

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award
for Voluntary Service



AUGUST MEMBER'S MEETING

WEDNESDAY 22nd August 2018 at 7.30pm

Project Common Bond participants will speak of their experiences.

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

Website: www.seff.org.uk



Seff Lisnaskea
Seff Victims

Dear Member,

We apologise that the July Newsletter is being sent a week or so later than it otherwise would have been but it was felt that there were a number of key events which were occurring in late July which merited holding off this particular bulletin going out.

I want to extend my thanks to the Advocacy service for their significant efforts in recent times around the NIO legacy proposals, whatever comes of that process SEFF has tried its' best and will continue to do so in advocating on behalf of the innocent victims/survivors of Terrorism and other Troubles related criminal violence.

SEFF's West Tyrone Gateway Service

As you will have read in a previous Newsletter SEFF has recently taken on an office in Newtownstewart which was formerly the base of Victim's group West Tyrone Voice.

WTV has dissolved as a group with the majority of its' membership now joining SEFF.

Since 1st July 2018 we now staff and maintain the office 5 days per week. From September onwards we will be including a page supplement within our N'letter dedicated to the work of the SEFF's West Tyrone Gateway service.

On Wednesday 12th September 2018

SEFF Holiday Closure
Monday 27th August
2018

there will be a special launch event for the new service taking place in The Newtownstewart 2000 Centre from 7.30pm onwards and we will be running a bus from Lisnaskea to Newtownstewart on that night.

Please do come along and encourage those who are now joining our fold and make them feel welcome as fellow innocent victims/survivors of terrorism.

Monthly Newsletters - change in process

With ever increasing stationery and postage costs it has been agreed by Management that from the next N'letter onwards we will be encouraging members and volunteers alike to come and pick up Newsletters and distribute them minus the requirement for postage.

Newsletters will be prepared and printed by the third Tuesday of the month so .. Tuesday 21st August, 18th September 2018 etc and will be available for pick up from the Wednesday morning onwards. N'letters will be labelled but not stamped, then come the Friday @ 1pm all remaining N'letters not collected will then be stamped and posted out to members. We are confident that this can and will see significant savings.

We ask for your cooperation with this.

Please note:

There will be a thorough Office tidy up on Tuesday 21st August 2018 and we would ask that you would refrain from calling the office or visiting on that day unless in emergency circumstances.

Kenny

July / August 2018 - Issue 142



Complementary Therapies

We are now taking names for Q1 of the new financial funding year covering the **July-September 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.**

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

Raymond Farrell

Location: Richhill. Appointment times agreed with recipients.

Phone: 028 677 23884

Rodney Sharpe

Location: Cookstown - Appointment times agreed with recipients.

Phone: 028 677 23884 (mobile number to follow)

Karen Whaley

Location: Newtownstewart & West Tyrone area - Appointment times agreed with recipients.

Phone: 028 677 23884 (mobile number to follow)



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

Morning SEFF Calling Update



Morning SEFF Calling Update

It is the end of July and we are halfway through the school holidays. However unlike

the last few years children will have had lots of sun  rather than rain . In fact, it has been the sunniest and warmest summer so far since 1976. When the sun is out no matter what time of year, there is a feel good factor about. It most definitely lightens our mood and sitting out for just twenty minutes in the sunshine boosts our vitamin D and serotonin levels, both essential for our physical and mental health. Here at Morning SEFF Calling we continue to add to our client list and therefore the appeal continues for another volunteer to help with the calls. Accredited training and mileage is provided. So, if there is anyone who is interested, please give Mandy or Joy a call to the office.

Enjoy the rest of the summer and fingers crossed there will be lots of sun in August.
Ann and Rita (MSC)

Ann & Rita

BEFRIENDING JULY UPDATE

Hi All,

After the great weather we have been having I am sure some of you gardeners are secretly hoping for a light shower whereas the sun worshippers among us would like this weather to continue. Befriending is still continuing, all our volunteers work around their holiday dates to make sure there is no break in service so a big thank you to everyone involved.

We have quite a few interesting coffee mornings coming up after our summer break so get your pen out and mark the following **Dates for your Diary**:

Thursday 27th September 2018 - 10:30am - 12:30pm - Breast Awareness and Cervical Screening - this involves a practical demonstration of how to self-examine the breast, discussion around smear tests and signs and symptoms of cervical cancer. This will be very beneficial for our female members so ladies, please make an effort to attend.

Thursday 11th October 2018 - 10:30am to 12:30pm - Macmillan Biggest Coffee Morning - a few weeks later than usual but we are hosting our annual fundraising coffee morning for Macmillan so any members who bake, please feel free to contribute to our cake sale and if you don't bake then come along and buy some lovely home-made goodies and support this very worthy charity.

Thursday 25th October 2018 - 10:30am - 12:30pm - Male Domestic Abuse - where someone will come along to talk about Male Domestic Abuse that is unfortunately prevalent in today's society. In the past we mostly thought of Domestic Abuse as happening to the female population but statistics show many men coming forward to report instances of abuse they have suffered.

Regards,

The Befriending Team



SEFF's Walkers & Talkers

Please see below upcoming walking dates for SEFF's Walkers & Talkers. Please do feel free to come along and join us on our weekly walks which take place across County Fermanagh and Tyrone every Wednesday morning at 11am. Any queries regarding the below dates or the information provided please give us a call to the office on **028 677 23884**.

DATE	TIME	DESTINATION	MEETING POINT
WED 8 TH AUGUST	11AM	TULLY CASTLE	Travel shore road from Enniskillen to Belleek, PARK BESIDE THE CASTLE *JOINING FACT Project Walkers Group*
WED 15 TH AUGUST	11AM	KILLYFOLE	PARK BESIDE THE LAKE
WED 22 ND AUGUST	11AM	ELY LODGE	CARPARK BESIDE THE RIVER, (DOWN BEHIND PHONE BOX)
WED 29 TH AUGUST	11AM	FIVEMILETOWN	THE ROUND LAKE

FINAL REMINDER RE: RENEWING SEFF Membership 2018/19

2018/2019 Membership Fees were due on 31st July 2018, although fees are still being paid thick and fast we would like to remind you that they are now overdue. We would kindly ask you to pay your fees ASAP as this will be the last Newsletter we will issue to all existing members for the 2017/2018 year.

The next issue will only be sent out to paid up members.

We remind you that you can call into the office to pay, forward a cheque or postal order or alternatively we strongly encourage members to set up a standing order which means the money will automatically be deducted from your account on an annual basis. Regrettably we cannot do card payments over the phone or in the office.

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.

Your cooperation is much appreciated.

For standing orders to be set up: SEFF General Acc. Sort code 95-03-98. Bank Acc no: 31075985. And for the reference please add your Name and SEFF membership



**Uniting our Youth Event
Friday 10th August 2018
Todd's Leap Activity Day
& Royal Hotel, Cookstown**

On Friday 10th August SEFF are bringing together young people connected to victims groups (with a similar ethos to SEFF) from across Northern Ireland for an activity day at Todd's Leap followed by a workshop in the Royal Hotel Cookstown where the young people will hear about the work of SEFF and participate in a wider discussion around issues victims face.

There is no cost involved in this initiative but parental consent is essential - forms are available from the office.

See below a rough itinerary for the day:

9am - Bus depart from SEFF Office, Lisnaskea

10am - 12pm - Todd's Leap part I

12pm - 1pm - Lunch

1pm - 3pm - Todd's Leap part II

3.30pm - Arrival to Royal Hotel, Cookstown

Memorial Quilt Exhibition within downstairs large room at the hotel

3.30pm - 6pm - Facilitated workshop with involvement from young people across our groups which would examine issues which our groups are involved. Part of this seminar will also involve us engaging with the young people around the proposed legacy institutions outlined in the NIO Legacy consultation - this would then be fed back to the process as a Youth engagement event.

6pm - 7pm - Finishing with Supper (taking the form of a substantial buffet)

7pm - Departure

8.30pm - Arrive back to SEFF Offices, Lisnaskea.

It is open to young people from 13 years old and above, we want a strong attendance from SEFF so if interested please get in touch to add your name to the list on 028 677 23884.



**SEFF's ULSTER-
SCOTS RESIDENTIAL
SUMMER SCHOOL**

(12-16 year olds)

This weekend will consist of water sports & other fun activities.

Share Discovery Village

Friday 17th – Sunday 19th August 2018

Activities during the above Summer Schools will include music, dance, cookery, football, drama, archery, history & much more.

For enrolment on any of the above Summer Schemes please phone SEFF office ASAP on 028 677 23884.

******Enrol early to avoid disappointment.***

Claudy Bomb Anniversary



Bereaved relatives, survivors and friends pictured at the Claudy Bomb memorial on the 46th Anniversary of the atrocity (31st July) SEFF reps joined with the families.



FACT JULY 2018 UPDATE

We have just completed the fifth year of the FACT Project and we are now into the 6th and final year of the Project. We are however working hard in an effort to secure further resources which will enable us to continue to provide for the over 60's

The FACT Newsletter was distributed at the end of June and the places on the activities that are on offer have been filling up fast. These include; walking, gardening, indoor bowling, as well as Chronic Pain and Ipad classes.

Our joint Fermanagh and Armagh events also continue to be very popular and successful. The tour of Cleenish Island was a wonderful day out and our thanks goes to Marion Maxwell and Margaret Judge who provided very informative and interesting accounts which were greatly appreciated. Our members are looking forward to the Enniskillen Show in Fermanagh on 8th August, followed by a meal in The Killyhelvin Hotel and also the Tea Dance in Armagh City Hotel on 18th September.

We have just completed two tours of Upper Lough Erne which included a cruise and afternoon tea. Participants and carers availed of these trips some of whom had never experienced a trip on the lough and we would like to thank the carers for coming along to make this possible.

The demand is so high that we have had to duplicate some of the trips,...so if you have expressed an interest, please confirm with the office as soon as possible, so as to give members on the reserve list an opportunity to avail.

In Armagh the swimming classes are so over-subscribed that we have had to organise an additional two classes.

As our emphasis is on improving health & well-being, the Armagh members are looking forward to our 2 organised walks in Dungannon and Peatlands Park. Of course Fermanagh members are welcome to partake in these walks as well but unfortunately they will have to transport themselves.

IPad and Recreational Art classes commence in Armagh during September.

There are still some wallets and purses to be collected from the office so please pass the word around our membership. We would like all FACT members to have the opportunity to have one of these.

The office is manned on all days (Monday - Friday) from 9am - 5pm as much as possible, we can also be contacted by phone and if you leave a message you can be assured of a prompt response.

Photograph opposite is of FACT members participating in a Basket Weaving course in SEFF Offices.

Hope you enjoy the rest of your summer

Jenny and Gladys

Regards - Gladys & Jenny, Project Co-ordinators. Contact info - Tel: 028 677 22615

Email - info@factni.com



SEFF's Youth Choir - Call for Volunteers

As you will know SEFF has a Youth Choir in place and the choir has performed at a number of events over the last 2 years. The choir is comprised of those whose families have been bereaved of a loved one as a result of the terrorist campaign whether that be Grandparent, Aunt, Uncle, Great Aunt/Uncle.

We would appeal with our membership to support this initiative and we would ask that any 13 - 21 year-olds who meet the above criteria would give serious consideration to become involved with the choir.

The choir brand is powerful and we would wish to see it develop further.

The choir will next be performing at SEFF's 20th Anniversary Thanksgiving Service taking place in The Archdale Complex, Main street. Lisnaskea @ 7.30pm on Tuesday 14th August 2018.

New volunteers can be integrated into the choir for this event and potentially attend a practice session or two in advance.

Please call the SEFF office on 028 677 23884 for further information.

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 personal 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 SEFF's Welfare service on 028 677 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) in the near future we will also be confirming a new member to the team who will provide Welfare Advice via SEFF's West Tyrone Gateway Service.

12th July 2018 Street Collection in Brookeborough

Our sincere thanks goes to all our volunteers who took the time to take part in the street collection at the recent 12th of July Celebrations in Brookeborough,

The grand total raised was just short of £3,500 which was an excellent achievement and the largest amount raised at a Fermanagh 12th of July Demonstration to date.

We also extend our thanks to County Fermanagh Officers who were so helpful in the lead up to and indeed on the day of the Collection.



Omagh Bomb 20th Anniversary Service

Sun 12th August 2018 @ 3pm

Outdoor Service at the Memorial Garden, Omagh

SEFF are running a bus departing from SEFF Offices, Lisnaskea at 1.15pm with pick-ups along the way - Maguiresbridge, Fivemiletown and onwards to Omagh.

If interested in attending please phone the office on 028677 23884.



SEFF

SOUTH EAST FERMANAGH
FOUNDATION

SEFF's 20th Anniversary

This year (2018) marks SEFF's 20th Anniversary and we are putting plans in place to hold a number of events to celebrate this important milestone, recognising the work of the organisation since its inception back on 15th August 1998.

Over the week **Monday 13th - Thursday 16th August 2018** we will be having a Public Exhibition within The Archdale Hall, Lisnaskea where all the various facets of SEFF's work will be acknowledged.

The Exhibition will be manned each day by staff, volunteers and members and will take the form of different themes, the exhibition will be open daily from 10am - 3pm and 7.30pm - 9pm on the Monday and Wednesday.

The daily themes are as follows:

Monday 13th August 2018: Health and Wellbeing, Welfare and Social Support

Tuesday 14th August 2018: Quilting Project & Glencree Peace & Reconciliation Work

Wednesday 15th August 2018: Truth, Justice and Accountability

Thursday 16th August 2018: Community outreach and SEFF's place within the community.

On these respective days there would be presentations shown at allotted times.

******Tuesday 14th August 2018 (please note change of date)**

At 7.30pm a special Service of Thanksgiving will be held in The Archdale Hall with Rev Alan Irwin officiating.

Please contact the SEFF office for further details on: 028 677 23884 and please do encourage family, friends and neighbours who may know little about SEFF's work to make the effort to visit the Exhibition over the course of the week.

This is the broken legacy of Terrorism

When normality is then understood to be abnormality, the Pandora's box is opened and if the necessary professional and empathetic support doesn't then follow, the results can and will be grave.

The statement is made in the context of those military personnel who served in Northern Ireland within the context of the ensuing terrorist campaign.

As the first victim's organisation to open offices in Great Britain in an effort to support the 'hidden victims/survivors' of The Northern Ireland Troubles, SEFF has an acute awareness of the sufferings experienced by former military personnel and indeed other civilians who have been impacted by The Northern Ireland Troubles.

It is an established understanding that Post Traumatic Stress Disorder kicks in an average of 13 - 14 years post exposure to a trauma related incident. For those who were subjected to such exposures in the 1970's, many have suffered in silence for over 30 years.

The reality is that where the military are concerned, Northern Ireland is the 'Forgotten War.' Those military personnel, some 300,000 plus having served within the Regular Army units of the British Army are almost embarrassed to reference their service in Northern Ireland - why?

It was because of the intimacy of that campaign, its' closeness to their own upbringing and the brutal guerrilla warfare techniques deployed by The Republican Movement which sought to provoke reaction and bring about the circumstances of Civil War - they failed in that strategy. Children were often used as human shields by terrorists, men, women and children were viewed as collateral damage in their quest to overthrow the Northern Ireland State.

We work with hundreds of ex military personnel across the various Regimental families - Fusiliers, Paras, Light Infantry etc. Very many of those who served in Northern Ireland are confused at what life has become for them, they had no prior understanding of what exposure to trauma related events might mean for their own future mental health and wellbeing.

One method of addressing veteran's PTSD and other mental health complexities is to provide a supportive environment whereby they might return to Northern Ireland to engage with the issue or issues which are having a debilitating influence upon their lives.

SEFF has brought back veterans who have been unable to board buses for 30 years since they were blown up with their colleagues, others who are unable to cope with loud noises or who have concerns about the smell of petrol (due to the bombs of terrorism and wider civil disorder) and others still who have been unable to be in close proximity to someone with an 'Irish' accent because of the painful memories it conjures up for them.

In bringing them back to this place and laying on supportive and facilitated Programmes many of these individuals have been able to face and ultimate defeat their demons. The normality of 'The Past' has been understood by them to have been abnormal but they are committed to having a normalised future.

There is certainly a need for a residential and respite-based centre for military veterans in Northern Ireland from which tailored programmes of support might be developed which would seek to support former veterans and their families to attain some closure and resolution to ills inflicted upon them and/or their colleagues over the years of the terrorist campaign, SEFF is committed to furthering this project in collaboration with others from across the ex-Veteran fraternity.

Ultimately the failure to provide adequately for veterans will consign more to die through their brokenness whether that manifests as suicide, alcoholism or other debilitating health related conditions and premature death.

We need to do better by our veterans and their families; they gave all for the rest of Society after all.

Kenny

Topics & Dates of Interest

Jersey Respite - June 2018



In June 50 SEFF members travelled to Jersey for 4 nights to take part in what has been described as a very enjoyable and relaxed respite.

The group stayed in the Merton Hotel in St Helier and had a few days at their own leisure as well as a day of organised activities which involved a visit to the Jersey War Tunnels and a trip to Jersey Zoo.

We have had a lot of positive feedback following the respite, participants felt the hotel was perfect and each evening they enjoyed an array of beautiful food. See below and opposite a few pictures from the week.



Little Castle Playgroup Lisnaskea

are seeking volunteers

to join their Committee.

Please contact Gail for more information

on 07834728080



County Fermanagh Grand Orange Lodge Annual Murdered Brethren Parade

RESCHEDULED to Sunday 2nd September 2018

St. Macartan's Cathedral, Enniskillen

The preacher will be The Revd Chris Macbruithin,
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 GOLI would also ask that families and friends come along and watch the parade, and if possible attend the Memorial Service.

Mark your Calendar

**SEFF is celebrating its'
20th Anniversary
on 5th October 2018
with a 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.**