

NEWSLETTER



Issue 158

Supporting Victims and Survivors, Strengthening Communities

Dear Member,

As we approach the Christmas period you will not many different events and activities taking place right across the SEFF Family Network, please make every effort to get involved and to encourage your families to do likewise. SEFF's strength is about empowering and bringing together people, this Christmas season let's do it even better.

I want to recognise the work of the Advocacy service who were to the fore in facilitating opportunities for victims/survivors across northern Ireland and beyond to engage with the NIO's latest Public Consultation concerning-The VASPA (Pension for the seriously injured) Public events were held across Northern Ireland as well as briefings provided to groups and 1-1 support sessions. Once again SEFF's Advocacy Service show others how a genuine engagement and victim centred process should operate.

I have been picking up on concerns voiced by many surrounding the proposed closure of the RBL's Bennett house facility, down the years I know all too well how important a resource Bennett House has been for many within the military family. SEFF Is making its' position know on this issue and has asked to meet with the leadership of the Royal British Legion.

I would wish again to issue an appeal to our membership, we urgently require volunteers willing to offer their gift of time, experience and commitment in support of the following services; Morning SEFF Calling (a weekly telephone service designed to reach the vulnerable and isolated) those with a background in Human Resources and Personnel Management, those with fundraising experience and those with an interest in horticulture/gardening.

Finally I want to thank Carrie Benn for her efforts in overseeing SEFF's most recent Peace IV funded Good Relations Programme which explored the areas of The History of Music and Song, The Famine and Ethnic minorities within the County and beyond. And we also say a fond farewell to Rufia Valiff (SEFF's GB Health and Wellbeing Caseworker) who will finish up with us on Friday 13th December 2019 and will return to Australia. We recognise Rufia's efforts overt the last two years in developing this service.

We would welcome any raffle prizes you are able to donate in advance of our Christmas Member's Night. Where possible please leave all items to the SEFF office in advance of 18th December 2019 or failing that; bring along on the night.

Kenny

Christmas Holiday closure dates for SEFF, Lisnaskea, West Tyrone, South Down, South Armagh and GB/London Gateway

Service Offices

Half Day Closing @ 1pm on Friday 20th December 2019

& reopening at 9am on Monday 6th January 2020.

SEFF Community
SEFF Victims and
Survivors

SEFF's
November
Member's
Meeting is on
Wedn 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 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

Upcoming Classes/Courses & Cultural Seminars

<u> </u>				
ACTIVITY	DATE	VENUE	DETAILS	
Sewing Class	Tuesday 21st	SEFF Offices,	£20 / person	
	January 2020	Lisnaskea		
	@ 7.30pm		Solet !	
	(6 weeks)		10 San	
			3	
Yoga	Tuesday 21st	SEFF Offices,	£20 / person	
	January 2020	Lisnaskea		
	@ 7pm			
	(6 weeks)			
linding Olassas	Thursday 204h		000 / 11 - 11 - 11	
Jiving Classes	Thursday 30th	Venue to be con- firmed but in	£20 / person	
	January 2020	Newtownstewart		
	@ 8pm	Newtownstewart	(* T)	
			The second secon	
December	Wednesday	SEFF Offices,	David Blake Knox author of	
Cultural	11th Decem-	Lisnaskea	'The killing of Thomas Nie-	
Seminar	ber 2019		dermayer' will come along to	
	@ 7.30pm		speak about his recent publica-	
			tion.	
January	Wednesday	SEFF Offices,	Stephen White, Chairman of	
Cultural	15th January	Lisnaskea	the RUCGC	
Semnar	2020 @			
	7.30pm			

Integrative complementary Traditional

Complementary Therapies

We are now taking names for Q4 of this funding year 2019/2020 covering the Feb - March 2020 period.

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

Massage, Reflexology (Therapist: Sandra Johnston)
Aromatherapy (Therapist: Gordon Hayhurst)
• Reflexology (Therapist: Gillian Johnston)

Physiotherapy (Therapist: Nicola McCullagh-Daley) **

**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 best to ensure support is possible through our own internal resources, the Victims and Survivors Service support frameworks or external avenues.

•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 <u>ANY</u> OF THESE SESSIONS YOU ARE REQUIRED TO COMPLETE THE MONITORING FORMS AND PAY THE MONIES <u>BEFORE</u> SESSIONS COMMENCE, OTHER-WISE YOU <u>WILL NOT</u> BE ABLE TO AVAIL OF THESE TREATMENTS.

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

SEFF

Appeals/Tribunal

Representation work.

- 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

UPCOMING ACTIVITIES....



SEFF



Christmas Get-together

Thu 5 Dec at 10am in SEFF offices

Come and enjoy tea, coffee, mulled wine, mince pies



Free draw

and good company.

Have a dip into our book shelves and see what





There will be a short overview of books and reading!

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 & details are as follows....

DATE: Saturday 7th December 2019 @10am

VENUE: Miller's Coffee Shop, Lisnaskea.

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



SEFF 2020 CALENDAR

Just to let you know that we are currently developing a 2020 calendar, similar to last year's initiative.

We are in the process of having the calendar printed, it will be available to purchase from SEFF offices for just £5 from the week beginning; Monday 9th December 2019.

An ideal Christmas gift!!



Peer Support Sessions

We are planning to start a further course of Peer bereavement support sessions commencing in The New Year on Thursday 30th January 2020 from 11am - 12.30pm. Lunch will be provided after each session and it is envisaged that the sessions will run for 10 weeks.

The sessions will be facilitated by Holly Reid (who has previously delivered support sessions within SEFF offices, Lisnaskea.)

We have had some very positive feedback from those who took part in the last series. So much so that these individuals have decided to continue to meet in a more informal capacity once a month.

We are now looking for new people to take part in the next set of sessions, they are open to people who have been bereaved of a spouse/partner or family member, this can be recent (but not within the last 12 months) or the bereavement can be a number of years ago.

If you feel like you could benefit from this type of support please get in touch and we will provide you with further information.

Do not suffer in silence!





SEFF currently has availability for new people to be supported via the Counselling Service which is offered from 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 commented that they feel more confident, that they feel more able, better equipped to face the future.

SEFF has an in-house Counsellor who has been with us for over 8 years - Helen Murphy who 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.**

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

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

BEFRIENDING November 2019 Update

Hi All,

As we approach the winter months, let's remember those around us that are on their own or are just not in a good place. These dark days and nights seem to trap us in our homes and prevent us from getting out and about so if you know of anyone in these circumstances please do reach out, even to point them in our direction.

Befriending is still going well, volunteers are kept very busy as usual. We are still keeping a tight eye on finances but the service was pleased to be the beneficiaries of some additional VSS funding, we will aim to get to and support as many worthy cases when we can.

SEFF's Luncheon Club is 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 the particular area hosting the Lunch.

Christmas Get Together - 5th December 2019 - 10:30am - 12pm - Come and enjoy some mulled wine and mince pies and hear all about our SEFF Book Shelf and check out some examples of the great books available.

The **Action Cancer Big Bus** will be back to SEFF, Lisnaskea on **Thursday 6th February 2020** - see detail on page 5 including a phone number and code to book your MOT Health Check or Breast Screening appoint-

ment.

Regards,

The Befriending Team



SEFF's New Management Board 2019/20

Position	Name
Chairperson (Finance signatory)	Eric Brown
Vice Chair	Trevor Watson
Secretary (Finance signatory)	Debbie Carson
Asst Secretary	Harriett Kirkpatrick
Treasurer (Finance signatory)	Sally Haire
Asst Treasurer (Finance signatory)	Ernie Clarke
Comm member	Norman Anderson
Comm member	Jimmy Egerton
Comm member (Finance signatory)	Robbie Morrison
Comm member	Martin McCauley
Comm Member	Woodrow Wilson
Comm member	Wesley Armstrong
Comm Member	Rodney Noble
Comm Member	Joy Graham



BOOKING CODE: TKA-5704

SEFF Carer's Support Group

In recent months SEFF have developed a Carer's Support Group where we invited all known carer's within our membership to come together as a Forum, to hear about various support mechanisms we can help with. So far we have had a great response and the group will continue to meet on a bimonthly basis. We have previously included information in the SEFF 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 028 677 23884.

Come along and have some down time, you deserve to be cared for too!!



SEFF's WEST TYRONE GATEWAY SERVICE UPDATE

Christmas Coffee Morning

We are holding a Christmas Craft Fair & Coffee Morning on Tuesday 10th December from 10.30am-12.30pm in the 2000 Centre, Newtownstewart. We will have festive bites along with Christmas Craft and a raffle, please do come along to support this event.

Craft Group update

The Craft group continue to meet every Tuesday and have been making Christmas crafts for the above Coffee Morning but they have now been given another task in decorating a SEFF-themed Christmas Tree for Newtownstewart Presbyterian Church Christmas Tree Festival which is taking place from Friday 13th - Sunday 15th December 2019. Come along to see SEFF's Christmas Tree. Once this task is complete we hope to be able to make a start on the Castlederg-themed Memorial Quilt Project.

SEFF Christmas Member's Night

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 have supper, entertainment and our Annual Christmas Draw. There will be a complimentary bus laid on from Newtownstewart departing from the offices at 7pm. We simply ask that you would drop a raffle prize into the N'stewart office in advance of 18th December or bring along on the evening of the Party event. If interested in attending phone the office on 028 677 23884.

Luncheon Clubs

As advised in the previous newsletter we were successful in bidding for funding through the CLEAR project which will allow us to deliver a series of Luncheon dinners, to date we have held two, with a further 3 dates below. We want as many people as possible to be able to avail of this opportunity. We are restricted by funding so we ask for your understanding as the same people will not be able to attend all Lunches.

Health & Wellbeing Day

Through the CLEAR Project we are organising a Health & Wellbeing Day on **Friday 21st February 2020**. The Action Cancer Big Bus will be present at the 2000 Centre, Newtownstewart - see information opposite including a phone number and code to make appointments. We encourage you to use this very beneficial service.

Classes / Courses

We have a resource (again through the CLEAR Project) to run some iPad Classes in January - details to be confirmed within December N'letter.

We are also running some Jiving Classes commencing on Thursday 30th January 2020 at 8pm. Venue to be confirmed - if interested in attending please contact the office on 028 677 23884.

West Tyrone Respite Day

Please see info on page 9 of an upcoming respite day available to West Tyrone members.



VENUE: NEWTOWNSTEWART 2000

CENTRE

DATE & TIME: FRI. 21st FEB. 2020

BOOKING COOE: TOP - 5835

LUNCH CLUB DATES:

DATE / TIME	VENUE	SPEAKER
Wed. 11th Dec 2019 at 11am	Silverbirch Hotel, Omagh	Volunteering
Fri. 17th Jan 2020 at 11am	Mellon Country Inn, Omagh	Raymond Farrell, Mental Health
Fri. 14th Feb 2020 at 11am	Derg Arms, Castlederg	Jenny Ferguson, Healthy Eating

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 area or surrounding hinterlands then we encourage you to call in to the offices (The Old Town Hall building) and get involved with the service. We would also encourage you to attend SEFF's Christmas Member's Night which will be held on: **Wednesday 18th December 2019 in the Valley Hotel, Fivemiletown from 8pm** onwards. We will have supper, entertainment and a Christmas Draw. If there is sufficient interest from the South Armagh area then we will run a small bus departing from Bessbrook/Markethill area at circa 6.30pm.

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.

Please do help spread the word of this new Service - a support service for south Armagh innocent victims/survivors of terrorism delivered from south Armagh.

Our formal launch of the Outreach service will now take place in January - more details to follow in the next Newsletter. We would encourage members from the local area, your families and friends and the wider SEFF membership to attend this important event.



SEFF's Christmas Children's Party

For children up to P7 age ONLY

Please ring SEFF Office with the name & age of your child/children or grandchildren who would like to attend. Kids can enjoy time in the soft play area, Jumping Clay and of course a special visit from Santa Claus.

Please note children MUST be supervised by an adult & this year food will be served on arrival.

Friday 6th December 2019 @ 6.30pm

In Castle Park Centre, Lisnaskea

Register names by 1pm on Tuesday 3rd December 2019 on Tel: 028 677 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 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.

There will be no member's meeting in December but we would strongly encourage our South Down members to attend the **Christmas night on Wednesday 18th December 2019 in the Valley Hotel, Fivemiletown**. We will have supper, entertainment and a Christmas Draw. We will run a bus from Rathfriland departing from the Square at 6.30pm sharp. If interested in attending phone the office on 028 677 23884.

We will have a range of courses and social support activities taking place from the January - March 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.

MORNING SEFF CALLING SERVICE UPDATE

Hello to all SEFF members, it is hard to believe that we are now in the last few weeks in the run up to Christmas 2019. This period of the year can be a very lonely and sad time for a lot of people. The short days coupled with long cold dark evenings are not something we enjoy. This year, an extremely cold and long period of snow has been predicted. Weather such as this can further isolate and keep us house bound.

For those of us that are already low in spirits, perhaps due to recent bereavement or already isolated be-

cause of physical or mental health or indeed financial issues, our thoughts and memories of happier times may surface. This in turn, may hi-light how our life and it's worth has gotten to this stage. We might question life's value and contemplate moving on from a place that appears to be dark and meaningless.

Christmas also can put added stress on normal family life financially. Commercialism and pressure to conform and buy those expensive presents and toys, may lead to our getting into debt through borrowing, "buy now pay later" advertising makes it look so easy, that is, until it's time to start paying back the loan. Before one knows it we are in this endless black hole with no light at the end of the tunnel.

This is, where by accepting a weekly phone call from MSC you can voice your worries to a trained listening ear. Talking through your problem could help you look at it from a different perspective, lightning the load might enable you to look your problem from another angle to see your problem in a different light.

We at *MSC* could refer you to one of our Health and Well Being Workers who in turn will contact you to make an appointment and discuss a way forward in solving the dilemma. It is carried out in a discreet and confidential manner.

So contact anyone within the SEFF office if you are interested in a phone call once a week on a Monday or Thursday and in turn they will pass your interest to me. I will then arrange a day and time that is suitable. We don't offer a miracle, however that contact might just help to ease your loneliness or worries. A problem shared is a problem halved, or so the saying goes. And for those of you who may already avail of this service, take care and keep safe.

Please call the SEFF office on: 028 677 23884 if interested in receiving the service or if you wish to volunteer your time at any of the outreach offices where we aim to provide the service from.

Health & Wellbeing Day Respite Events

Through additional in year monies via VSS we are able to organise a number of day respite events per area- Fermanagh members, West Tyrone, South Down and South Armagh. One of the criteria's of the funding was to work in partnership and collaboration with other groups and so we have approached some like minded groups and have come up with the following proposals.

Each event will involve a day out with a health & wellbeing theme, please note these are very broad details at present but we will be able to give more information in due course.

West Tyrone Members in partnership with Castlederg UDR Association Respite Day- Wednesday 19th February 2020

The day will involve a visit to Armagh where we will begin with refreshments and a health themed workshop, we will then take in the Regimental Museum, County Armagh Phoenix Group's memorial wall dedicated to security force personnel murdered during the 'Troubles' in County Armagh (the wall is situated in the grounds of St. Mark's Parish Church, Armagh). We will also have a walk round the Mall and some free time before heading homeward and stopping for dinner on the way home. If interested in attending please phone the office on 028677 23884, more specific detail will follow in the December news-



South Down Members in partnership with Victims Lagan Valley Respite Day- Saturday 8th February 2020

letter.

South Down member's will be able to visit the Ulster, Folk and Transport museum at Cultra as well as having morning refreshments, a health themed workshop and depending on timings we may have some free time in Belfast. We will stop for a meal in the Hillsborough area on the way home. If interested in attending please phone the office on 028 677 23884, more specific detail will follow in the December newsletter.



Fermanagh/Armagh Member's in partnership FAIR Respite Day - Thurs 27th February 2020

Fermanagh & Armagh members will come together in the morning time to enjoy some refreshments and a health themed workshop and will then visit the Ulster Aviation Society museum at the Maze, Lisburn followed by some free time in Dobbie's, Lisburn before departure and stopping on the way home for a meal. If interested in attending please phone the office on 028677 23884, more specific detail will follow in the December newsletter.



SEFF alarmed by proposals to close Bennett House

After their recent Strategic Review the Royal British Legion have proposed to increase the number of case workers to help beneficiaries. In turn they plan to close the 4 UK Break Centres Alderson House, Bennet House, Byng House and Somerset Legion House along with the Handy Van Service.

The Break Centres provide an invaluable opportunity for members of the armed forces community to avail of an all-inclusive break for some well-deserved respite. Many SEFF members have availed of the opportunity down the years and have reported how invaluable they found those experiences to be.

By closing the Break Centres and Handy Van service many individuals and families will be deprived of services which respond to their needs. This is not a case of making way for new priorities, if something is working then there must be every effort to retain such services. SEFF will be campaigning for the retention of The Bennett House facility and stand ready to discuss with the Royal British Legion possible alternative options. This is the sole facility in Northern Ireland held by the RBL for respite are depriving veterans of these vital services.

Help save these fantastic facilities by signing the petition to stop what the Royal British Legion are proposing to do: https://www.petitions.net/to stop the royal british legion closing four restbite care homes





FREE WILL WRITING

Since 1921 The Royal British Legion has been

there for the whole armed forces community, and they will be here as long as there is a need. AS a member of the National FREE Wills Network, the Legion is giving supporters and members the opportunity to have a will written or updated FREE of charge.

An up to date Will, written by solicitor, ensures your wishes are respected. This service allows you to provide for your family and friends and leave a gift to your chosen charities too, without worrying about the cost.

To take up the opportunity visit the website on freewills@britishlegion.org.uk

and fill in the form. This can be done for couples or individuals.

For more information either contact RBL on the above website of call 0203207253.



Maguiresbridge Market House Cultural Group

All Welcome

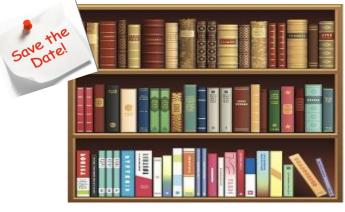
Annual Country Gospel Concert

in Killyhevlin Hotel, Enniskillen Friday 10th January 2020 Doors open from 7:15p.m. Concert starts 8:00p.m sharp.

Compere: Gary Wilson Music by: Country Harmony

Artists: John Rafferty, Boxcar Brian, Shaun Loughry, Benn Sisters & Calum Smith

Ticket: £10.00



SEFF Book Shelf **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.