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# Hannah Wilson

## Hannah Wilson is a Nutrition Educator for Diabetes at Gloucestershire Health and Care NHS FT. In her own words hear about her experiences below.

### As a nutrition educator for diabetes, I deliver information sessions to people newly diagnosed with Diabetes. These sessions help to support and empower people to take control of their diabetes, informing them on how to manage the condition well. This reduces the risk of complications in the future. We deliver the information in an accessible way so all people can benefit. Being able to help others and make a difference. When diagnosed with any condition it can be a very overwhelming and a daunting experience, so being able to answer people’s questions and support them through this time is very rewarding.

Since starting this role in January 2021, I have undertaken lots of different training such as health coach training and cognitive behavioural therapy training. The most valuable training for my development was shadowing the diabetes nurses to learn more about the condition and pick up the terminology they use when describing elements of the condition.

**One thing I am most proud of is that in 2021 we received an award from the Quality in Care organisation for our work within the diabetes community. This was an incredible experience to be recognised on a national level**.

Being a support worker is such a rewarding role, you see the difference you are making not only to patients but also to your team. Support workers help to take the pressure off other health professionals and make the NHS work smoother.