



Supporting Victims and Survivors, Strengthening Communities Dear Member.

We want to focus this month's contribution discussing the fundamental issue;

What does it mean to be a member of SEFF's Family Network?

Many of you reading this Newsletter have been involved with SEFF for many years but some will have joined more recently. Those who have been around for the duration will have saw the organisation grow and develop to a level that you probably would ever have envisaged. SEFF's Management are acutely aware that as these developments have occurred that there is an absolute necessity to retain the localism and friendly feel to the organisation.

In this regard we want to reassure all of you who reside in SEFF's original area of benefit (south Fermanagh and the wider County) that the Lisnaskea office continues to offer services, activities and support as it has done for almost two decades - nothing essentially has changed. However what we have done is develop our outreach services, replicating the model that we have developed for Fermanagh so that other innocent victims/survivors of terrorism might benefit - that has taken us to Newtownstewart, County Tyrone, Rathfriland, County Down, Bessbrook, South Armagh, London (to support GB-based victims/survivors) and indeed to the Republic of Ireland in support of those impacted living within that jurisdiction.

When dealing with issues of victims/survivors, the priority is not geography, nor the name of the organisation delivering the service - the priority is and MUST be supporting innocents who have been directly impacted as a result of the terrorist campaign. SEFF is not a community group, it is an organisation which support, campaigns and advocates for the innocent victims and survivors of terrorism and 'other Troubles related criminal violence.' We do have a remit to serve the wider community but this is in addition and compliments our core work.

Management has noticed in recent months that the level of attendance of local members to events held in Fermanagh has reduced and the impression is that some members are becoming service users of what the organisation offers as opposed to demonstrating commitment for those we represent as well as the broader contribution we are making as an organisation to the development of our Country.

Management appeals with you to make a special effort to attend our monthly member meetings (always held on the fourth Wednesday of the month) to attend our Annual Church Service, our AGM, the Educational/Cultural work-shops etc. Essentially those events and meetings which discuss the work of SEFF.

As we write this we are mindful that many of you have given loyal service and support to the organisation down the years (whether as volunteers or members) and we do thank you for this. Rather we are appealing with all 1,300 members within our ranks to please help share the load. Come do your bit and be an intrinsic part of this organisation and family.

In conclusion we would wish to welcome Ernie Waterworth, Nevin Brown and Iona Boyd to the organisation and particularly, our Advocacy Service.

Yours,

Eric Brown (Chairman) Kenny

Kenny Donaldson (Director of Services)



MEN'S BREAKFAST CLUB 2019/2020 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 2nd November 2019 @10am VENUE: Miller's Coffee Shop, Lisnaskea. Please come along, enjoy some social time and eat your fill!



<u>Issue 157</u>



SEFF Victims and Survivors

November Member's Meeting is on Wed. 27th November 2019 in SEFF offices, Lisnaskea at 7.30pm.

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 <u>minimum</u> 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

Upcoming Cultural Seminars & Guest Speakers

	DATE	VENUE	SPEAKER		
	Wednesday 23rd October 2019 @7pm	Holy Trinity Hall, Lisnaskea	SEFF AGM meeting. Guest Speaker from INSPIRE.		
	Monday 11th November 2019 @ 10.45am	SEFF Memorial in the grounds of the Church of Ireland, Lisnaskea	The November Cultural Seminar will be linked in with SEFF's Annual Act of Remembrance. After- wards we invite people back to the office for re- freshments & a number of innocent victims/ survivors will give their testimony.		
	Wednesday 27th Novem- ber 2019 @ 7.30pm	SEFF Offices, Lisnaskea	November Member's Meeting		
	Wednesday 11th Decem- ber 2019 @ 7.30pm	SEFF Offices, Lisnaskea	David Blake Knox author of 'The killing of Thom- as Niedermayer' will come along to speak about his recent publication.		
	Wednesday 15th January 2020 @ 7.30pm	SEFF Offices, Lisnaskea	Stephen White, Chairman of the RUCGC		
Holistic					
	Holistic Complementary Therapies Complementary We are now taking names for Q3 of this funding year				
	Traditional	201	9/2020 covering the Nov - Dec 2019 period . Its on offer are as follows (5 sessions) of:		
		Therapist: Sandra Johnston) Therapist: Gordon Hayhurst)			
	•Reflexology (Therapist: Gillian Johnston)				
	•Physiotherapy (7	Therapist: Nicola McCullagh-Dale	ey) **		
	**Due to restricted funding for physiotherapy sessions through SEFF, a decision has been made that anyone who wishes to avail of this service must first complete an Individual Needs Consultation with a Health and Wellbeing Caseworker within SEFF. We have a duty to direct resources to those most in need. The INC will allow us to assess options for the individual whereby we will try our be to ensure support is possible through our own internal resources, the Victims and Survivors Service support frameworks or external avenues.				
	•Indian Head Massage (T	herapist: Gordon Hayhurst)			
	•Hopi Ear Candle Therap	y (Therapist: Ruth Watson)			
	•Health Kinesiology (T	herapist: Marilyn Robinson)			
			to register your interest on 028 677 23884.		
			ribution for 5 sessions -		
			ARE REQUIRED TO COMPLETE THE MONITORING FORMS AND PAY RWISE YOU <u>WILL NOT</u> BE ABLE TO AVAIL OF THESE TREATMENTS.		
	/ *	Ed Ed	linburgh Woollen Mill Christmas		
		Shopping Night			
	Thursday 28th November 2019				
			, ollen Mill in Enniskillen have very kindly offered to		

The Edinburgh Woollen Mill in Enniskillen have very kindly offered to host SEFF members for a Christmas Shopping Night on Thursday 28th November from 6-8pm, they will be offering 20% off to everyone who attends on the night. If interested in going please contact the office on

028677 23884 to register your interest.

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 OFP Phone: 028 677 23884/ E-mail: info@seff.org.uk Website: www.seff.org.uk

ACTIVITIES & RESPITES

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FESTIVAL OF REMEMBRANCE 2019 Saturday 2nd November 2019

Bus departs from SEFF at 2pm, pick ups on route.

Stopping for a 2 course meal at the Tannery, Moira.

Attending the Royal British Legion Festival of Remembrance in the Waterfront Hall.

Cost is £25 per person - includes transport, meal and ticket to the festival of remembrance.

If interested in attending please phone the office on 028677 23884 to *register your interest by 5pm on Friday 18th October 2019.*





We need you - Call for SEFF Border Trail Guides

On Wednesday 13th November from 6pm - 7.30pm SEFF will be hosting an Information session concerning our Border Trails Project. We now have 6 trails established which over the narrative and experiences of innocents from across County Fermanagh and we are currently establishing a further trail within the Castlederg area.

Training will be provided to guides however we obviously are particularly keen to hear from those with a good knowledge of their won respective area, gained through service in the Police and/or Army or from a lived experience as a local.

Existing trail guides are also encouraged to be present on the evening. The meeting will commence with refreshments at 6pm. For further information please the SEFF Office and speak to Kenny on: 028 677 23884.

A Future Enriched by our Past History Good Relations Project

Fun times have been had with our PEACE IV funded Good Relations Youth Project as these nights are drawing in! We have been busy with our workshops on the themes of the Famine and Music with our brilliant facilitators Frank McHugh and Matthew Warwick from the Ulster Scots Society going over topics from how the Famine affected families in Lisnaskea and across the Island of Ireland to Lambeg Drums and Highland Pipes.

Our final theme will be getting underway on Monday 11th November with Katy Radford on the topic of multiculturalism. We are delighted to welcome Katy and her colleague from the Institute of Conflict Research to share Katy's personal experiences of the Jewish faith and developing understanding of other cultures and traditions ahead of our day trip to the Jewish synagogue—date to be confirmed (please contact Carrie or Wendy in the office for more details). Katy is also bringing a series of guests to join us down here in Fermanagh who are coming to tell us about their personal experiences of becoming a refugee and adapting to a new life in Belfast - please make every effort to come along *and* make them feel welcome. There may even be a few surprise treats in store!

Our next day trip is planned for the Ulster American Folk Park on Saturday 2nd November and there are still some places available. Email Carrie on carrie.benn@seff.org.uk or contact her via the office to book a place.



SEFF Christmas Morning

Thursday 5th December at 10.30am in SEFF Offices, Lisnaskea

Mulled wine, tea, coffee, festive bakes, Christmas fayre, book sale, Christ-

mas raffle and a FREE draw!

Please do come along & support this event.





SEFF's Counselling Service

SEFF currently has availability for new people to be supported via the Counselling Service which is offered in our Manderwood Offices on Friday's.

The Service can prove to be a 'lifeline' for those who use it. The nature of the service is extremely confidential however a number of previous users have remarked upon the 'transforming effect' that the process has had upon their lives. They remarked that they feel more confident, that they feel more able and better equipped to face the future.

SEFF has an in-house Counsellor who has been with us for over 8 years - Helen Murphy is very much part of the SEFF family. Those who go to see Helen can be assured of 100% confidence, 100% professionalism and 100% be certain that she is someone who cares and who wants to help.

People see counsellors for a wide range of reasons - they may be dealing with problems such as unemployment, domestic violence, bereavement, trauma related to the Northern Ireland troubles, relationship problems or family conflicts. They may suffer from insomnia, stress, panic attacks or anxiety. Sorrow, pain, rejection, confusion or anger may be interfering with their day-to-day lives.

Accessing Counselling should not be viewed as a sign of weakness but rather as a 'sign of strength.' Acknowledging that we need support and help means that we can improve and become more at ease and at Peace with ourselves, avoidance of the problems can mean that resentments, anger and despair become embedded.

Please contact Helen Murphy on SEFF's Counselling service number if you'd like to know more: **07510068382** or if you'd prefer, please ring any of the team at the office on: **028 677 23884 or 028 677 2242.**

Your enquiry and potential support through the service will be treated in strictest confidence.

SEFF also offers Counselling in other venues across Northern Ireland contact the SEFF office for further details.



Hi All

Hard to believe we are well into Autumn and the time will be changing on the 27th of October, hope you all remember to put your clocks back!

Befriending is still going very well, volunteers are kept very busy as usual, helping all those in need whether a wee visit at home, a trip out for shopping or accompanying befriendees to appointments. We are still keeping a tight eye on finances but are hopeful of a top up to our budget coming soon so we can help those that have requested the service, don't worry, we will get to everyone when we can.

The Luncheon Club is still ongoing and we will continue to contact those within the SEFF membership who are eligible to avail of this, lunches usually happen every two months in different areas around Fermanagh and Tyrone and we target those local to that area.

SEFF Book Shelf don't forget to pop in and check the Book Shelf in Unit 2 (out through the kitchen) where you can browse the selection and leave a small donation in the bucket provided. The shelves are continually being refreshed so keep an eye out for some good reading material, there is a wide range of books to choose from.

Our Macmillan Biggest Coffee Morning was a great success and to date we have raised £550 with donations still coming in. Thank you so much to all who helped out, all who attended, brought baked goods and supported this very worthy charity.

Brooke House Coffee Morning Thursday 21st November 2019 – 10:30 to 12 noon - the project Director Joan Clements is coming to talk about her work in The Brooke House project, based at Colebrooke which works with security force members. Come along and listen to what is on offer.

We will be organising a date for our (dare I say it) Christmas Coffee Morning so watch out in next month's newsletter. Regards

The Befriending Team

SEFF's 7th Annual Service of Remembrance and Thanksgiving

SEFF held its' 7th Annual Service of Remembrance and Thanksgiving took place in Templecarne Church of Ireland Parish. Pettigo. County Donegal on Sunday 6th October 2019.

This year's Service had the theme; Terrorism knows NO Borders with 27 new patches remembering 34 innocents of terrorism murdered in Northern Ireland, Republic of Ireland and Great Britain.

Speaking in the aftermath of the event, SEFF's Director of Services stated: "This year's Service was particularly poignant in that it was held in The Republic of Ireland for the first time, well over 300 people gathered to be part of a Service which brought together innocents from across the community and from across borders".

"The recurring message from today's event was that when innocent victims unify together across religious and ethnic divides that there is immense power in their collective voice".

"Let us be clear; there was never justification for the use of terrorism and/or criminal violence in the furtherance of or defence of a political objective, the dehumanising of people (often neighbour upon neighbour) was futile and wrong".

"SEFF were privileged to host 20 victims/survivors from Great Britain and Republic of Ireland this weekend, many of whom had never before visited Northern Ireland previously. We hope and pray that those who came to Fermanagh/Donegal this weekend will return to their homes and families with the comfort of knowing that they are part of a larger family - The SEFF family".

"They and their families are not forgotten by those who have walked in their shoes or who have the care to want to understand what life has been and is for them," concluded Mr Donaldson.



SEFF's Act of Remembrance 2019



SEFF's Annual Act of Remembrance will take place this year on **Monday 11th November**

2019 at 10.45am at SEFF's Memorial in the grounds of Holy Trinity, Church of Ireland, Lisnaskea.

Refreshments will follow in SEFF offices and we will also hear from two innocent victims/survivors of terrorism who will share their experiences.

SEFF Carer's Support Group

In recent times SEFF have developed a Carer's Support Group where we invited all known carer's within our membership to come along to lunches and hear about various support mechanisms we can help with. So far we have had a great response and we will continue to meet on a bi-monthly basis.

We have previously put information in the organisational newsletter but again we would like to invite any other carer's within the membership to come along to the events.

The next meeting will take place on Wednesday 11th December 2019 from 11am in SEFF Offices, Lisnaskea where we will have a rep from

the British Red Cross present to speak about First Aid in the home. If interested in attending please contact the office on 028677 23884.



SEFFs SOUTH DOWN GATEWAY SERVICE UPDATE

SEFF continues to offer a diverse programme of support within the South Down area through its' Gateway service delivered from Rathfriland. Victims and survivors have access to advocacy, complementary therapies and health and wellbeing casework support services with personnel able to see you within the Rathfriland office. And just recently we have recruited a Counsellor (Anna Waterworth) who is available NOW to deliver the service from the Rathfriland office. Meanwhile we are in the midst of recruiting a Welfare/Benefits Advisor who will be facilitating the needs of local people.

Wednesday 6th November 2019 (Act of Remembrance Service) A minibus will be run from Lisnaskea, Fermanagh (those interested in going should contact the SEFF office. Bus will leave at 5.30pm). This event will be in place of a November Member's meeting.

There will be no members meeting in December but we would encourage our South Down members to attend the **Christmas night on Wednesday 18th December 2019 in the Valley Hotel, Fivemiletown**. We will run a bus from Rathfriland departing from the Square at 6.30pm. If interested in attending phone the office on 028677 23884.

We will have a range of courses and social support activities taking place from the Jan-Mar 2020 period so please keep an eye on future newsletters for details.

We encourage existing members to spread the word on the work of the Outreach service, let's reach more people.

SEFF's WEST TYRONE GATEWAY SERVICE UPDATE

We remind members that SEFF delivers the following services from the Newtownstewart office; Advocacy, Benefits/ Welfare Advice and Appeals Representation, Counselling, Complementary Therapies and Health and Wellbeing Caseworker's service. The office is now manned 5 days per week. Please contact us on: 028 677 23884 for further information.

We are running a monthly Coffee Morning in West Tyrone, the first is scheduled to take place on **Friday 25th October 2019** in the 2000 Centre, Newtownstewart where a rep from the British Red Cross will provide information on preventing slips, trips and falls in the home and basic first aid. Please do come along from 10.30am for tea, coffee & refreshments and to learn some useful tips.

The November members meeting will take place on Wednesday 20th November 2019 at 7.30pm in 2000 Centre, New-townstewart.

On **Friday 29th November 2019 at 10.30am in 2000 Centre** we will hold our second Coffee Morning where we will have a rep from the Western Trust come along to talk about Healthy Eating & Physical Activity.

There will be no members meeting in December but we would encourage our West Tyrone members to attend the **Christmas night on Wednesday 18th December 2019 in the Valley Hotel, Fivemiletown.** We will run a bus from Newtownstewart departing from the offices at 7pm. If interested in attending phone the office on 028677 23884

We are delighted to recently receive funding from the CLEAR Project to provide a range of different Health & Wellbeing interventions including a series of luncheon clubs from now until end of February 2020. The first of these will take place on Friday 1st November 2019 at 11am in the Derg Arms, Castlederg, there will be a speaker at each event who will talk about Health & Wellbeing matters of interest.

Below are dates/times and venues for the first 3 luncheon clubs as much as possible we would like different people to attend each month, we are currently allocating spaces for Friday 1st November so if you would be interested in attending any of the other dates please let us know by calling 028677 23884.

DATE / TIME	VENUE	SPEAKER
Fri 1st Nov 2019 at 11am	Derg Arms, Castlederg	Jenny Ferguson (Mindfulness)
Fri 22nd Nov 2019 at 11am	Mellon Country Inn, Omagh	Jenny Ferguson (Self Care)
Wed. 11th Dec 2019 at 11am	Silver Birches, Omagh	Volunteer Now

SEFF's South Armagh Gateway Service

SEFF's South Armagh Gateway service is now fully operational with a team of Advocacy staff in place overseeing delivery. (Pete Murtagh, Ian Irwin, Alan Lewis and Ann Travers with p/time Research and Admin support provided by Rachel Glover)

If you come from the South Armagh, Newry and surrounding hinterlands then we encourage you to call in to the offices (The Old Town Hall building) and get involved with the service.

As well as Advocacy support and advice we offer counselling, complementary therapies, welfare advice, health and wellbeing caseworker support and a range of other services and initiatives.

We are pleased to be working in partnership with FAIR and other local groups and individuals in a common effort to best deliver for innocent victims/survivors of terrorism.

Our formal launch of the Outreach service will take place on Friday 29th November 2019 from 8pm onwards (fittingly tied to Remembrance) We would encourage members from the local area, your families and friends and the wider SEFF membership to attend this important event.

SEFF will be running a bus from Lisnaskea onto the launch event with pick-ups available along the way. The bus will leave SEFF Offices @ 6pm sharp.

Please contact SEFF offices on 028 677 23884 if interested in becoming involved with any of these services/activities.



New AflV Support Workers: Northern & Eastern Region

I was born in County Antrim and was reared for the first 20 years of my life in an area of Belfast which was heavily impacted by 'The Troubles'. I had an early introduction to the devastating impact during that era.

I have also lived in Counties Down, Fermanagh and Tyrone. I have now returned to live in East Antrim. I spent 28 years In 2001 I changed career after obtaining a law degree at the University of Ulster and Certification through the Institute of



Professional Legal Studies, Queens University.

While working in a Belfast City centre law firm, I developed a keen interest in victim related cases. After 17 years I retired from the law firm in 2018. However I have maintained a working interest in supporting victims of violence. I recognise the requirement for such support and the benefits which may be delivered through the work of the victims support groups.

I am therefore delighted to be joining the South East Fermanagh Foundation in the role as advocacy support worker for Greater Belfast/Down. I look forward to meeting the innocent victims and survivors of terrorism.

I welcome the challenge of continuing to provide a service on behalf of SEFF. **Ernie Waterworth**



Western Region

My name is Nevin Brown, from Enniskillen; a past pupil of Portora Royal Grammar school. Whilst at college in England, I gained a HND IN Business and Finance.

I returned to N.I in 1985 to join the Royal Ulster Constabulary and went on to serve in various locations throughout the Province.

I have recently retired after a total of 32½ years within the RUC / PSNI. I have acquired wide-ranging Policing experience in a variety of roles, the past three years as a Line Manager (Sergeant) in a Tactical Firearms Unit.

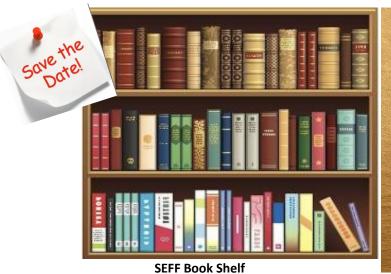
I was specifically involved in the delivery of Maritime Security courses and a trainer in Tactical Firearms, together with other Operational disciplines. I was a key member of the Maritime Security Operation at the 2012 Olympics in Weymouth, England (including conducting training with Ministry of Defence Police at Faslane,

Scotland). Following this, I was the Lead Officer for Maritime Operational security at the G8 Summit, Lough Erne Golf Resort in Northern Ireland, 2013.

Having worked for the public sector for over 32 years, I have gained excellent mentoring and leadership qualities, as well as good communication and listening skills.

I am a results orientated professional with sound decision-making skills, gained throughout my experience within the Security and Investigations sector.

I am looking forward to bringing these skills and more to my new role within South East Fermanagh Foundation.



Calling all avid readers

We have started a new fundraising idea in SEFF which came about after we put a shout out for books to sell in the Tesco Book Stall. We now have many Book shelves crammed with all kinds of books in Unit 2 (just through the kitchen) so next time you are in the office why not take a few minutes to browse through the shelves and see what suits, all we ask is that you leave a donation in the bucket provided. Also if you have any books at home that you are finished with then we would be happy to take them off your hands and add them to our book shelf.



THE ROYAL BRITISH LEGION - CASTLEDERG BRANCH presents

A Festival

of Music and Remembrance IN FIRST CASTLEDERG PRESBYTERIAN CHURCH HALL GARVETAGH

ON FRIDAY 25TH OCTOBER 2019 at 8pm TICKETS £10 :: Primary School Children Free All proceeds in aid of Poppy Appeal

Charity No. 219279

Market House Culture Group Maguiresbridge



Coffee Morning

& Cake Sale Saturday 2nd November 2019 In The Market House Maguiresbridge

From 10:30am to 12:30

All Welcome

*Includes draws for our £1 a line Fundraiser

Proceeds in aid of The Market House



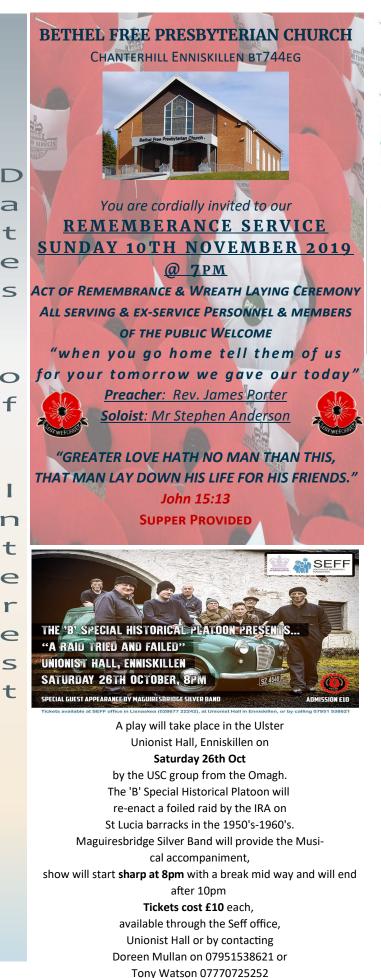
and our Music Tuition Programme



Templecarne Parísh, Pettígo 35th Annual Varíety Concert in Youth Hall, Tullyhommon on Thursday 14th November 2019 at 8:00pm

Compere: Kenny Archer Guest Artist: Boxcar Brian & Local Musicians

> Admission: £10.00 Everyone Welcome



BABY & CHILD TABLE TOP SALE

ADULT ENTRY £1 KIDS UNDER 16 FREE TABLE COST £15 SUPERVISED CRECHE REFRESHMENTS FREE PARKING

BUY & SELL PRE LOVED BABY GEAR & CLOTHES TOYS & GAMES MATERNITY WEAR & MORE

SATURDAY 9TH NOVEMBER, 10AM-2PM AGHAVEA PARISH CHURCH HALL, BT94 4JP

TO BOOK A TABLE TO SELL YOUR GOODIES, CONTACT AMANDA 07793058815

PROCEEDS TO CHURCH REPAIR FUND



Annual Craft Fair & Coffee Morning

TEMPO Silver Band

Saturday 16th November 10am to 12.30pm

> In Tempo Parish Hall, Main Street. Tempo

ALL WELCOME

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