



Norfolk and Suffolk Health and Care Awards 2026

Unsung Hero Award

Tanith Mitchell

East Coast Community Healthcare CIC

Tanith is an exceptional and compassionate leader whose work supporting vulnerable individuals with tuberculosis (TB) across Suffolk and Norfolk has had a profound and lasting impact. She consistently goes above and beyond her role, managing highly complex cases often involving homelessness, instability, safeguarding concerns and disengagement from services. Her commitment ensures that individuals at greatest risk remain engaged in life-saving treatment.

A defining feature of Tanith's approach is her persistence and willingness to maintain direct contact with patients, even in challenging circumstances. She undertakes outreach and home visits, including re-engaging individuals who have self-discharged from care, ensuring treatment continuity while identifying wider risks related to vulnerability and capacity. Her work prevents patients from falling through gaps in the system and strengthens safeguarding for those most in need.

Tanith's leadership extends beyond individual care to system-level impact. She actively coordinates multi-agency responses, bringing together partners across healthcare, public health, housing and social care to address the broader determinants affecting patient outcomes. Through proactive escalation and advocacy, she ensures that all available support is mobilised.

Her impact is both measurable and sustained. Patients who might otherwise disengage continue treatment, improving health and wellbeing outcomes. At the same time, she has strengthened collaborative working across organisations, helping to create more integrated and effective pathways for managing TB.

Through her dedication, resilience and quiet determination, Tanith exemplifies the role of an unsung hero, delivering compassionate, person-centred care while driving meaningful change across the wider health and care system.