

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

Resources list – updated 2022

1. Re-entry

Debriefing and counselling

- **ARREST** is based in the East Midlands and provides excellent support including debriefing, counselling and therapy: [www.resilientexpat.co.uk](http://www.resilientexpat.co.uk)
- **Healthlink360** have centres in Scotland and Northern Ireland where they provide healthcare, debriefing and psychological support: [www.healthlink360.org](http://www.healthlink360.org)
- **Thrive Worldwide** is a cross-cultural and multidisciplinary team of clinicians, consultants and coaches, offering physical, emotional and leadership support: [www.thrive-worldwide.org](http://www.thrive-worldwide.org)
- **OSCAR** offers a bespoke re-entry and debriefing service which gives you a chance to explore and talk through the opportunities and challenges of returning to your home country after a period of mission service: [www.oscar.org.uk/resources/oscars-reentry-debriefing-service](http://www.oscar.org.uk/resources/oscars-reentry-debriefing-service)
- **Syzygy Missions Support Network** aims to help improve the support that mission workers receive. Their website has a helpful overview of debriefing: <https://www.syzygy.org.uk/?s=debriefing>

Books and articles on re-entry / reverse culture shock

- *Re-entry – ‘tips on surviving re-entry’* blog post with links to helpful related articles and resources – [www.syzygy.org.uk/guides/re-entry](http://www.syzygy.org.uk/guides/re-entry)
- *Reverse Culture Shock* – article by Thrive Worldwide [www.thrive-worldwide.org/blog/reverse-culture-shock](http://www.thrive-worldwide.org/blog/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.
- *Praying our Goodbyes* - Joyce Rupp, Eagle ISBN 0 87793 370 7
- *Rites of Passage* - Van Gennep
- *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

Coaching

- **Options Coaching** [www.optionscoaching.co.uk](http://www.optionscoaching.co.uk) - a service provided by professional Christian coaches for those who are keen to:
  - discover and explore their options in future service and work
  - transition from one role or position to the next
  - resolve issues in relation to leadership, work and service
  - pursue their God-given dreams and calling

Retreats, courses and camps

- **Penhurst** is a small, friendly Christian Retreat Centre who specialise in support for mission partners, cross cultural workers and full-time Christian workers from the UK and overseas. As well as general retreats they offer *New Directions* retreats each year which cover issues related to re-entry, and specific retreats on retirement [www.penhurst.org.uk](http://www.penhurst.org.uk)

- **OSCAR** runs the 'All Change' Re-entry Course for mission workers returning to the UK and those who support them <https://oscar.org.uk/events/all-change-reentry-course-1>
- **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. [www.reconnectcamp.org/contact-info/](http://www.reconnectcamp.org/contact-info/)

## 2. Financial matters

- Benefits: [www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)
- HM Revenue and Customs: [www.hmrc.gov.uk](http://www.hmrc.gov.uk)
- Citizens Advice Bureau – particularly good for finding out about benefits: <https://www.citizensadvice.org.uk/>

## 3. Retirement

### Finances and practical matters

- **Global Connections International Retirement Benefit Plan:** 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)
- **State pension:** [www.gov.uk/browse/working/state-pension](http://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.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/?source=pw#](http://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/?source=pw#)
- **Practical aspects** including housing, finance and pensions, and doing mission beyond retirement age [www.oscar.org.uk/resources/training-development/retirement](http://www.oscar.org.uk/resources/training-development/retirement)
- **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.
- **Christian financial advisers** provides information about the different types of individual working within the financial services and money advice sector. It also provides a search facility for finding a Christian financial professional in your area and gives a Christian perspective on many current issues facing the financial services sector and our wider society: <http://www.christianfinancialadvisers.org.uk/>

### Books, talks and courses

- *Talking retirement* [www.talking-retirement.co.uk](http://www.talking-retirement.co.uk): an online training programme for retirement planning.
- *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
- *Autumn Gold: enjoying old age* - Clifford Pond, Grace Publications
- *The Power of the Dream: Looking Forward in the Later Years* - Marie White Webb.

### Agencies offering assistance and information

- **Age UK** [www.ageuk.org.uk](http://www.ageuk.org.uk) 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.