



## Clinician of the year award

This award will be presented to a nurse, psychiatrist, psychologist or other qualified health care professional who has excelled in their role and delivered high quality services that make a real difference to service users and their carers. He/she will have shown initiative and commitment to improving quality (which could include the use of coaching techniques); demonstrated true care and compassion and a recovery-focused approach and inspired others to bring about positive change.

The shortlisted candidates are:

**Samantha Taylor**, clinical lead, Sandpiper Ward, Roseberry Park, Middlesbrough

Nominated by three patients, Samantha has been praised for always being there and being a listening ear. Samantha is easily approachable, trustworthy, popular and outgoing. Patients feel able to laugh and cry with her and she is always on hand to help them through difficult situations as well as day-to-day tasks. She is described as caring, outstanding, compassionate and excellent in everything she does. Her patients want to thank her for letting them lean on her and helping them pull through.

**Esther Birkby**, occupational therapist, Parkside, Middlesbrough

'Superstar' Esther embodies the Trust's values on a daily basis and has an amazing impact on service users' lives. She has helped countless socially isolated people feel that their lives have meaning and purpose. She motivates and supports people to reach their goals and the groups she runs are the highlight of their week. She often goes above and beyond to offer extra support to those who need it. Thanks to her work, many people who were isolated in their own homes now have friends and are involved in meaningful activities which improve the quality of their life. To the service users whose lives she touches she is a true superhero!

**Denise Teasdale**, clinical lead, Rowan Lea, Cross Lane, Scarborough

Denise is the inspirational anchor of her team. She is open to new ideas and ways of working, always supporting and educating the team and sharing her knowledge across North Yorkshire. She is a confident and experienced practitioner who supports staff on the ward whilst challenging ways of working and encouraging everyone to think outside the box. Rowan Lea has been recognised by the Trust for gaining and maintaining the best outcomes following the PIPA refresh, which was led by Denise and she was invited to a national conference to showcase the work. She has excellent leadership qualities and is approachable and knowledgeable, always putting herself forward to lead development projects. Denise is selfless, passionate, empathetic and reliable and always works beyond everyone's expectations.

**Valentina Short**, associate clinical director, Lanchester Road Hospital, Durham

Valentina is an enthusiastic, person-centred, compassionate and inclusive clinician. She works with others to provide quality care whilst remaining committed to the wellbeing of her colleagues. She has implemented innovative ways of working without increasing workload pressures. Her role includes clinical work, service development and leadership and she is also an accredited CBT practitioner and a nurse prescriber. Valentina is due to submit her PhD at Durham University and is a visiting lecturer at Newcastle, Teesside and Sunderland Universities. She has made a significant difference to the lives of service users and carers by promoting a recovery-focussed culture. Her successes can be measured by the impact her work has on people; the development of resources; and the research she has conducted, which all continue to support recovery and wellbeing.