

COMING
HOME TO
JAMAICA





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Introduction

This guide has been put together through the collaboration of several dedicated Jamaican charities and non-governmental organisations with the support of the British High Commission in Kingston and the Ministry of National Security. The guide also compliments the 'Coming Home to Jamaica' DVD.

We hope that you find it useful as you prepare for your return to Jamaica and re-settle back on this beautiful, diverse island!

How to use this guide

This guide provides details on all the organizations shown in the 'Coming Home to Jamaica' DVD. When you are reading this booklet, you will find the names of organisations that might be able to help you. Contact details for all the organisations mentioned are listed at the back of this booklet - see section 10, Directory of Services.

You can find a current version of this guide and up-to-date Directory of Services on the websites of the British High Commission

(<https://www.gov.uk/government/world/organisations/british-high-commission-jamaica>) and through the National Organisation of Deported Migrants (<http://www.nodm.org.jm>).

Dialing Instructions

To call the UK from Jamaica, dial **011 44**, then the UK number, without its leading zero (0). For example, the UK number 01632 961084 should be dialed as 011 44 1632 961084 from Jamaica.

To call Jamaica from the United Kingdom (UK) you need to dial, **001 876** then the seven (7) digit number. For example, the number in Jamaica is 555 0012, dialed from the UK as 00 1 876 555 0012.

1. PLANNING FOR YOUR RETURN TO JAMAICA



The more you plan for your return to Jamaica, the easier life will be for you when you arrive. There are a number of things to think about before you arrive. Who will meet you at the airport? Where will you stay? If you have friends or family living in Jamaica you should try to take their contact details (name, address, phone number) with you to the airport so that you can contact them on arrival or get in touch with them before you leave.

If you need any help or if you just want to talk to someone before you leave the UK you can call **National Organisation of Deported Migrants (NODM)** on **+1 876 356 1126** or visit their website at www.nodm.org.jm. They also provide transportation, advice and support once you are in Jamaica.

Another organization that can assist persons arriving at Norman Manley airport with transportation, counseling services and advice on training opportunities is Open Arms Drop in Centre (**OADC**). Open Arms can be contacted on telephone number:

- +1 876 938 1757 landline
- +1 876 806 3070 mobile

They can also be contacted via email at openarmscentre@gmail.com or on Face book at [com/open-arms-drop-in-centre](https://www.facebook.com/open-arms-drop-in-centre).

Medication

If you are taking medication it is vital that you talk to your doctor before leaving for Jamaica. It would be a good idea to ensure that you have additional medication to last you for at least two (2) months. You should get your medical records and prescriptions to bring with you. The more information you have about your medical condition, the easier it will be to continue your treatment after arrival. It may take some time before you can be prescribed some new medication in Jamaica.

If you need any help or advice on how to access health care in Jamaica you can call the Ministry of Health on telephone number:

- +1 876 633 7433
- +1 876 633 8172

You may also visit the Ministry of Health's website:
<http://www.moh.gov.jm>

Help when you arrive

If you don't have friends or family in Jamaica, there are a number of independent registered charities and non-government organizations that can help you find a place to stay. All of them are able to provide advice, information and practical support to help you settle into life on the island. Information in this booklet will tell you what help they can offer and how to contact them.

2. ON ARRIVAL

Most persons who are deported or removed arrive in Jamaica by air on a scheduled flight.

Upon arrival at Norman Manley International Airport (Kingston) or Sangster International Airport (Montego Bay), you will go through airport immigration and present your travel document(s) and landing card.

Those who arrive on charter flights are taken to a designated facility in Kingston for immigration processing.

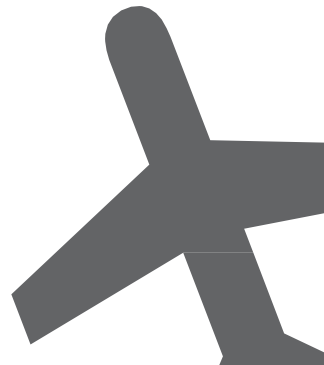
Whether you arrive on a scheduled or a charter flight, the immigration officer will ask you questions about your time abroad and your circumstances in Jamaica. The police may also interview you and ask you to provide fingerprints.

Once immigration and police processing is complete, you will be allowed entry into Jamaica via customs and you can collect your bags or other belongings and leave the airport or processing centre.

Before leaving the airport it is important that you ask the customs officer or at the customs desk for a C27 form. This form will allow you to ship personal belongings back to Jamaica without having to pay duties or taxes as long as your belongings are shipped back within 6 months of your arrival. C27 forms can be collected from customs.

Passport Retrieval

If you arrived with emergency travel documents or if you gave your passport to immigration officials in the country from which you were deported, you can call or visit the Passport Immigration and Citizenship Agency (PICA) a few weeks after you arrive to



find out if they have your passport. If you returned from the UK, your passport may have been sent to PICA from the Jamaican High Commission in London.

If your passport has not been returned to PICA or has expired then you can apply for a new passport from PICA, 25C Constant Spring Road, Kingston or telephone on: +1 876 754 4742 / 754-5092 3/ 754-5249/ 906-1304. www.pica.gov.jm.

3. EMERGENCY ACCOMMODATION

Emergency and short-term accommodation is offered by a several charities, who have years of experience working with returning migrants.

Emergency Accommodation in Kingston:

- **Open Arms Drop-In Centre** is a hostel providing emergency and longer term accommodation for up to ninety (90) men. The organisation provides individual rooms and dormitory style rooms, counselling services, help with medication and skills training. Open Arms can be contacted on + 1 876 938 1757 or via email at openarmscentre@gmail.com
- **Marie Atkins** provides emergency accommodation for men and women at 65 Hanover Street, Kingston. This hostel can accommodate up to sixteen (16) women. Marie Atkins can be contacted on + 1 876 922 6936-7
- **Salvation Army Jamaica** offer meals and accommodation at two (2) locations: Downtown Kingston – feeding programme serving five hundred (500) free meals per day; basic



accommodation at a low cost for men working downtown; residential drug and alcohol rehabilitation programme; and William Chamberlain Adult Rehabilitation Centre/ Lyndhurst Avenue – medium term accommodation for twenty-five (25) men, particularly those struggling with substance misuse problems; skills training in workshops on-site. You can contact the Salvation Army Jamaica at +1 867 922 6764 or visit their Facebook page at <https://www.facebook.com/SalvationArmyJamaica>

Emergency Accommodation outside of Kingston:

- **Open Heart Charitable Mission** is based in Montego Bay and is a drop in centre, night shelter and provider of meals, clothing and medical help (on Tuesdays). They can be contacted on + 1 876 971 9097 or +1 876 971 5625 (night shelter) or visit their website <http://www.openheartcharitablemission.com/>
- **Portland Rehab Management Group:** Portland Rehab is located in the Parish of Portland near Port Antonio. The organisation offers emergency accommodation for up to 14 people and provides food and clothing. They can be contacted on + 1 876 993 9160 or + 1 876 350 0077 or visit their website <http://prhomeless.org/>



4. RESETTLEMENT SERVICES

In addition to the aforementioned organizations, there are also organizations in Jamaica that assist persons being returned in resettling, i.e. reuniting them with their family and/or friends; vocational training, job application preparation; referrals to other services (e.g. health, housing, legal); and re-documentation. These organisations include the following:

Family Unification Resettlement Initiative (FURI)

FURI assists returning persons in obtaining needed services, *viz.* reconnection with family, counselling, emergency care assistance, health care referrals, and applying for national identification.

Additionally, FURI provides reception, intake assessment, and case management to support resettlement. They also offer guidance in planning for deportation and successful reintegration prior to departure from the USA.

FURI can be contacted on + 1 876 906 8262 from outside Jamaica and +1 649 698 2172 from within the USA or visit their website at <http://www.familyunification.net/>

Churches

The church plays a significant part of life in Jamaica. You may wish to make contact with and get involved with your local church to help with your resettlement process. A number of churches provide counselling and other support services to deported persons (see the directory at the end of this document).

The **Mona Baptist Church**, located at 4-6 University Meadows, Kingston 6 (in Papine Square across from the University of Technology), offers support to persons through their **HELP Ministry** – Healing, Empowerment, Love and Prayers. The ‘My Brother’s Keeper’ support group in particular offers spiritual,

emotional and social support to marginalized men. This includes men who are deported, homeless, ex-offenders and those struggling with substance abuse and other problems. Both men and women can receive life skills coaching, skills training and assist in getting loans for micro-entrepreneurial activities. Counselling and psychosocial rehabilitation activities are offered with a hot meal, clothing and food package.

Mona Baptist Church may be contacted at +1 876 927 1120 (HELP) or you can visit their Facebook page, <https://www.facebook.com/MonaBaptistChurch>



5. NATIONAL DOCUMENTATION

Getting national identification is critical to resettling in Jamaica. You will find that without national identification you will not be able to access health services or schools or open a bank account.

It would be very helpful for you to bring any official documents, such as your original birth certificate, back to Jamaica with you to help make this process quicker.

There are a variety of organisations that can help you get the necessary documentation you require and guide you through the process. These include NODM, Open Arms, Open Heart and FURI.

Birth Certificate

If you do not have your original Jamaican birth certificate, you will need to go to the nearest Registrar General's Department (RGD). You may also apply online for your birth certificate.

For a list of Registrar General Department offices across the island and contact details you may visit their website www.rgd.gov.jm or call +1 876 749 0550 or +1 876 619 1260.

Taxpayer Registration Number (TRN)

This is a unique nine – digit assigned to each individual taxpayer, business enterprises, organization (non – profit, partnership, charity, etc.) by way of an automated system.

To obtain a TRN you will need:

- your original Jamaican birth certificate or passport or drivers license;
- one passport sized photograph signed and stamped by a Justice of the Peace (JP)¹ or a person listed on their website (<https://www.jamaicatax.gov.jm/trn1/>);
- a completed TRN application form (available online at the above website address).

You must then submit these documents to the Collector of Taxes either at the Tax Administration Services Department (TASD), 12 Ocean Boulevard, Kingston Mall or any Inland Revenue Office island-wide. There is no fee for the TRN.

The TRN card, showing your number, will normally be available to collect two weeks from the date you applied for it.

National Insurance Scheme (NIS) Card

The National Insurance Scheme is a compulsory social security scheme which offers financial protection to workers and their families against loss of income arising from injuries at work, incapacity, retirement and death of the insured person.

To obtain a NIS card you will need:

- a TRN card
- a completed NIS application form obtained at the NIS Office.

The main NIS office is located in Kingston, however it is possible to get an NIS card at other Ministry of Labour and Social Security offices island wide. Locations include:

¹ In Jamaica a JP seeks to promote and protect the rights of individuals in a particular community. They also explain and sign documents, give counsel and advice. You can ask any of the support organizations previously mentioned to help find a JP.

- Kingston: 18 Rippon Road, Kingston 5,
Tel. +1 876 922 9500-14 (where your NIS card will be issued while you wait).
- Montego Bay: Tel: +1 876 971 4313 or 952 2327
- St Ann's Bay: Tel: +1 876 972 0472 or 794 9184-5
- Mandeville: Tel: +1 876 962 2573

Other offices can be found on the website www.mlss.gov.jm

For more information visit the Ministry of Labour and Social Security website:

<http://www.mlss.gov.jm/pub/index.php?artid=20>

Provisional Driver's Licence ("Learner's Permit")

All individuals, over the age of seventeen (17) years, who desire to learn to operate a motor vehicle on public roads, must obtain a Provisional Driver's Licence. A Provisional Driver's Licence permits an unlicensed individual to operate a motor vehicle on the public roads while under the supervision of a licensed driver; however motor cycles and tractors are exempted from supervision.

To obtain a learner's permit, you will first need to apply for a learner's licence. You will need two (2) passport sized photographs signed and stamped by a Justice of the Peace.

Take these to your nearest Inland Revenue office (also known as the Tax Office) and pay a fee to obtain your learner's permit.

Driver's Licence

After obtaining your Provisional Driver's Licence from the Tax office, you may wish to obtain your Driver's Licence, to obtain this you will need to return to the Tax office with:

- your Provisional Driver's licence;
- Driver's licence form, collected from any Tax office;
- Three (3) passport sized photographs signed and stamped by a JP; and
- Pay the Examination fee.

Take your receipt to your nearest Island Traffic Authorities Examination Depot where they will issue you with a date for your driver's test (written and practical).

Once you have passed your driver's test, you will need to go back to your local tax office to pay a fee and obtain your driver's licence card.

http://www.jamaicatax-online.gov.jm/licence_types.html#DriversLicence

6. HEALTH SERVICES

The Government of Jamaica delivers public health care to all Jamaicans through hospitals and health centres island-wide. Jamaican citizens may access the services by attending the facilities listed by health region on the website below. A range of services are provided spanning preventive, curative and rehabilitative care. No user fees are charged for consultations at public hospitals.

Major Public Hospitals in the Kingston area where treatment is free include:

- Kingston Public Hospital (North Street, Downtown Kingston): +1 876 922 0210-9
- Spanish Town Hospital (Burke Road, Spanish Town): +1 876 984 3031-5
- Bustamante Children's Hospital: +1 876 968 0300 – 9 (Arthur Wint Drive, Kingston)
- Bellevue Hospital (offering mental health support, located on 16 ½ Windward Road, Kingston): +1 876 928 1380-9

Private health care is also readily available across Jamaica.

For further information you may visit the Ministry of Health website at <http://moh.gov.jm/>

National Health Fund (NHF)

The NHF was established to provide financial support to the national healthcare system and to improve its effectiveness and the health of the Jamaican population. There are two (2) categories of benefits, individual and institutional. For the purposes of this booklet we will only discuss individual benefits. This benefit provides assistance to persons, initially, to purchase specific prescription drugs used in the treatment and management of designated chronic illnesses.

You can apply for an NHF card and help with funding, regardless of your age or personal wealth, if you suffer from any of the following: arthritis, asthma, breast cancer, diabetes, epilepsy, glaucoma (eye disorder), hypertension (high blood pressure), ischaemic heart disease, major depression, prostate cancer, psychosis, rheumatic fever, heart disease, vascular (blood) disease, high cholesterol, sickle cell disease, or benign prostatic hyperplasia (BPH).

To apply for an NHF card you can collect an application form from your doctor, hospital, health clinic, pharmacy, NHF office. You will then need to take the form to your doctor who will complete the illness section of the form. The form is then submitted along with your TRN and proof of identification to the NHF Office (25 Dominica Drive, New Kingston).

For further information you may contact the National Health Fund at +1 876 906 1106 or visit their website at <http://www.nhf.org.jm/>

Jamaica Drugs for the Elderly Programme (JADEP)

JADEP is designed to help the elderly pay for medicine. All Jamaican residents aged sixty (60) or over can qualify for JADEP if they have been diagnosed with specific conditions similar to those on the list above.

To enroll for JADEP membership you go to any government health centre or NHF office taking along proof of ID e.g. birth certificate, driver's licence, passport, senior citizens ID or national voter's ID card.

Persons can be beneficiaries of both NHF and JADEP.

JADEP can be contacted on: +1 876 906 1106 or visit their website at <http://www.nhf.org.jm/>





Mental health

When you return, you may face a number of challenges, such as separation from family, friends, personal possessions and property; problems locating family members and friends; difficulties in finding suitable and safe housing; and general difficulties in adjusting to your new environment.

Most people adjust fairly well but some people may experience mental health problems. Signs to watch out for are:

- difficulty in sleeping, or sleeping too much
- feeling sad
- being irritable or short tempered
- having no interest in the pleasures of life
- loss of appetite
- difficulty in concentrating or making decisions
- feelings of hopelessness or helplessness
- thoughts that life is not worth living
- suicidal thoughts.

If you experience mental health problems, you should:

- develop supportive relationships where you can: contact family members and friends and establish supportive and healthy relationships;
- develop a healthy lifestyle: eat well, manage your stress, get adequate sleep and exercise;
- seek professional help: help is available at your nearest health centre, hospital or family doctor

If you have been previously diagnosed with mental health problems such as schizophrenia, depression or bipolar disorder, it is extremely important to ask for a referral from your doctor and make contact with the mental health service provider nearest to you, as soon as possible after your return to Jamaica. It is important to continue taking the medication on which you have been stabilized while you are waiting for an appointment. Where possible, request an additional supply of medication to take with you upon your return to Jamaica.

Please refer to the brochure 'Island-wide mental health clinic schedules' for further information from the Ministry of Health.

Bellevue Hospital provides care for mentally ill persons (owned by the Government of Jamaica) and is free of charge. Bellevue is located on 16 ½ Windward Road, Kingston and can be contacted on +1 876 928 1380-9 or visit their website at <http://www.bellevuehospital.org.jm/>

Open Arms, previously mentioned, can also provide advice and support.

For those outside of Kingston, you may contact the Community Mental Health team through the Regional Health Authority in your area.

Substance abuse

The National Council of Drug Abuse offer substance abuse testing and counselling at community outreach centres across the island. The National Council of Drug Abuse can be contacted on: + 1 876 926 9002-4 from outside the country and 926 9002-4 from inside Jamaica or visit their website at <http://ncda.org.jm>

The Salvation Army offers a residential drug and alcohol rehabilitation programme for men based at the William Chamberlain Centre, 53 Lyndhurst Road, Kingston 5. The programme includes group counselling and education, work therapy and community living. Salvation Army also provides assessment and counselling on an outpatient basis. You can contact the Salvation Army Jamaica at +1 867 922 6764 or visit their Facebook page at <https://www.facebook.com/SalvationArmyJamaica>



7. SKILLS TRAINING, EDUCATION AND EMPLOYMENT

Unemployment in Jamaica is high (about 13.2% as at April 2015 according to the Statistical Institute of Jamaica) and it may be hard to find a job. If you have friends or relatives in Jamaica, ask them if they know anybody looking for staff. Every contact you make is a step in the right direction.

HEART Trust / NTA (Human Employment & Resource Training Trust/National Training Agency)

The HEART Trust promotes and provides finance for vocational and skills training and certification to international standards, to help make Jamaican businesses more competitive. There are a wide range of training options available throughout Jamaica, through institutions accredited to the Jamaica National Council on Technical and Vocational Education and Training (NCTVET) or institutions whose programmes are aligned to NCTVET standards. The HEART Trust will offer counselling and guidance to help you make your choice.

To contact HEART Trust at 1 888 423 7868 (toll free within Jamaica) or visit their website at <http://www.heart-nta.org/>

Jamaica Foundation for Lifelong Learning (JFLL)

JFLL is an agency of the Ministry of Education that works to promote education for all. (It was formerly known as the JAMAL Foundation). It offers training in basic literacy and numeracy, designed to help the transition to vocational training offered by the HEART Trust, plus basic computer training and other skills for use in the workplace. Its High School Equivalency Programme (HISEP) is geared towards providing Jamaicans who did not complete high school with the means to recover those lost years.

Successful JFLL students receive statements of competence or a high school diploma.

To contact JFLL visit their website at www.jfll.gov.jm

Jamaica Business Development Corporation (JBDC)

JBDC can give you ideas and help you start up on your own. It provides financial assistance, advice and training to micro and small businesses, and its technical services unit assists clients to develop high quality products and develop their technical and operational capacity. JBDC has special programmes to help Jamaican youths and to regenerate poor communities in Kingston.

JBDC can be contacted at +1 876 928 5161-5 or visit their website at <http://jfdc.net/>

Small Business Association of Jamaica (SBAJ)

SBAJ is a non-governmental organization that encourages the development of small businesses through technical advice, training, consultancy and trade services.

SBAJ can be contacted at +1 876 978 0168 or visit their website at <http://www.sbaj.org.jm/>

Labour Market Information System (LMIS)

LMIS is a job matching facility, as well as, a database. The services include three (3) components: matching job seekers with employers, a skills database where qualified persons may register online so employers can access workers; and information on training opportunities for the youth, sources of funding for education, most frequently, advertised jobs and labour market research.

Contact LMIS at +1 867 922 9500-8 or visit their website <http://www.lmis.gov.jm/>



8. FAMILY NEEDS

Programme of Advancement through Health and Education (PATH)

PATH is a conditional cash transfer programme to the most needy and vulnerable people in Jamaica. Five (5) categories of people are eligible to benefit from the scheme:

- children
- persons over 60 who do not receive a pension
- persons with disabilities
- pregnant women and those with young babies
- poor adults aged 18-59

To qualify, an applicant must satisfy the eligibility criteria of the programme by completing an application form and interview. Applications are submitted at one of the Ministry of Labour and Social Security parish offices.

For further information visit their website at <http://www.mlss.gov.jm>

Public Assistance

The Public Assistance Division of the Ministry of Labour and Social Security makes grants to unemployed people, PATH beneficiaries, victims of disasters, and other needy persons or groups for the following purposes:

- Rehabilitation Grant – to help people who have demonstrated their self-supporting potential but who are currently experiencing difficult circumstances. Examples of enterprises supported are trading in haberdashery, clothing, cosmetics; hairdressing, barbering, butchery, food-vending; shop-keeping;



machine and tool repairs; small livestock rearing.

- Compassionate and Emergency Grants - for victims of robbery, fire, flood or hurricanes, funeral expenses for destitute people, medical expenses not available through a public health facility.
- Education and Social Intervention Grant - to assist children from inner-city communities whose attendance at school is affected by parents' inability to provide uniforms, shoes and other basic needs.

Persons wishing to apply for assistance are required to provide evidence to support each application for benefit. The evidence required is dependent on the programme and the peculiar circumstance of each case. Upon application a social worker will conduct an interview and follow-up home visit to verify need and eligibility for assistance.

Persons wishing to apply for assistance under any of the Programmes listed above may visit the offices of the Ministry of Labour and Social Security (NIS Office) in his/her Parish or call 1-888-991-PATH (within Jamaica) or +1 876 922 9500-14 or visit their website at <http://www.mlss.gov.jm> for further details.

The Abilities Foundation of Jamaica

This Foundation, established by the Ministry of Labour and Social Security along with other agencies such as the HEART Trust, provides skills training for people with disabilities in trades such as garment construction, cabinet making, information technology and horticulture and landscaping. For more information you may visit their website at <http://www.abilitiesfoundation.org.jm/>



Education

Jamaica has public and private schools at all levels. Private schools charge fees. Public schools do not charge tuition fees but there are some costs, especially at secondary level. There are free primary schools and skills training institutions but parents are expected to pay for uniforms, books and other auxiliary fees for running and maintenance of schools.

To register for school the child will need to have an official birth certificate and to be fully immunised.

9. LOCAL TIPS

‘Deportation is not a sentence or punishment but a second chance to build a new life and make a meaningful contribution to build the nation.’ (as stated by a deported person)

Telephones

The dialing code for Jamaica is + 1 876.

Digicel and Flow are the mobile phone service providers on the island. Both providers have retail outlets located in busy commercial areas across the island. Pay-as-you-go mobile phones may be topped up (credit added) by purchasing same from a retailer which may include from street vendors.

Local news

Keep in touch with local news through local newspapers (e.g. The Gleaner, The Observer), radio (e.g. Power 106FM) and TV (e.g. TVJ, CVM).



Currency

The currency in Jamaica is the Jamaican dollar. Coins include 10 cents, 25 cents, 1 dollar, five dollars, ten dollars, twenty dollars. Notes include 100, 500, 1000 and 5000 dollar bills. The Jamaican dollar is largely linked to the US dollar.

Opening a bank account

To open a bank account, you will need two (2) reference letters from persons not related to you that already hold accounts; your TRN; a form of government issued ID such as a drivers license or passport; two (2) passport sized photographs signed and stamped by a Justice of the Peace; a completed declaration/customer identification form available from the bank; and the deposit, as stated by the bank.

Public Transport

The public transportation system is operated by the Jamaica Urban Transport Corporation (JUTC). A 'Smart' card can be purchased and topped up from bus terminuses for bus travel in the Kingston Metropolitan area. It is helpful to have the correct fare or at least small change for taxi rides.

Electricity

The electrical supply in Jamaica is 110 volts/50 cycles standard, and electrical appliances use plugs that are two-pronged and flat (such as those used in the United States and Canada).

Bank/ public holidays

Jamaicans celebrate ten public holidays per year: New Year's Day (January 1), Labour Day (May 23), Emancipation Day (August 1),

Independence Day (August 6), Christmas Day (December 25) and Boxing Day (December 26), in addition to Ash Wednesday, Good Friday, Easter Monday and Heroes Day (third Monday in October). On public holidays all government agencies, schools and most private businesses are closed.

Time zone

Jamaica is five (5) hours behind the UK (GMT – 5). There is no daylight saving in Jamaica. Roughly speaking, when it is breakfast time in Jamaica, people in the UK will be having lunch.

Restaurants and Grocery Shopping

Jamaica has a wide variety of restaurants catering to all tastes. These include popular international fast food chains, as well as, restaurants providing cuisine from many different cultures, including Chinese, Indian, and Japanese to name a few.

There are a number of supermarket chains, markets and street vendors selling local and international products. One should bear in mind that imported products maybe expensive, whilst local products may be more affordable.

10. Some do's and don'ts.

The following list of do's and don'ts has been compiled by the National Organisation of Deported Migrants (NODM) to help returning residents settle safely back into life in Jamaica.

Do's

- ✓ Travel where possible in the day – if you are going somewhere unfamiliar ask someone to meet you on arrival
- ✓ Call NODM (356 1126) if you are uncertain about travel in an unfamiliar area
- ✓ Keep your cash and personal items hidden from view (phones and wallets etc should be kept in your pocket)
- ✓ Try to be 'Jamaican' – use local accents and dialect (overseas accents can attract unwanted attention)
- ✓ Try to find lodgings in areas that are considered safe

Don'ts

- ✗ Walk around after dark in unfamiliar places
- ✗ Ask strangers to help you reform remittance services
- ✗ Discuss your personal situation with people you are not familiar with
- ✗ Allow strangers to know your destination
- ✗ Accept lifts or be-friend people you don't know

11. DIRECTORY OF SERVICES

| Name of Organisation | Address | Telephone Number(s) | E-mail Address &/or Website | Description of Services |
|--|---|--|---|--|
| Cornerstone Ministries | 21a Connolly Avenue Kingston 4 | 922-5689 922-5690 | cornerstoneministries@flowja.com http://cornerstonehelps.org/ | Christian centred vocational training school including education and training programmes in prisons and the community |
| Family Unification and Resettlement Initiative (International) Ltd. | 11 Grayden Avenue Kingston 11 | 906-8262 (o) 279-3283 (m) USA: + 1 646-698-2172 | familyunif@hotmail.com http://www.familyunification.net/ | Resettlement services for deported persons including re-establishment of family connections, counselling, acquisition of national I.D. and referrals for accommodation and training |
| Food for the Poor | Elerslie Pen Spanish Town St. Catherine | 984-5005 618-0141 | http://www.foodforthepeopoorja.org/ contactjamaica@foodforthepeopoor.com | Large charity organisation providing emergency relief aid and programmes in the areas of housing, food, medical, water, sanitation, education, agriculture, outreach and micro-enterprise. |
| HEART Trust/ NTA | Regional Office 7 Ripon Road Kingston 5 | 920-4341 929-3410-8 | www.heart-nta.org | National training agency offering high school equivalency, certifications of skills and skills training |

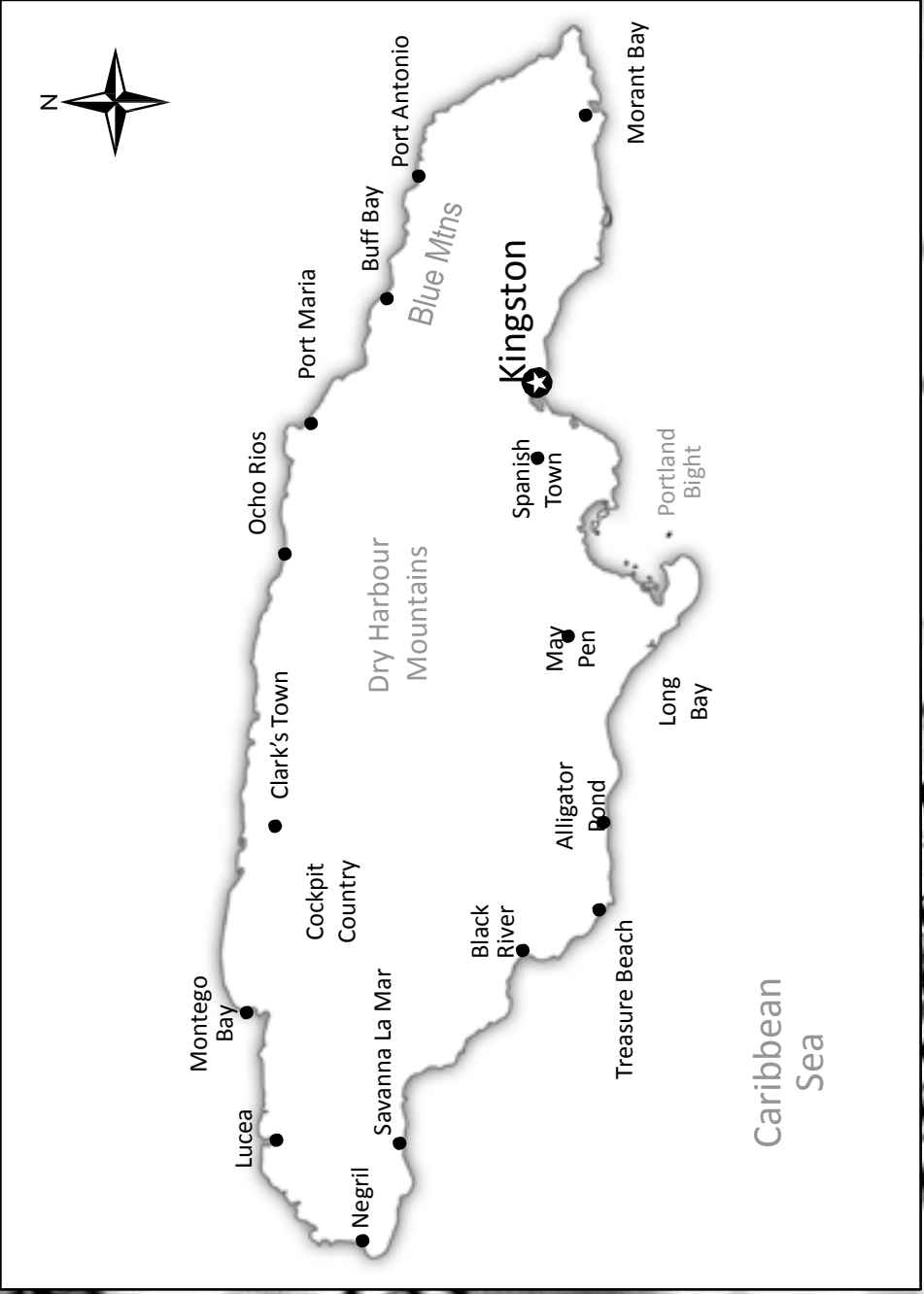
| | | | | |
|--|--|---|--|--|
| HELP Ministry, Mona Baptist Church | 4-6 University Meadows Kingston 6 | 876 927-1120 876 404-2929 (m) | monabaptist@ cwjamaica.com | Outreach services to deportees, counselling, skills training, continuing education, facilitation of employment |
| International Organisation of Migration (IOM) | 6th Floor, The Towers 25 Dominica Drive Kingston 5 | 876 968-0569 | http://www.iom.int/ countries/jamaica/ general-information | Manage voluntary returns schemes from the UK including the Facilitated Returns Scheme (FRS) |
| Jamaica Business Development Corporation (JBDC) | 14 Camp Road Kingston 4 | 876 928-5161-5 | info@jbdc.net | Small business support |
| Jamaica Foundation for Lifelong Learning (JFL) | 47B South Camp Road Kingston 4 | 1-888-429-5355 (toll free) 928-5181-6 | jfl.jm@cwjamaica.com www.jfl.gov.jm | Agency of Ministry of Education offering training in adult numeracy and literacy |
| Marie Atkins Shelter/Poor Relief Dept. | 65 Hanover Street, Kingston | 876 922-6936-7 | | Homeless shelter for men and women |
| Ministry of Health | 2-4 King Street Kingston 10 | 876 633 7433 876 633 8172 | www.moh.gov.jm www.serha.gov.jm ↳ www.nerha.org.jm ↳ | Ministry responsible for health care services in clinics and hospitals island- wide |

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| Ministry of Labour & Social Security | 1F North Street Kingston | 876 922-9500-14 | www.mlss.gov.jm | Government ministry dealing with labour and social security e.g. national insurance scheme and programmes including PATH, YES, SYEAT and other grants |
| Ministry of National Security | 2 Oxford Road Kingston 5 | 876 906-4908 | www.mns.gov.jm | Government ministry dealing with safety and security in Jamaica. Crime Prevention and Community Safety Unit manages the Rehabilitation and Reintegration Programme |
| National Council on Drug Abuse (NCDA) | 2-6 Melmac Avenue, Kingston 5 (Contact head office or website for parish branch details) | 876 926 9002-4 1 888 991 4244 | ncda@cwjamaica.com http://ncda.org.jm/ | Substance abuse testing and support at community outreach centres across all parishes |
| National Health Fund | 6th Floor, The Towers 25 Dominica Drive Kingston 5 | 876 906-2293 876 906-9667 | www.nhf.org.jm | Assistance with funding towards health care for chronic conditions and care for pensioners (JADEP) |
| National Organisation of Deported Migrants (NODM) | 50 Deanery Road, Kingston | Glen Powell 876 508-1492 or 876 881 6743 Oswald Dawkins 876 356-1126 | http://www.nodm.org.jm/ Glenpowell68@yahoo.com Oswald.dawkins@yahoo.com | Membership organisation linking up deported persons across the island |

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| Open Arms Drop In Centre | 16 ½ Windward Road Kingston 2 | 938-1757 594-0765 | openarmsja@yahoo.com_ http://foh.jamaica.com/ L | Drop-in day centre for homeless men and women; residential facilities including physical/ mental health care for up to homeless 90 men. Residents involved in jobs to sustain then centre including income generation programmes |
| Open Heart Charitable Mission | 2a Lawrence Lane Montego Bay | 971-9097 (care centre) 971-5625 (night shelter) | openheartcharitablemission@live.com http://www.openheartcharitablemission.com/ | Drop-in centre and night shelter for homeless men and women providing meals, clothing, basic health care and life-skills training |
| Passport Immigration & Citizenship Agency | 25C Constant Spring Road Kingston | 754-4742 754-5092 906-1304 | www.pica.gov.jm | Government agency dealing with all passport and immigration issues including retrieving old passports and new applications |
| Portland Rehab Management Group | Infirmiry Road Port Antonio Portland | 870-4742 (o) 350-0077 (c) | Lloydamcintyre5@yahoo.com | Shelter for a maximum of 14 homeless persons including provision of meals, clothing and medical care |
| Registrar General's Department (RGD) | Twickenham Park Spanish Town | Agency- wide 619-1260 (Digital) 749-0550 (Other) | www.rgd.gov.jm | Registration of births, marriages and deaths in Jamaica |

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| Salvation Army Jamaica | 53 Lyndhurst Road Kingston 5 | 908-0389 | selbourne_oats@car. salvationarmy.org http://www.salvationarmycarib.org/ | Residential substance misuse programme; skills training for deported persons in workshops (e.g. carpentry) with a focus on but not limited to clients with substance misuse problems |
| Small Business Association of Jamaica (SBAJ) | 2 Trafalgar Road Kingston 5 | 978 0168 | admin@sbaj.org.jm http://www.sbaj.org.jm | Small business support |
| Tax Administration Services Department | Kingston Mall 12 Ocean Blvd Kingston | 922-7429 922-3913 967-3052 | www.jrs.gov.jm | Tax services including Tax Registration Number (TRN) |

** Dialing code for Jamaica: + 1 876



Montego Bay

Lucea

Negril

Savanna La Mar

Cockpit Country

Clark's Town

Ocho Rios

Port Maria

Buff Bay

Port Antonio

Blue Mtns

Dry Harbour Mountains

Black River

May Pen

Alligator Pond

Treasure Beach

Long Bay

Portland Bight

Kingston

Spanish Town

Morant Bay

Caribbean Sea





JAMA

Christiana Spanish

Town

PO
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