

# SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award  
for Voluntary Service

**MAY MEMBERS MEETING**  
**WEDNESDAY 23RD MAY 2018 from 7.30pm**  
**Guest Speaker: Canon David Skuce**  
**(Justice, Forgiveness & Reconciliation)**



**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/Norman** 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

23884 /

028 677 22242

E-mail: [info@seff.org.uk](mailto:info@seff.org.uk)

Website: [www.seff.org.uk](http://www.seff.org.uk)



**Seff Lisnaskea**  
**Seff Victims**

**Dear Member,**

A busy period has passed at SEFF and an equally busy period faces us. In the last month a range of notable things have happened including; SEFF's presence in San Sebastian, Spain as a support to victims of ETA terrorism as they pondered the future post ETA's formal announcement of disbandment and the removal of its' structures.

We should all feel very proud of our Advocacy Service Manger Ken Funston who was a key contributor in the forma Press Conference organised by our sister group Covite.

Last weekend SEFF also worked collaboratively with Clogher Royal British Legion and its' Chairman Harry Alexander and team to hold an event marking the lives of 12 members of the security forces whose lives were taken over the course of the terrorist campaign.

Over the next four months SEFF's Advocacy Service working in collaboration with the IVU Network of groups will be extremely busy as we hold our own internal consultation events which will inform the response we submit to NIO in respect of its' Legacy Consultation.

We appeal for your support and your attendance at these events. It is important as never before that the voice of the innocent victims/survivors of terrorism is heard within this consultation period. Checkout the back page of the AfIV supplement which will explain further what is planned. Please contact the office confirming your attendance at these events.

**SEFF Holiday Closure**  
**Monday 28th May -**  
**late May Day Holiday**

## General Data Protection Regulations

Within this Newsletter you will also find documentation relating to the new Data Protection Law and of which we as an organisation are required to make governance changes.

You are aware that we currently hold a range of documentation on you as a member including personal details , but also in some instances, sensitive data.

We would appeal for your cooperation in returning the enclosed form, ticking the appropriate consent boxes. If you require more forms because of there being additional SEFF members within your house then please advise the office. You are at liberty to also email us your consent or to verbally do so via telephoning the office. All members must do this and we will be keeping a register recording those who have given consent.

This a something which we have no option but to do and we trust and hope for your understanding.

## New Membership year

The new Membership year commences on 1st July 2018 and we would ask you to pay your Membership fees asap. For those who are able and willing to sign up to the Direct Debit option and who are also willing to declare donations as Gift Aid, we strongly welcome your cooperation and support.

## June monthly meeting:

Will be held on Wednesday 27th June 2018 in SEFF Offices from 7.30pm onwards.

The Guest Speaker will be Revd Canon Mark Watson (Rector of Maguiresbridge & Derrybrusk Church of Ireland) who will speak on Care for the Elderly and his perspective on topical matters concerning victims.

**Kenny**

**May 2018 - Issue 140**



## Complementary Therapies

We are now taking names for Q1 of the new financial funding year covering the  
**April - June 2018 period.**

**The treatments on offer are as follows (5 sessions) of:**

- **Massage** (Therapist: Sandra Johnston)
- **Aromatherapy** (Therapist: Gordon Hayhurst)
- **Reflexology** (Therapist: Gillian Johnston)
- **Physiotherapy** (Therapist: Nicola McCullagh Daley)
- **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.

**£25 contribution for 5 sessions -**

**\*\*WHEN TAKING UP ANY OF THESE SESSIONS YOU ARE  
REQUIRED TO COMPLETE THE MONITORING FORMS AND  
PAY THE MONIES BEFORE SESSIONS COMMENCE,  
OTHERWISE YOU WILL NOT BE ABLE TO AVAIL OF THESE  
TREATMENTS.**

## **Morning SEFF Calling Update**



### **Morning SEFF Calling Update**

Hello to all from Rita and Anna at Morning SEFF Calling. Although we have had some fairly nice days so far this May, we appear to have missed the scorcher that England have had. Hopefully though the sun will shine for a particular couple on Saturday as Prince Harry and Meghan Markle make their marital vows to each other. I am sure that it will be an event watched by a lot of you in the comfort of your homes. It doesn't seem that long since Princess Diana captivated our hearts looking every inch a beautiful Royal Princess and if she had lived would now be a grandmother of three. It is lovely to see the longer evenings, however as someone whose lifelong partner had passed away stated, for them the longer days means that the loneliness is more evident as they try to find a way to pass the long hours. When their spouse was alive the hours passed quickly as they both tended to the garden, joined groups or went on little trips. That is why at **SEFF the Morning Calling** programme was started. A phone call once a week from us to help in a small way elevate some of the loneliness. If you, or someone you know would like to avail of a call, then please leave a message with either Mandy or Joy and we will get back to you. Enjoy Saturday's wedding if it's something you like and from myself and Rita, take care.

**Anna Townsend**

### **SEFF's Counselling Team**

SEFF have a team of Counsellors in place who are located across various areas in order to be able to meet the needs of our members within Northern Ireland. Please see information below on each Counsellor, their contact details & the area they cover. If you would prefer to speak to someone in the office about accessing Counselling we can then make a referral on your behalf.

#### **Helen Murphy MBACO (Accred)**

Location: SEFF Offices, Lisnaskea. Counselling sessions are offered on a Friday

MOB: 07510068382

#### **Anna Frith FdSc Counselling BA MBACP NCS (Accred)**

Location: Locations throughout Fermanagh and Clogher Valley). Appointment times agreed with recipients.

Mob: 07928457660

#### **Susanne Roleston BSc. Dip (HE) MBACP (Accred) UKRCP**

Location: Banbridge - Appointment times agreed with recipients.

MOB: 07835898470

#### **Ruth Wilson DipHE Counselling EMDR 1&2 MBACP (Accred)**

Location: Cookstown, Moygashel and Rchhill. Appointment times agreed with recipients.

MOB: 07912439345.

If interested in receiving Counselling then please contact SEFF on 028677 23884 or a Counsellor (relevant to your area) directly on the numbers above.

### **The Dambusters ... Seminar**

**Wednesday 13th June 2018 @ 7.30pm, Archdale Hall, Lisnaskea.**

#### **Speaker: Gordon Hayhurst**

The power-point presentation and exhibition of artefacts, is to commemorate not only the 100<sup>th</sup> year of the RAF but he 75<sup>th</sup> Anniversary of the Famous Dambusters raid. It will incorporate 3 pieces of music, Battle of Britain theme, 633 Squadron, and Dambusters theme to end.

Talk will last approx 1hr 15 - 1 hr 30 mins, basically in two parts. The development of the bouncing bomb and What happened to each of the 18 aircraft on the raid, including a demonstration of spotlights.

Exhibition will include, Models paintings, photos, letters, Autographs, Lancaster Aircraft parts, clocks and instruments, spotlights etc.

It's a must see night for all the family and you'll be sorry if you forget your camera.

Warning: There may be flashing lights and images of warfare.

## **BEFRIENDING MAY UPDATE**

Hi All,

Hope you all manage to get out in this spell of good weather we are currently having, if it lasts long enough. It does the body and soul good to feel the heat of the sun.

We had a very informative Coffee Morning about Elderly Abuse, once we got our I.T. problems sorted, that is. It was unfortunate that it clashed with our trip to The Balmoral Show so for anyone that missed out on this information session, Veronica kindly left some literature in the office.

Please try to get to our next coffee morning, our last one before our summer break:

**Air Ambulance Coffee Morning - 14th June 2018** from 10:30am to 12 noon. Gary Wilson from Air Ambulance NI will be coming to talk about all the good work our new air ambulance does and the costs involved in keeping it going.

Regards

The Befriending Team



### **SEFF's Walkers & Talkers**

SEFF's Walking group is now up & running with walks taking place on a weekly basis. We are still keen to increase numbers so please do join the group on any of the dates below. You **don't** need to be an experienced walker, it's more about the social element & meeting other people, getting a little exercise is just a bonus.

Opposite is a picture of some of the group out on a walk at Bellanaleck on Wednesday 16th May 2018.

Any queries regarding the below dates or the information provided please give us a call to the office on **028 677 23884**.

DATE	TIME	VENUE	MEETING POINT
<b>WEDNESDAY 23<sup>RD</sup> MAY 2018</b>	11AM	CASTLE ARCHDALE	MEET AT TEAROOMS CARPARK IN COURTYARD
<b>WEDNESDAY 30<sup>TH</sup> MAY 2018</b>	11AM	KILLYFOLE	MEET AT CARPARK
<b>WEDNESDAY 6th JUNE 2018</b>	11AM	ELY LODGE	CARPARK BESIDE THE RIVER, (DOWN BEHIND PHONE BOX)
<b>WEDNESDAY 13th JUNE 2018</b>	11AM	BELLANALECK	JETTY CARPARK, BESIDE PUBLIC TOILETS *JOINING WITH FACT WALKING GROUP*
<b>WEDNESDAY 20th JUNE 2018</b>	11AM	IRVINESTOWN	BAWNACRE CARPARK.
<b>WEDNESDAY 27th JUNE 2018</b>	11AM	ENNISKILLEN	ARDHOWEN CARPARK.

# REMEMINDER

## RENEWING SEFF Membership 2018/19

We are fast approaching the new membership year at SEFF; **1st July 2018**. We would like, where possible that as many of you renew your membership through a **Standing Order** process so that you don't need to be reminded each year to pay your fees and therefore you won't miss out on the chance of attending our respite and activities if you are no longer a member.

If you cannot do **STANDING ORDER** through your bank, we accept payments for subscriptions by either cheque or cash.

*If you wish to set up a **standing order** please obtain a standing order mandate from your bank and then call the office and we will give you the required bank details for SEFF needed to complete the form. If you are in doubt whether you have a standing order set up already, please call the office and we can check for you.*

**Regrettably we cannot do card payments over the phone or in the office.**

**Since the introduction of our membership some of your details may have changed ie: address/mobile/ phones/ postcodes etc, please call the office to update these!**

**Membership fees are as follows: £10 per adult renewing in the household.**

**Post primary school age (12 - 16 yrs old) is £5 each and under 11's are free.**

**August** will be the last month that we will send out SEFF newsletters to all those on the current 2017/18 membership database before we implement the updated 2018/19 mailing list.

We would appreciate if you could pay membership fees before **31st July 2018** and if possible that you would also sign up for gift aid if you are paying tax on your income, if you have not already done so.

**Your cooperation is much appreciated.**

## Ulster-Scots Summer Schools 2018

We are hoping (subject to funding being secured) to run SEFF's annual Ulster-Scots Summer Schools over the July—August period. With this in mind we would like to make an appeal for Leaders to help us out at these events.

Through the Ulster Scots Agency we are able to offer a small remuneration to all leaders who help out at the events.

Previous experience with youth is not essential but would be advantageous.

All leaders will require an ACCESS NI check (enhanced check including a check of the barred list for working with children). To complete this mandatory check we will need leaders to complete the enhanced Access NI form and we will also be required to carry out a full identity check—more information on this can be provided.

Where possible we would also like our leaders to be trained in child protection (Keeping Children Safe training) —please see info opposite on an upcoming course SEFF are running (via the FACT Project).

If you are interested or know someone who would be free over the Summer months and would be able to lend a hand ask them to give us a call ASAP on 028677 23884.



### KEEPING CHILDREN SAFE (CHILD PROTECTION) TRAINING

**We are running a Keeping Children Safe course on  
SATURDAY 30th JUNE 2018**

**10am - 4pm**

**SEFF OFFICES, LISNASKEA**

**Cost is £10 per person and includes lunch.**

**This is an accredited course - please note it is good practice to renew your child protection training every 3 years.**

**If interested in attending this course please phone the office on 028677 23884 to register your interest.**





## FACT MAY 2018 UPDATE

**Fact** is still incredibly busy with all classes and events running smoothly. iPad, yoga, chair-based exercises, up-cycling, basket-weaving, sewing, and woodturning are proving very popular in both areas. There is a large uptake on swimming classes in Fermanagh area. Who would have known that there are so many non-swimmers in the over 60's!!

The gardening programme at Colebrook continues and is well attended.

A grant application which had been submitted to CDHN to roll out the Community Pharmacy Partnership initiative in the Armagh area, has been successful, please keep an eye on our next **FACT** newsletter for the dates for this programme in the County Armagh area.

With the aim of improving health & well-being, we have organised walks throughout both areas to encourage members to enjoy the outdoors and appreciate nature and bird song.

Our **FACT** overnight trip to County Kildare has been finalised with 92 enthusiastic participants who are looking forward to visiting the Japanese Gardens & National Stud which takes place over the 18<sup>th</sup> & 19<sup>th</sup> May.

We have a day respite to Rossnowlagh in July which has attracted 91 people from both areas to date.

The Armagh members enjoyed the recent trip to Enniskillen Museum, where they were given a guided tour. Feedback was very positive and a request for more of these trips!

The "History of Cleenish" is next on the **FACT** agenda on 28<sup>th</sup> June. This trip will be very informative, with a tour of the island included.

Jenny & I are now forward planning for the next quarter's activities and courses with enthusiasm.

**Regards - Gladys & Jenny, Project Co-ordinators. Contact info - Tel: 02867722615**

### PROJECT COMMON BOND 2018

This year's Project Common Bond event is taking place in Waterville, Maine, USA from Saturday 28<sup>th</sup> July—Sunday 5<sup>th</sup> August 2018. Project Common Bond is an International Peace Building Conference organised by Tuesday's Children, it's an opportunity for young people (from around the world) who have been affected by Terrorism to come together, share their experiences and learn.

SEFF have 4 participants attending this year, they are: Zara Ferguson, Sophie Carson, Melissa Keys & Ambra West.

Participants & their families were tasked with raising the funds to go, a number of Fundraising Activities have taken place over the past few weeks with a few more to come, please see info below & we encourage you to try to support these events if you can.



#### **COFFEE MORNING & RAFFLE, SATURDAY 26<sup>TH</sup> MAY 2018, UNIONIST HALL, ENNISKILLEN AT 10.30AM**

We would like to appeal to any bakers within our membership for some sweet treats for the above coffee morning, we have scones organised but would like some traybakes, buns, cakes etc if possible. If you would be able to help out by baking and donating some sweets we would be most grateful. Please phone the office on 028677 23884 to let us know.

#### **CRAFT & COFFEE MORNING, SATURDAY 16<sup>th</sup> JUNE 2018, BROOKEBOROUGH MEMORIAL HALL AT 10.30AM.**

If interested in having a craft table at this event please phone the office on 028 677 23884.



### **VOLUNTEERS needed for Twelfth of July Charity Collection**

We have recently received great news that SEFF have been named this year's Official Charity of Benefit for County Fermanagh Grand Lodge and therefore we are on the look out for volunteers to help with the street collection on the Twelfth of July this year in Brookeborough.

We will be organising a rota basis where people can volunteer an hour of their time at any stage throughout the day—if you are available to help out please contact the office on 028677 23884 and let us know, we would love to hear from you.



### **SEFF's Welfare & Benefits Service Update**

We are aware that a vast number of SEFF members who are in receipt of DLA (Disability Living Allowance) are still awaiting the transition to PIP (Personal Independence Payment).

Tina Grimsley (SEFF's Welfare Officer) along with Norman Kirkpatrick (SEFF's Appeals Officer) are available 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. Please contact us before you start

the process as this can have an adverse effect on your claim.

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).

### **SEFF meets with Rwandan genocide victim**

On Wednesday 16th May 2018, SEFF reps met with a survivor of the Rwandan genocide - Christophe Mbonyingabo who is Executive Director of CARSA ministries (Christian Action for Reconciliation and Social Assistance)

Christophe spoke of the need for a revival of Christian values in Northern Ireland and of the need for perpetrators to face up to what they have done and consequently engage in genuine repentance, remorse and acts of restitution.

Christophe's perspective is consistent with SEFF's - genuine Forgiveness and Reconciliation will never be embedded within this Society unless and until there is acknowledgement that there was no justification for the use of criminal violence in the furtherance of it defence of a political objective.

SEFF hopes to work with CARSA Ministries in the future. See: [www.carsaministry.org](http://www.carsaministry.org)

Left to right: Dr Rev Lesley Carroll (facilitator for the meeting) Doreen Mullan (SEFF) Christophe Mbonyingabo (CARSA Ministries) Dianne Holt (Tearfund) and Kenny Donaldson (SEFF).



## *New plaque unveiled in Clogher RBL to remember those who paid the supreme sacrifice*

On Saturday afternoon last a special service was held in Clogher Royal British Legion at which a plaque was unveiled remembering the 12 members of the security forces who lost their lives as a result of the terrorist campaign inflicted within the District.

Amongst the 12 families being remembered were three families from Great Britain whose loved ones were members of Regular Army units. These families were hosted in The Clogher Valley area over the weekend by Lisnaskea-based South East Fermanagh Foundation (SEFF)

Chairman of Clogher RBL Branch Harry Alexander explains: "Our Branch felt it very important to erect a plaque which would pay tribute to those who laid down their lives in defence of democracy and of defeating the terrorist campaign".

"I had the great honour of serving with 11 of the 12 service personnel remembered and I found today particularly Saturday particularly poignant because it marked my own brother-in-law's Anniversary - Ivan Hillen who is one of those remembered on the plaque".

"We were delighted to work in partnership with SEFF this weekend where we have been able to host visiting families, bring them to the scenes where their loved ones were killed (which proved extremely emotional) and there was also an opportunity for some good relaxation time to be built into the weekend".

Kenny Donaldson, SEFF's Director of Services stated: "We owe a debt of gratitude to the men and women who donned the uniforms of the police, military and prison service and who sought to serve the community, often paying a very heavy price for their courage".

"The GB families visiting were advised of the support services they can now link into via SEF's GB outreach project when they return home. We are determined that they will now feel part of the SEFF family support network".

"We commend the Officers of Clogher RBL for first developing this initiative, the 12 individuals named on the plaque and all other innocent victims of the terrorist campaign will continue to be remembered with their heroic families," concluded Mr Donaldson.





# Topics & Dates of Interest



## Project Common Bond Fundraiser

### Coffee Morning & Raffle



In the Unionist Hall Enniskillen  
Saturday 26th May @ 10.30am

Raffle Tickets Available for the Prizes Below



1st Prize—Afternoon Tea for two in the

Lough Erne Resort

2nd Prize—Sunday Lunch Carvery for two in the

Carrybridge Marina Hotel



3rd Prize— A Bottle of locally made

Boat Yard Gin

4th Prize—Locally brewed Inishmacsaint Beer



Project COMMON BOND is a program led by Tuesday's Children that brings together young adults from around the world who have lost a family member due to an act of terrorism, violent extremism, or war.

All proceeds raised go to help fund travel costs to send Zara Ferguson, Ambra West, Sophie Carson & Melissa Keys on this 2018 Project Common Bond annual event in Maine, USA.



*All Welcome!*



## County Fermanagh Grand Orange Lodge

### Annual Murdered Brethren Parade

Sunday 28th May 2018

St. Macartan's Cathedral, Enniskillen

The preacher will be The Revd Chris Macbruiithin, Curate Assistant.

The parade will form up at 2pm at Derrycharra Link, ready to step off at 2.15pm.

All Brethren, Juniors, and Sisters, are encouraged to attend, and Fermanagh GOL would also ask that families and friends come along and watch the parade, and if possible attend the Memorial Service.

SEFF have been chosen as this year's Fermanagh Twelfth beneficiary charity, this means we will need a team of volunteers to collect on the streets and demonstration field in Brookeborough.

A Planning meeting is being held in SEFF on Wednesday 23rd May 2018 from 6pm - 7.30pm, if available please come along, we need your help if the Collection is to be the success it has the potential to be.



THE REGIMENTAL ASSOCIATION  
OF THE  
ULSTER DEFENCE REGIMENT CGC

Annual Parade & Service of  
Thanksgiving and Remembrance

On

Sunday 10th June 2018

In

Saint Macartin's Cathedral

Enniskillen

3pm

Parade to assemble North Quay car park 2pm. All ex-members of 4 UDR welcome. Dress dark suits or UDR Regimental Association uniform, beret and medals.

Please come along and support.

## Mark your Calendar

**SEFF is celebrating its'  
20th Anniversary  
on 5th October 2018  
with a Black Tie, Gala Ball, in the  
Killyhevlin Hotel, Enniskillen.**

**If you are interested in attending  
it will be by ticket only.  
We hope tickets will be on  
sale soon.**

**Contact the Office on  
028 677 23884 if you are  
interested in attending this event  
and we will take your details.**