

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award
for Voluntary Service

SEFF Monthly Meeting is Wednesday 24th January 2018 @ 7.30pm. The guest speaker will be Malachy O' Doherty. Malachy is a political analyst and media pundit and will be known to many of you for his insightful commentary on our TV screen, across the Radio Waves and within our published Press.



**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.

SEFF

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1 Nutfield Road,
Lisnaskea
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Website: www.seff.org.uk



**Seff Lisnaskea
Seff Victims**

Dear Member,

We're now very much into the throes of a new year and we trust that each of you had opportunity over the holidays to have some peaceful family time. Nevertheless we recognise that for many homes the Christmas period can be challenging.

We weren't very far into 2018 before the 'political' controversies began. The mocking, disgraceful actions of Barry McElduff of Sinn Fein/PIRA towards the Kingsmills victims is a painful reminder to many within our own membership who have been on the receiving end of harms inflicted by The Republican Movement and the follow up gloating and mocking that continued.

Yet the last fortnight has also given hope, yet again it was the innocent victims and survivors of terrorism whose courage and dignity came to the fore, they offered leadership to the political class. Whether it was the Kingsmills families or members of SEFF who recounted previous goading by Republicans (members such as Noel Downey or Dianne Woods) there was a communal response to what happened and ultimately right has prevailed and Barry McElduff was forced to resign.

SEFF were represented at the Anniversary Roadside services for both Kingsmills and Teebane in recent days, it is so important that innocent victims and survivors of terrorism show solidarity with one another. Together united so much more is possible.

On recruitment matters, it seems that barely a month goes by at SEFF where there aren't changes within the organisation, it is forever evolving. Following a pre-Christmas recruitment process SEFF has appointed a young woman called Rufia Valiff (Australian National) to take up the role of Health and Wellbeing Caseworker over in Great Britain. She will join Yasmin Wright in

helping deliver supports to GB-based victims and survivors. It is hoped that Rufia will assume the role from early February onwards and we plan to feature within the next Newsletter.

We face a very busy time over the next two months where we will be seeking to close down programmes and activities for 2017/2018 but also open new programmes for the 2018/2019 year. In the February edition we will be including detailed information concerning the Respite opportunities in 2018/2019 helping you best plan ahead.

I want to take this opportunity to congratulate a number of people associated with SEFF who were recognised in Her Majesty's New Year's Honours - To Alwyn Barton QPM (Services to Policing) Hazel McCready MBE (The Wounded Police Officers and Families Association) Peter Baillie BEM (UDR/R IRISH Aftercare) Richard Scott BEM (USC Association) and Lilian Thornton BEM (for services to her local community) we say a huge well done, you are worthy recipients.

Upcoming meetings:

SEFF Monthly Meeting is Wednesday 24th January 2018 @ 7.30pm. The guest speaker will be Malachy O' Doherty. Malachy is a political analyst and media pundit and will be known to many of you for his insightful commentary on our TV screen, across the Radio Waves and within our published Press.

The next of our monthly Educational seminar events - 'A conversation with the Churches and our Clergy' - we will have present a local Clergy representative based within the County (Name TBC) but details will be sent out via SEFF automated text and also will be included on our Facebook pages.

January 2018 - Issue 136



SEFF's UPCOMING YOUTH TRAINING COURSE

Saturday 10th March 2018 &

Saturday 24th March 2018 10am–3pm each day



Covering the following topics: The power of your Smart phone: using digital photography to tell your story, making videos and posting online, CV workshop (build your own CV), interview skills.

Open to young people aged from 12 years old and above, lunch provided.

If interested please contact the office ASAP on 028677 23884.



This programme is aimed towards 16 -24 year olds who are not in full-time education, employment or training. I have done up a brief overview of what the programme entails below:
Youthscape Programme – Key Information
What is the 'Youthscape' Programme?
Youthscape is a cross community and cross border programme which is young person centred. The programme focuses on 3 key areas; Personal Development, Good Relations and Citizenship.

It is intended for young people between the ages of 16 – 24 who are not in full-time education, employment or training.

What will the programme entail?

It is a 34 Week Programme, divided up as follows:

1. 6 Weeks of participant engagement
2. 16 Weeks of course delivery in SWC
3. 12 Weeks of follow up (on-going support and help to progress)

The programme delivery will run between February and May 2018 in SouthWest College. This will happen 3 Days per week between 10am and 3pm and the course content will be as follows:

1. Tuesday – Personal Development
2. Wednesday – Citizenship
3. Thursday – Good Relations

Participants will achieve a Level 1 OCN Qualification in each area at the end of the programme.

What else is included?

- Educational and fun cross-border trips
- Lunch and snacks will be provided
- Childcare paid for
- £8.00 allowance per day if not entitled to EMA
- Benefits will not be affected
- An opportunity to engage with other young people from similar and different backgrounds
- Fun activities
- Projects in the local community

If interested please contact Charlene Mullan **Youthscape Programme Facilitator**, South West College - Enniskillen Campus 02866 34 22 60.



European Victim's Day 2018

The 2018 European Victims Day event will take place in The Long Gallery, Stormont on Tuesday 6th March 2018 from 10.45am onwards.

As per previous years three speakers will contribute testimony at the event.

Anthony and Geraldine O'Reilly (Rol voices)

(Anthony's 15-year-old sister Geraldine O'Reilly along with 16-year-old Patrick Stanley) were murdered in The Belturbet bomb, committed by loyalist terrorists.

Rajaa Berezag (Great Britain voice)

Rajaa is the main carer for her Dad Zaoui who was very seriously physically and mentally injured as a consequence of the London Docklands bomb carried out in 1996 by PIRA terrorists. Two other civilians had their lives stolen through that terrorist outrage.

A third speaker is presently being confirmed.

Once again IVU are working in partnership with Jim Allister's office in organising the speakers and arrangements for the day. The event is co-sponsored and supported by other political parties.

A bus will leave SEFF offices at 8am and will return at around 4pm, you will have an opportunity to purchase Lunch in Stormont. The bus is free and pick-ups and drop-offs can be accommodated as required.

Please contact the SEFF office at your convenience to book your place(s) on the bus. We are asking for big support for this year's event - never more has there been a need for innocent victims and survivors of terrorism to come together in a show of unity.

SEFF Cultural Evening

Rev Peter McIntyre (of Clogher Valley Free Presbyterian Church) was our first guest speaker. In conversation with the Churches and our Clergy'

To a packed room of members Rev McIntyre delivered an address covering the areas of; Justice, Forgiveness and Reconciliation and he also fielded questions and sought to provide answers. The evening was very useful with many members commenting that there is a need for "more conversations like what was had at this particular seminar event".

Extracts of Rev McIntyre's address was as follows:

THE INNOCENT VICTIMS "...with His stripes we are healed" Isaiah 53:5 Not showing forgiveness, however, is not the same as being consumed with bitterness and hatred. Some victims feel pressurised into talking about forgiving for fear that they will be eaten up with anger. The victim can know peace without forgiving the terrorist.

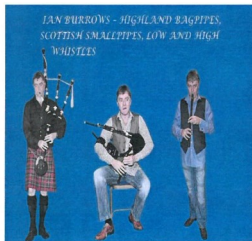
How does this work out in practice? The answer is found in Jesus Christ. He died on the cross for the forgiving of our sin, for the healing of our brokenness and for bringing us to perfect peace. Rather than focusing upon forgiving the perpetrator, the victim ought to look to the Prince of Peace to discover true rest.

Christ was the ultimate innocent victim. His death was the greatest injustice in the history of the world. The perfect man was executed by crucifixion, the cruellest death in all history. He understands the pain of the broken heart. It is only through His wounds that the victim can find healing. Faith in Christ alone brings us to perfect peace and rest.

As time passes it becomes increasingly unlikely that the victims of our troubled past will experience true justice. But Christ will come and deal with every injustice at the bar of His law. The gunman and the bomber who escaped the courts of the British Jurisdiction will be brought face to face with God.

As the text at the bottom of the Kingsmill Memorial states "The Lord hates hands that shed innocent blood (Proverbs 18:17). Ultimately it is Christ and His Gospel which holds the key for our divided society. Only when men and women from both sides of our community see the Saviour who offered Himself for all men and women will our peoples be able to set aside the bitterness and division that have characterised Ulster for generations:

"In Him was life and the life was the light of men" (John 1:4)



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

FRIDAY 9TH
FEBRUARY
2018

OUT OF THE SHADOWS
PRESENTS
UNITED BY MUSIC



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 028 677 23884 by 5pm on Wednesday 31st January 2018.

IVU Update

Call for equality around access to justice

Responding to recent comments made by Sinn Fein's Michelle O'Neill that Stormont could be reinstated, IVU has this to say concerning legacy issues:

Kenny Donaldson, Spokesman for Innocent Victims United stated: "Funding for Legacy Inquests must not be freed up unless and until there are structures established which meaningfully address the access to justice deficit experienced by victims of terrorism"

"There has been a dangerous piecemeal approach taken concerning investigation of legacy issues, the Coronial Inquest system is part of that problem and must not be resourced in isolation of other justice pursuit mechanisms being introduced".

"The vast majority of cases within the coronial inquest queue are cases against the State, whether terrorists killed whilst they were on 'active service' or cases where collusion and/or criminal actions are alleged"

"We desire justice, truth and accountability for all innocents, irrespective of who it was that harmed them - republican or loyalist terrorists or individual members of the security forces. However what we will not tolerate is the creation of a SF/PIRA dominated narrative which seeks to diminish the actions and consequences of terrorism yet denigrate security forces as collectives"

"The statistics are there to be seen where responsibility lies for 'Troubles' related deaths - 90% terrorist and 10% attributable to the State with a much smaller sub-section being criminal-based murder or unlawful killing," concluded Mr Donaldson.

Republican Movement must finally face up to its' Past and cease terrorism idolatry - IVU Kenny Donaldson, Spokesman for Innocent Victims United stated: "Ultimately the right decision has been taken that Barry McElduff would resign, it is regrettable that it took 10 days for this to happen and for the Kingsmills families to have to go through what they have gone through. Painful sores have been re-opened and exposed "

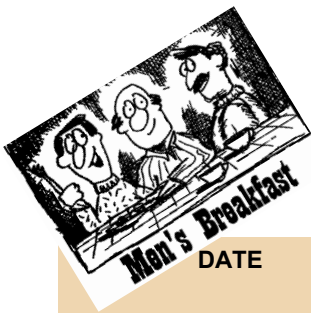
"Sinn Fein have issued statements in recent days including through Mr McElduff which on the face of it, represents new language in respect of the Kingsmills atrocity. Words are helpful but critically people (particularly victims of terrorism) will judge the Party and Republican Movement through their actions".

"The Provisional Movement have many more steps to take in respect of Kingsmills but in all cases where the Provisional IRA harmed the community and individuals, Protestant, Roman Catholic and Dissenter".

"We call in unison with the families for The Provisional Movement to once and for all acknowledge that Kingsmills was a sanctioned attack committed by PIRA members, there is a need for an apology for the damage caused to families and individuals, both through the act of terror itself but also in the subsequent 42 years where the Republican Movement, its' personnel and supporters have continued to shield the Truth from those left devastated".

Mr Donaldson added: "Good can yet come from the last fortnight, we repeat our call for a formal acknowledgement from the Provisional Movement and all terrorist organisations and also the two Nation States - UK and Republic of Ireland. The thrust of the acknowledgement would be as follows; 'We accept that no grievance, enmity or political objective justified the use of criminal violence in what became known as; The Northern Ireland Troubles'".

"If this foundation stone was in place then there is the potential to meaningfully deal with the legacy of the past as well as smash the justification for future violence. Let's be clear violence and civil strife stymied this place and its' people for generations, isn't it time that people were given something better?" concluded Mr Donaldson



Men's Breakfast Sessions



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



FACT JANUARY 2018 UPDATE

Everyone is looking forward to the FACT Winter Warmer in Armagh City Hotel on Tuesday 30th January 2018, when our wallets and directories will be distributed. There will also be a **"Concern for Safety"** talk delivered by the PSNI.

Our newsletter has been distributed and the phones lines have been hot...we have dealt with over 600 calls since distribution of the newsletter. Classes and trips (see our newsletter or visit the FACT website) are booking up quickly with an excellent response from both counties.

Membership is also increasing with people ringing in requesting membership forms in order to get in on all good things FACT have to offer. Classes have started and we have moved into new areas in both counties with a great response and appreciation from the participants.

April, May and June 2018 activities have been projected with collaboration between Gladys and Jenny, the outcome being to include joint outings and breaks, and care being given to more outside activities to blow away the cobwebs of winter.

We endeavour to surge forward with new ideas and suggestions and we humbly ask for your thoughts on anything that would feed positively into the project.

We look forward to a positive 2018 and wish everyone a happy new year.

The FACT Project is funded through The Big Lottery Project: Reaching Out Connecting Older People and you can contact us on 028677 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

The project is stepping up a gear as we enter the New Year, as I write this article we have just completed a very successful workshop on the topic Richmond Barracks and the discovering of St Patrick with great attendance despite the unpredictable weather. It gives me great encouragement when I see the effort of folk to come along and their words of appreciation for the project. Next Monday we will be taking ourselves off to Dublin for the day where we will be accompanied by the local historian Frank McHugh.

We look forward to our February trip to the St. Patrick Centre, Downpatrick and to hearing more about St Patrick and the role that Presbyterians played in our history. Dr Tim Campbell will be facilitating the workshop and we are looking forward to hearing what he has to say. From our discussions at our last meeting there was an expressed hope that we could continue on meeting after March when the project finishes.

The younger component of the programme is meeting this week to start their work on their Myth Bursting Flyer which we are hoping to distribute around schools. We will also be covering topics on sport ,language ,art and dance in the coming workshops with trips to the Museum of Orange, Crumlin Road Gaol, and Downpatrick.

We are going to be very busy in the next few months with both groups but the feedback has been very positive which makes it all worthwhile.

Jenny Ferguson—Project Coordinator

Morning SEFF Calling Update

All the festivities for Christmas and the New Year are well and truly behind us now and as far away as ever. Every year I promise myself to, shop earlier and not leave anything to the last minute therefore giving myself less stress, but to no avail. Year in and year out I still leave everything to the last minute and I am sure a lot of you do the same. I envy those people who start shopping early and have no last minute rushing around.



Life is stressful enough for many people and there is and has been certainly no joy for them, and so we ask ourselves "what is it all for?". The Christian reasons for celebrating has been overtaken by the commercial element and so we are bombarded as early as September, by adverts in the media. The same applies to Easter, as soon as Christmas is over the shops have Easter eggs for sale. Rush, rush, rush as our lives are played out in the fast lane of society. It appears that nobody has time for each other anymore.

At Morning SEFF Calling we care, and hopefully that call once a week from us can make a little bit of a difference to their life. When all the festivities have settled down and people go back to work, it can be a lonely time for a lot of us. So if you know of anyone that would welcome that weekly call please get in touch with the SEFF office and leave a message with either Mandy or Joy and we will endeavour to get in touch. Again, because of the increase in users of this service we would appeal to anyone who can spare two-hour hours once a week to register your interest to Mandy or Joy in the **SEFF Office on 02867723884**.

Best wishes to you all from Anna and Rita at Morning SEFF Calling.



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**

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.

2018/2019 Respite Opportunities



We are currently putting plans in place for a number of overnight respite opportunities to take place over the 2018/2019 financial year. We hope to be able to provide firm details on these in the next Newsletter (February edition) but for information purposes please see below the various options we are planning.



Please note these are subject to change as at present no bookings have been made.

Overnight Respite to Jersey for 4-5 days in June 2018

Advocacy Respite to London for Remembrance Weekend—November 2018

Family Respite to Tayto Park—weekend in July or August 2018

PLEASE NOTE WE ARE NOT CURRENTLY TAKING NAMES FOR THESE RESPITES—FULL INFORMATION WILL FOLLOW IN NEXT MONTH'S NEWSLETTER WHEN WE WILL THEN TAKE EXPRESSIONS OF INTEREST.

BEFRIENDING January UPDATE

Hi All

Welcome to 2018, another year has started and we are hitting the ground running. Our hospital transport is extremely busy at the minute and we are having to make tough decisions on who we can help so please bear with us if we can't help all of you with your requests. We are trying to source extra funding and a course for extra befrienders, we will keep you up to date when we hear anything.

We have a few dates coming up that we hope to see you at. In conjunction with the Action Cancer Big Bus we will have tea and coffee on tap in the office so drop in for some refreshments and a chat if you are on the road.

We are also organising a special coffee morning for Muscular Dystrophy (MD) on **Wednesday 7th March**, note it is on a **Wednesday**, not the usual Thursday morning as the speaker cannot make Thursdays. This event is in memory of one of our long standing members who passed away recently, her daughter and friends are bravely going to do a Skydive in aid of the MD charity so if you can, please give them all your support both at the coffee morning and by sponsoring them.

Coffee Morning: Thursday 1st February 2018 – Action Cancer Big Bus is coming. 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. There may be a few last minute appointments available so give them a ring.

Coffee Morning for Muscular Dystrophy: Wednesday 7th March 2018 from 10:30am to 12 noon. A speaker will be coming along to discuss the work of the MD charity.



Regards

The Befriending Team

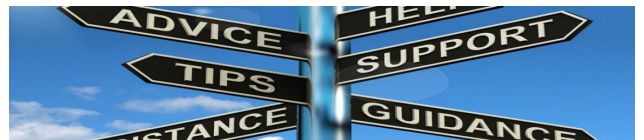


Action Cancer Big Bus returns to SEFF

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.



WELFARE / BENEFITS ADVICE CLINICS

We are aware that a vast number of SEFF members who are in receipt of DLA (Daily Living Allowance) are still awaiting the transition to PIP (Personal independence Payment) - with this in mind we are running a number of clinics in order to prepare people for the process.

Tina Grimsley (SEFF's Welfare Officer) along with Norman Kirkpatrick (SEFF's Appeals Officer) are available on the following dates to meet with people and provide guidance around the various steps of the process and to ensure you have the information you need going forward.

DATES:

Monday 5th February 2018

Monday 19th February 2018

Monday 12th March 2018

Monday 26th March 2018

Should you wish to avail of an appointment please phone the office on 028677 23884.

Topics & Dates of Interest



SEFF's Upcoming Fundraising Events

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.



GALLOON PARISH CHURCH DANCE

CHURCH HALL

Newtownbutler

Friday 26th January 2018

Music by

Livingstone Country Music

Dancing 9pm-1am

RAFFLE

ALL PROCEEDS TO CHURCH HALL

FUND

Admission (Inc. Supper) £5

EVERYONE WELCOME



FIVEMILETOWN RBL

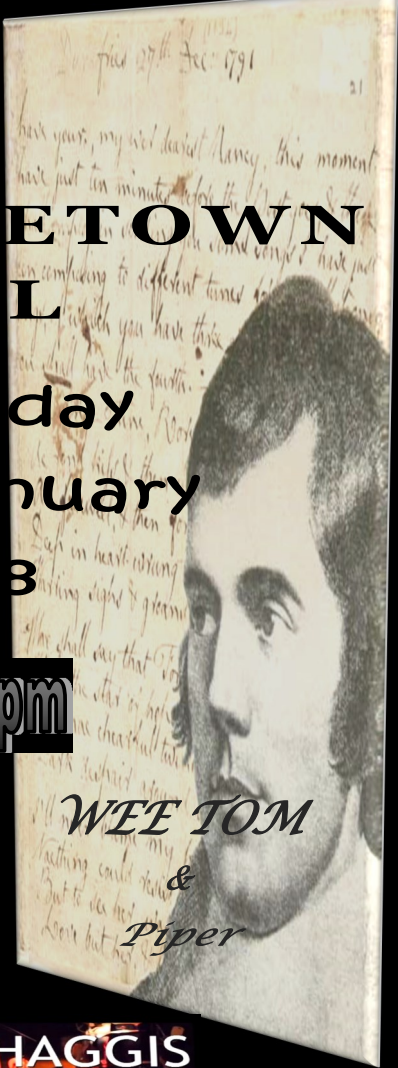
Thursday
25th January
2018

Tickets
£10 each

7.30pm

Burns Night

STEW-N-HAGGIS



WEE TOM
&
Piper



Erne Highland
Dancers

DANCE CLASSES

Available for all ages and all levels

Every Saturday
from
10.00am - 1.00pm
at

The Royal British Legion
Enniskillen

Learn traditional highland dance with our registered tutor
Kathryn Stewart, a former Ulster Champion.

If you are interested in joining, booking us for an event or wish more
details please call in or visit us on our facebook page
or contact us on 0774 2458 407



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



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

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



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