

# SEFF NEWSLETTER

*Supporting Victims and Survivors, Strengthening Communities*

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**Seff Lisnaskea**

**Seff Victims**

**October 2017 - Issue 133**



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



Dear Member,

As we march closer to Winter and the shorter evenings it's a time of the year that can sometimes prove challenging for some. When Hallow'een is skipped over we're then in count-down mode for Christmas (commercially speaking anyway)

As we approach this season it is important that we hold in our thoughts and hearts those who find this time of the year particularly difficult and we should all do what we can to be better neighbours to such people - being more compassionate and caring of their needs.

At SEFF we have come through a further AGM in the last week with over 100 members in attendance. We have a new Management Board in place with 13 of the existing Board returning and joined by two new members - Debbie Carson (Daughter of Herbie Kernaghan) and Shane Lavery from Coleraine whose brother was also murdered by PIRA.

We also had our Annual Service of Remembrance and Thanksgiving. In my nine years at SEFF I have not known such a high level of feedback for any previous initiative we have been involved with, the Service content seemed to really resonate with those in attendance - who were 540 strong. We thank all who contributed to making this such a wonderful success as well as those who helped transport and also look after our GB-based victors.

We also owe a debt of gratitude to Sonia Johnston and her team of volunteers who worked with such dedication in completing our third quilt at SEFF - 'A Patchwork of Innocents.'

We wish to thank Rev William Newell for his powerful and fitting address but also the manner in which he tended to the

planning stages of the Service and how he strove to make victims/survivors feel special and acknowledged throughout.

Next year we will move to Ballygawley Presbyterian Church as we continue to switch the Service around the various denominations.

Over the past small number of weeks we have also appointed our second Projects Officer within The FACT Project - whilst Jenny Ferguson already works with us via a Good Relations Project funded by the N.I Executive Office we also welcome her to the FACT Project where we have no doubt that she along with Gladys and Mandy will do the Project proud.

We have a large number of events coming up over the next few months including courses, luncheon clubs, men's breakfasts, respite days and the usual SEFF services, please do support these initiatives and particularly the Remembrance-themed events.

A significant number of previous members (2016/2017) have yet to renew their Membership for 2017/2018. We are conscious that in most cases this is just an oversight but we appeal for you who are receiving this Newsletter to please speak to others and encourage them to renew their membership so that they are bolted into SEFF's communications and receive the relevant Info bulletins.

The next monthly Member's meeting will take place on Wednesday 22nd November 2017. We will have Guest Speaker at the meeting from a Media/Journalism-based background (Name TBC via Facebook, Text message system etc)

**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.**

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.

## **Judith Thompson's (Victims' Commissioner) visit to SEFF**

Victims Commissioner Judith Thompson visited SEFF Offices for our monthly member's meeting in September 2017. The Commissioner came along to engage with the membership upon a range of policy issues. The Commissioner accompanied by CVSNI Secretary (John Beggs) provided an address complete with PowerPoint presentation mainly focused on the Stormont House Agreement and her perspective on the way forward as well as sharing her insight as to what she saw as the impediments to progress.



The Commissioner was received courteously but upon the Q & A session commencing faced rigorous challenge from a number of members from the floor who questioned the likelihood of the proposed structures holding terrorism accountable. The Commissioner was also challenged around the definition of victim and was advised that this piece of legislation and its' application grievously offends the innocent victims and survivors of terrorism and other 'Troubles related criminal violence.'

Members also expressed their concern over what they view to be the rewriting of history by Republicans where they are seeking to diminish their responsibilities for mounting an insurrectionist campaign upon the people of Northern Ireland, wider United Kingdom and to an extent, the Republic of Ireland State.

Members expressed concern that the legacy structures as currently proposed offered little to them in enabling them to pursue justice, truth and accountability into the wrongs which were inflicted upon them. A number cited the fact that the proposed legislation proposes that the HIU will only examine cases which haven't previously

been examined by the HET (unless new evidence comes to light) It was stressed to the Commissioner that most borderland murders had received an HET Review but that the product produced was not unsatisfactory to families.

A number of members also challenged the Commissioner to stand over the appointment of individuals with terrorist convictions to the Victims Forum. Upon the meeting concluding it was agreed that the commissioner should return at a later date to reengage with the issues of SEFF's Membership and to provide relevant updates.



## **Remembrance Themed Evening**

**Wednesday 15th November 2017**

On **Wednesday 15th November 2017 at 7.30pm** we are holding a Remembrance themed evening in SEFF offices where we will have a representative from Help for Heroes, Alexander Baillie, we will also have a number of victims and survivors sharing their testimonies (Names to be confirmed).

Alexander will be coming along to explain information on the Band of Brothers & Sisters. The Help for Heroes Band of Brothers is available to Veterans, Service Personnel and those who have served alongside our Armed Forces who have suffered a permanently life-limiting or career-ending injury or illness during or attributable to their service.

Please do support this event if you can.



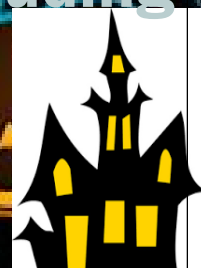
# SEFF'S COMMUNITY HALLOWE'EN FESTIVAL 2017



**Monday 30th October 2017 at 6.30pm**

**At the former Lisnaskea High School**

**Come along for lots of fun activities including  
face painting, bouncy castle,  
BBQ and fireworks!**



**ATTENTION**

As part of this year's Hallowe'en Event we'll be welcoming Ryan Tracey (Duff Balloons) as seen on Britain's Got Talent (Semi-finalist), Good Morning Britain, Blue Peter and Gogglebox, multiple Guinness World Record Holder as featured in the Guinness Book of World Records 2018.

**Come along to see him perform!!!**



## MEMBER'S CHRISTMAS PARTY NIGHT

**Wednesday 13th December**

**8pm**

If you are interested in attending the SEFF members Christmas Party Night please call the office by 5pm on Friday 9th December to book your place. This is for catering purposes

Donations for a Raffle on the evening would be gratefully received and can be left into the office before the evening.

**The Valley Hotel**  
**Music by**  
**Wee Tom**



# DATES FOR YOUR DIARY

CLASS & TUTOR	DATE, TIME & DURATION	DESCRIPTION	VENUE	COST
<b>Art Class</b> <b>Tutor:</b> <b>Ruth Elliott</b>	Wednesday 1st 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.

## MEN'S BREAKFAST CLUB 2017/2018



Good news for all you hungry men with big appetites....SEFF's Men's Breakfasts will be recommencing for the winter months (October 2017 - March 2018).

The breakfasts will all begin at 10am and the cost will be £3 per Breakfast.

As with previous years the venue will rotate between two locations (Donn Carragh Hotel and Miller's Coffee shop both based in Lisnaskea) every month. Please see dates and venues below:

DATE	LOCATION	DATE	LOCATION
		<b>Saturday 4th November</b>	Miller's Coffee Shop
<b>Saturday 2nd December 2017 at 10am</b>	Donn Carragh Hotel	<b>Saturday 6th January 2018 at 10am</b>	Miller's Coffee Shop
<b>Saturday 3rd February</b>	Donn Carragh Hotel	<b>Saturday 3rd March 2018</b>	Miller's Coffee Shop

## **'Celebrating South Fermanagh's Cultural Diversity' Project**

Just a quick update on the Project between SEFF and Carrosyl, we are very pleased to be up and running, we've held workshops for both the young people and older people.

The younger folk attended a workshop based on 'Remembrance' and a enjoyed a day at the Somme Heritage Centre and Kingspan Stadium.

The over 60's have also had their first workshop and a tour of the Battle of Newtownbutler, they enjoyed a meal in the Derrygarra Inn.

We are excited about the next few months and further events the project involves - keep an eye on the newsletter to keep up to date.



# ‘A Patchwork of Innocents’



On Sunday 1st October 2017 well over 500 people gathered to mark SEFF's 5th Annual Service of Remembrance and Thanksgiving. In a packed Church (Fivemiletown Methodist) and adjoining hall, those in attendance came together in solidarity to remember the innocent victims and survivors of terrorism.

Kenny Donaldson, Director of Services at SEFF explains the particular symbolism associated with this year's Service. He stated: "We were overwhelmed by the numbers attending yesterday's service, from right across Northern Ireland, Republic of Ireland and Great Britain".

"This year's Service was themed; A Patchwork of Innocents reflecting the 62 children and adults remembered on the quilt whose lives were stolen to terrorism. The Quilt was unveiled by the family representatives of the four children at the centre of the quilt - Lesley Gordon, James Barker, Alan Jack and Leanne Murray".

"Those attending yesterday's event have used the following words to describe their feelings - powerful, emotional and deeply poignant are the most common words and phrases which have been used. As well as the quilt being dedicated, we were blessed by the beautiful voices of SEFF's youth choir (comprised of those whose loved ones were also murdered by terrorism) and the families of Drew Beacom, George Gilliland and Eva Martin, who were each murdered in the Clogher Valley area read the passages of scripture as well as sharing testimony and reflections".

"Yesterday's service was overseen by Rev William Newell who demonstrated considerable empathy with those present, he captured the essence of Christianity by showing deep understanding with those impacted but he also relayed a wonderful message of Hope and Renewal - made possible through our Lord and Saviour Jesus Christ," concluded Mr Donaldson.







# FACT OCTOBER 2017 UPDATE

## **FACT's new recruit - Projects Officer for County Fermanagh**

A familiar face to many we are delighted to announce Jenny Ferguson as our new Projects Officer for Fermanagh, Jenny joins the FACT Project team alongside Gladys and Mandy as of 1st November 2017.

As you may be aware Jenny is already employed within a Good Relations role in SEFF and she will be very capably juggling both roles until the Good Relations funding ceases at the end of March 2018. A little bit of info on Jenny:

*She is 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. Jenny then commenced working with the*



*PSNI as a station duty officer working in both Lisnaskea and Enniskillen Stations. In her spare time Jenny 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 were worthwhile in improving her knowledge and understanding of others. Jenny has 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 gave Jenny an excellent insight to the wonderful work that SEFF is providing to their membership and the over 60s through the FACT Project. Jenny has said that she is delighted to take on the role of Projects Officer and look forwards to working in the FACT Project.*

### **Project Update**

A number of classes have started for the October - December period across Counties Fermanagh and Armagh including wood turning, art, folk dancing and boccia.

The next Let's Lunch is happening on Thursday 26th October 2017 in Armagh and a further one in Fermanagh scheduled on Friday 17th November 2017 in the Mayfly Inn (Fermanagh).

We are planning to hold a joint Winter Warmer event (between County Fermanagh and County Armagh) in January 2018 so watch this space for further info.

Lastly we are on the hunt for enthusiastic singers (from Fermanagh and Armagh) to join the FACT Project choir so if you would be interested in joining or know someone please do let us know.

The FACT Project is funded through The Big Lottery Project: Reaching Out Connecting Older People and you can contact us 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.

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

**Jenny, Gladys & Mandy**

## HEALTH & WELL-BEING

The Health and Well-being team have been busy getting out and about meeting members and attending community meetings and conferences.



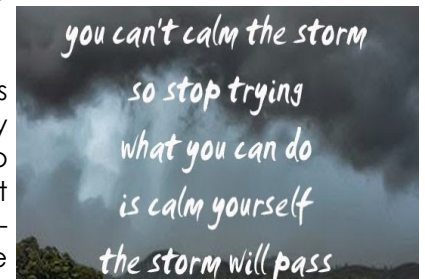
Our Health & Well Being Caseworkers attended Community Engagement workshops in their areas of work, Cookstown and Irvinestown, on the expansion of a community development approach with a focus on health inequalities. The workshops explored how the Health & Social Service Trusts will aim to work together with community groups to deliver the programme. Participants included many community groups, representatives from local councils, NIHE and Health trusts.

Martina recently attended a "Peace of Mind" - positive mental health conference in Clones, organised by the Clones Family Resource Centre. Several speakers told of their personal experiences with depression and their journey which led them into recovery. They reflected on the support that they had received, some from medical professionals, the resource centre, family, friends, clergy etc. Regardless of whom it was that provided the listening ear in their time of strife, the same message came through from all; reach out and tell someone. The hardest part was having the courage to acknowledge that they needed support but once that first step was taken many doors opened up to guide them through their own personal darkness. Each speaker stated that their lives had improved immeasurably and although they still had 'dark days' they were now much better equipped to cope.

A group of inspirational young people from Largy College, Clones staged their award winning "Mend A Mind" presentation at the conference. They were keen to share their message that depression and anxiety are not life choices for people or labels that they put upon themselves. Check out their Facebook page - *Mend a Mind, It's a Disorder Not a Decision* for some insight into their project and some brilliant video coverage of their activities.

Psychologist Shane Martin delivered the keynote speech, focusing on happiness and techniques to relieve stress. The tone of his address was one of positivity and practical advice, peppered with humour and anecdotes to help commit his message to memory. Shane has delivered many of these talks at numerous conventions over the years around a range of topics including empowerment and recovery. To see some of Shane's previous work and maybe find details around upcoming talks refer to his website -

[www.moodwatchers.com](http://www.moodwatchers.com)



Thought for the month

### **SEFF's Annual General Meeting**



On Wednesday night last approx 100 members of SEFF attended the Group's AGM, held in the former Gymnasium of Lisnaskea High School.

Those in attendance were reminded of developments within SEFF spanning the last 12 months as well as planned programmes and activities over the coming period.

There was also an address from Prof Arthur Aughey who spoke on the on-going challenge of ensuring the integrity of 'The Past' is protected. Prof Aughey also fielded questions from the floor.

Following a tasty Super, those in attendance were then entertained by the talented SEFF Youth choir who sang three beautiful and uplifting pieces of Christian music and there then followed as showing of 'The Journey of the Quilt' short film produced by Lyons Digital.

The evening was very successful and the former School Gymnasium offered the perfect backdrop for proceedings.



## SEFF's Annual Act of Remembrance

SEFF's Annual Act of Remembrance will take place on Friday 10th November 2017 at 11am at SEFF's Memorial in the grounds of Holy Trinity, Church of Ireland, Lisnaskea.

Refreshments will be served afterwards in SEFF Offices followed by a number of victim and survivor testimonies.

We would ask that you please phone the office on 028 677 23884 if you are attending (numbers are required for catering purposes)

We appeal for a strong attendance, an organisational wreath will be laid plus we have Poppy crosses for families who have been bereaved of loved ones to also lay within the Service.



### Morning SEFF Calling

Hello to all members of SEFF from "Morning SEFF Calling". The beginning of winter is now with us, and storms "Ophelia" and "Brian" have passed. I am now firmly back doing my calls after my period of recuperation for two operations on the lumber region of my back.

Unfortunately we have not been able to set up our promised Wednesday evening calls. However we are still accepting requests from those who believe that they, or some-one they know would like to avail of a weekly phone call. Once again we are appealing to anyone who could commit for about two hours a week to get in touch if they are interested in helping provide this very worthwhile service.

As I mentioned above we are at the beginning of winter and long cold dark evenings. Winter, for many people, especially those who have limited mobility can be very depressing and that one phone call once a week can be uplifting.

Feedback since we began the service two years ago would indicate that "Morning SEFF" is a positive and welcome service and for me, from a volunteers perspective, whom, because of physical illness can no longer work, it has been good psychologically, as it has given me a reason to get up and do something worthwhile for someone whom for whatever reason uses the service.

On a more positive note apparently we are to avail of warmer less wet weather this week. Needless to say I am not holding my breath.

Until next month take care from Ann and Rita SEFF Calling.

Anna Townsend



### Complementary Therapies

We are now taking names for Q3 covering the November - December 2017 period.

#### **The treatments on offer, with 5 sessions of either:**

- 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 Christmas Children's Party

For 2yr olds to P7 age **ONLY**

Please ring SEFF Office with the name & age of your child/children or grandchildren who would like to attend.

Kids can enjoy time in the soft play area, bouncy castle and of course a special visit from Santa Claus. Refreshments will be served.

**Saturday 9th  
December  
@ 2.30pm  
In Castle Park  
Centre**

**Lisnaskea  
Register names by 5pm on  
Thursday 30th November on  
Tel: 028 677 23884**

Do you want personalised training opportunities with chance to complete Personal Development activities?



### ARE YOU:

- AGED 16-25
- LOOKING FOR A NEW OPPORTUNITY
- LOOKING TO MEET NEW PEOPLE AND MAKE NEW FRIENDS
- MOTIVATED TO GAIN NEW SKILLS
- LOOKING FOR SUPPORT WITH EMPLOYMENT/EDUCATION OPPORTUNITIES
- AVAILABLE 10-2PM 1 WEEK

### MAKING EMPLOYMENT ACCESSIBLE TO ALL

Contact Us

Ciaran Rooney  
FYDP Co-Ordinator  
Ciaran@frci.org.uk

Rachael Boylan  
Youth Outreach Officer  
Rachael.fydp@gmail.com

Mary Monaghan  
FYDP Administrator  
Mary.fydp@gmail.com

028 6632 6478 tel  
028 6632 5984 fax

### APPRENTICESHIPS

IVQS AND WORK PLACEMENTS ARRANGED TO MEET NEEDS OF PARTICIPANTS WHO PROGRESS TO YEAR TWO

PERSONAL DEVELOPMENT WORKSHOPS

1-1 MENTORING, SUPPORT AND GUIDANCE

INTERNATIONAL FUND FOR IRELAND



### Free training Opportunities

Vocational Support - Creative skills - Literacy & Numeracy - Construction of Skills Register Health & Safety - Personal Development - Food Hygiene - First Aid - Manual Handling - CV writing - Help with job applications - Interview Skills and much more

Hi All

As usual, Befriending has been busy, in fact, very busy. We are involved in helping some of our members who are currently attending hospital regularly and with this in mind, we are again actively recruiting more befrienders and drivers. Both of these roles involve attending training courses which we are trying to get organised so if you have a few hours to spare and want to join us, please leave your contact details in the office and the Befriending team will get back to you when we have more information on training dates.

Coffee mornings are still continuing, unfortunately we haven't managed to secure the Action Cancer Big Bus for November but thankfully we will be having them down in the New Year so if you are due an appointment with them or want to visit the Bus then watch out for the new 2018 date.

Coffee Mornings:-

November: We are helping to organise a few events this month, not on the traditional Thursday Morning so take note of the new dates:

Wednesday 15th November - at 7.30pm a visit from Help The Heroes to talk about their work.

December: Thursday 7th December at 10:30am - Our Annual Christmas Coffee Morning including the customary mulled wine and mince pies.

Please come along and support these events, it means a lot to us to see a full room.

**The Befriending Team**



# Topics & Dates of Interest



**TEMPO SILVER BAND**

**CRAFT FAIR & AFTERNOON TEA**

**Saturday 18<sup>th</sup> November 2017**

**1pm – 4pm**

**Location: Tempo Church Hall**  
(Main Street Tempo)

***Everyone Welcome***



**BEETLE DRIVE**

**Fivemiletown RBL Hall**

**Wednesday 1st Nov**

**7.30pm**

**ALL WELCOME**



**COFFEE MORNING**

**Saturday 28th October**

**RBL Fivemiletown**

**10am—1pm**

***Proceeds in aid of Poppy Appeal***

**Addiction THE BAND**

*Celebrating 25 Years*

*Charity Dance*

*Friday 1st December 2017*



**THE VALLEY HOTEL, FIVEMILETOWN**

**ADDICTION & FRIENDS FROM 8.00PM ONWARDS**

including Youthful Chorus, Calum Smith & Maria Cameron Music

**£5.00 ENTRY** (Draw for a raffle on the night)

Proceeds to: **MAKE-A-WISH**




**ZEST FOR LIFE**

**ZEST FOR LIFE** is a free programme of 6 sessions designed for people on a survival and recovery period in their cancer journey.

The course aims to help identify positive lifestyle changes that will help improve physical and mental well-being.

Topics covered may include:

- Understanding and managing stress
- Identifying your personal values and needs
- Techniques to encourage positive thinking
- Relaxation methods
- The benefits of regular exercise
- Goal setting

**STARTING ON THURSDAY 2nd November 2017**  
(and then every subsequent Thursday until 7th December 2017)

**Fermanagh House, Broadmeadow Place, Enniskillen**  
**10.30am - 1.00pm**

**Course Facilitator: Helen Murphy, Cancer Focus NI Counsellor**

If you feel you could commit to this programme and would like more information, please contact:

**The Care Services Secretary**  
**T: 028 9066 3281 E: [care@cancerfocusni.org](mailto:care@cancerfocusni.org)**