

International HR Forum event, 17 November 2015  
*The End Game*

Resources list

1. Re-entry

Debriefing and counselling: [www.resilientexpat.co.uk](http://www.resilientexpat.co.uk); [www.interhealth.org.uk](http://www.interhealth.org.uk); [www.healthlink360.org](http://www.healthlink360.org)

**All Change/New Directions Re-entry Courses** - OSCAR regularly runs a one or two day course for those recently returned from overseas. [www.oscar.org.uk/training](http://www.oscar.org.uk/training). New Directions Re-entry Course is also run at Penhurst Retreat Centre (see below for more information).

**Reconnect** - camps for children and teenagers who have lived overseas and now find themselves back in the UK. An excellent reintroduction to life back 'home' and in getting re-connected to the UK scene and culture. <http://www.globalconnections.org.uk/forums/third-culture-kids-forum>

**Books and articles on re-entry / reverse culture shock**

- *Burn up or splash down: Surviving the culture shock of re-entry* - Marion Knell. Waynesboro GA: Authentic Books.
- *The Art of Coming Home* - Craig Storti. Yarmouth, ME: Intercultural Press.
- *Health Information & Guidance Reverse culture shock* – article by InterHealth <http://ow.ly/SyRhy>

**Coaching** – this is not an exhaustive list of practitioners and nor do they come with any particular endorsement from Global Connections, but these are some of the coaches that have been used by mission agencies within the Global Connections network recently:

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|-----------------|--|--|
| • Jenny Butter  | <a href="http://www.epiphanylifecoaching.com">www.epiphanylifecoaching.com</a> | life coach/overcoming obstacles                      |
| • Dorothy Haile | <a href="mailto:dorothyhaile45@gmail.com">dorothyhaile45@gmail.com</a>         | transition/future options in life and service        |
| • Paul Lindsay  | <a href="mailto:paul@christianvocations.org">paul@christianvocations.org</a>   | life and leadership coaching, new options in service |
| • Becky Maxwell | <a href="http://www.beckymaxwell.co.uk">www.beckymaxwell.co.uk</a>             | careers  |
| • John Smith    | <a href="http://www.re-pot.co.uk">www.re-pot.co.uk</a>                         | life and executive coaching                          |
| • Helen Watts   | <a href="http://www.WattsYourPathway.co.uk">www.WattsYourPathway.co.uk</a>     | transition back to the UK /finding purpose           |

**Retreats**

- Penhurst is a small, friendly Christian Retreat Centre who specialise in support for mission partners and cross cultural workers. As well as general retreats they offer several New Directions retreats each year which cover issues related to re-entry, and can be combined with a specific retreat on retirement. [www.penhurst.org.uk](http://www.penhurst.org.uk)
- Refresh for Mission (including retreat) at <http://www.allnations.ac.uk/>
- All change day at <http://www.oscar.org.uk/index.htm>

2. Financial matters

- Benefits: [www.gov.uk](http://www.gov.uk)
- HM Revenue and Customs: [www.hmrc.gov.uk](http://www.hmrc.gov.uk)

3. Retirement

**Finances and practical matters**

- **Global Connections International Retirement Benefit Plan** – held in Trust by Zurich International Life, available to any member organisation with people working overseas [www.globalconnections.org.uk/services/member-benefits/pensions](http://www.globalconnections.org.uk/services/member-benefits/pensions)
- **Income tax and pensioners:** <https://www.gov.uk/browse/working/state-pension> for information regarding calculating state pension, pension credit, eligibility, claiming and deferring.

- **Pension Wise:** a free and impartial government service about defined contribution pension options [www.pensionwise.gov.uk](http://www.pensionwise.gov.uk)
- **Practical aspects** including housing, finance and pensions, and doing mission beyond retirement age [www.oscar.org.uk/ageingandretirement.htm](http://www.oscar.org.uk/ageingandretirement.htm)
- **Tax Help for Older People:** [www.taxvol.org.uk](http://www.taxvol.org.uk) a charity set up to offer help and advice to anyone aged 60 years or over (or close to 60 years of age) whose income is less than £20,000 per annum.

#### **Books, talks and courses**

- *Talking retirement* [www.talking-retirement.co.uk](http://www.talking-retirement.co.uk): an online training programme for retirement planning.
- *Approaching the threshold of the age to come:* a talk by Joanna Collicutt (2010) available from [www.greenbelt.org.uk/media/talks/14543-joanna-collicutt](http://www.greenbelt.org.uk/media/talks/14543-joanna-collicutt)
- *The Highway Code for Retirement* - David Winter
- *How to Enjoy Your Retirement* - Vicky Maud, Sheldon
- *Nearing Home: life, faith and finishing well* - Billy Graham, Nelson
- *Transitions: Making sense of life's changes* - Wm. Bridges ISBN 0-7382-0904-X
- *Managing Transitions: Making the most of change* - Wm. Bridges ISBN 978-1-85788-541-5
- *Autumn Gold: enjoying old age* - Clifford Pond, Grace Publications
- *The Power of the Dream: Looking Forward in the Later Years* - Marie White Webb.
- *Praying our Goodbyes* - Joyce Rupp, Eagle ISBN 0 87793 370 7
- *Rites of Passage* - Van Gennep
- *Daring to live on the Edge* - Loren Cunningham, YWAM
- *The Confessions of Annabel Brown* - Ann Warren, Kingsway ISBN 0 85476 847.5
- *Lost and then Found: Turning Life's disappointments into hidden treasures* - Dr Trevor Griffiths, Paternoster Press
- Booklet 'Finishing well' from the 'Do it well' mission toolkit: <http://ow.ly/UHg22>

#### **Agencies offering assistance and information**

- *Age UK* [www.ageuk.org](http://www.ageuk.org) is the country's largest charity dedicated to helping everyone make the most of later life.
- *Saga* [www.saga.co.uk](http://www.saga.co.uk) offers an array of products and services exclusively for the over 50s, including insurance, holidays and the UK's best-selling monthly magazine.