

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities

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Seff Lisnaskea
Seff Victims



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



August 2017 - Issue 130

Dear Member,

The last few months have brought significant change to SEFF with the appointment of new staff. Since the last monthly Newsletter SEFF welcomes two new faces who are both featured within this month's Edition.

We welcome Jenny Ferguson to the staff team (although Jenny is certainly no stranger to SEFF) Jenny has been volunteering with the organisation for many years. Jenny takes up position as a Good Relations Officer and will oversee a Project funded by the Northern Ireland Executive office. The Project will see SEFF members work in partnership with older and younger people living within the Carrowshee and Sylvan Hill Estates within Lisnaskea. We wish Jenny every success in this new role which is funded up until 31st March 2018.

And an Appointment a little further away, following a successful recruitment process SEFF has appointed Yasmin Wright as its' new GB-based advocate. Yasmin will take up position at the beginning of September and will be based in London. We are currently establishing an oversight committee which will provide support to Yasmin in this new role. We again wish her well

This is a very exciting development and follows years of hard work and lobbying on the part of SEFF to have GB-based victims/survivors formally recognised and their needs met.

SEFF's Counselling service is available to take new referrals and to provide support sessions immediately. Please if you are feeling that you need some additional support or you know of others who do - help is here.

The Summer has been far from quiet at SEFF and we

have been particularly committed to running Programmes involving our younger people, and in turn supporting families. Our 5-day Summer School and Junior Drama Summer Schools have been held with two more Summer Schools happening over the next 10 day period. We were delighted to have a special guest in attendance for prize giving on the final day of the 5-day Summer School. Former Manchester Utd and Northern Ireland goalkeeper Roy Carroll who is still an excellent shot stopper, playing for Linfield.

We also say a sad farewell to Yvonne Breen of the FACT Project (County Armagh Projects Officer) who has given 2 1/2 years of effort in helping develop the Project. We wish Yvonne well in a new challenge where she is taking up a full-time post with another local charity in County Fermanagh.

Next monthly member's meeting:

Notice to members: The SEFF monthly meeting will take place on Wednesday 23rd August 2017 from 7pm onwards. We will have our Project Common Bond participants (Zara Ferguson, Ellie Heenan, Alex Kernaghan and Rebecca Beacom) with us to give us feedback on how they got on over in the U.S.

SEFF's new Peace IV staff (including Health and Well-being and Advocacy) Martina Virtue, Doreen Mullan, Ken Funston, Peter Murtagh, Wendy Stewart and Ann Travers will also be present to speak of their new roles and Jenny Ferguson who has been appointed to a new Good Relations post will also update members on her work and how some may wish to become involved.

We issue a big appeal for a good attendance on the night to encourage the returning teens plus our new staff - SEFF is continually evolving and it is so important that you, the members remain fully involved.

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 is 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

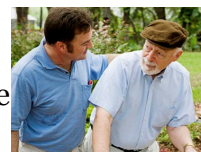
Hi All,

Things are ticking along nicely in our Befriending world, we are starting to look ahead to the coming months and plan our coffee mornings and try to include something for everyone. Do take note of anything that might interest you and join us for tea and a chat and you might even hear something of interest to you at the same time. Please support our annual fundraiser for Macmillan Cancer Charity (details below), don't forget to bring along some homemade goodies or come and treat yourself to something nice, it's all for a good cause.

As usual, if you or anyone you know may need a little help from our service, do contact the office and some of us will be in touch.

Coffee Mornings:

Thursday 28th September 2017 (10:30am to 12 noon) - Annual Macmillan Biggest Coffee Morning and Cake Sale.



Thursday 5th October 2017 (10:30am to 12 noon) - Northern Ireland Fire and Rescue Service coming to talk about their Home Safety Checking service.

November 2017 - we are hoping to bring the Action Cancer Big Bus down to SEFF but we have found out the Bus is under refurbishment at the minute and they are not sure it will be ready in time. Watch the newsletter for further details.

Regards

The Befriending Team



Complementary Therapies

We are now taking names for Complementary Therapies for Q2 covering the period August - September 2017. We have recently appointed therapists for the new funding cycle which takes us up to March 2020.

You will see within last months 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,**

SEFF's Ulster Scots Summer Schools 2017

SEFF's Standard 5 day Summer School, Lisnaskea High School

A very special week of the year was held from Monday 24th - Friday 28th July 2017 - SEFF's 5 day Ulster Scots Summer School week.

Well over 60 young people aged 7-16 years came together at the former Lisnaskea High School site as well as enjoying a day away to Cavan County Museum and some to Maguiresbridge District 3G pitches for a football tournament .

The young people participated in activities spanning Ulster Scots language, culture and heritage - including music, cookery, quiz, living history, sports and The Highland Games finale. They also had a visit from the local Mountain Rescue Team who provided a demonstration enjoyed by all.

SEFF wishes to place on record its' thanks to the following people who made the week so special:

Coordinator at the Summer School - Audrey Watson, SEFF Leaders, Tutors/Facilitators, Education Authority for use of the School and grounds plus Caretaker Geraldine, Roy Carroll (our special guest on Friday) who handed out prizes and was great around the children, the Ulster Scots Agency and Fermanagh and Omagh District Council for the funding to make the event possible and of course the young people themselves.

On the final day the kids also got their singing voices in gear to sing Happy Birthday to Audrey Watson and to present her with flowers to mark her half century on this earth - richly deserved. All at SEFF wish Audrey many more decades to enjoy this life.

Finally we thank Trevor Watson and daughter Rachel for taking pics throughout the week, see below for a selection of pics.



SEFF's Ulster Scots Junior Drama Summer School 2017

See below a selection of pics which illustrate the recent SEFF Junior Drama Summer School held in partnership with Brookeborough Primary School over the first week of August.

This year's play involving well over 20 young people aged 7-14 years told the story of RMS Titanic as she made her fateful journey and was told through the eyes of those who built the ship.

The play was aptly called, 'She was alright when she left us' and is written by Dan Gordon and is part of the Pat and Plain series, it involved a whole range of singing, dancing and acting.

We extend our deep appreciation to all involved, particularly the participants but also to Stephanie Kenny (of Class Act Drama) who facilitated the full week.

The Friday performance attended by Joy Aiken (SEFF's Projects Officer) was said to be excellent and there was good support from parents and other family members who came along to see their young people demonstrate their impressive acting skills.

We also wish to place on record our thanks to The Ulster Scots Agency who provided funding to enable the Summer School to take place.



Managing the Challenge

of living with a long term condition



Learn how to Self Manage your long term health condition;

Arthritis, Pain, Fibromyalgia, PTSD, Back Pain, Asthma, Epilepsy, M.S., Depression, Diabetes, COPD, Stress, Anxiety

FREE 6 week training course
1 day a week for 2 hours starting on

Thursday 12th October at 10.30am.

Held in SEFF Offices, Lisnaskea

Learn how to manage your, pain, fatigue, set goals, build your self esteem, make changes and improve the quality of your life!

To register your interest in attending this course please contact the SEFF Office on 028 677 23884.



A call for all your

unwanted household items!



SEFF are having a fundraising auction on 7th October 2017

Venue (TBC)

Items can be left in SEFF up to the auction, or large items can be collected with prior notice.

Call SEFF 028 677 23884

Also on the day will be a cake sale, and we would appreciate talented and generous bakers donating some goodies!



DATES FOR YOUR DIARY

CLASS &	DATE, TIME &	DESCRIPTION	VENUE	COST
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: Genny 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 
Walkers & Talkers	Friday 25th August 2017 Meeting at 10.30am at the Car Park beside the Visitor Centre	Come along for a nice leisurely walk followed by tea, coffee and scones in the Tea Room.	Crom Estate	N/A 

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.



FACT MAY 2017 UPDATE

The summer months have allowed FACT members to get out and about. Walks and trips get our members exercising and socialising in the fresh air enjoying beautiful surroundings. August has seen technology classes in both counties start again to support FACT members continued learning.

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 for more details of all existing and past programmes.

Photo: view from the Maid of Antrim Cruise - courtesy of Eileen Connolly

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 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

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

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



SEFF's Remembrance & Thanksgiving Service

Sunday 1st October 2017 at 3pm

In Fivemiletown Methodist Church.

WITH REV. WILLIAM NEWELL

The service will also include the formal dedication of SEFF's new Memorial Quilt Project.

Light refreshments will be served afterwards within the Church hall.



SEFF's Health and Wellbeing Service

The service has now been up and running for the past month. Jointly we (Martina and Doreen) have worked on the branding of the new Health and Wellbeing project. We organised a focus group in Moygashel, with a few members and some of the other partner groups involved, getting some feedback on naming the project, possible strap lines and how our 'promotional' material should look.

The project is to be called CLASP - Connecting Lives And Supporting People.

The strap line we have chosen, which we feel best conveys how to achieve good health and wellbeing, is "My Life Is Mine And I Will Live It".

We are in the process of developing a CLASP Facebook page. The page will enable us to share information, services available, workshop photos and upcoming events to members.

The Victims and Survivors service recently held induction workshops which we attended. Here we met other new caseworkers from various groups across the province and we were given an insight into the support frameworks available through VSS and the process for submitting requests based on individual's needs.

We have been familiarising ourselves with local existing Health and Wellbeing provision across the four partner groups and we've had the opportunity to engage with some members through the referral process and hopefully start to make a little positive difference to their Health and Wellbeing - both physical and emotional.

How to get in touch:

Doreen Mullan (Dungannon, Cookstown, Richill and surrounding areas)

Phone - 07860850015 Email - doreen.mullan@seff.org.uk

Martina Virtue (Western Region)

Phone - 07860850014 Email - martina.virtue@seff.org.uk

THOUGHT FOR THE MONTH



SEFF Allotments BBQ

We are planning a Summer BBQ event on Saturday 16th September 2017 out at the Allotments site. This event will follow a morning's work when new soil will be made available through Federation of City Farms & Community Gardens organisation who we will now be working in partnership with alongside a number of other Community gardens/Allotment sites across Fermanagh & The Clogher Valley.

The day will commence at circa 10am and finish around 4pm.

We would like to invite any of our members who have an interest in gardening to come along to this event. We ask that you confirm via telephone for catering purposes by 5pm on Friday 8th September 2017, please phone the office on 028 677 23884.



Claudy Remembrance Service - A visible showing of Community solidarity

Kenny explains SEFF's role: "We were honoured and privileged to work alongside Claudy families in organising an open air Community-themed Service to mark the 45th Anniversary of the Claudy bombs where nine innocents were stolen through terrorism on 31st July 1972 by the brutal actions of the Provisional IRA".

"Over 300 people from across the local community and many from further afield joined together in a visible and profound act of solidarity with those directly impacted by the terrorist atrocity. As well as hearing SEFF's youth choir perform those in attendance were also able to view SEFF's Memorial Quilts and another produced by south Armagh-based group FAIR which all carried tributes to the Claudy atrocity".

"We worked with the main Churches in the area and many of those directly impacted by the Claudy bombs to try to develop a programme which honoured the memory and legacy of those gone before us. There was full community participation in the Service with families from across the community sharing in the content of the Service; reading Prayers, laying floral tributes and with their religious leaders standing together, shoulder to shoulder".

"The nine innocents murdered were grandparents, sons/daughters, brothers/sisters, aunts/uncles. These individuals were wholly innocent as were the many who were injured physically and psychologically. Terrorism came uninvited to Claudy Village on 31st July 1972 and it ravaged so many lives".

"The Service provided a means to remember but to give thanks for lives well lived, even those of the youngest victims, just 8 and 16 years. A message of Hope and Renewal and a recognition of the resilience of those who were left devastated by the bombs radiated throughout the evening".

"We along with the Claudy families call for a proper, fully resourced and proactive investigation into Claudy - 45 years of injustice must not continue to grow further," concluded Mr Donaldson.



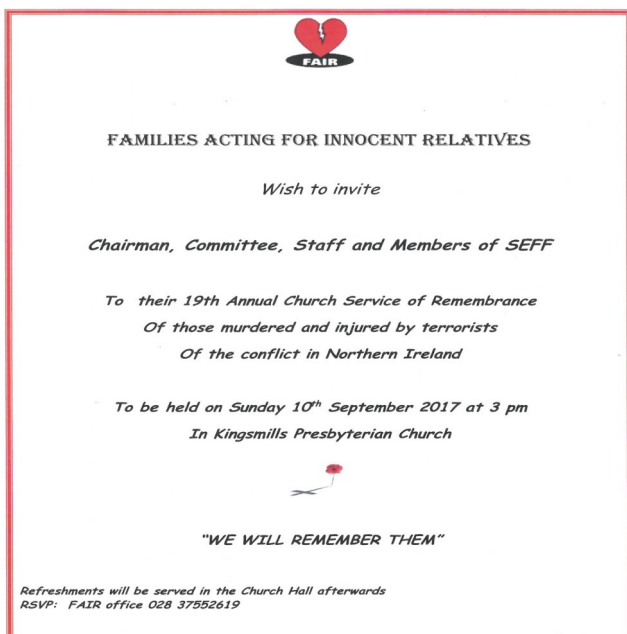
SEFF Offering Transport to the Service

SEFF will be sending a contingent of Management reps and members to this Remembrance event.

Subject to interest levels, minibus/coach transport will be provided or alternatively shared car lifts will be arranged.

Transport will leave SEFF offices, Lisnaskea at 1pm with pick-ups available along the way.

Please contact the SEFF office on: 028 677 23884 / 677 22242 if interested in attending.



'Celebrating South Fermanagh's Cultural Diversity' Project

SEFF have recently received funding from the Northern Ireland Executive Office, Central Good Relations Fund to deliver a good relations project known as, 'Celebrating South Fermanagh's Cultural Diversity'. The project will involve SEFF and a partner group in Carrosyl (a community organisation based between Carrowshee Park and Sylvan Hill, Lisnaskea). It will involve an older people's element and a younger people's element where basically participants will explore each other's cultures and heritage through a range of workshops and educational trips over the period of September 2017 - March 2018.

The organisation has recently appointed a Project Co-ordinator in Jenny Ferguson - please see Jenny's bio below and we would like to formally welcome her to the organisation, we look forward to working with her over the coming months.



My name is Jenny Ferguson and I am delighted to have been recently appointed into the position of Project Coordinator for the 'Celebrating South Fermanagh's Cultural Diversity' Project. This is ironic for me as I was born at Aghadrumsee in the heart of South Fermanagh but now live in Derrygonnelly, I'm married to Robin and have five children Alan, Louise, Diana, Mark and Zara. During previous years I have served with the Royal Irish to its disbandment in 2007. I then commenced working with the PSNI as a station duty officer working in both Lisnaskea and Enniskillen Stations. In my spare time I went back to South West College and took a foundation degree in Counselling Studies and have taken other shorter courses in befriending, advocacy and mental health. These courses been so worthwhile in improving my knowledge and understanding of others. I have been involved with SEFF for a number of years in a voluntary role assisting as a leader in summer school, a befriender and in the last year helping to coordinate the junior choir. These projects have given me an

insight to the wonderful work that SEFF is providing to their membership and that I now have the honour to further add my contribution.

The project theme and activities proposed are close to my heart, identity and a sense of place is important to all of us and this programme is very inclusive of this .

The South Fermanagh's Cultural Diversity Project aim is to promote shared space and assistance to bring young and old together in spaces where they would not traditionally visit and to explode some of the myths of our diverse history. We hope to go on various cultural excursions eg Battle of Newtownbutler, Burning of Lundy, Croke Park and Collins Barracks. We will be doing this work in partnership with another group in Lisnaskea called Carrosyl and drawing folk from our own SEFF membership and Carrosyl .

Through the various components of the project we will aim to ensure that cultural diversity is seen as a positive thing and that there are indeed many commonalities between both traditions. The two partner groups will learn about each others traditions, culture and history and with encouragement there will be a chance to have frank and open discussion whilst enjoying music, drama and dance.

*The project is fully funded and is being targeted at the over 60s and the youth of both organisations and will commence in September and run until March 2018. We are confident that this programme will open new opportunities to young, old, male, female and most important protestant and catholic. If you would be interested in taking part in either the younger or older people's projects please contact the office on **028 677 23884 by Wednesday 30th August 2017.***

Please keep me in your thoughts and prayers as I commence this new venture.

Topics & Dates of Interest

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RENEWING SEFF Membership 2017/18

August is the last month the 2016/17 members will receive the SEFF monthly newsletter. September commences the renewed 2017/18 membership list. Renewing can still 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.
Your cooperation is much appreciated.

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MINDWISE PROGRAMMES

Mindwise programmes available locally within the Family Wellness Project. The latter is funded by the BIG Lottery for both the WHSCT and the SHSCT.

The partners to the project are CAUSE, Action Mental Health, CAMHS and AWARE Defeat Depression.

AWARE provides the following programmes for us and their own facilitators deliver the programmes. However they are funded through the Family Wellness Project with no cost to participants.

Participants funded under this project are required to be parents or carers of at least x 1 child aged 5 - 12 yrs.

The programmes available are:

- 1) Mood Matters for adults x 2hrs stand alone programme aims to raise awareness for participants about mental and emotional well-being recognise same in their own and that of their family.
- 2) Living Life to the Full (LLTTF) x 6 classes @ 2hrs ea. (A follow on to Mood Matters but entirely optional).
- 3) Mood Matters - Supporting Children with Anxiety, a stand alone class x 2.5 hrs.

If any SEFF members or their families are interested then they may contact the organiser by email at

Carmel.Rooney@mindwisenv.org