

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities

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Seff Lisnaskea
Seff Victims

December 2017 - Issue 135



The Queen's Award
for Voluntary Service



Dear Member,

Another year is almost over and there is much for each of us to reflect on.

We have said goodbye to staff who have taken up new opportunities and sadly we have also said goodbye to members who have left this life and who in doing so have left a huge void in the lives of those left behind.

But over the last 12 months we have also saw many new faces join the SEFF Family; staff, volunteers and members, the organisation continued to evolve.

As the holiday season approaches we are also particularly mindful that within the joy of this period there can also be significant sadness, whether that be as a result of bereavement, relationship breakdowns, financial hardships, health related issues or the secret killer - loneliness and despair.

We encourage each of you to be good neighbours this Christmas, please give your gift of time in supporting those less fortunate, those who may not have support networks (whether family or friends)

We also stress that you be careful as you travel out and about this Christmas season, the cold snap that has arrived means that roads are extra challenging, it is important that we all are observant of the actions of other road users as well as ourselves.

I want to now take this opportunity to thank you all for the support you have given throughout the year to SEFF, it has been a very busy 12 months with many new milestones

reached, the presence of a GB support base is worthy of particular mention, SEFF is the first N.I.-based group to set up base in our Nation's capital where we are committed to ensuring that GB-based victims/survivors have an equality of access to support services as experienced by their Northern Ireland counterparts.

As we plan ahead for a new financial year commencing; 1st April 2018 we would appeal for you, the members to come forward with your ideas around possible respite locations, particular courses you'd wish to see run within SEFF plus any other ideas/suggestions you have to further develop and improve what we offer on behalf of victims/survivors and the wider community at large.

We appeal for you to attend our next Educational/Cultural seminar taking place on Wednesday 10th January 2018 @ 7.30pm when we will have Rev Peter McIntyre (Clogher Valley Free Presbyterian Church) who will speak on matters such as; Justice, Forgiveness and the challenge of Reconciliation.

Our January monthly Member's meeting will take place on Wednesday 24th January 2018 @ 7.30pm. Our Guest speaker will be renowned Broadcaster and Journalist Malachy O'Doherty.

We wish you and those you love a peaceful and blessed family Christmas where the real message of Christmas - Christ's coming soars above all other considerations.

Kenny

SEFF Christmas Holiday Closure Dates

Half day closing Thursday 21st December at 1pm

Closed Friday 22nd December 2017

Reopening Tuesday 2nd January 2018 with skeleton staff.

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. Remember Norman Kirkpatrick is also now available to assist you with Appeals/Tribunal Representation work.

Christmas Activities in SEFF



**KID'S
CHRISTMAS
PARTY
CASTLE PARK
CENTRE**



**SATURDAY
9TH
DECEMBER
2017**



**Christmas Craft Coffee Morning
Thursday 14th December 2017**





Christmas Members Night
Wednesday 13th December 2017
The Valley Hotel, Fivemiletown



1914-1918

LISBELLAW SOUTH FERMANAGH
WORLD WAR ONE SOCIETY

AGM
 8TH JANUARY 2018
 LISBELLAW METHODIST CHURCH HALL
 8PM SHARPE
 TALK BY
NIGEL HENDERSON
 (HISTORY HUB ULSTER)

ULSTER & IRISH SOLDIERS
 AT THE
BATTLE OF ST. QUENTIN
MARCH 1918
 100 YEARS AGO THIS YEAR
"LESS WE FORGET"
 REFRESHMENTS AFTER

Please come along and listen to what our forefather's
 Went through during The Great War
 1914-1918

16th (Irish) Division 36th (Ulster) Division

REMINDER: SEFF Christmas

Holiday Closure Dates

The office will close on Thursday 21st
December at 1pm and will
reopen on Tuesday 2nd January 2018.

This applies to all SEFF Projects
(including FACT).

DATES FOR YOUR DIARY

CLASS & TUTOR	DATE, TIME & DURATION	DESCRIPTION	VENUE	COST
Art Class Tutor: Ruth Elliott	Monday 15th January 2017 7.30pm - 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 Office, Lisnaskea (Unit 2)	£20 per person
Sewing Class Tutor: Sonia Johnston	Monday 15th January 2017 7.30pm - 9.30pm 6 weeks	Come along and learn how to make some basic pieces eg. Cushions, bags, aprons, patchwork pictures, doorstops and more. This class involves machine sewing so feel free to bring your own machine if you prefer.	SEFF Office, Lisnaskea (Conference Room)	£20 per person
Yoga Tutor: Genny Brown	Tuesday 16th January 2017 7.30pm - 9.30pm 6 weeks	Some light relaxation and exercise	SEFF Office, Lisnaskea (Conference Room)	£20 per person
Genealogy Tutor: Frank McHugh	Thursday 18th January 2017 7.30pm - 9.30pm 8 weeks Includes 6 classroom based sessions and 2 trips to PRONI (Belfast) and National Library (Dublin)	Learn how to research and create your family tree. Research your family history over this 8 week course. Participants need access to internet in order to research, this is available within SEFF offices but if possible if you can bring your own laptop / device as we only have limited numbers of laptops.	SEFF Office, Lisnaskea (Unit 2)	£40 per person (£20 for the course £10 per each trip which includes transport & a meal) We ask that you commit to the entire course as much as possible.
Jiving Tutor: Rodney Noble & Sandra Noble	Thursday 18th January 2017 at 8pm (Provisional Date) 6 weeks	Learn some jiving moves to the latest country tunes.	Garrison (Hall TBC)	£15 each or £25 per couple

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

DATE	LOCATION	DATE	LOCATION
Saturday 6th January 2018 at 10am	Miller's Coffee Shop		
Saturday 3rd February 2018 at 10am	Donn Carragh Hotel	Saturday 3rd March 2018 at 10am	Miller's Coffee Shop



Dublin Good Practice Visit - Friday 24th November 2017

On Friday 24th November 2017 over 30 SEFF members joined with a dozen victims/survivors from across Republic of Ireland for a networking event held in Dublin.

The group visited the impressive Aras an Uachtarain (Home of the President of the Republic of Ireland) and were given an informative tour and talk of the building its' symbolism and its' use down the years.

A beautiful meal was also enjoyed over lunchtime and then in the afternoon the group moved on to visit Farmleigh House (the home of the Guinness family) No black stuff was had but the group were nevertheless highly impressed with the quality of the building and its' rich history - the Guinness family were highly influential in Dublin public and economic life for many decades.

Later that evening SEFF staff (Kenny Donaldson, Ann Travers, Peter Murtgah and Martina Virtue) met with the RoI-based victims/survivors to advise of them of the different support services which were available to them. Going forward further opportunities will be explored to try and further build partnerships between victims/survivors on both sides of the border.



MUSICAL TUITION FOR YOUNG PEOPLE



We have a resource within this year's budget to deliver some popular music sessions to young people but we want to know what instruments or what type of music people would like to learn eg. Guitar, drums, keyboard.

We are open to suggestions so please do give us a ring if you have any ideas or would be interested in learning to play a musical instrument.



JANUARY CULTURAL WORKSHOP

***Justice, Forgiveness,
Reconciliation -***

***A conversation with Rev Peter McIntyre
(Clogher Valley Free Presbyterian Church)***

***Wednesday 10th January 2018 @ 7.30pm,
SEFF Offices***



Manchester Respite Weekend

Friday 1st - Monday 4th December 2017



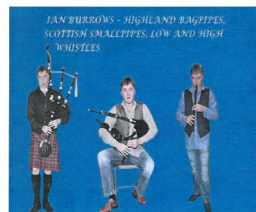
The Forgotten Bomb Remembered 25 Years On - SEFF

Over the first weekend of December SEFF joined forces with victims and survivors and others to formally mark the 25th Anniversary of the Manchester bomb, perpetrated by PIRA terrorists on 3rd December 1992. The group also formally launched its' GB support service for victims/survivors of N.I Troubles motivated terrorism and criminal violence.

On Sunday 3rd December 2017 under the theme, 'A City United in its' rejection of terrorism' there was a special Church Service held in St Ann's Church, Manchester at 10.45am followed by a Reception event in The Mechanics Centre Ltd complex. Victims and survivors impacted by the 1992 bombing but also other N.I terrorist incidents featured strongly, reading scriptural passages and sharing testimony.

A strategic decision was taken by SEFF some 5 years ago to focus upon the needs of GB-based innocent victims/survivors of N.I Troubles motivated terrorism and criminal violence.

This occurred as a result of approaches our organisation had received from individuals scattered across Great Britain who were struggling to come to terms with traumas inflicted upon them through N.I Troubles inspired terrorism. It has long since been a cornerstone principle of SEFF that no innocent victim/survivor should be disadvantaged as a result of his/her geographical base, such individuals never asked to be damaged through the criminal actions of others. We will continue to press for the rights of GB-based victims/survivors.



**FRIDAY 9TH
FEBRUARY
2018**

**OUT OF THE SHADOWS
PRESENTS
UNITED BY MUSIC**



**VICTIMS &
SURVIVORS
SERVICE**



PETER CORRY

IAN BURROWS

NORTHERN IRELAND
MILITARY WIVES CHOIR

Craigavon Civic Centre @
7PM

NOT TO BE MISSED!

For details contact:

Out of The Shadows

028 38879679

07885513497

February Respite : Brownlow House & 'United by Music' concert

FRIDAY 9th FEBRUARY 2018

SEFF are running a respite on Friday 9th February 2018 involving a tour of Brownlow House in Lurgan and also attending the 'United by Music' concert hosted by Out of the Shadows, Richhill in the Civic Centre, Craigavon (see advert opposite).

Itinerary as follows:

- 12pm—Depart from SEFF Offices, Lisnaskea
- 1.30pm—Arrive at Brownlow House—tea, coffee & scones
- 2pm—Tour of Brownlow House & time in Museum
- 4pm—Depart from Brownlow House
- 4.30pm—2 course meal in The Planters, Waringstown
- 7pm—'United by Music' concert in Civic Centre Craigavon.
- 10pm—Depart
- 11.30pm (approx.) —Arrive back to SEFF.

Cost is £15 per person, if interested please phone the office on



FACT DECEMBER 2017 UPDATE

Gladys and I are starting to settle into our new roles in FACT and we've been busy producing the new programme for Spring 2018. We've enjoyed putting the program together and hope the FACT membership enjoys reading and participating in it.

We have concentrated on the well being aspect of the project and have introduced a new class, Managing the challenge, which in partnership with the Western Trust is a very worthwhile course and will be delivered right across the county over the next 12 months.

We have also approached the Community Pharmacy Program to source more funding to deliver a joint partnership program with the local pharmacist the aim of this project is to try to reduce the number of people going to the GP where pharmacists can provide advice. As there is a significant lack of GPs in our area this project will help to reduce the numbers looking for appointments for simple ailments that pharmacists can help with. We look forward to hearing from them in the new year.

We are also keen to align ourselves with Colebrooke and were pleasantly surprised at the number of members who came out to Colebrooke on a frosty morning to hear Dougal talk about pruning trees. We all enjoyed coffee and mince pies. See photo below.

We look forward to our Winter Warmer in January 2018 in the Armagh City Hotel, we're busy organising our choir for the event. The choir will be made up of Fermanagh and Armagh members and we look forward to hearing them perform on the day.

Through Fermanagh PSCP we have obtained a number of Contactless Card Protectors which protect your bank cards in your pocket from and help to reduce the risk of unauthorised payments being taken from your contactless credit or debt card. If you're interested in getting one of these please contact the FACT Office.



From the Fact Office we wish all our membership a happy Christmas and healthy new year

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 for more details of all existing and past programmes.

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

Jenny & Gladys

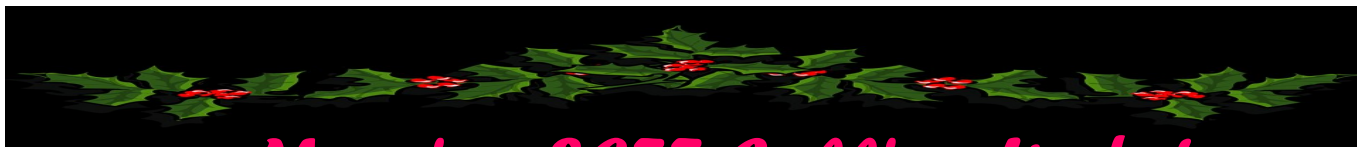
'Celebrating South Fermanagh's Cultural Diversity' Project Update

Project activity is now complete for this year with things resuming again in January. Over the past few weeks we have delivered a number of workshops for both younger and older people, facilitated a trip to the Burning of Lundy (Older folk) on Saturday 2nd December and to Croke Park and the GPO (younger participants) on Saturday 25th November 2017.

We also held a very enjoyable 'Musical evening' for both groups—younger and older on Thursday 7th December 2017 where everyone came together and enjoyed listening to music from both traditions (Irish and Ulster-Scots). Everyone who attended also enjoyed a stew supper which was very welcome on such a cold evening. See few pics from the event below.

That's it for this year, we have a very full programme organised for the January—March period so we'll be in touch with participants in the New Year. In the meantime we wish you all a very Merry Christmas and a Happy New Year!





Morning SEFF Calling Update

Hello again to all SEFF members. Not long now until all the younger ones within the family have their yearly visit from Father Christmas and if they are lucky there might be some snow. An exciting magical time for some but a sense of dread for others. Adverts in magazines and on television depict this as a wonderful happy time of the year. However for some SEFF members loneliness and sadness mark it for them. There are those who have recently been bereaved and others for whom the festive season is tinged with sadness for other reasons.



At Morning SEFF Calling we continue to offer a listening ear to those members that avail of this service. We continue to offer this service to those members that believe this wee phone call once a week shows that, here at SEFF they have not been forgotten and we recognise the need to reach out to those who are lonely, isolated or just want to hear a friendly voice asking, "how are you this week"?

We continue to receive requests for that "call" and are delighted when we can respond. However in order for the team to meet this demand we continue to appeal for volunteers. So if you can spare two to three hours per week to give to this service please call the office to register your interest. Mileage is paid to and from your home and it is an opportunity to meet other volunteers and also to answer a need for those within the SEFF

Remember if members who are in need, (for whatever reason), of that once a week phone call please call the office and let the staff know.

Best wishes for the festive season and 2018 from Anna and Rita

Complementary Therapies

We are now taking names for Q4 covering the January - March 2018 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)

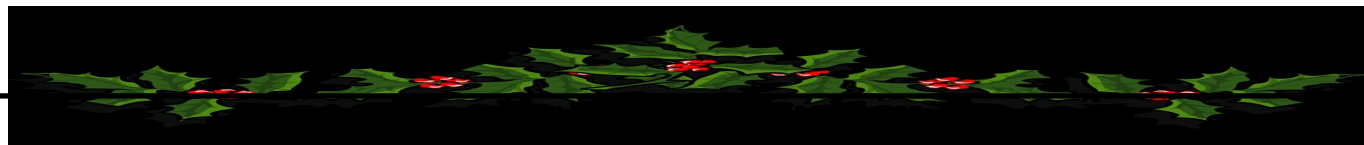
please contact the office to register your interest on 028 677 23884 or 677 22242.

£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**





Hi All

It's hard to believe that another year has almost come to an end and we will have to get used to writing 2018 soon. For many of us this year has had its ups and downs, good times and bad so we ask that you keep those in mind that haven't had a great year and offer a helping hand if needed. The Befriending Service is as usual running at full capacity, but we always manage to find someone to help where needed, even though it can sometimes take time to organise. We are trying to access training for some new volunteers but as yet have had no success so watch this space for further updates.

Coffee Morning: Thursday 1st February 2018 – Action Cancer Big Bus is coming and we will also have coffee or tea on tap so call into the office for refreshments if you are on the road. For an appointment with the Big Bus for breast screening or Health Checks for both ladies and gentlemen please ring Action Cancer on 02890803344, choose Option 1 and use the code: JVT-2507. Booking is open now so get in early to secure your appointment.

Regards

The Befriending Team



Action Cancer Big Bus **returns to SEFF**

The Action Cancer Big Bus is coming to SEFF on **Thursday 1st February 2017** from 10am - 3.30pm.

To Book your appointment you can do so using the online booking system at www.actioncancer.org or by phoning 028 90 803344 and quoting the code **JVT-2507**.

We will have tea, coffee and refreshments in the office for everyone to call in after their appointments so please do pop in if you have time.

GROUP BASED COUNSELLING



SEFF are running Group Based Emotional Support Sessions over the January - March 2018 period.

These sessions are designed to provide support in a group based environment whilst taking into consideration the confidential nature of the issues raised.

We are in the process of confirming facilitators and dates for the sessions but if you would be interested in attending we ask that you phone the office on 028 677 23884.

Topics & Dates of Interest

Maguiresbridge Market House Cultural Group

Annual Country Gospel Concert

in Killyhevlín Hotel, Enniskillen
on Friday 12th January 2018
at 8.00p.m.

Compere: Gary Wilson Music by: Country Harmony
Artists: The Benn Sisters, Boxcar Brian, Crawford Bell
Billy McFarland and Calum Smith

Tickets: £10.00

SEFF's Upcoming Fundraising Events

BURNS NIGHT

Thursday 25th January 2018

Fivemiletown Royal British Legion

RICKETY WHEEL

Saturday 10th March 2018

Fivemiletown Royal British Legion



Bag Packing in Tesco in the New Year - date to be confirmed.

More details to follow on the above events.

Christmas Wh Drive



Fivemiletown Royal British Legion

≈

Wed 20th December
@ 8pm

Cost £5 (incl supper)

Numerous Prizes

proceeds for 2 local
charities.



Are you interested in having an Allotment & growing your own produce?



Contract period:
01/02/15 to 31/01/16

- ✓ Three polytunnels
- ✓ Tool shed complete with equipment
- ✓ Garden bench
- ✓ Picnic table
- ✓ Rotavator

Potential opportunities
for training
programmes and
partnership with other
garden/allotment sites

Plot per year is £30 with a reduction should someone wish
to take two plots- the cost will then be £25 per plot



Thirty-one plots
and a double
compost plot

Tangible economic,
social and health-
based therapeutic
benefits

Further information?

Contact the SEFF Office
ASAP on 02867723884 or
02867722242 or
info@seff.org.uk

Community Allotments site on the Brookeborough Road, Lisnaskea