

Supporting Victims and Survivors, Strengthening Communities

Issue 159

Dear Member,

It's hard to believe that this is the last Newsletter of 2019, it's been quite a year.

SEFF has pushed on with its' agenda in providing the very best support for innocent victims/survivors of terrorism. There have been many new faces join the organisation and sadly a few others leaving us for pastures new - and for some, they have made their final journey.

I would like to thank our funders, our supporters, our project partners, our Army of Volunteers and my fellow staff colleagues for all their efforts throughout the year - we have achieved much and we have much more yet to achieve.

Looking forward to 2020 there are a number of core challenges which we will require to focus our efforts:

1. Further the case for a Capital build project for SEFF which is fitting for those we serve.
2. Lobby robustly to ensure that any legacy structures introduced do not hang the UK State out to dry whilst failing to hold terrorism or the Republic of Ireland State accountable.
3. Deliver quality support services across Health and Wellbeing, Welfare, Advocacy and Social Support and ensure such are available to all our members, irrespective as to where they are located.
4. Ensure the presence of a focused Project supporting older people and their Social Care needs.
5. Increase SEFFs' relevance within the wider community - continuing to face outwards as an organisation, building partnerships and collaborations locally, nationally and Internationally.
6. Ensure SEFF retains its' **SEFF Family** ethos which is our USP (Unique Selling Point)

As we enter the last few run up days to Christmas I would appeal with all members to be good neighbours this holiday season, look out for one another and take a few minutes to check in on someone who you know will be struggling for one reason or another.

May God's comfort blanket surround all those who suffer sadness, have anxiety or fear surrounding this Christmas. May God lift you up and give you cause to feel blessed.

Remember: Don't suffer alone, if you need support over the Christmas holidays then feel able to call me on: 07900882770.
Kenny



**SEFF's January
Member's Meeting
is on Wed. 22nd
January 2020 & is a
joint meeting with
West Tyrone it will
be held in the 2000
Centre,
Newtownstewart.
A bus will depart
from SEFF Offices
at 6pm.**

Parking at SEFF, Lisnaskea

If attending a day or overnight respite and you are parking within Manderwood Estate (where SEFF is based) then please ensure that you park a minimum of **8 car parking places beyond** the SEFF entry tunnel either side. It is important that the area in front of the SEFF tunnel is kept free and available for those coming to the office throughout the day to have access

**Christmas Holiday closure dates for SEFF,
Lisnaskea, West Tyrone, South Down,
South Armagh and GB/London Gateway
Service Offices**

***Half Day Closing @ 1pm on:
Friday 20th December 2019***

& Re-opening 9am on Monday 6th January 2020.



Upcoming Classes/Courses & Cultural Seminars

ACTIVITY	DATE	VENUE	DETAILS
Sewing Class	Tuesday 21st January 2020 @ 7.30pm (6 weeks)	SEFF Offices, Lisnaskea	£20 / person 
Yoga	Tuesday 21st January 2020 @ 7pm (6 weeks)	SEFF Offices, Lisnaskea	£20 / person 
Chair Based Exercises	Thursday 23rd January 2020 @ 11am	SEFF Offices, Lisnaskea	No cost 
Jiving Classes	Tuesday 28th January 2020 @ 8pm	Venue to be confirmed but in Newtownstewart	£20 / person 
iPad/Tablet Classes	Thursday 9th January 2020 @ 7.30pm	SEFF West Tyrone Gateway Offices, Newtownstewart	No cost 
January Cultural Semnar	Wednesday 15th January 2020 @ 7.30pm	SEFF Offices, Lisnaskea	Stephen White, Chairman of the RUCGC

The SEFF Office is open Monday -Friday, 9am - 5pm for general office business

If you require support or help with completing DHSS or other Welfare forms

Tina/Norman will be available to assist with this service. As much as is possible, Tina will be in the office on **Tuesdays** from **10am - 5pm**. However, if you require help outside these times, please contact the office, leave your name and number and someone will contact you to arrange a suitable time. Remember Norman Kirkpatrick is also available to assist you with Appeals/Tribunal Representation work.

alternative
Holistic
Integrative
complementary
Traditional
CAM

Complementary Therapies

We are now taking names for Q4 of this funding year 2019/2020 covering the **Feb - March 2020 period**.

The treatments on offer are as follows (5 sessions) of:

- **Massage, Reflexology** (Therapist: Sandra Johnston)
- **Aromatherapy** (Therapist: Gordon Hayhurst)
- **Reflexology** (Therapist: Gillian Johnston)
- **Physiotherapy** (Therapist: Nicola McCullagh-Daley) **

**Due to restricted funding for physiotherapy sessions through SEFF, a decision has been made that anyone who wishes to avail of this service must first complete an Individual Needs Consultation with a Health and Wellbeing Caseworker within SEFF.

We have a duty to direct resources to those most in need. The INC will allow us to assess options for the individual whereby we will try our best to ensure support is possible through our own internal resources, the Victims and Survivors Service support frameworks or external avenues.

- **Indian Head Massage** (Therapist: Gordon Hayhurst)
 - **Hopi Ear Candle Therapy** (Therapist: Ruth Watson)
 - **Health Kinesiology** (Therapist: Marilyn Robinson)
- Please contact the office to register your interest on 028 677 23884.
£25 contribution for 5 sessions -

****WHEN TAKING UP ANY OF THESE SESSIONS YOU ARE REQUIRED TO COMPLETE THE MONITORING FORMS AND PAY THE MONIES BEFORE SESSIONS COMMENCE, OTHERWISE YOU WILL NOT BE ABLE TO AVAIL OF THESE TREATMENTS.**



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Website:
www.seff.org.uk

UPCOMING ACTIVITIES...



MEN'S BREAKFAST CLUB (2020)

Good news for all you hungry men with big appetites -

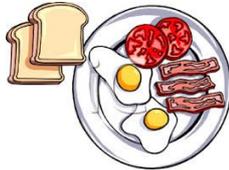
SEFF's Men's Breakfasts have recommenced for the winter months.

The cost is £3 per person & details are as follows:

DATE: Saturday 11th January 2020 @10am

VENUE: Miller's Coffee Shop, Lisnaskea.

Please come along, enjoy some social time and eat your fill!



SEFF 2020 CALENDAR

Just to let you know that we have our SEFF 2020 Calendar ready in the office for purchase.

We would encourage members to purchase

a calendar and add events / activities to it throughout the year.

Calendars are available to purchase from any SEFF office for just £3 (or 2 for £5).

BEFRIENDING December 2019 Update

Hi All,

Christmas Wishes to you all,

As we hit the festive season we hope you can all enjoy some good times with family and friends but if this year is a difficult one we hope that you can get away from the hype, recognise the true meaning and start 2020 with renewed energy and inspiration.

Our Befriending Team will be spending time with their own family and friends but will also be in contact with their befriendees to make sure they are Ok. There has been a lot of attention in the media recently about people spending Christmas on their own and how we can all help.

As a Befriending Service we offer support throughout the year to many lonely people but we know there are many more we don't know about so if you know of anyone, why not reach out and offer company to someone that is alone.

We will be back organising Coffee Mornings in the New Year so keep an eye out for information in future editions.

Happy New Year,

The Befriending Team

NEW YEAR NEW ME CLUB



SEFF are setting up a new Weight Loss club in January 2020.

*The first meeting will be held on **Wednesday 15th January 2020 at 10.30am in SEFF Offices, Lisnaskea.***

The club will meet weekly where there'll be a weigh in at the beginning followed by some motivational advice and how to cut down on those calories!

After this there will be a brisk walk (to burn off a few calories).

*If interested in attending please come along to the first meeting on **Wednesday 15th January 2020.***

SEFF's WEST TYRONE GATEWAY SERVICE UPDATE

January Member's Meeting

In January West Tyrone Members will have a joint Member's meeting with Fermanagh based members, it will take place on **Wednesday 22nd January 2020 at 7.30pm in the 2000 Centre, Newtownstewart.**

Health & Wellbeing Day

Through the CLEAR Project we are organising a Health & Wellbeing Day on **Friday 21st February 2020.** The Action Cancer Big Bus will be present at the 2000 Centre, Newtownstewart - see information opposite including a phone number and code to make appointments. We encourage you to use this very beneficial service.

Classes / Courses

We have a resource (again through the CLEAR Project) to run some iPad/tablet Classes beginning on **Thursday 9th January 2020 from 7.30-9.30pm in SEFF's West Tyrone Gateway Service Offices, Newtownstewart.** The classes will focus on the use of iPads/tablets for communication, social media, taking photos and more.

We are also organising some Jiving Classes commencing on Tuesday 28th January 2020 at 8pm (please note change of day from Thursday to Tuesday). Venue to be confirmed - if interested in attending please contact the office on 028 677 23884.

Luncheon Clubs

Our series of Luncheon clubs continues, to date we have held three, with a further 2 dates below. We want as many people as possible to be able to avail of this opportunity. We are restricted by funding so we ask for your understanding as the same people will not be able to attend all Lunches.

LUNCH CLUB DATES:

DATE / TIME	VENUE	SPEAKER
Fri. 17th Jan 2020 at 11am	Mellon Country Inn, Omagh	Raymond Farrell, Mental Health
Fri. 14th Feb 2020 at 11am	Derg Arms, Castlederg	Jenny Ferguson, Healthy Eating



Action cancer
Saving Lives Supporting People

The Big BUS

BOOK ONLINE AT
www.actioncancer.org
or call **028 9080 3344**

Take action now!
BOOKING CODE: TOP-5835

www.facebook.com/actioncancer @ActionCancer

BREAST SCREENING:
Appointments available for ladies aged 40-49 & 70+
1 in 8 women will be diagnosed with breast cancer during their lifetime.
Early detection via breast screening saves lives.



M.O.T. HEALTH CHECKS:
Available for males & females aged 16+

CHECKS INCLUDE
blood pressure, glucose & cholesterol
& body composition analysis.



VENUE: NEWTOWNSTEWART 2000 CENTRE
DATE & TIME: FRI. 21st FEB. 2020
BOOKING CODE: TOP - 5835

SEFF Christmas Activity Photos

SEFF Fundraiser Christmas Get together 5th December



SEFF Christmas Members Night 18th December



SEFF

KIDS' CHRISTMAS PARTY



SEFF's South Armagh Gateway Service

SEFF's South Armagh Gateway service is now fully operational with a team of Advocacy staff in place overseeing delivery, they include Pete Murtagh, Ian Irwin and Alan Lewis with p/time Research and Admin support provided by Rachel Glover.

As well as Advocacy support and advice we offer counselling, complementary therapies, welfare advice, health and wellbeing caseworker support and a range of other services and initiatives.

We are pleased to be working in partnership with FAIR and other local groups and individuals in a common effort to best deliver for innocent victims/survivors of terrorism.

Please do help spread the word of this new Service - a support service for south Armagh innocent victims/survivors of terrorism delivered from south Armagh.

Our formal launch of the Outreach service will now take place on Thursday 30th January 2020 at 7.30pm in the offices in Bessbrook. We would encourage members from the local area, your families and friends and the wider SEFF membership to attend this important event.

Reserve Constable **ROBERT (BOBBY) CRILLY**



Service Number: R2530

4th February 1921 - 3rd January 1980

Robert Crilly (known as Bobby) was a part time member of the RUC, he joined the force in 1972 and was a Reserve Constable.

Bobby had two brothers and three sisters (two of his sisters are still alive today), he was unmarried at the time of his murder but he was engaged for many years.

Apart from serving on the RUC reserve Bobby also ran his own garage business in Newtownbutler for many years. It was within Bobby's garage on the 3rd January 1980 where a car pulled in, two men got out and opened fire. Bobby died before an ambulance arrived while the gunmen escaped towards the border of County Cavan.

Bobby had a great interest in his Church within Galloon Parish, Newtownbutler where he was an active member, he was very much involved in work with the young people and in particular encouraging them away from sectarianism. He was also a very keen badminton player.

The patch on the Memorial Quilt in memory of Bobby includes a spanner and an engine to depict his worklife along with a badminton racket to show his interest in the sport.

Bobby was an extremely generous person not only to his immediate relatives and nephews and nieces but he also gave up much of his spare time for the benefit of others. He was one of the many quiet unassuming gentlemen of his generation who was more interested in helping others rather than thinking about himself. Bobby was quite simply a lovely man.

Bobby Crilly **40th Anniversary Service** **Galloon Parish Church** **Newtownbutler**

Sunday 5th January 2020 @ 12pm

Members of Bobby's family will be attending worship at Galloon Parish Church at 12 noon on Sunday 5th January 2020 to mark the 40th anniversary of his murder.

Local people who remember him would be most welcome to join the family.

Anniversaries

If you have a loved one who was murdered and whose Anniversary is coming up - 25th, 30th, 40th or 50th and you'd wish for us to feature the anniversary within our N'letter then please contact the SEFF office on: 028 677 23884.



SEFFs SOUTH DOWN GATEWAY SERVICE UPDATE

SEFF continues to offer a diverse programme of support within the South Down area through its' Gateway service delivered from Rathfriland. Victims and survivors have access to advocacy, complementary therapies, counselling and health and wellbeing casework support services with personnel able to see you within the Rathfriland office. Meanwhile we hope to have a new Welfare/Benefits Advisor in place in early January 2020 to facilitate the needs of local people.

SEFF South Down Gateway Service January Member's Meeting will take place on **Monday 20th January 2020 at 7.30pm in the Rathfriland office.**

We are also currently putting a range of courses and social support activities in place from the January - March 2020 period these will include a flower arranging course, a day respite and some luncheon clubs so please keep an eye on future newsletters and information via our text messaging service.

We encourage existing members to spread the word on the work of the Outreach service, let's reach more people.

MORNING SEFF CALLING SERVICE UPDATE

As this is the last Newsletter of the year from SEFF, Rita and I, at Morning SEFF Calling would like to send to you all Season's Greetings. We pray that you all have a good Christmas and peaceful New Year.

We are also thinking about those no longer with us, and those of you who have lost loved one's in 2019. May our heavenly Father be with you and comfort you all at this time. Take care everyone and we shall be back with our calls to you all in January 2020.



Ann and Rita (MSC)

SEFF attends Covite Seminar, San Sebastian

SEFF representatives Kenny Donaldson., Ken Funston and Rev Alan Irwin recently travelled to Spain for the return leg of an engagement with Spanish victim's group COVITE who support victims/survivors of ETA terrorism. The trio were part of a panel discussion examining ways in which the narrative of terrorism might be more effectively challenged.

The panel discussion examined methods by which terrorism and its' political annexes might be more effectively challenged. There was universal agreement around the importance of historians and robust analysis of facts based evidence, the need for effective education outreach programmes and intervention and de radicalisation initiatives. The power of victims voice and empowerment of victims/survivors was at the heart of discussions.

There was also an acceptance of the need for victims groups and associations to be outwards facing and to be confident to have difficult and challenging conversations with those who may not be natural supporters either through ideological differences or apathy.



SEFF will continue to develop partnership projects with COVITE, innocent victims must become more effective in working across borders, just as terrorists have demonstrated down the years including The Provisional IRA and ETA.



Health & Wellbeing Day Respite Events

Through additional in year monies via VSS we are able to organise a number of day respite events per area - Fermanagh members, West Tyrone, South Down and South Armagh. One of the criteria of the funding was to work in partnership and collaboration with other groups and so we have approached some like-minded organisations and have come up with the following proposals.

Each event will involve a day out with a health & wellbeing theme inclusive of meal. Please note these are very broad details at present but we will be able to give more information in due course. Cost will be on the basis of a recommended £10 per person donation.

West Tyrone SEFF Members in partnership with Castleterg UDR Association Respite Day - Wednesday 19th February 2020

The day will involve a visit to Armagh where we will begin with refreshments and a health themed workshop, we will then take in the Regimental Museum, County Armagh Phoenix Group's memorial wall dedicated to security force personnel murdered during the 'Troubles' in County Armagh (the wall is situated in the grounds of St. Mark's Parish Church, Armagh).



We will also have a walk round the Mall and some free time before heading homeward and stopping for dinner on the way home. If interested in attending please phone the office on 028677 23884, more specific detail will follow in the December newsletter.

South Down SEFF Members in partnership with Victims Lagan Valley Respite Day - Saturday 8th February 2020

South Down member's will be able to visit the Ulster, Folk and Transport museum at Cultra as well as having morning refreshments, a health themed workshop and depending on timings we may have some free time in Belfast. We will stop for a meal in the Hillsborough area on the way home. If interested in attending please phone the office on 028 677 23884, more specific detail will follow in the December newsletter.



Fermanagh/Armagh SEFF Members in partnership with FAIR Respite Day - Thurs 27th February 2020 (please note change of venue as the Ulster Aviation Museum is not open until March)

Fermanagh & Armagh members will come together in the morning time to enjoy some refreshments and a health themed workshop and will then visit Hillsborough Castle followed by some free time in Dobbie's, Lisburn before departure and stopping on the way home for a meal.

If interested in attending please phone the SEFF office on: 028 677 23884, more specific detail will follow in the January 2020 newsletter.



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The Big Bus



BOOK ONLINE AT

www.actioncancer.org
or call 028 9080 3344

www.facebook.com/actioncancer @ActionCancer

Take action now!

BOOKING CODE: TKA - 5704

BREAST SCREENING:

Appointments available for ladies aged 40-49 & 70+

1 in 8 women will be diagnosed with breast cancer during their lifetime.

Early detection via breast screening saves lives.



M.O.T. HEALTH CHECKS:

Available for males & females aged 16+

CHECKS INCLUDE

blood pressure, glucose & cholesterol
& body composition analysis.



VENUE: SEFF, MANDERWOOD ESTATE
LISNASKEA.

DATE & TIME: THURS. 6TH FEB. 2020

BOOKING CODE: TKA - 5704

Maguiresbridge Market House Cultural Group

Annual Country Gospel Concert

in Killyhevlin Hotel, Enniskillen

Friday 10th January 2020

Doors open from 7:15p.m.

Concert starts 8:00p.m sharp.

Comper: Gary Wilson Music by: Country Harmony

Artists: John Rafferty, Boxcar Brian, Shaun Loughry,

Benn Sisters & Calum Smith

Ticket: £10.00



FREE WILL WRITING

Since 1921 The Royal British Legion has been there for the whole armed forces community, and they will be here as long as there is a need.

AS a member of the National FREE Wills Network, the Legion is giving supporters and members the opportunity to have a will written or updated FREE of charge.

An up to date Will, written by solicitor, ensures your wishes are respected. This service allows you to provide for your family and friends and leave a gift to your chosen charities too, without worrying about the cost.

To take up the opportunity visit the website on

freewills@britishlegion.org.uk

and fill in the form. This can be done for couples or individuals.

For more information either contact RBL on the above website or call 0203207253.



From

All SEFF Board & Staff

Members

&

A Peaceful & Healthy

2020