My name is Julia, and I am one of the Practice Nurses at `The Elms Medical Centre.

I am the Military Veteran lead for the practice, I volunteered for this role for several reasons. Firstly, because I was raised with a father who was in The RAF so travelled around.

I then married an Infantry soldier and travelled around the world with my husband and family, I as a nurse worked in a military medical centre. Where I learnt of the complexities around ex serving soldiers whether they have medical issues or not, trying to navigate civilian life.

I feel very passionate about ensuring our military veterans get the care and support they require in a timely fashion. I am still learning daily of the support out there. There are dedicated teams available to ensure you are supported whilst navigating the health care system, including informing you of your choices available, referring to the appropriate veteran services, you may be eligible to priority medical treatment and above all else supporting your loved ones who may be affected by your health conditions.

We need to ensure we know whether you have served in the armed forces, if you have, please let our admin team know so we can ensure this is coded in your medical records.