

James Lee - Visible Leader

Armed Forces Network Chair

Job: Assertive In-Reach Nurse (AIR Team)

About me: I was born and raised in Lincoln city, a true yellow belly. I always wanted to join the army for as long as I could remember. I left school and joined the Royal Electrical and Mechanical Engineers (REME) in 1990. I served until 2004 being posted in Germany and the UK including some special times in Belize during jungle training attached to 2 Para. I did various tours including Bosnia, Macedonia, Gulf war. During this time I suffered from PTSD, I had strong support from the army at the time. I have two grown up children from a previous marriage and also 6 Grandchildren. I met my wife nearly 13 years ago but only as close friends. We then got together a couple of years ago and were married on 1st April 2017. Which has now increased my family to two step children too.



Hobbies/ Interests: When not working, I love to ride my motorbike especially with my wife as a pillion. Currently riding a Triumph Trophy. I am also a keen archer with a takedown recurve bow. Also still trying to shape the garden as we have only been there for the past 14 months. I used to be a LIVES responder where I met my wife Jayne. I resigned my commission with the Army Cadet Force in December 2017 after 12 years.

If you were an animal, what would it be and why? Golden Eagle - flying high and free above the world looking down.

Favourite Quote? "I think the saddest people always try their hardest to make people happy. Because they know what it's like to feel absolutely worthless and they don't want anybody else to feel that" – Robin Williams

What does the Armed Forces Network mean to you? Two fold really, firstly, that it is vitally important that unique support needs to be identified and available to serving, ex serving and families. Secondly, that the trust identifies unique qualities and skills transferrable to civilian employment.

Name one thing you would like to see within ULHT with regards Armed Forces Covenant issues? I would like there to be a quicker recognition and referral service for the relevant needs of the individual allowing them better access to the specialist support needed for them.

Your Advice? If you feel you are not getting the support that you feel you should have then please contact me or someone else for advice. Whether you are a member of the trust or a patient.