

# SEFF NEWSLETTER

*Supporting Victims and Survivors, Strengthening Communities*

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**Seff Lisnaskea**

**Seff Victims**



**The Queen's Award  
for Voluntary Service**



**July 2017 - Issue 130**

Dear Member,

SEFF has been extremely busy over the last month through integrating new staff within the organisation which will see new services developed and offered for members and those attached to our partner groups.

We now have in place our Health and Wellbeing Casework team - Martina Virtue (Western Region) and Doreen Mullan (Southern Region & Cookstown District) and our N.I./RoI Advocacy team - Ken Funston (Advocacy Services Manager) Peter Murtagh (Greater Belfast and South Down Region) Ann Travers (Mid-Ulster with outreach into RoI cases) and Wendy Stewart (Western Region with outreach into RoI Cases)

In the first week of August we hope to complete the recruitment process in appointing an Advocacy Support worker in London who will service GB-based victims/survivors.

I want to thank the new staff for their patience and co-operation as we work together in building a framework for these two important Peace IV funded services to be delivered for the benefit of victims and survivors.

Parents/Guardians, you will also see within this Newsletter significant references made to Youth-based activities over the Summer period, we would encourage your children to engage with these activities and we remind you that the Summer Schools are open to young people from across the community (there is no requirement for those attending to be SEFF members)

Within this Newsletter edition we feature three of our four Counsellors with Ruth Wilson's profile plus that of our Appeals/Tribunal Representation Officer (Norman Kirkpatrick) appearing within our August Newsletter.

We would strongly urge members to access this service which is extremely professional, compassionate and confidential.

Please find enclosed, a Health and Wellbeing service flyer within this Newsletter which shows the various means by which Counselling may be requested as well as Complementary Therapies and Physio.

We also remind members of the upcoming 45th Anniversary of the Claudy Bomb and SEFF's role in organising a Community Remembrance Service event in partnership with the families, details are included within the Newsletter and we would encourage you to support this initiative. There are still some places available on the bus. The evening will include a performance from SEFF's Youth choir and our Memorial Quilt (which features the Claudy bomb) will be displayed.

In the week that is before us we would ask for your thoughts and prayers to be with four young women who are representing themselves, their families and SEFF at this year's Project Common Bond being held in Waterville, Main, United States of America. We wish Rebecca Beacom, Alex Kernaghan, Ellie Heenan and Zara Ferguson a safe trip and a productive time out in America and we all look forward to their safe return and to hearing of their experiences.

## **Next monthly member's meeting:**

**Notice to members:** There is no July monthly meeting. The next SEFF monthly meeting will take place on Wednesday 24th August 2017 from 7.30pm onwards. SEFF's new Peace IV staff (including Health and Wellbeing and Advocacy) will be present as guest speakers.

**Kenny**

**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 will be available to assist with this service. As much as possible, Tina will be in the office on **Tuesdays from 10am - 5pm**. ail

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.

## SEFF BEFRIENDING JULY UPDATE

Hi All

July has been a quiet month, we continue as normal with befriending visits and hospital transport. We had no Befriender meeting this month, the next one will take place on **Monday 14th August at 7pm in SEFF Offices.**

The next Luncheon Club will be on **Wednesday 16th August** in the Clogher Valley area, one of the Co-Ordinators will be in touch with those who are eligible to attend.

We're taking a break from Coffee Mornings for the July—August period, the next event will be in September where we'll hold the annual **Macmillan Coffee Morning**—date to be confirmed. We will also be having a special visit from the Northern Ireland Fire and Rescue Service in October to explain a service they offer where they can visit your home and check on home safety issues. SEFF have an agreement with the Fire Service where we can refer members for this service so if you want any further information about this then contact the office or come along to the talk on **Thursday 5th October 2017.**

In the meantime we hope you are enjoying your Summer and you manage to get a wee break away.

### The Befriending Team

Hope you can join us for some of our events.



### Complementary Therapies

We are now taking names for Complementary Therapies for Quarter 2 covering the period July - September 2017. We have recently appointed therapists for the current funding cycle which takes us up to March 2020.

You will see within the Newsletter some bios from the therapists which will give you a little bit more information on who they are and the treatments they offer.

If interested in availing of 5 sessions of:

- Massage (Therapist: Sandra Johnston)
- Aromatherapy (Therapist: Gordon Hayhurst)
- Reflexology (Therapist: Gillian Johnston)
- Physiotherapy (Therapist: Nicola McCullagh Daley / Mark Hoy)
  - 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 or 677 22242.

**£40 contribution for 5 sessions -**

**it is possible to pay £20 at the beginning & £20 at the end of treatment sessions.**

**\*\*WHEN TAKING UP ANY OF THESE SESSIONS YOU ARE REQUIRED TO COMPLETE THE MONITORING FORMS AND PAY ½ OF THE MONIES BEFORE SESSIONS COMMENCE, OR YOU WILL NOT BE ABLE TO AVAIL OF THESE TREATMENTS**



## SEFF's Counsellor's Bio's

This month we are featuring SEFF's team of Counsellor's in the organisational Newsletter, SEFF's Counselling team currently comprises of four counsellors who are best placed to deal with diverse yet specific needs of victims and survivors of the 'Troubles'.

Appointments are offered on a weekly basis for whatever period support is required, typically appointments will last 50 minutes..

SEFF are able to provide a Counselling service in various areas across the province, please see below for details

Helen Murphy (Based in Lisnaskea), Anna Frith (Fermanagh & Clogher Valley), Susanne Roleston (Banbridge) and Ruth Wilson (Cookstown, Moygashel and Richhill).

Ruth Wilson is currently on holidays but her piece will appear in next month's newsletter along with Norman Kirkpatrick (SEFF's Welfare Appeals Officer)

# Counsellor Bio's

Helen Murphy is a qualified, BACP accredited counsellor with 19 years of counselling experience. During this time she has built up extensive professional experience and training which includes her specialist area of trauma, whether as a result of domestic violence, the 'Troubles' or abuse of any kind. Her experience also includes working with bereavement, stress, depression and anxiety, as well as self-esteem, assertiveness, relationship, work and health related issues.

Helen's approach is Integrative counselling which aims to facilitate wholeness, tailoring the therapy to best suit individual needs. Difficulties usually impact the whole person: thoughts, feelings, behaviour as well as their physical being. Helen's belief in the individuality and worth of each person is supported by this approach.

She offers the opportunity to address difficulties in a safe, non-judgemental, confidential space.

Helen works out of the SEFF office on an appointment basis every Friday.



Susanne Roleston lives in Banbridge and is a Mum of 2 teenage sons. She worked as a nurse for 22 years and then qualified as Counsellor in 2010 with Dip (HE) in Counselling with a Distinction from UU.

She went on to study for a University Advanced Diploma in Cognitive Behavioural Studies and Skills 2013 and completed part 1 EMDR training. Part 2, she is an accredited member of BACP.

Other training she has attained includes Mental Health First Aid, and ASIST.

She is Counter Terrorism Check security cleared and Access NI enhanced disclosure cleared.

Susanne has worked as a Counsellor for SEFF since 2014, working with ex security force members and innocent victims, in addition to this she works in a GP surgery as a counsellor since 2010. She also works with Carecall/Inspire wellbeing since 2011. This involves working with current serving members of PSNI and NI Prison service staff. Also counselling experience with Aftercare clients (ex UDR/RIR personnel) referred for counselling through Carecall/Inspirewellbeing.

Susanne has an interest in supporting current and ex serving personnel, she herself has family members who were military/RUC/PSNI. This has provided me with inside view of the experiences and personal difficulties experienced.

Susanne provides Counselling for SEFF members within the Banbridge area.

Anna Frith's central vision as a counsellor is to help each person develop self-awareness and understanding, resolve obstacles to personal growth, make good use of their own resources and discover hope for the future. Each person is accepted, respected and supported.

She works with diverse age groups, backgrounds and concerns, tailoring her approach to meet the needs of the individual. She has proven counselling experience in a GP surgery, the Aisling Centre in Enniskillen, post-primary schools, in her own business and with CRUSE Bereavement Care.

Anna is married with two children, both in their twenties. Before training as a counsellor, she enjoyed a successful career as a primary and special school teacher. She has strong communication skills and is an excellent, compassionate listener. She is conscientious, reliable, hard-working and self-motivated, with a good sense of humour. She is both professional and caring.

Anne provides counselling to SEFF members within venues in Fivemiletown and Enniskillen.



# DATES FOR YOUR DIARY

CLASS & TUTOR	DATE, TIME & DURATION	DESCRIPTION	VENUE	COST
Walkers & Talkers Walk Lead: Ruth Gault	Monday 31 <sup>st</sup> July 2017 10.30am (NOTE CHANGE OF MEETING POINT: car park at the Tea Room – <u>NOT IN</u> the Court yard)	Come along for a morning stroll followed by tea, coffee and scones in the tea room.	Castle Coole  Depending on numbers at this event we will hopefully run similar Walkers & Talkers events in August & September.	N/A 
Furniture Restoration Tutor: Diane Lee (nee Leonard)	Wednesday 6th September 2017 7.30-9.30pm 6 weeks	Restore a small piece of furniture & bring it back to life.  You need to bring a piece of furniture with you but paint & other equipment will be supplied.	SEFF Offices 	£20 per person 
Art Class Tutor: Ruth Elliott	Monday 11th September 2017 7.30-9.30pm 6 weeks	Enjoy some relaxation and therapy through this Art Class which will use a variety of techniques including paints, pencil and charcoal.	SEFF Offices	£20 per person 
Yoga Tutor: Geny Brown	Tuesday 12th September 2017 7.30-9.30pm 6 weeks	Some light relaxation and exercise	SEFF Offices, Lisnaskea	£20 per person 
Art Class Tutor: Ruth Elliott	Monday 6th November 2017 7.30-9.30pm 6 weeks	Enjoy some relaxation and therapy through this Art Class which will use a variety of techniques including paints, pencil and charcoal.	Garrison	£20 per person 

## Expression of Interest

If interested in attending any of the above activities we ask that you phone the office **ASAP** on **028 677 23884** to let us know.



**Community-based Service of Remembrance &  
Thanksgiving for Claudy Victims on 45<sup>th</sup>  
Anniversary since the atrocity**

**An open air Service taking place next to the  
Memorial within Claudy Village**

**Monday 31<sup>st</sup> July 2017 @ 7.30pm**



SEFF are assisting with arrangements for this event including participation through our Youth Choir, displaying our Memorial Quilts and we are also sponsoring Refreshments which will be provided post the Service in Upper Cumber Presbyterian Church Hall.

SEFF are also running a bus which will leave SEFF Offices, Lisnaskea at 4.30pm sharp with pick-ups along the way in Maguiresbridge, Tempo, Fintona and Omagh. We appeal for your support, if interested in attending please contact the office on 028677 23884.

**McCann's comments are not  
those of a Civic leader**

SEFF has hit out at comments made by Stephen McCann (the new Chairman of Fermanagh and Omagh District Council) where he failed to condemn the Enniskillen Poppy Day massacre and where he lauded PIRA terrorist and serial killer Seamus McElwaine

Kenny Donaldson, Director of Services for Lisnaskea-based South East Fermanagh Foundation stated:

"Stephen McCann's comments represent further evidence that Sinn Fein/PIRA are unprepared to deal openly and generously with the terror and wrong they visited upon their neighbours".

"The Enniskillen Poppy Day massacre (30 year Anniversary this year) was a brutal act of sectarian bloodshed. In this Country and moreover the wider Island there is both a spoken and unspoken value attached to remembering and respecting the dead, therefore on 8th November 1987 PIRA plummeted to even deeper depths of depravity in targeting an event where men, women and children were gathered to respectfully remember the War dead".

"In Tullyhommon on that same day PIRA's intent was also to cause mass murder. Had the bomb detonated then Enniskillen may well have been a footnote with the deaths of dozens of children on Parade within a range of youth organisations - again respectfully honouring the

War dead".

"Mr McCann's utterances on Seamus McElwaine are political revisionism in its' most stark form. To suggest that it was the contribution of people like Seamus McElwaine who have made it possible for him to now sit as Chairman of Fermanagh and Omagh District Council is worth examining".

"Mr McCann's terrorism idolatry of a man who along with a small team of others was responsible for upwards on 30 murders in the south Fermanagh area alone is beyond contempt. Mr McElwaine's naked sectarianism alongside the policy of his employers to seek to ethnically cleanse the south Fermanagh border areas of the Protestant community is not something Mr McCann should be rejoicing in. Rather those who subscribed to that ideology should be restituting for the grievous wrongs perpetrated against their neighbours".

"Sinn Fein/PIRA need to get real, they have no credibility to speak of 'The Troubles' in County Fermanagh. The statistics don't lie in the case of the County - 91-92% of Troubles related deaths were as a consequence of PIRA terrorism, with a handful of cases involving loyalist terrorism (principally externals to the County) and a small number of cases involving individual members of the security forces who were for the most part convicted (and rightly so) of the crimes they committed. Mr McCann and his SF/PIRA colleagues need to start dealing with facts and cease insulting those whose lives they ravaged," concluded Mr Donaldson.

**\*\*We strongly encourage members and friends of SEFF and IVU to sign the Petition and please encourage your friends to do likewise**



## FACT MAY 2017 UPDATE

June has been a busy month in The **FACT** Project. Members from both Counties attended the Balmoral Show and enjoyed the sights and sounds. A tea dance followed the annual Olde Thyme Fair in the Market Yard and Archdale hall – Funded through Fermanagh Omagh District Council. Regular walks in various locations give exercise a social aspect as walkers enjoy a well deserved cuppa after each walk. Unfortunately the walking football had to be cancelled as the coach has had an accident. Our Grow it Make it Eat it course and Building the Community Pharmacy Partnership Programme continue to ensure that our **FACT** members get every opportunity to keep fit and healthy.

The **FACT** Project is funded through The Big Lottery Project: Reaching Out Connecting Older People and you can contact Sharon on 028 677 22615 at the Fermanagh office, find us on Facebook or check out [www.factni.com](http://www.factni.com) for more details of all existing and past programmes.

The Spring **FACT** newsletter has been sent out thanks to our hard-working bunch of volunteers. The **FACT** Project is funded through The Big Lottery Project: 'Reaching Out Connecting Older People' and you can contact Sharon on 028 677 22615 at the Fermanagh office for more information or [showe\\_fact@hotmail.co.uk](mailto:showe_fact@hotmail.co.uk)

**FACT** is on Facebook so friend and like us to spread the word.

Please note Lisnaskea office opening hours are Mon - Fri 9am-3pm.

### **Lisnaskea-based SEFF commence new Health and Wellbeing service for victims and survivors of 'The Troubles'**

Kenny Donaldson, Director of Services at SEFF stated: "SEFF are delighted to have secured in excess of £250,000 of Peace IV funding via The Victims and Survivors Service which will allow us to employ two outreach caseworkers. These individuals will seek to advance and deliver upon the health and wellbeing needs of our members and those of our partner groups across the Western and Southern Health Trust Regions as well as Cookstown District".

"Martina Virtue will be employed as Caseworker for the Western Region (based in SEFF offices, Lisnaskea) and Doreen Mullan will be based in Mid-Ulster servicing the Southern Region and Cookstown District".

"The core purpose of the caseworkers will be to advocate for and link victims/survivors in with existing health and wellbeing provision across the NHS but also to other support provision including support schemes available via The Victims and Survivors Service which covers areas such as; chronic pain management, disability aids, resilience initiatives etc".

"Health and Wellbeing is the single most important issue for all of us as human beings, but for those who have sustained acute trauma need is even more significant and stark. We have confidence that the new investment made in our organisation will see further progress made around these issues," concluded Mr Donaldson.

The service is now open to referrals, please contact the SEFF office for further information on 677 23884

## **ERGS trio and County Down to attend US Conference via SEFF**

This Summer local teens, Rebecca Beacom (from Maguiresbridge) Zara Ferguson (from Derrygonnelly) and Alex Kernaghan (from Ballinamallard) will represent South East Fermanagh Foundation at a Global Peacebuilding Conference organised via the Tuesday's Children organisation and its' Project Common Bond Programme. Ellie Heenan from Rathfriland will make up SEFF's quartet of young people attending the Conference.

Those representing SEFF will be part of an International grouping of young people whose families' lives have been directly affected by Terrorism. The Conference will be held at Colby College in Waterville, Maine over the period; July 22nd - July 30th 2017.

The Tuesday's Children organisation was founded to provide support and services for the children of 9/11 and others affected by Global terrorism organised the event through its' Project Common Bond Programme.

Rebecca's Grandfather Albert Beacom was murdered by the IRA on 17th November 1981. Albert was 44-years-old, married with 5 children, a farmer and a part-time member of the UDR holding the rank of Corporal and was from Boyhill, Maguiresbridge. CPL. Beacom had just returned to his home after leaving his 2 young sons at a Boys Brigade meeting in Brookborough. He left his farm with his 2 boys about a half hour earlier and when he returned, he got out of his car and walked across his farmyard to switch on a pump. Two gunmen ambushed him and shot him 5 times. His wife (Essie) ran out and found her husband dying. He was taken to the Erne Hospital where he was pronounced dead on arrival.

Zara's Uncle Alan Ferguson was murdered on 25th June 1978 aged just 23 years. Alan was single at the time of his death, and was a part-time member of the UDR holding the rank of Private, having joined the Regiment on 4th September 1973. Alan was murdered by IRA terrorists in an attack near Scribbagh post office, Garrison. Other families within the area were systematically targeted and displaced from the area in a campaign of ethnic cleansing.

Alex's Grandfather Herbie Kernaghan who was a part-time member of the Ulster Defence Regiment who was murdered by the IRA on 15th October 1979 when making his morning delivery of fruit and vegetables to a Primary School in Rosslea. Herbie was a devoted family man, married to Sylvia (deceased February 2014) and at the time of his murder they had three children, Deborah (aged 10), Gary (aged 8) and Gordon (aged 6). His fourth child, a son was born on October 29 1979, just two weeks after his murder; he was called Herbert after his father. Herbie joined the UDR upon its formation in 1970.

Ellie's Grandfather William Heenan (aged 51 years) was murdered on 3rd May 1985 by PIRA at his own home in a rural Townland located outside Rathfriland when he was on his way to feed livestock. William was a Protestant civilian. Samuel (Ellie's father) was the only child and at the time lived alone with his father having previously lost both his mother and grandmother in tragic circumstances.

Kenny Donaldson, Director of Services for South East Fermanagh Foundation commented: "SEFF are honoured to be sending four young women to this year's PCB Conference taking place in Waterville, Maine."



**L-R: Ellie Heenan, Rebecca Beacom, Alex Kernaghan & Zara Ferguson**

"SEFF encourages families and individuals connected with our organisation to build networks with others who come from similar backgrounds and experiences (irrespective of where they are located in the World) Together we are stronger".

"Our participants have made a short Film in advance of attending this year's Conference which they will be bringing with them, in-so-doing educating others from across the World as to the Truth of what happened in Northern Ireland and particularly the experiences of borderland Protestants in County Fermanagh who were murdered via a brutal PIRA campaign of ethnic cleansing".

"The Conference will also examine how genuine and sustainable Peace can be built within and between our peoples of the World; we trust that our SEFF reps come back equipped with a set of skills and learning which will equip them to be leaders within the community in the times that lie ahead".

**L-R: Samuel Heenan, Ellie Heenan, Nigel Beacom, Rebecca Beacom, Tracey Kernaghan, Alex Kernaghan, Zara Ferguson and Robin Ferguson**



# Topics & Dates of Interest



## SEFF's ANNUAL ULSTER-SCOTS SUMMER SCHOOL

(7-16 year olds - ONLY)

Lisnaskea High School

Mon 24th - Fri 28th July 2017

10am-3.30pm daily (Packed lunch is required each day)



## SEFF's ULSTER-SCOTS JUNIOR DRAMA SUMMER SCHOOL

(7-14 year olds)

Brookeborough Primary School

Mon 31st - Fri 4th August 2017

10am-2pm daily (Packed lunch is required each day)



## SEFF's ULSTER-SCOTS SENIOR DRAMA SUMMER SCHOOL

(11-18 year olds)

Willowbridge School, Enniskillen

Mon 21st - Fri 25th August 2017

9am-4pm daily (Packed lunch is required each day)



## SEFF's ULSTER-SCOTS RESIDENTIAL SUMMER SCHOOL

(12-16 year olds)

Share Discovery Village, Lisnaskea

The weekend will include water sports & other fun activities

Fri 18th - Sun 20th August 2017



Activities during the above Summer Schools will include music, dance, cookery, football, drama, archery, history & much more.

For enrolment on any of the above Summer Schemes please phone SEFF office ASAP on 028 677 23884.

**\*\*\*Enrol early to avoid disappointment.**

## SEFF Memorial Quilt Project

You may already be aware that we are currently making plans for a further Memorial Quilt to be created.

Over recent month's we have been approached by a number of families who have indicated an interest in having their loved ones remembered within a Memorial Quilt Project.

The purpose of the quilt and accompanying booklet is to humanise those murdered through terrorism.

If you had a family member murdered in the 'Troubles' and you would like to have your loved one remembered within this Quilt project then please do give us a call and we can provide further information.

Work is currently underway, SEFF's team of volunteers along with Project Facilitator, Sonia Johnston meet every week to create the individual patches.

We plan to have the Quilt completed and to hold a formal dedication of the Memorial Quilt at SEFF's Annual Memorial & Thanksgiving Service which will be held on Sunday 1st October 2017 at 3pm in Fivemiletown Methodist Church.

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### RENEWING SEFF MEMBERSHIP 2017/18

We are fast approaching the new membership year at SEFF; **1st July 2017**. Payments for renewing can be made by either cheque, cash or standing orders from your bank account.

*If you wish to set up a standing order please obtain a standing order mandate from your bank and then call the office and we will give you the required bank details for SEFF needed to complete the form. If you are in doubt whether you have a standing order set up already, please call the office and we can check for you.*

**Regrettably we cannot do card payments over the phone or in the office.**

**Since the introduction of our membership some of your details may have changed ie: address/mobile/phones/ postcodes etc, please call the office to update these!**

**Membership fees are as follows: £10 per adult renewing in the household.**

**Post primary school age 12 - 16 yrs old) is £5 each and under 11's are free.**

**August** will be the last month that we will send out SEFF newsletters to all those on the current 2016/17 membership database before we implement the updated 2017/18 mailing list.

We would appreciate if you could pay membership fees before **31st July 2017** and if possible that you would also sign up for gift aid if you are paying tax on your income, if you have not already done so.

**Your cooperation is much appreciated.**