

SEFF Christmas Newsletter

Supporting Victims and Survivors, Strengthening Communities

Wishing you a very
MERRY CHRISTMAS



The Queen's Award
for Voluntary Service



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

January MEMBER'S MEETING will take place on
Wednesday 23rd January 2019 at 7.30pm in
SEFF Offices, Lisnaskea.

GUEST SPEAKER: Diane Holt (Tearfund & Thrive Ireland -
An organisation that supports our Churches)

**December 2018 - Issue
147**

Dear Member,

As we near the end of 2018 it is important to take some time to reflect on the year that has just been lived.

SEFF has reached many new milestones over the 2018 year (which marked our 20th year of existence) The organisation continues to aspire to better, we are committed to delivering for innocent victims and survivors of terrorism and other Troubles related criminal violence wherever such individuals happen to be based and irrespective of their ethnic or religious background.

SEFF will also continue to play its' part in building towards a shared and thriving community.

New Appointment

SEFF are delighted to have recently appointed Carrie Benn as our Good Relations Projects Coordinator (p/time) for a Peace IV funded Project involving SEFF, Carosyl, Lisnaskea and Fermanagh and Sports Cultural Awareness, Association, Ballinamallard. There will be further details of the Project in the January 2019 Newsletter but we very much welcome Carrie to the SEFF Team - and we have no doubt that she will be an asset to the Project and wider SEFF organisation.

Combat Stress clients

In recent months Combat Stress have undergone substantive changes as an organisation which has saw an end to their field support workers. We know that this has caused much discontent within the West of

Northern Ireland where many ex service members valued the relationship they had with former Case Worker Martin McCauley.

We wish to advise that Martin McCauley has recently been appointed onto SEFF's Management Board and the organisation will be the richer for his expertise.

I would also like to check in with those SEFF members who formerly accessed Combat Stress services; are you now receiving the psychological, emotional, financial and other practical support that you need? If not then please reach out and access SEFF's services - whether that be Counselling, Complementary Therapies, Health and Wellbeing Caseworker's Service, Welfare etc. Please do not struggle alone - there is help there for you.

We offer SEFF's thoughts and prayers to all victims and survivors as Christmas approaches. Christmas is a time of joy as we celebrate the birth of our Lord and Saviour Jesus Christ but it also is a time of sorrow as families are reminded of empty chairs at tables caused by the horrors of terrorism.

We are mindful of the cross that many continue to carry and we pray that God's comfort blanket will surround them over this period.

Kenny

SEFF Seasonal Closure Dates for SEFF, West Tyrone & South Down Gateway Service Offices

Half Day Closing @ 1pm Friday 21st December 2018

Closed

**Monday 24th December 2018 & Reopening at 9am
on
Wednesday 2nd January 2019.**



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 /

E-mail: info@seff.org.uk

Website: www.seff.org.uk



**Seff Lisnaskea
Seff Victims**

Parking at SEFF,

Lisnaskea

If attending a day or overnight respite and you are parking within Manderwood Estate (where SEFF is based) then please ensure that you park a minimum of 8 car parking places beyond the SEFF entry tunnel either side.

It is important that the area in front of the SEFF tunnel is kept free and available for those coming to the office throughout the day to have access.

SEFF 2019 Calendar

In marking our 20th Anniversary this year SEFF are putting together a 2019 calendar with details of important dates throughout the year.



It also includes images from various events SEFF have run over the years.



We have tried to include as many dates for upcoming events as we can however it is impossible to include everything and dates are subject to slight variation. We would encourage members to use the calendar and update it each month when they

receive their newsletter.

The Calendar was produced as part of a Youth Project and we thank all those who participated along with Mark Robinson who completed the design work.

The calendars will be available from Monday 17th December 2018. Calendars are priced @ £5 each. Please phone the office for more information on 028 677 23884.

MEMBER'S CHRISTMAS PARTY NIGHT

Monday 17th December

8pm

If you are interested in attending the SEFF members' Christmas Party Night please call the office by 5pm on Friday 9th December to book your place. This is for catering purposes.

MUSIC BY: WEE TOM

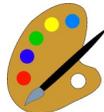
Donations for a Raffle on the evening would be gratefully received and can be left into the office before the evening.

The Valley Hotel





Classes & Courses

COURSE	DATE / TIME	LOCATION	COST
Art Class Tutor: Ruth Elliott	Thursday 10th January 2019 7.30pm - 9.30pm 6 weeks	Garrison Church Hall	£20 per person 
Sewing Class Tutor: Sonia Johnston	Monday 21st January 2019 7.30pm - 9.30pm 6 weeks	SEFF Offices, Lisnaskea	£20 per person 
Art Class Tutor: Ruth Elliott	Monday 21st January 2019 7.30pm - 9.30pm 6 weeks	SEFF Offices, Lisnaskea	£20 per person 
Yoga Tutor: Genny Brown	Tuesday 22nd January 2019 7pm - 8.30pm 6 weeks	SEFF Offices, Lisnaskea	£20 per person 

MEN'S BREAKFAST CLUB

January 2019



Good news for all you hungry men with big appetites....

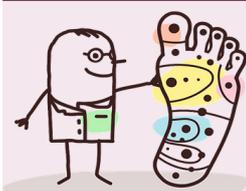
SEFF's Men's Breakfasts have recommenced for the winter months.

The cost is £3 per person and the details are as follows....

DATE: Saturday 12th January 2019 @10am

VENUE: Miller's Coffee Shop, Lisnaskea.

Please come along, enjoy some social time and eat your fill!



Complementary Therapies

We are now taking names for Q1 of the new financial funding year covering the **January - March 2019 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.

£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 DVD's available

SEFF has completed a number of Projects recently and we have the associated DVD footage now available.

There are 6 Projects:

Summer Madness 2018 seminar

Footage from the SEFF facilitated Seminar back in July which examines issues of Justice, Truth and Accountability and their connection with Christian teachings. The DVD includes footage from young people attending the Festival as well as SEFF Representatives; Rev Alan Irwin, Paul Toombs and Ellie Heenan.

Cost - £10

SEFF's 6th Annual Service of Remembrance and Thanksgiving

Footage from the Service held in Ballygawley Presbyterian Church facilitated by Rev Nick Cooper. SEFF's latest Memorial Quilt, Uniting Innocent Victims/Uniendo Victimas Inocentes was dedicated, testimony from Shirley White (Daughter of R/Const Samuel Clarke) and Readings/Prayers read by Rodney Hillen, George Harron and Iris Clarke. DVD also features SEFF's Youth choir.

Cost - £10

SEFF's 20th Anniversary Service of Thanksgiving

Footage from SEFF's 20th Anniversary service held on Tuesday 14th August 2018 in The Archdale Hall, Lisnaska. Service facilitated by Rev Alan Capper and Rev Alan Irwin. Featuring speeches from Eric Brown and Kenny Donaldson, prayers read by SEFF representatives and a performance from SEFF's Youth choir.

Cost - £10

Clogher RBL Branch dedication of plaque to security forces members murdered/killed within the District

Footage from Service held in Clogher Royal British Legion marking the dedication of a new Memorial plaque within the Legion which remembers those members of the security forces murdered/killed throughout Clogher District. The DVD also includes interviews with the three GB-based families whose loved ones are remembered on the plaque.

Cost - £10

30th Anniversary Ballygawley Bus Bomb (20/08/1988)

This triple DVD includes footage from; the Reception event held in The Silver Birch Hotel including speeches and special tribute performance from Omagh Protestant Boys, footage from the Roadside service including parade from RBL members, buglers etc. The DVD also includes interviews with bereaved family members, injured survivors and those who some of those who assisted in the aftermath of the atrocity.

Cost - £12

IVU - A conversation with politicians concerning NIO Legacy proposals

Footage including the launch of IVU's 'Equality of Access Campaign' held on the steps of Stormont followed by an engagement with local political parties. Circa 150 victims/survivors in attendance with the panel as follows; Dolores Kelly MLA (SDLP) Paula Bradshaw MLA (Alliance) Emma Pengelly MP (DUP) Jim Allister MLA (TUV) Mike Nesbitt MLA (UUP) and chaired by Dr Cillian McGrattan.

Cost - £12

We are keen that this footage is seen widely so please do purchase for your own viewing or if involved with other groups, you may wish to purchase with a view to showing to them at an opportune point.



BEFRIENDING DECEMBER UPDATE

Hi All,

It's that time of year again, Christmas is upon us, the season of good will to all men. With that sentiment in mind we always ask you to spare a thought or even a few precious minutes of your time to check in with someone you know that may be having a hard time this Christmas.

Our befrienders will continue to be in contact with their be-friendees over the festive season, making sure they are ok or if they need anything. The coordinators we are so proud of all our busy bees and the amount of time they give voluntarily to help our members.

We hope to be back in the New Year with more coffee mornings, Luncheon Clubs and all the usual goings on so in the meantime may we take this opportunity to wish you all a peaceful and blessed Christmas and bright hope for 2019.

In January we will welcome the Action Cancer Big Bus back to SEFF on Thursday 24th January 2019. Please see details on right on how to book your appointment.

Regards,

The Befriending Team

In December 2018 at SEFF GB, we are celebrating the successful first year of **The LIVES Project** in London. **LIVES Project** This year has been a great first step in reaching out to hidden victims, as well as empowering victims and survivors to take part and reach out for help, whether that be through seeking help with health and wellbeing, or taking the steps to attain truth, justice and acknowledgement.



We are hosting a Christmas Lunch on the 14th of December, inviting London and Greater London-based members for a meal at the Red Lion Pub in Westminster, where the London Northern Ireland Office Consultation was held earlier this year. We hope to create a space for new and known members to come together, meet each other and finish the year on a high!

Merry Christmas & Happy New Year from Rufia and Aitor

Action Cancer Big Bus returns to SEFF

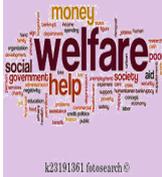
The Action Cancer Big Bus is coming to SEFF on **Thursday 24th January 2019** from 10am - 3.30pm.

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 **IBW-3841**.

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.



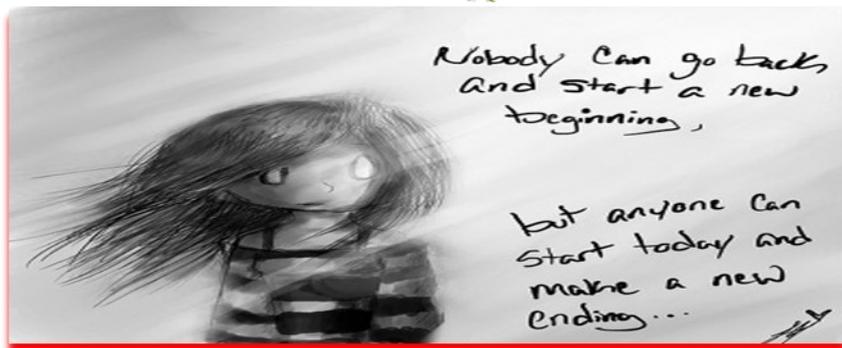
SEFF'S WELFARE & BENEFITS SERVICE UPDATE



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.

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.



Doreen and Martina - Your Health and Wellbeing Caseworkers, would like to take this opportunity to wish you a very peaceful, healthy and happy Christmas. Thank you for sharing your very personal stories with us this year and allowing us to support you in improving your health and wellbeing. We look forward to seeing you all again, and to hopefully meeting more new folk in 2019!

European Day of Remembrance for Victims of Terrorism 2019

The 2019 European Day of Remembrance for Victims of Terrorism event will take place in The Senate Chamber in Parliament Buildings, Stormont on **Monday 11th March 2019** (this is the actual date which is marked across Europe).



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

Once again SEFF are working in partnership with Jim Allister's office in organising the speakers and arrangements for the day (more details to follow in next Newsletter). 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 Carer's Group

We are currently exploring the idea of setting up a Carer's Group within SEFF. At present we have a number of carer's within our membership who occasionally avail of various support services but we would like to develop a more structured group who can provide support to each other as well as availing of services through the organisation.

With this in mind we are going to hold an Information Session for Carer's within our membership sometime in the early part of 2019 (date to be confirmed). Lunch will also be served.

Within this meeting we will explore the merits of developing a Carer's Group and look at potential ways in which SEFF can support carer's and provide much needed respite as well as other assistance.

If you are a carer and you'd be interested in getting involved in this initiative please phone the office on 028 677 23884 to register your interest, we will then get in touch to provide more information and confirmation of our initial information session / meeting.





FACT NOVEMBER 2018 UPDATE

Hi all,

We hope you are getting organised and looking forward to Christmas. We are thinking of those who live alone and or feeling isolated at this time of year.

Across Fermanagh and Armagh, we continue to be extremely busy. We have just put the finishing touches to our Winter Newsletter, which will be circulated next week, and we hope that our members enjoy the activities/events we have planned for January, February and March 2019.

Our joint Winter Warmer is the first large joint event in the New Year (31st January 2019) and it is anticipated that numbers will be very high, due to winding down after the hustle and bustle of Christmas and experiencing the long dreary month of January. Wee Tom will entertain and our popular FACT choir will be in attendance. A Fashion Show is planned and we are on the look-out for aspiring models. No modelling experience necessary!!! Fun is the theme of the day. Please contact the office to confirm your interest on the number below. We would like to express our thanks to our members for the support shown to us during the very busy year and especially those volunteers who loyally give their time folding the 1300 Newsletters for posting out to the membership – we appreciate your help!

As we approach the year end, may we wish each and every one of you a very Happy Christmas and a peaceful New Year. Please stay safe.

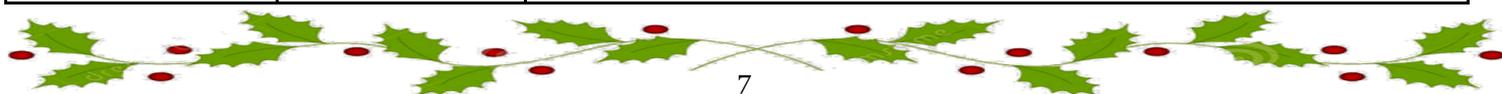
Jenny & Gladys

Contact info - Tel: 028 677 22615

Email- info@factni.com

Upcoming Cultural Seminars & Guest Speakers

DATE	VENUE	SPEAKER
Wed 16 th Jan 2019 7.30pm	SEFF Offices, Lisnaskea	Maurice O'Keefe speaking about the recent Cavan County Council Peace IV funded project, 'Voices of the Troubles' of which he acted as facilitator
Wed 23 rd Jan 2019 7.30pm	SEFF Offices, Lisnaskea	Diane Holt from Tearfund & Thrive Ireland will address our monthly member's meeting on the work of the organisations in the context of Rwanda & other African mission work (particularly those impacted by war / Civil Unrest / Terrorism)
Wed 13 th Feb 2019 7.30pm	SEFF Offices, Lisnaskea	Senior Representatives will be present from the Legacy Investigations Branch (LIB), PSNI
Wed 27 th Feb 2019 7.30pm	SEFF Offices, Lisnaskea	CARSA (Christian Action for Reconciliation and Social Assistance) based in Rwanda
Wed 13 th Mar 2019 7.30pm	SEFF Offices, Lisnaskea	Brian Rea CBE (Ex Chairman of Royal Ulster Constabulary George Cross) Brian has a history of involvement with the Northern Ireland Policing Board over some of its' most turbulent years.
Wed 27 th Mar 2019 7.30pm	Newtownstewart 2000 Centre	SEFF March Monthly Member's Meeting will take place in the Newtownstewart 2000 Centre as part of SEFF's West Tyrone Gateway Service.
Wed 10 th Apr 2019 7.30pm	SEFF Offices, Lisnaskea	Phil Cowen from Glasgow Rangers Football Club will be present to talk about the history of the Club and its' role within the community in advancing education and reconciliation





SEFF's South Down Gateway Service

New Victims Outreach Service looks forward to 2019

SEFF appeals for “locally based people to get behind the new South Down Gateway Service initiative and to be awake to the opportunities which now exist for victims/survivors within the area to receive equality of access to support services which previously were not available to them”.

In a statement SEFF's Director of Services Kenny Donaldson stated: “We have been encouraged by the interest levels shown by local victims/survivors since the launch of the new service a mere 6 week's ago, membership numbers are steadily increasing. We have been indebted by the efforts of local people who have put their shoulder to the wheel and who have contributed to getting the service off the ground, and are helping raise awareness with people of its' existence”.



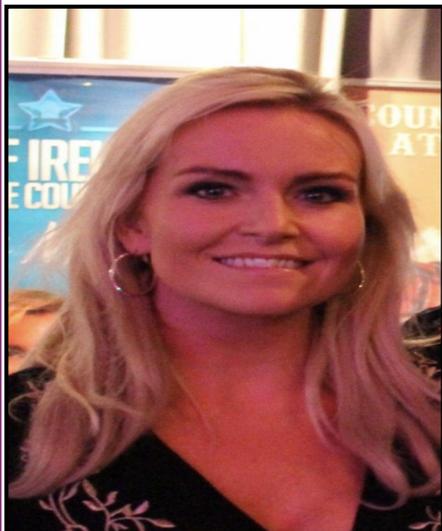
“In 2019 a programme of activities and services will be put in place which will begin to deliver upon the needs of locally based victims/survivors. Already the following services are available via the Rathfriland office; complementary therapies (massage, reflexology, aromatherapy etc) Advocacy (support with justice and truth issues) Welfare benefits advice and Tribunal Representation (PIP, ESA, Universal Credit, War Pensions etc) Counselling and access to a Health and Wellbeing Case-worker (and support schemes available via the Victims and Survivors Service).

Kenny went on to add: “Over the January - March 2019 period there will also be respite opportunities for victims/survivors from the local area - to Fermanagh and elsewhere, there will be recreational classes and other activities”.

“The Rathfriland Office is manned 4.5 days per week, closing on Fridays at 1pm and we encourage victims/survivors to call into the office located at 16a Downpatrick street, to hear what is going on and to join the support service which is free at the point of Registration.

Carrie Benn Bio

Introducing SEFF's new Good Relations Officer (part time)



I have worked in the Community and Voluntary sector since 2006 upon my relocation to Bellanaleck from London. I trained many years ago in Accountancy and spent ten years in London's financial district before wanting to come back to the place I holidayed with my family every year as a child and have always loved. During my time in the Third sector I've had many roles and managed various projects from Peace funded training, cross border events and delivering accredited courses to organising International Women's Day celebrations and cross-community schools projects. Some of you may remember me as the coordinator of Fermanagh Women's Network where I spent nearly a decade. I love working within such a diverse group of folks from all walks of life and have enjoyed so many experiences; ranging from learning how to paint with the Men's Shed to TRYING to learn how to Bowl with youth groups and failing miserably at both....

I grew up in a musical family and enjoy singing and going out dancing as well as reading - whenever my 5-year-old gives me the chance! I have always greatly admired the work at SEFF and can't wait to get started as the newest member of the team in 2019.

SEFF's West Tyrone Gateway Service



We have had a busy few weeks in West Tyrone with various activities taking place including Exercise & Craft Classes (funded through the CLEAR Project). We also held a Christmas themed Coffee Morning and Cake Sale in the Newtown Stewart 2000 Centre last week as well as a Christmas Lunch in the Derg Arms on Tuesday 11th December 2018. All activities have been well supported and feedback has been very positive (see some photos of the various Crafts people have been making, a stand at the Christmas Coffee Morning & the photo from the recent lunch).

We hope to organise some further activities and services in the New Year including respite and further classes and courses. Just to note the Exercise classes are expected



to resume on Wednesday 9th January 2019 (a good way to shed those extra Christmas pounds), exercises are gentle and suitable for all abilities.

In the meantime we wish all our Members in the West Tyrone area a very blessed and peaceful Christmas.

SEFF's Kid's

Christmas Party

On Saturday 1st December 2018 we held our Annual Kid's Christmas Party in the Castle Park Centre, Lisnaskea.

We had over 50 children in attendance who took part in a range of activities including the bouncy



castle, soft play area and some Christmas themed Arts & Crafts. Everyone enjoyed some food before the Big Man (aka Santa) made an appearance with some children more pleased to see him than others!!!

We hope all those who attended enjoyed the afternoon and we thank all those who helped out on the day.

Friday 25th January 2019

Burns Night

FIVEMILETOWN
RBL
@ 9pm

Stew 'n' Haggis

Tickets £10

SEFF FUNDRAISER

Music
Malcom
Coulter
& Piper

Dates of Interest

SEFF Holiday Club Update

It was the decision of the last meeting of SEFF's Holiday Group on 31st October 2018 that the following suggested holidays would be costed & SEFF members advised.

BRUGES

- Departing 15 May 2019 Dublin/Brussels 11.25am arrives 14.15pm
- Returning 22 May 2019 Brussels/Dublin 14.40pm arrives 15.30pm
- Train from airport is 1 hr 30 mins, private coach transfer for approx. 16 people (47 pp return (optional extra)
- Pre booked seats, priority boarding & 2 hand luggage (Ryanair flight) Hotel Aragon B&B £639 per person
- Peelaert Hotel (Adult only) B&B £639 per person
- Deposit £70 per person

KRAKOW

- Departing 14 May 2019 Belfast/Krakow 10.2am arrives 14.35pm
- Returning 19 May 2019 Krakow/Belfast 12.10pm arrives 14.10pm
- Hand Luggage / No transfers (cheaper to do out there but can be priced)
- Maksymillan Hotel B&B £295 per person, Deposit £80 per person.
- Home Hotel B&B £289 per person (staying in either of these hotels may mean it's necessary to hire taxis to go out to restaurants on 'The Square' which is the main shopping & dining area in Krakow.
- Best Western Plus £449 per person B&B (hotel is close to 'The Square')



BENIDORM

- Departing 11th May 2019 Belfast/Alicante 7.25am arrives 10.35am
- Returning 18th May 2019 Alicante/Belfast 14.40pm arrives 17.55pm
- Hand Luggage / hold luggage and transfers included - Jet 2 Holidays
- Calypso Hotel (central Benidorm) £539 per person, £549 per person (Full Board)
- All prices quoted are subject to change (higher or lower) and are only guaranteed at time of booking.

Any SEFF Member interested in any of the above holidays please contact Sally Haire 07752233892, Ruth Armstrong 07968975654 or Marion Wilson 028 816 61138.

TEMPO WLOL 210
TABLE QUIZ
~
TEMPO PARISH HALL
~
THURSDAY
14TH FEBRAURY 2019
(VALENTINE'S NIGHT)
ALL WELCOME

Maguiresbridge Market House Cultural Group
Annual Country Gospel Concert
in Killyhevlin Hotel, Enniskillen
on Friday 11th January 2019
at 8.00p.m.
Compere: Gary Wilson Music by: Country Harmony
Crawford Bell, Tony Kerr, Patricia Maguire, Sharon Larkin & Calum Smith
Ticket: £10.00