

**James Clarke, 47, served in the Army (1 R Irish Infantry unit)  
Post Office Role: I.T Service Performance Analyst**



**Background:** I joined the Army, 1 R IRISH an Infantry unit in October 1997. I served on eight different operational tours, three times in Northern Ireland, once in Kosovo, Iraq twice - including the second Gulf War - and Afghanistan twice, which included one summer tour and one winter. I was awarded the Accumulated Campaign Service Medal and the Long Service and Good Conduct Medal. A quarter of my time in the Army was on operations and this meant I spent a lot of time away from my family – in fact, my daughter was born whilst I was in Kosovo and I did not see her until she was three months old.

**What was leaving like?** It was not easy – but I had the skills and determination that I needed to eventually succeed.

**What did you first do when you left?** The Career Transition Partnership, the organisation that helps prepare us for leaving the Forces, was excellent. I connected up with my old regimental association, where I was told about a Veterans’ Oyster Card, which was a huge help! A colleague I met through a recruitment company’s (FDM) Ex Forces Programme advised me about applying for social housing as an injured veteran - I now have a home in Hammersmith.

**What did you first do when you left?** I have had a few roles in the Corporate sector after leaving the Army. What I’ve noticed about the Post Office is that they recognise the skills that ex-military personnel can bring to the table, and I feel appreciated working here.

**What kind of skills did you have from your time in the military that are helping you in your new job?** I was trained in leadership and management, and I specialised in Military Intelligence, where I gathered information, processed it and then disseminated it to key decision makers. This skillset is very compatible with my current role in Business Analysis and so I feel right at home.

**Are you enjoying your role?** Absolutely – joining the business was made really easy as the HR on-boarding process was superb, and the Ex Forces programme has strong support here.

**What more do you think employers could do to support ex-military new joiners?** I think programme like the Ex-Forces programme, run by recruitment company FDM, are really helping. It's how I found the Post Office job, and it matches up like-minded people with like-minded businesses.

**What are you enjoying about civilian life?** I don't have to worry about anymore minor or major injuries in my day to day - no more blisters and pulled muscles!

**Would you recommend working for the Post Office to others leaving the military?** Definitely. We receive strong appreciation and support here and the Post Office has a strong vision of where it is going and has a great sense of social responsibility. I'm very pleased to be part of the team here.