



Press Release

Immediate Release

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Wolverhampton Doctor Named Medical Leader of the Year for Outstanding Work in Mental Health

A Wolverhampton-based doctor has been recognised nationally for her outstanding contribution to mental health care, after being named Medical Leader of the Year at an awards ceremony.

Organised by Cygnnet Health Care, one of the UK's largest independent providers of specialised mental health services, the Medical Leader of the Year award celebrates a doctor who has demonstrated and contributed to medical leadership.

Dr Zainab Bashir, Medical Director, Consultant Psychiatrist, at Cygnnet Sedgley House in Wolverhampton, received the accolade in recognition of her exceptional leadership and commitment to improving the lives of people struggling with mental illness.

Dr Bashir said: "I am stunned, humbled and honoured by this amazing award. It is such a great motivator to do even more, for Cygnnet Health Care.

"I will genuinely cherish this always. I want to say a massive thank you to my colleagues for the nomination and to Cygnnet for the recognition, it is much appreciated."

Dr Bashir completed her medical degree in 2009 and commenced a Masters' Degree in Public Health in 2011 at Birmingham City University. After completing a two-year doctors foundation programme/internship training between 2013-2015 at Queen Elizabeth Hospital Birmingham, Walsall Manor Hospital, and Dorothy Pattison Hospital, Zainab developed a keen interest in Psychiatry.

She went on to complete post graduate psychiatry training and specialised as a Consultant in General Adult psychiatry in 2022, with special endorsement in Liaison Psychiatry.

Dr Bashir was presented with her award by Karen Johnson, Senior Vice President and Chief Clinical Officer of Behavioural Health Division, Universal Health Services, Inc (UHS), with Dr Dale Lawrence, Medical Director / Responsible Officer at Cygnnet Health Care.

Karen said: "Dr Bashir is an exceptional clinician, mentor and medical leader who inspires others through her integrity, self-awareness and commitment to continuous professional development. She creates inclusive, collaborative environments where colleagues feel supported, valued and empowered to grow as confident leaders.

"Combining strategic thinking with compassionate people management, she ensures high-quality service delivery while promoting staff wellbeing and development. Passionate about service improvement, she drives innovation, champions patient safety and implements meaningful changes that enhance clinical outcomes.

"A forward-thinking strategist, Dr Bashir uses evidence-based decision-making to shape future services and improve care quality. She is a highly respected mentor, educator and advocate for excellence in healthcare."

Cygnets CEO Professor Tony Romero said: "These awards are a testament to the achievements of our dedicated doctors and their teams. Their compassionate and value-driven approach makes a profound difference in the lives of the people we support."

Cygnets Sedgley House and Cygnets Sedgley Lodge, on Woodcross Street, offer a 34 bed high support inpatient rehabilitation (level 2) service for men with complex needs.