



Testimonial

**Anita Lawson, Healthcare Support
Worker, LYPFT.**



I am a Healthcare Support Worker and I took part in the DIAMONDS diabetes study with the Research and Development Team last year and I am looking forward to taking part in the study this year [2024]. I showed an interest in the study because of the subject that the study is about. Diabetes is a condition that is becoming increasingly common and affects so many people especially the group of people who we work with. The condition can cause serious complications that can sometimes be prevented through self-management. I was motivated to be able to guide people to learn ways to make behaviour changes that can improve their health, empower them to manage their condition and give them control over the way they feel day to day.

The R&D team was very supportive throughout the whole process, providing excellent information about the study, how everything works, about the training, finding ways to work around difficulties with work related time issues and being available to assist with things as they happened, providing weekly contact and updates.

The training provided was not time demanding and made me feel ready for the role as a coach. The training team provided reassurance to the coaches throughout the training about our roles and support was made available to address issues that occur. The whole experience has been so valuable and has been enjoyable too.