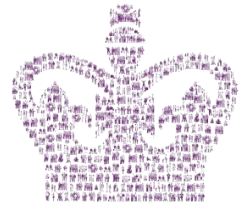


# SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award  
for Voluntary Service

**SEFF Monthly Meeting is Wednesday 28th February 2018 @ 7.30pm.  
The guest speaker will be Pat Hynes from Glencree Peace Centre.**



**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

1 Manderwood Park,  
1 Nutfield Road,  
Lisnaskea  
Co Fermanagh  
BT92 0FP  
Phone: 028 677  
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028 677 22242  
E-mail: [info@seff.org.uk](mailto:info@seff.org.uk)  
Website: [www.seff.org.uk](http://www.seff.org.uk)

**Dear Member,**

We've had yet another very busy period within SEFF since the last Newsletter bulletin went out.

Within this month's Edition you will see details of a further newbie joining SEFF's staff team. We say a big Ulster welcome to Rufia who is from 'Down Under' (aka Australia) Rufia has taken up the role of Health and Wellbeing Caseworker within Great Britain. SEFF are proud to have two of the three Peace IV funded positions in GB.

This is testament to the organisation's relentless efforts down the years where we have insisted that GB-based victims and survivors must be afforded equality of access as to services and supports which are available to their Northern Ireland counterparts.

SEFF now has 15 employees in place administering a multitude of programme on behalf of our expanding membership as well as the broader community at large.

### Counselling Service:

I wish to remind you that SEFF has a Counselling Service which is staffed by an excellent team of Counsellors who are proficient in the use of a diverse range of Counselling techniques including; a person centred approach, EMDR, CBT etc.

There is scope for our Counsellors to take on new referrals so please if you are feeling that you require some professional support from an independent person, not linked to your situation then do contact the SEFF office or if you would rather contact the counsellor directly then please ring either Helen Murphy on: (Mob: 07510068382 ) or Ann Frith on (Mob: 07928457660)

We assure you that the service is fully confidential and appointments can be offered at different times and venues such as;

Lisnaskea, Enniskillen or Fivemiletown

### The wider political situation:

SEFF has a consistent record over the years in never being under the control of any political party and as such we do not give commentary on wider political issues.

However we commit to the membership that we will continue to lobby all 'democratic' politicians around issues connected with victims and survivors. Whether Stormont re-establishes or we have a form of Direct Rule we will continue to build alliances which are required to deliver for our constituency.

The next 6 week period will be particularly busy within SEFF as we close down one financial year and open another, please continue to support the services and activities being offered.

### Upcoming meetings:

**SEFF's next monthly member meeting is Wednesday 28th February 2018 @ 7.30pm. The guest speaker will be Pat Hynes from Glencree Peace Centre.**

Meanwhile we are delighted to advise that our March speaker will be Ruth Dudley Edwards. That meeting will take place on Wednesday 28th March 2018 @ 7.30pm in The Archdale Hall, Lisnaskea and is open to SEFF's membership and other supporters.

Ruth is viewed as one of the most respected yet outspoken journalists and columnists writing on Northern Ireland related events including victim's and security-based issues.

The next of our monthly Educational seminar events - 'A conversation with the Churches and our Clergy' will take place on Wednesday 14th March 2018 @ 7.30pm - 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.

**Kenny**

**February 2018 - Issue 137**





## **SEFF's YOUTH** **ACTIVITIES MARCH 2018**



Please see below information on upcoming youth activities in SEFF, we ask that where possible individual's register for all events, the 2 training dates as well as the Todd's Leap Activity Day.

### **Social Media, CV and Interview Skills Training**

**Saturday 10th & 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.

### **Todd's Leap Activity Day**



**Thursday 29th March 2018**

Departing from SEFF Offices at 9.15am, return at approx. 4pm - enjoy a day of activities at Todd's Leap to include off road rally, the zip line and many more.

The above activities are open to young people aged from 12 years old and above, lunch will be provided at all 3 events. Please note that parental consent is required to attend.

**If interested please contact the office ASAP on 028 677 23884.**



### **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 (Republic of Ireland 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.

#### **Paul Donley (Northern Ireland Voice and Secretary of The Disabled Police Officers Association)**

Paul was caught up in 2 bomb attacks and had colleagues murdered.

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. All attendees are invited to the IVU Memorial Quilt Exhibition at 1pm, a food buffet will be served from 12pm onwards. Further details will be provided on the day.

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's new Health & Wellbeing Caseworker (G.B.)

Rufia was born and raised in Adelaide, South Australia, where she has been volunteering with a variety of not-for-profit organisations serving the homeless, Indigenous Australians, children with disabilities, and juvenile and adult incarcerated offenders. Rufia attended University Senior College where she graduated with merits in English in 2011.



In 2017, Rufia completed a Bachelor of Psychology with Honours at the University of South Australia, exploring how religiosity influences relationship quality in interfaith relationships for her thesis. In line with her tertiary education, Rufia volunteered as a Drug and Alcohol Counsellor at DrugArm Australasia, where she was directly involved in providing interactive interventions and support to individuals and partners experiencing substance addiction and mental health issues.

Prior to joining SEFF, Rufia worked as a Primary School Counsellor at a predominantly refugee school in Adelaide, providing individual and group counselling services to children aged 5-12 who were from a range of cultural backgrounds and experiencing learning, social and developmental difficulties.

Rufia is passionate about social justice, reacting to climate change, child development and bad reality television. Rufia will always aim to volunteer or work in a position that allows her to help others, and she is excited to be joining the SEFF team as a Health and Wellbeing Caseworker in 2018, beginning the next chapter of her life in London.



Come along and join Ruth Gault for some

Chair Based Exercises beginning on

**Wednesday 7th March 2018 at 12pm**

for 4 weeks in SEFF Offices.

Lunch will be provided.

Please phone the office to register your interest on



**Coffee Morning**

**Wednesday 7th March 2018**

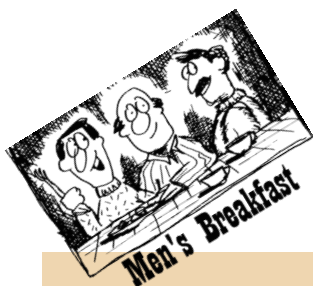
**10.30am**

Fundraiser for Muscular Dystrophy in memory of Mrs Annie Forster.

We will have a representative from the Muscular Dystrophy Charity present to give a presentation on the illness and its' effects.

Tanya Harron (Annie's daughter) along with some friends will be doing a sky dive on Saturday 24th March 2018, she is fundraising in memory of her mother for the Muscular Dystrophy Charity, she is also keen through this to raise awareness of the illness.

Come along to hear more about the illness and support Tanya in her quest to raise funds.



## Men's Breakfast Sessions



DATE	LOCATION
Saturday 3rd March 2018 at 10am	Miller's Coffee Shop



# Morning SEFF Calling Update

At Morning SEFF Calling we care, and hopefully that call once a week from us can make a little bit of a difference to the lives of those engaged with the Project. 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-three hours per week to act as a volunteer to register your interest to Mandy or Joy in the **SEFF Office on 028 677 23884**. Full training will be provided. Best wishes to you all from Anna and Rita at Morning SEFF Calling.



## March Respite

**Saturday 24th March 2018**

**To attend the 'Ulster at War Concert' in**

**Belfast Waterfront (see info opposite)**

**Departing from SEFF at 3.30pm SHARP**

**(with pick ups on route)**

**Cost is £20 per person and includes: transport, tickets to the concert and an evening meal on route in**

**Salley's Restaurant, Aughnacloy.**

**To register your interest please phone the SEFF office by 5pm on Friday 9th March 2018.**



## Family Respite: Northern Ireland vs South Korea Match

**Saturday 24th March 2018**

We are hoping to secure tickets to attend the above match, if you and your family are interested in going along please phone the office on 028 677 23884. This is a Family Respite and so in the first instance places will be prioritised for families.

Please note we have not yet got confirmation of tickets so there is no guarantee the respite will definitely go ahead but in the meantime please do register your interest and we will ensure to let you know more detail once confirmed. Cost - £15 per adult and £10 for under 12's

## BASIC FOOD HYGIENE COURSE

We are going to be delivering a Basic Food Hygiene Course in SEFF Offices during March 2018, we are currently making enquiries into the delivery of the course so if your Certificate has expired (certs last 3 years) or you would be interested in attending the course please phone the office on 028 677 23884 to register your interest.

We will then get in touch with you when we've confirmed details such as dates, times etc.





## FACT FEBRUARY 2018 UPDATE

We are well into the new year and are looking forward to seeing the shoots of Spring, we are also looking forward to warmer weather and longer days.

The FACT project have been very busy having just had a very successful Winter Warmer in Armagh City Hotel with the numbers a few short of 200. We were pleased to have in attendance Joan McCrum from the Big Lottery and SEFF's Director of Services Kenny Donaldson as well as our wonderful FACT choir. Many thanks to Marie Phelan and Wee Tom for their entertainment and to the PSNI for their informative talk. Last but not least the bus drivers who got us there and home safely and to Mandy and Matthew who helped on the day. Please see a photo of the FACT Project choir below.

Our Classes are continuing and are well attended with some of them nearing in completion. A special mention to the art class in Magheraveely which has been very successful with good numbers and to Derrygonnelly for hosting the 'Managing the Class' which also has been well received.

The numbers for our trips to Donegal, Kildare and Rosstown are nearly at full capacity so if you have interest please contact us at 028 677 22615.

Gladys and I are looking at different options for the next Quarter and membership hopefully will be pleasantly surprised with the variety of the programme.

Please take care and keep warm as going from the forecast we are not just out of the colder days yet.

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](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**

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

The project is very busy at the minute with lots going on. The older group have just been to Downpatrick where we visited the St Patrick's Centre, Down Cathedral and the little church out at Saul. The general consensus was that it was the best trip so far and that everyone really enjoyed it. One participant explained that for the first time that he really understood the background to St Patrick. This gentleman was in his seventies so it does give heart that the project is meeting its' objectives. We have been able to move our budget around meaning that as well as a trip to the Enniskillen St Patricks day parade we are going to do an overnight respite which will include a tour of Derry's Walls and Doagh Famine village in Donegal. This will be an overnight stay with a workshop in the evening to look at the future of the project in the hope that we might secure more funding. We still have a number of workshops ongoing which will rotate between SEFF and Carosyl premises with arts and crafts as well as dance.

The youth are looking forward to going to Downpatrick this Saturday 924/02/2018) and then travelling onto on to 'We are Vertigo' for some fun and trampolining in Belfast. They will also be covering different topics on sport, dance and language in workshops in the next few weeks.

**Jenny Ferguson** - Project Coordinator





## SEFF's Memorial Quilts to go on Tour



In the coming weeks SEFF's three Memorial Quilts; *Your Legacy Lives On*, *Terrorism knows NO Borders* and *A Patchwork of Innocents* will feature in prestigious exhibitions.

**Over the period; Tuesday 6th - Monday 19th March 2018 the three quilts will feature in an IVU organised Memorial Quilt exhibition taking place in Parliament Buildings, Stormont.** The Exhibition launch coincides with European Day for Victims of Terrorism which IVU has also assisted in organising.

Over the period of the Exhibition Schools, community groups, politicians and policymakers along with individuals visiting Stormont will come and view the Quilts. In total it is expected that circa 12-14 quilts will be on display which between them will feature close to 1,000 innocents murdered as a consequence of terrorism.

**Meanwhile from Tuesday 20th March through until Thursday 12th April 2018 SEFF's Quilts will be displayed in a prestigious exhibition within Liverpool University.** The Patrons for the Exhibition marking 20 years since The Belfast Agreement are HRH Prince Charles and The President of The Republic of Ireland, Michael D Higgins.

SEFF's three Memorial Quilts aptly titled; *Your Legacy lives on*, *Terrorism knows NO Borders* and *A Patchwork of Innocents* demonstrate the human cost of terrorism and criminal violence. Across the three quilts are remembered circa 360 individuals who were murdered over the course of 'The Troubles.' These individuals were all innocents and were not involved in proscribed terrorist organisations. They are ordinary men, women and children from Protestant, Roman Catholic and other faith backgrounds and none, they are people who would have defined as British, Irish and other nationalities.

The purpose of the quilts is to send a unified message that criminal violence is not an acceptable means to advance or defend a political objective. The symbols on the individual quilt patches are all personal to those remembered and honoured. There are no illegal symbols, nor is there any language which in any way discriminates.

## **The Establishment are behaving like a beaten boxer - IVU**

Comments made on The View Programme last week by Robin Eames (member of the upper house) and Denis Bradley around the potential for 'political amnesty' were not made in a vacuum.

For some period now there has existed subtle undertones (and at times louder overtones) from Establishment-based figures (inside and outside Westminster) who by their words and proposed actions are seeking to declare closing time on pre 1998 'Troubles related' offences.

OTR Assurance letters which have never been legally rescinded by Parliament, Royal Prerogatives of Mercy and the expected legal outcome of a proposed statute of limitations for military service personnel (Amnesty for all pre 1998 offences carried out by whoever) spells out very clearly where the focus of The Establishment's concerns are.

Examine then its' litany of failures and betrayals towards innocent victims:

1. A morally bankrupt definition of victim which has the impact of decriminalising and redefining terrorism.
2. Its' betrayal of innocent victims of Gadaffi-sponsored PIRA terrorism who have yet to receive accountability or compensation for the wrongs visited upon them.
3. The failure of Government to provide a special pension or benefit top up for those who have suffered serious injuries as a result of terrorism and/or criminal violence.
4. The failure to establish resources and integrated health-based services to support those devastated by trauma related illness and other conditions.
5. The most disturbing and reprehensible failure of all however is; the failure of The Establishment to stand by the innocent, to instead placate terrorism and its' political annexes.

Terrorism was effectively defeated in the context of Northern Ireland however The Establishment is at risk of snatching defeat from the jaws of victory through allowing insurrectionists and their mouthpieces within the political system, academia, others in public policy roles, the criminal justice system and even the Churches to redefine The Past advancing a narrative centre upon the theory of communal victimhood.

We say to those within the political system, those within our churches, those within academia, those within the criminal justice system and those within public policy who still know deep down what is right - get off the ropes, throw the towel back firmly at your own corner and show real desire and courage to finish the job, which will ensure a better future for our people.

Closing down The Past instead of facing up to it creates the potential for history to be repeated. We remain clear that the only way in which 'The Past' can be effectively and honourably dealt with is through honesty and generosity across the board.

IVU continues to insist that the means by which we might bring about societal and individual reconciliation requires the UK and RoI States, proscribed terrorist organisations and their political party annexes to show courage in affirming that:

"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.

## **New leaders of The Republican Movement - More of the old ways**

### **On Mary Lou McDonald (the new President)**

Mary Lou McDonald's own fingers have never pulled a trigger nor detonated a bomb however her words and actions in response to those who did continues to have a chilling and deeply damaging impact upon the lives of those innocents who were so grievously harmed.

The new Sinn Fein/PIRA President has associated herself with a number of commemorative events to those within The Republican Movement, many of whom were serial killers who murdered their own neighbours because of sectarian and ethnic motivated hatreds. This is certainly the case with a considerable number of those commemorated at a Republican commemorative event held in Strabane where she acted as keynote speaker.

Whether you're an actual terrorist, someone who romanticises or glorifies acts of terrorism or are someone who seeks to dilute the effects of terrorism through explaining it away as an unfortunate yet necessary outcome - you are the problem and not part of a better solution.

### **On Michelle O'Neill (Leader of 'Northern' Sinn Fein)**

Michelle O'Neill is being promoted by some as the face of a new Sinn Fein which is about the future and a break from the past. The reality is very different, she has already made a range of comments concerning her affinity with and support of the terrorist campaign waged by PIRA. Her own family were heavily immersed in terrorist activity and amongst other actions she spoke at a commemoration event to four members of the East Tyrone-Monaghan 'Brigade' of PIRA killed by SAS Forces.

The East Tyrone-Monaghan 'brigade' of PIRA were particularly brutal in the campaign they waged against the pro British people of Northern Ireland (or anyone else for that matter who stood in their way) They subscribed fully to PIRA's 'death cult ideology.' What does Michelle O'Neill have to say to the families of those innocents murdered by this 'brigade?' Is she prepared to deal with the hurt and injustice visited upon these families?

It is true that none of us can be held responsible for what we are born into but what each of us holds responsibility for, is the person we become inclusive of what we say and what we don't say, what we do and what we don't do. To date Mrs O'Neill has shown herself to be on the side of 'terrorism idolatry,' will she break free from this ideological mindset and be willing to acknowledge that the taking of life in the furtherance or defence of a political objective was illegitimate and wrong?

## SEFF's 2018/2019 Overnight Respite Opportunities

We now have plans in place for this year's overnight respite breaks, please see detail below. If you are interested in attending any of these respites we ask that you first of all **register your interest** by phoning the office on 028677 23884 by **1pm on Friday 16th March 2018**.

We ask that where possible you do not put your name down for any of the respites unless you are committing yourself to attend and you are available to travel on the dates outlined below.

Once expressions of interest have been considered we will be in touch with everyone as promptly as we possibly can in order to confirm places and to provide further information. A non-refundable deposit of £100 per person for the Jersey and London respites and £25 per Adult and £10 per child ref the Family respite to Tayto Park will then be required by 5pm on Friday 30th March 2018.

### JERSEY

Tuesday 19th June - Saturday 23rd June 2018

Staying in the Merton Hotel, St. Helier.

Cost is £250 per person sharing or £330 single person supplement and includes the following:

- Transport to and from the airport
- Return Flights from Belfast to Jersey
- Accommodation (on a dinner, bed and breakfast basis)
- 1 day of organised activities (taking in tours of the local area - details to be confirmed)



We have 50 places available (strictly for Adults aged 16 +) on this respite opportunity. If it is oversubscribed we will be allocating places in a way which is fair but which is also needs driven.

If interested in attending this respite we ask that you register your interest by 1pm on Friday 16th March 2018 by phoning the office on 028 677 23884.

### LONDON REMEMBRANCE RESPITE

Friday 9th - Monday 12th November 2018

Staying in the St. Giles Hotel, Bedford Avenue, London.

Cost is £225 per person sharing or £285 single person supplement and includes the following:

- Transport to and from the airport
- Return Flights from Belfast to London
- Accommodation (on a bed and breakfast basis)
- Tickets to the RBL Festival of Remembrance in the Royal Albert Hall



Please note the above respite (London Remembrance weekend) is funded under SEFF's truth, justice and acknowledgment budget heading and so priority will be given to members who are engaged in the Advocacy Service (Advocacy for Innocent Victims) however this does not mean that it will be solely available to these individuals and so if you are interested in attending this Remembrance weekend we would encourage you to register your interest by 1pm on Friday 16th March 2018. (Again strictly for Adults aged 16 +) Again if the respite is oversubscribed we will allocate places in a way which is fair but which is also needs driven.

### FAMILY RESPITE TO TAYTO PARK

Friday 10th - Sunday 12th August 2018

Staying in the Meath area (hotel to be confirmed) - taking in a day to Tayto Park as well as a visit to the National Aquatic Centre.

Cost is £50 per adult and £30 per child (aged 12 and under) and includes the following:

- Transport to and from the hotel and throughout the respite
- Accommodation (on a dinner, bed and breakfast basis)
- Entrance fees to Tayto Park and a second venue / activity.



Again please register your interest by 1pm on Friday 16th March 2018, we have 30 places available and if over subscribed we will allocate places in a way which is fair but which is also needs driven.

You may put your name down for more than one of these respite opportunities but when places are allocated you will be offered no more than one respite opportunity ensuring that we reach and service the maximum number of members possible.

*\*\*Management have the discretion to reduce or waive costs of respite opportunities in cases of extreme financial hardship.*



## **BEFRIENDING January UPDATE**

Hi All,

We hope that 2018 is starting off ok for everyone and that you are looking forward to some nice spring weather, or at least no more snow. We are busy as usual and coming up to the end of our financial year so the books have to be balanced. As funds are a little tight we are having to look very closely at what we can do within our budget and are having to restrict what we offer but we will try not to see anyone stuck that is in major need.

Don't forget to come along to our special coffee morning for Muscular Dystrophy (MD) on **Wednesday** 7<sup>th</sup> March, note it is on a **Wednesday** and 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 by coming to the coffee morning or by sponsoring them, if on Facebook why not check out Tanya Harron's Just Giving page.

**Coffee Morning for Muscular Dystrophy: Wednesday 7<sup>th</sup> 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 Service Team



## **SEFF's WELFARE & BENEFITS SERVICE UPDATE**

### **\*\* Universal Credit\*\***

**Attention Members from the 21<sup>st</sup> February 2018 is here**

Are you currently in receipt of any of the following:-

- JSA Income Based
- ESA Income Based
- Income Support
- Working Tax Credit
- Child Tax Credit
- Housing Benefit (Rental)

Universal Credit has been rolled out in Fermanagh and this will affect you. It will see a number of people lose their benefits or have their benefits capped.

It has to be realised that Universal Credit works differently from the benefits it replaces. Before making your claim you need to know:

Universal Credit will be paid twice a month, although you may request a monthly payment you will be expected to make your claim online with your own personnel email account.

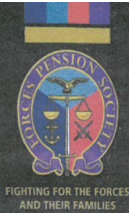
You will receive a single payment for your household if your Universal Credit includes an amount for rent, it will be paid directly to your landlord - however, subject to certain conditions, you will be able to opt out of direct payments and arrange to pay your landlord yourself.

The application has to be completed in one step it can't be saved to finish at a later time.

If you are told to change over to Universal Credit please contact the SEFF Welfare Workers on 028677 23884 for assistance and make an appointment or if it just advice you wish feel free to speak to either Tina Grimsley (SEFF's Welfare Officer) or Norman Kirkpatrick (SEFF's Welfare Appeals Officer)

# Topics & Dates of Interest

## Membership gets you more than just pension help



Our Members have access to a **remarkable range of membership offers** tailored to their needs and provided by trusted affiliates. One such offer is our **exclusive Annual Travel Insurance Plan**, provided by AXA PPP Healthcare.

### FPS Exclusive Annual Travel Insurance – with no age limit, no medical questionnaire

- No medical exclusions\*
- Competitive premiums
- Discounts for couples and families
- Choice of trip durations (25 days – 3 months)
- Includes medical emergencies, repatriation, cancellation, baggage
- Cruising and Winter Sports are included with no age limits
- Europe and Worldwide
- Adventure sports option
- Applies to trips commencing and ending in the UK

\* Provided travel is not against a doctor's advice and you do not have a terminal diagnosis.

### Membership Offers

Offers such as our annual travel insurance plan are just some of the reasons for our fast-growing membership of c. 50,000.

Another reason is that Armed Forces Pensions have never been so complex. And no-one understands the intricacies of the schemes better than our Pension Advisory Team. We receive hundreds of enquiries each month on subjects such as forecasts, lifetime allowances, commutation, divorce, medical issues and much more. We're here to offer peace of mind and guide you through the pension maze.

### Independent, not for profit

We value our independence. It enables us to serve the interests of the Armed Forces community as the Forces Pension watchdog. We hold the government to account, arguing for better pensions and campaigning against unfairness in the schemes. For example, our campaign won the right in 2015 for all future Armed Forces widows to retain their pension on remarriage.

### Join online now and access our exclusive annual travel insurance plan

Visit our website at [forcespensionsociety.org](http://forcespensionsociety.org) quoting Code AXA2018. (T's & C's apply) **Annual membership for you and your partner costs just £38.**



**JOIN US FOR PENSION HELP - AND MORE**

### Forces Pension Society

68 South Lambeth Road, Vauxhall, London, SW8 1RL  
Tel: 020 7820 9988 - email: [memsec@forpen.co.uk](mailto:memsec@forpen.co.uk)  
[www.forcespensionsociety.org](http://www.forcespensionsociety.org)

The FPS Travel Insurance is arranged by Health and Protection Solutions Ltd t/a The Health Insurance Group who are authorised and regulated by the Financial Conduct Authority and provided by AXA PPP Healthcare who are authorised and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

## SEFF FUND RAISER

W RICKETY  
WHEEL  
Saturday

10  
MARCH

in  
Royal British  
Legion  
Fivemiletown



At - 9.15pm

We appeal to members and supporters to come along and also for prizes and for volunteers to help on the night.

If you're available please can you contact the office on 028 677 23884.

### A Concert of Commemoration & Celebration

Centre 2000 Newtownstewart

Saturday 3rd March

7.30pm sharp

The Band, Bugles, Pipers & Drums of the  
Royal Irish Regiment  
Caubeen Folk Group.

Soloist: Karen Marsden

Compere: Paul Clarke (UTV Presenter)

Admission: £10 Light refreshments will be served

Proceeds to the Royal Irish Benevolent Fund &  
First World War Centenary Wood, Londonderry

Admission is by ticket only and can be purchased from Kathleen Finlay 07749031287.

## COUNTRY & OLD TYME DANCE

SHARE CENTRE, LISNASKEA

FRIDAY 2ND MARCH 2018

Music By: ROBERT BROWN

DANCING 9.30 PM - 12.30 PM

Supper Provided TICKETS £5

EVERYONE WELCOME  
Proceeds to Loughkillygreen Hall Ass.