgia qualified as an Occupational Therapist in 2019, and began her career working in community/acute rehabilitation within the NHS. She is extremely enthusiastic about supporting individuals through their rehabilitation journey, and has learned to deal sensitively with challenging and potentially confrontational situations, developing an understanding of the fears and concerns which are so often part and parcel of a service user's journey.

Georgia has a passion for providing high standards of care and promoting independence in order to achieve the best possible outcomes on their rehabilitation journey.



Dr Khalil Memon
Consultant Adult Psychiatrist and Neuropsychiatrist,
Cygnet St William's

Dr Khalil Memon has been working as a Consultant Psychiatrist with Cygnet since January 2022. Prior to joining Cygnet, Dr Memon was working as a consultant in Neuropsychiatry at Walkergate Park, Newcastle. He completed his higher specialist training in General Adult Psychiatry with subspecialisation in Neuropsychiatry with the Health Education England in the North East and North Cumbria.

Dr Memon passed his MRCPsych examination in 2017 and has a rich experience in psychiatry. He has a keen interest in research, adult and neuropsychiatry. Dr Memon also has expertise in alcohol related brain injury, Korsakoff syndrome and in neurodegenerative disorders including Huntington disease. He is a dedicated, honest and hardworking clinician and works to get the best outcomes for his patients.



Dr Vasileios Chortis, MBChB, PhD, MRCP(UK).
Clinical Associate Professor of Endocrinology, University of Birmingham

Dr Vasileios Chortis is a Clinical Associate Professor of Endocrinology at the Institute of Metabolism and Systems Science, University of Birmingham, UK, and Honorary Consultant Endocrinologist at Queen Elizabeth Hospital Birmingham.

He trained in Endocrinology at University Hospitals Birmingham and obtained his PhD from the University of Birmingham (UK) in 2017. He also completed a Research Fellowship at Boston Children's Hospital and Harvard Medical School (2021-2024). His clinical interests include Adrenal and Pituitary tumours, Thyroid and Reproductive Endocrinology.

His research focuses on developing more effective ways of diagnosing and treating patients with adrenal malignancies through a combination of pre-clinical research and clinical studies.



Dr Kumi Pillay
Consultant Neuropsychiatrist and Regional Medical Director (Neuropsychiatry - South), Cygnet Group

Dr Kumi Pillay trained as a Psychiatrist, completing membership to the Royal College in 2010. Afterwards, completing further training in Neuropsychiatry at a regional Neurological Rehabilitation inpatient unit. He then set up and led a specialist Neuropsychiatry inpatient service in South Wales for 8 years.

He completed his Masters in Clinical Neuropsychiatry at Birmingham and his dissertation was the first research project to look at psychiatric co-morbidities in those affected by Huntington's Disease and the impact on length of stay.

He spent a year at a regional Neurological rehabilitation Level 1 service in Bristol as Consultant Neuropsychiatrist before joining Cygnet Health Care at Brunel as Medical Director.



Dr Matt Rowett
Consultant Neuropsychiatrist and Regional Medical Director (Neuropsychiatry - North), Cygnet Group

Dr Matt Rowett studied medicine at The University of Liverpool and graduated in 2002. He trained in psychiatry throughout North Yorkshire, Teesside and the North East and has always had a keen interest in organic psychiatry. He worked as a Consultant Liaison Psychiatrist for seven years at The James Cook University Hospital. This involved extensive experience of neuropsychiatry, including functional neurological disorders and acquired brain injuries.

Matt has experience in medical leadership, developing Liaison psychiatry across Teesside in the role of Associate Clinical Director, and implementing the Crisis Assessment Suite in Middlesbrough.

He has postgraduate qualifications in healthcare leadership and clinical education.

Poster Presentations

Traumatic Brain Injury or Korsakoff Syndrome? A Case Presentation Exploring the Profile of an Individual's Cognitive and Behavioural Difficulties.

Rhiannon Taylor and Dr Sarah Ashworth-Watts

'Callum' - A Case of Huntington's Disease. A case report of indirect interdisciplinary consultation work in a neuropsychiatric unit.

Dr Sarah Ashworth-Watts, Dr Melanie Hobbs, Pippa Joseph and Alicia Lancashire

SIADH in Brain Injury - Syndrome of Inappropriate Antidiuretic Hormone Secretion Following Brain Injury.

Dr Glory Sibe

Enhancing Patient Engagement in Physiotherapy through Collaborative Working with Neuropsychology

P Poonam, C Barber, H Swanepoel, M Devlin, A Apata, L Johnson, L Varghese

Our Map, Their Compass: Transforming Clinical Pathways into Patient-Led Journeys.

Catherine Ferguson and Bianca Abuan

The Escape Room.

Dr Bobbie Turnbull and Georgia Nelson

Hatching Hope.

Abishek Gopinathan, Katie Gabriel, Katie Condliffe and Charlotte Clemson

New Pathways at Cygnet

At Cygnet, we continue to develop and expand our neuropsychiatric offering to meet the evolving needs of adults in the UK requiring treatment. Below, you can find information about two of our new pathways; Hyperacute Neuropsychiatric Rehabilitation, and Neurocognitive Treatment and Care.



Hyperacute Neuropsychiatric Rehabilitation Pathway

Cygnet Victoria House, Darlington

Cygnet Victoria House combines their acute psychiatric expertise with the established neuropsychiatric rehabilitation expertise of Cygnet St William's, creating a unique and innovative pathway for men who find themselves in environments less conducive to recovery and stabilisation, or requiring a graded step through services from secure pathways.

Neurocognitive Treatment and Care Pathway for Men

Cygnet Hospital Taunton, Somerset

Cygnet Hospital Taunton offers a specialist inpatient pathway for adults with complex neurocognitive conditions and the resulting psychiatric challenges they face.

Our pathway serves men previously stuck in a cycle of placement breakdowns or long-term hospitalisation. By combining neuropsychiatry, neurorehabilitation, and complex nursing, we offer a cohesive, clinically led alternative.

Raffle Prize

All proceeds to UKABIF

1st Prize

Donated by Bank Restaurant & Bar Birmingham
3 Course Meal for 2 and a glass of Fizz.

2nd Prize

Donated by Cygnet Health Care
Bottle of Champagne.

Tickets £5.00 each.
Cash plus card machine available.

See Chloe Hayward or one of the events team for more information

Supporters and Exhibitors



www.irwinmitchell.com

With thanks to our sponsor, Irwin Mitchell

Irwin Mitchell is a full service law firm representing families across England and Wales who've been affected by acquired brain injuries and neurological conditions. Their experts are dedicated to helping clients access the best possible medical care, rehabilitation, and ongoing support. They are committed to working with healthcare professionals and charity partners towards better outcomes for all. As part of their commitment, their experts provide free study days, talks, and webinars to share knowledge and improve patient safety.



The United Kingdom
Acquired Brain Injury Forum

➤ www.ukabif.org.uk

UKABIF aims to improve understanding of acquired brain injury (ABI) and lead collaboration across the sector. We work with people with personal and professional knowledge and experience to educate, inform, and connect professionals, service providers, commissioners, and policymakers, to ensure that ABI is recognised, prioritised, and addressed through inclusive, evidence-based solutions at every level of society.



➤ www.in-pa.org.uk

INPA is a group of in-patient and community independent specialist health and social care providers, who share the common goal of ensuring the delivery of excellent care in neurorehabilitation.



➤ www.headway-bs.org.uk/

Headway Birmingham & Solihull is a growing voluntary organisation and registered charity with ambitious plans for future expansion, currently providing support to over 2,000 individuals with acquired brain injury (ABI) each year. Operating as a company limited by guarantee, the charity delivers diverse programmes, community initiatives, and a robust Carers Service, all driven by a dedicated team of over 90 trained, paid staff and more than 50 volunteers.



➤ www.cygnetgroup.com

You can speak to a member of the team for more information about our Neuropsychiatric Rehabilitation services and pathways for adults.

We hope you enjoyed the conference



Please scan the QR Code to complete a short survey to help improve future events.

Your CPD certificate will be sent via email following completion of the survey.

For more information about our neurological services, please choose one of the following options:

- Contact our Neurological Business Development Director,
Rachael Chamberlain: RachaelChamberlain@cygnethealth.co.uk / 07872 401 048
- Contact your regional Business Relationship Manager
- Call or email the Cygnet Bed Hub: 0808 164 4450 / chcl.referrals@nhs.net

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