

HOW DID YOU FIND THE TRANSITION INTO THE PROFESSIONAL WORKING WORLD FROM THE MILITARY?

Once you're out of the military, you're out. There's very little support provided which remains true to this day. You also don't develop many life skills in the military and there are plenty of men and women who are injured on duty so cannot remain in the military and they lose their friends, job and network. You are thrown into the outside world without much support and that's the position I found myself in back in the 80s. It was a difficult economic climate in the UK back then, I was desperate for work and had just left the military with a leg injury, I was really fortunate someone took a chance on me.

HOW DID YOU COME TO TERMS WITH YOUR DISABILITY AND NOT LET IT BECOME A BARRIER TO YOU?

I'll start by saying that losing your leg is not something I would recommend to anyone as a life experience. What it did afford me was an opportunity to build a degree of resilience and look at life in a different way. Technology is incredible these days but when I lost my leg I was issued with a crude mechanical piece of kit – I fell over constantly.

I was actually working as an interim when my leg was removed and 6 weeks later I was back working again. I remember being in a hotel room on crutches, hopping to the wardrobe, hopping back to the bed to pick up all my things so you certainly learn a set of new life skills which I view as a positive.

DO YOU VIEW YOURSELF AS DISABLED? DO YOU FEEL THE NEED TO RAISE IT DURING AN INTERVIEW, PARTICULARLY NOW SO MANY INTERVIEWS CAN BE DONE FROM HOME?

I've never declared that I have a disability unless I'm specifically asked, I've never volunteered this information because I don't really see myself as disabled and I've never felt the need to mention it during an interview.

DO YOU THINK EMPLOYERS ARE DOING ENOUGH TO SUPPORT PEOPLE WITH DISABILITIES?

Most organisations these days do now try to do what they can and welcome people with impediments, I've certainly seen this improve over the years and I genuinely believe the world has moved in a positive direction with this. Having said that, disability is very personal. There will be people with similar injuries to me but will have very different life experiences and different needs so there's really no one-size-fits-all model.