

Case study 4: overcoming barriers

Pertemps People Development Group, Hull

George (52) is a former member of Royal Army Medical Corps where he spent most of his working life. During his military career he gained a number of qualifications but they seemed to have little relevance to civilian life. He was a highly decorated paramedic but after dealing with people who had been blown to pieces and those who had been severely wounded, he had had enough and wanted to do something else. He left the army in 2002 not really knowing what to do. After trying a number of different jobs, he came to Pertemps.

When George left the army he found it difficult to adjust to civilian life as his career in the army had been so structured. In addition, he had developed an alcohol problem.

He admits that regular drinking was normal in the army, although at the time it did not have an adverse impact on his work or his life. Since leaving the forces, however, his drink problem got worse, particularly when he worked for a time as a publican. When he was forced to leave his last job, he hit his lowest point. He broke up with his wife. At that time, he was referred to Pertemps.

Of central importance to George was the intensive one-to-one support he received at Pertemps. Pertemps staff found a number of charities who support people leaving the Forces. His wife didn't want to give up on him and contacted Al-Anon, a charity providing support to those affected by someone else's drinking.

Pertemps staff phoned George almost every day to support him through this very difficult period. Their individual and personal approach contributed to a turning point in his life. George gradually started to believe in himself and took the initiative. He realised that he had a lot to offer and that there were many opportunities. He started to explore what he could do and would often email his key worker with various ideas, using her as a sounding board, asking what she thought about this or that.

George was approached by an ex colleague to ask if he was interested in re-training to become a Health and Safety Assessor. After further discussions with his Pertemps coach, he enrolled in an Institution of Occupational Health and Safety (IOSH) course to get the necessary qualification and has started work as a freelance consultant. His job involves driving so he has even more reason not to drink.

George is now reunited with his wife. He is determined to stay off alcohol and to maintain the new direction in his life.

Support for Ex-Service Personnel

The Royal British Legion

Provides welfare to the whole Armed Forces family, serving, ex-Service and the dependants. It also campaigns on a range of issues affecting Service people. The Legion has branches across the country and overseas.

<http://www.britishlegion.org.uk/>

Tel: Legionline 08457 725 725

SSAFA (Soldiers, Sailors, Airmen and Families Association)

Helps and supports those who serve in our Armed Forces and those who used to serve - even if only for a single day. They also care for the families of both.

The organisation has many local branches across the country and some overseas.

<http://www.ssafa.org.uk/>

Tel: confidential support line 0845 1300 975

Combat Stress (The Veterans' Mental Health Charity)

A mental welfare society in the UK that helps ex-service personnel suffering from psychological injuries and mental health problems.

<http://www.combatstress.org.uk/>

Tel: 01372 587000

RAFA (Royal Air Forces Association)

The RAF Association is dedicated to supporting serving and former RAF personnel and their families.

<http://www.rafa.org.uk/>

Tel: 01162 665224

NESA (National Ex Services Association)

Many veterans and their families find it difficult to navigate their way to or through the amount of information available on the internet. NESA exists as a small voluntary organisation offering an internet publicising tool for those campaign groups, charity organisations, ex forces associations and clubs who

continue to work for the welfare of the UK's ex Forces personnel. They collect, centralise and catalogue those organisations which ex-Service personnel may find useful.

The directories list includes:

- Forces & Ex-Forces related Charities & Fundraising Groups
- Forces & Ex Forces related Campaign & Activist Groups
- Forces & Ex Forces related Government Help
- Ex Forces Associations & Clubs

<http://www.nesa.org.uk>

Employment Agencies for Ex-Services Personnel:

<http://www.Force10recruitment.co.uk/>

<http://www.civvyjobs.com/>

<http://www.forcesrecruitment.co.uk/>

<http://www.ex-mil.co.uk>

<http://www.4exmilitary.com/>

<http://www.thelistuk.com/>