

## Why you should join Comhlámh!

Comhlámh was set up in 1975 by returned development workers seeking to use their experience of global poverty to effect change in government policy and public understanding in Ireland. Today we are not just a returned development workers' organisation but a dynamic independent membership organisation committed to critical engagement on worldwide development. So why should you join us?

- As an independent organisation not directly delivering aid overseas and informed by the experience of Irish development workers worldwide, we protect the interests of people working in development and for human rights.
- Comhlámh membership is open to anybody interested in global justice issues.
- The more members we have, the stronger and more credible our calls for change.
- Comhlámh provides training and support for those who wish to become more active on global justice issues (or just to learn more them) - from introductory one-day workshops to in-depth ten-week courses. A broad range of skills and topics is covered.
- You can join one or more of our members' activist groups which take action on specific justice issues
- Through our links with the Majority World/Global South, and with people from the South living in Ireland, we keep our work rooted in the demands of Southern movements for their development rights.
- We organise social events for our members where you can meet like-minded people - our parties are the best around!
- Comhlámh has the capacity to respond quickly to events and changes as they arise in Irish society, as we did to the rise in expressed racism in the 1990s.

Comhlámh is the Irish Association of Development Workers. Since 1975, we have been supporting returned development workers and volunteers to readapt and reintegrate into Irish society on a personal and professional level. Comhlámh also provides opportunities for development workers to maintain links with the majority world by taking part in development education and campaigns.

Comhlámh's Project Officer for Returned Development Workers (RDWs) coordinates Comhlámh's programme of services to RDWs and volunteers.

You can contact the Project Officer for RDWs at [rdw@comhlamh.org](mailto:rdw@comhlamh.org) or +353 (1) 478 3490.



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# Services to Returned Development Workers & Volunteers

Have you worked overseas in development, aid or human rights?

Do you need some guidance or information now that you're back home?



## Comhlámh's Services to Returned Development Workers & Volunteers

As a returned development worker (RDW)/volunteer, Comhlámh provides free support, advice and guidance to facilitate your return to Ireland, to deal with reverse culture shock and assist you in settling back in. This support ranges from social events to careers advice, information on social welfare, pensions, health, etc, to engaging you in ongoing debates on development in Ireland.

As an RDW/volunteer returning from a short or long-term assignment, you are entitled to 12 months free membership of Comhlámh from the date of your return to Ireland. Simply contact the Project Officer for RDWs to activate your membership or register via [www.comhlamh.org](http://www.comhlamh.org).

Membership opens up the following services to you:

- Individual Support
- Coming Home Book
- Coming Home Weekends
- Special Reorientation Events
- Moving Forward Days
- Counselling Service
- Internet Jobs Noticeboard
- Professional Careers Guidance Service
- Careers & Courses Information in Development Related Areas
- Social Welfare Information
- Pensions Information
- Social Events
- Development education and campaigning opportunities and skills training

For information on any above services, please contact the RDW Officer at Comhlámh on 01-478 3490 or [rdw@comhlamh.org](mailto:rdw@comhlamh.org) or visit our website, [www.comhlamh.org](http://www.comhlamh.org).

# Comhlámh's Services to Returned Development Workers & Volunteers

## Individual Support

The RDW Officer is available to meet with you to discuss any aspect of the return process.

## Coming Home Book

This booklet is a comprehensive guide to the process of returning home. It covers such topics as: reverse culture shock, health, social welfare, careers, further studies, campaigning and development education.

## Coming Home Weekends

Coming Home Weekends are a chance for you to meet other returned development workers/volunteers in a relaxed and open environment. These weekends can help you look back on your experiences abroad, help you cope with the culture shock of being back home, and provide you with tips on how to plan your future now that you're here. The weekends are subsidised, and are run by other returned development workers supported by Comhlámh staff. There is probably one to suit you, as they are held in Dublin, Belfast or Cork four times a year.

These weekends are particularly relevant to development workers/volunteers who have been overseas for longer than three months. If you have been overseas for a shorter period of time then the 'Moving Forward Days' below may cater more to your needs. For further information and dates, please contact Comhlámh's Dublin office: 01-478 3490 or [rdw@comhlamh.org](mailto:rdw@comhlamh.org).

## Special Reorientation Events

Where a need is identified, Comhlámh also hosts special events. In the past, Comhlámh has organised Careers Development Workshops where professional career tutors advised returnees on how best to use their overseas experience. On International Volunteers Day, 5th December each year, Comhlámh organises an annual Welcome Home event.

## Moving Forward Days

These days are particularly suitable for volunteers/development workers on short-term assignments. It provides an opportunity for you to reflect on your time overseas, to place your experiences within the context of development and to look at ways of channelling your experiences back into Irish society and so further the development agenda back home. These days are run in conjunction with the Volunteering Options Programme ([www.volunteeringoptions.org](http://www.volunteeringoptions.org)). For further information and dates, please contact Comhlámh's Dublin office: 01-478 3490 or [rdw@comhlamh.org](mailto:rdw@comhlamh.org).

## Counselling Service

If you wish to avail of counselling as a result of issues arising from an overseas assignment please contact the Project Officer for RDWs directly on 01-478 3490 or [rdw@comhlamh.org](mailto:rdw@comhlamh.org) for further information. Funding is available for part of the cost of up to ten sessions of therapeutic counselling with an approved counsellor.

## Internet Jobs Noticeboard

Specialising in jobs in the development and voluntary sector, our jobs noticeboard is updated twice weekly and accounts for almost half the 20,000 hits a month received by [www.comhlamh.org](http://www.comhlamh.org).

## Professional Careers Guidance Service

Many RDWs/volunteers find it useful to meet with a professional careers guidance coach on an individual basis. The careers guidance coaches, who have a good understanding of development work, assist in whatever areas of job search support is most required. Feedback from those who use the service shows a high degree of satisfaction with the support given. It is currently available in Dublin and Cork, and sometimes in other centres, and Comhlámh carries most of the cost.

## Careers and Courses Advice Booklet

This booklet provides details of over 200 third-level courses that relate to development or sustainability. It also has a section on careers advice for anyone looking to further their career in development or pursue further studies.

## Social Welfare

The RDW Officer will assist you with the Volunteer Development Worker PRSI Scheme, the Public Service Pension Scheme, and Voluntary Contributions. The coming home book mentioned above has a useful section on social welfare.

## Pensions Advice leaflet

Call into our RDW Officer for information on pensions. Perhaps now is an ideal opportunity to consider planning for your retirement, if you have not had the opportunity to do so before. It's not unusual for RDWs/volunteers not to have a pension, or to have an inadequate one. We'll help you on the range of pensions available and the whys and wherefores of how to set up one. A leaflet that includes this information will be available soon.

## Social Events

At least two social events are held per year, as well as smaller social events such as fundraising table quizzes run by Comhlámh members' groups and the 'Bewley's First Wednesday Debates' in Dublin.

## Development Education and Campaigning Opportunities and Skills Training

Comhlámh members have always seen overseas development work as part of a broader commitment to global development and solidarity. As an association of development workers, Comhlámh believes that effective action at tackling the root causes of poverty needs to happen at home. We educate and campaign on global justice issues, with a focus on global trade, global migration and development aid and co-operation. We offer a wide range of training courses on different aspects of development and solidarity work, from one-day introductions to six-week trainings. We have a number of active member groups, which you are welcome to join according to your interests.

# Join Comhlámh!

€35 Standard Membership <input type="checkbox"/>	€15 Concession <input type="checkbox"/> <i>(Student, unwaged)</i>
Fee Donation	
Name	
Address	
Email	Telephone
<b>Payment Methods</b>	
I enclose cheque/postal order (please cross cheques and do not send cash) <input type="checkbox"/>	
<b>Bank Standing Order</b>	
The Manager (name and address of your bank)	
Please pay Comhlámh, TSB, 70 Grafton St., Dublin 2. Account No: 80009753 - Sort Code: 99-06-10 the sum of (in words)	
Annually starting on <input type="text"/> / <input type="text"/> / <input type="text"/> and thereafter each year until further notice debiting account number (your number)	
<b>Credit Card</b>	
Credit Card	Visa <input type="checkbox"/> Amex <input type="checkbox"/> Access/Mastercard <input type="checkbox"/>
Number <input type="text"/>	Expiry Date <input type="text"/> / <input type="text"/>
Signature	

Cut along the dotted line