



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

NEWSLETTER



The Queen's Award
for Voluntary Service

Supporting Victims and Survivors, Strengthening Communities

Issue 160

Dear Member,

As has become customary things don't go stale around SEFF, despite the Christmas holidays the organisation has been very busy.

I firstly want to warmly welcome Gina Aujla to the SEFF family. Gina has recently been appointed our Great Britain-based Health and Wellbeing Caseworker. Gina will deliver a support service in partnership with Iona Gallagher (Advocacy Support Worker)

There is substantive work ahead for SEFF as we seek to strengthen our Health and Wellbeing structures and polices. SEFF will benefit from two new roles post April - a Clinical Lead and Coordinator/Administrator who will have a key role in interacting with the soon to be launched Regional Trauma Network and in bringing cohesion to the full suite of H + WB services that we offer; inclusive of counselling, complementary therapies, caseworker's support service etc. The organisation is currently applying for BACP Accreditation (British Association of Counselling and Psychotherapy)

New Decade, New Approach Deal (Legacy)

In recent weeks we have saw a return of Stormont, there are varied opinions amongst our membership around the pros and cons of the deal agreed - New Decade, New Approach. However our core concern rests with Legacy and the references within Annex A of the document that the UK and RoI State plan to work collaboratively in bringing forward legacy legislation within 100 days of the deal.

We strongly oppose the introduction of legacy structures as currently proposed and we will be intensifying our campaigning and lobbying around these issues - of politicians support or acquiesce with the current structures then they are doing so in the full knowledge that they do not have the support of the innocent victims/survivors of terrorism constituency.

South Armagh Advocacy Service Launch

Next week we launch the South Armagh Advocacy Gateway service, this is another proud moment in the development of SEFF and also on a personal level I am pleased to see this day come given my own roots to the area. Please support this initiative and support your fellow borderland people.

Our current CORE victims funding contract ends on 31st March 2020 but we are very hopeful of securing a two year extension, we will have confirmation over the next few weeks and then we will be organising a member's consultation event where we will seek your input on a new programme covering the period; 01/04/2020 - 31/03/2022.

In late August 2022 a small group of SEFF personnel will travel to Rwanda on a good practice visit exploring the areas of justice, truth, building the economy after the genocide (which saw circa 1 million people being murdered) and the challenging areas of forgiveness and reconciliation. Please have those travelling in your prayers.

Kenny



SEFF Community
SEFF Victims and
Survivors

**SEFF's February
Member's
Meeting
Wednesday 26th
February 2020
in the SEFF Main
Office, Lisnaskea
from 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

ACTIVITY	DATE	VENUE	DETAILS
Yoga	Tuesday 4th February 2020 @ 7pm (6 weeks)	SEFF Offices, Lisnaskea	£20 / person 
Chair Based Exercises	Thursday 23rd January 2020 @ 11am (6 weeks)	SEFF Offices, Lisnaskea	No cost 
Jiving Classes	Tuesday 28th January 2020 @ 8pm	Venue to be confirmed but in Newtownstewart	£20 / person 
Art Class	Monday 10th February 2020 @ 7.30pm	Garrison Church Hall	£20 / person
February Cultural Workshop	Wednesday 12th February 2020 at 7.30pm	SEFF Offices, Lisnaskea	Speaker to be confirmed.

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 available to assist you with Appeals/Tribunal Representation work.

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

SEFF

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info@seff.org.uk
Website:
www.seff.org.uk

UPCOMING ACTIVITIES...

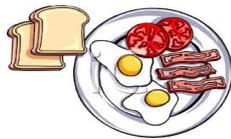
MEN'S BREAKFAST CLUB (2020)

The next Men's Breakfast is due to take place on Saturday 1st February at 10am. The cost is £3 per person & details are as follows:

DATE: Saturday 1st February 2020 @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 have our SEFF 2020 Calendar ready in the office for purchase.

We would encourage members to purchase a calendar and add events/activities to it throughout the year.

Calendars are available to purchase from any SEFF office for just £3 (or 2 for £5).

NEW YEAR NEW ME CLUB



SEFF have started a new Weight Loss club in January 2020.

The club are meeting weekly in SEFF Offices on a Wednesday morning at 10.30am where there'll be a weigh in at the beginning followed by some motivational advice and how to cut down on those calories!

After this there will be a brisk walk (to burn off a few calories).

Please do feel free to come along and if you can't make every week that's fine - come when suits you!

*If interested in attending please come along to the next meeting on **Wednesday at 10.30am.***

BEFRIENDING January

2020 Update

Hi All,

Now that we are well into January and settled into the year 2020, we have no doubt broken any New Year's Resolutions that we made. One common one is usually to get fitter, or lose weight or at least eat healthily. With that in mind, ladies and gents, don't forget to book your appointment with the Action Cancer Big Bus coming on 6th February 2020 or breast screening or a complete health check, don't delay as it usually books up pretty fast (for more information see full advert in this Newsletter).

Befriending is still going very well, volunteers are kept very busy as usual. Thankfully we did get a top up to our budget that will hopefully keep us running to the end of the financial year in March, so we can continue to help those that have requested the service. If you or someone you know could do with a bit of company, please do call the office and leave a name and number and one of our Team will get back to you.

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.

Chair Based Exercise (starting Thursday 23rd January for 6 weeks)– 11am to 12– Come and enjoy some fun and gentle fitness on Thursday Mornings for six consecutive weeks, hopefully finishing up on 27th February if all goes to plan so why not try it if you haven't already done so or come back again if you have enjoyed previous classes.

See details later on in the Newsletter on our March Coffee Morning (Thurs 5th March 2020 at 10.30am)

SEFF Book Shelf - all avid readers, if you are in the Office or even just in town, please do pop in and see what books are on offer in our Book Shelf for a small donation, it is great value for money as well as recycling and reusing and helping to save the environment.

The Befriending Team



**European Day of Remembrance for Victims of
Terrorism, Stormont, Friday 6th March 2020**



The 2020 European Day of Remembrance for Victims of Terrorism event will take place in The Great Hall in Parliament Buildings, Stormont on **Friday 6th March 2020** at 7pm.

It is hoped that four 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 event. The event is co-sponsored and supported by other elected representatives/political parties.

A bus will leave SEFF offices at 4.30pm SHARP. 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, phone number 028 677 23884 option 1. We are asking for strong 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.

Loved Ones
Anniversaries

If you have a loved one who was murdered and whose Anniversary is coming up ie 25th, 30th, 40th or 50th and you'd wish for us to feature the Anniversary within our Newsletter then please contact the office on: 028 677 23884 and we'll endeavour to include details.

40th Anniversary

Winston Howe & Joseph Rose - 11th February 1980

40 years ago on 11th February 1980 Winston Howe (35) and Joseph Rose (21) both members of the RUC, were callously murdered by cowardly Provisional IRA terrorists whilst performing their duty as honest, decent police officers in the service of the Country and local community.

The landmine attack occurred whilst Winston and Joseph travelled along the Rosslea to Lisnaskea road. The massive 800lb landmine was hidden in a culvert under the road and was detonated by terrorists lying in wait on a rise overlooking the road. Winston and Joe, were in the second of the two Land Rovers that caught the full force of the blast and were murdered instantly.

Another colleague, Reserve Constable Ernest Johnston, who was also badly injured in the blast, was incapacitated for several months before he eventually returned to duty. Tragically, Ernest Johnston's reprieve was to be short-lived. Ernest was later cold-bloodedly shot dead by Provisional IRA terrorists on the doorstep of his house, when he returned home from work one evening.

SEFF's thoughts and prayers go out to the family circles of both Winston and Joe as we approach this milestone anniversary. Let their sacrifices not be in vain. Everything good that they stood for lives on within those they left behind.



RUC Const Winston Howe



RUC Const Joseph Rose

SEFF's WEST TYRONE GATEWAY SERVICE

Health & Wellbeing Day

Through funding obtained via 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, it is not just open to SEFF members so please do spread the word within the local area as we'd like to make sure all available appointments are booked up. Please note to make a booking ring the Big Bus directly.

Courses & Activities

We are organising Jiving Classes commencing on Tuesday 28th January 2020 at 8pm (please note change of day from Thursday to Tuesday). Venue to be confirmed - if interested in attending please contact the office on 028 677 23884.

Respite Day

Please see details on page 7 of an upcoming Respite Day for West Tyrone numbers which will take place on Wednesday 19th February 2020.

Luncheon Clubs

Our series of Luncheon clubs continues, to date we have held four, with the last date below for this financial year -we are currently taking names so please do phone the office to register your interest.

LUNCH CLUB DATE:

DATE / TIME	VENUE	SPEAKER
Fri. 14th Feb 2020 at 11am	Derg Arms, Castlederg	Jenny Ferguson, Healthy Eating

Action cancer
Saving Lives Supporting People

The Big Bus

BOOK ONLINE AT
www.actioncancer.org
or call **028 9080 3344**

Take action now!
BOOKING CODE: TOP-5835

BREAST SCREENING:
Appointments available for ladies aged 40-49 & 70+
1 in 8 women will be diagnosed with breast cancer during their lifetime.
Early detection via breast screening saves lives.

M.O.T. HEALTH CHECKS:
Available for males & females aged 16+

CHECKS INCLUDE
blood pressure, glucose & cholesterol
& body composition analysis.

VENUE: NEWTOWNSTEWART 2000 CENTRE
DATE & TIME: FRI. 21st FEB. 2020
BOOKING CODE: TOP - 5835

MORNING SEFF CALLING SERVICE UPDATE

Happy New Year to all SEFF Members from Morning SEFF Calling.



We are now more than half way through the first month of 2020 and each evening the days are getting a little longer. So far, thank goodness the weather has not been too bad.

At Morning SEFF Calling we care about our members and want to contribute to helping those of you who are lonely, house bound because of incapacity due to illness or are experiencing depression, or indeed for whatever reason would like a weekly telephone ☐ call. We can arrange to phone you on a Monday or Thursday on a weekly basis, and give you support through a time of crisis or just a chat. If you think you would like to avail of this service, then contact the main office for further details.

Finally, so that we can provide this service to more individuals, we are once again appealing for another person to help with this service. So, if there is anyone who may be able to spare about two to four hours once a week on a given day in order to enable us provide the service to more people who would find it beneficial then please register your interest with the main SEFF office on: 028 677 23884.

Until next month,
Anna and Rita (MSC)

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, they include Pete Murtagh, Ian Irwin and Alan Lewis with p/time Research and Admin support provided by Rachel Glover. We are in the midst of recruiting a further Advocate to support the Bessbrook outreach service.

As well as Advocacy support and advice we offer counselling, complementary therapies, welfare advice and Appeals representation, 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.

Official Launch of SEFF's South Armagh Gateway Service

Our formal launch of the Outreach service will take place on **Thursday 30th January 2020** at 7.30pm in the offices in Bessbrook. We would strongly encourage members from the local area, your families and friends and the wider SEFF membership to attend this important event. A free bus will leave SEFF at 5.30pm sharp to travel down for the launch, call the office to put your name down.

SEFF's SOUTH DOWN GATEWAY SERVICE

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, counselling and health and wellbeing casework support services with personnel able to see you within the Rathfriland office.

January Member's Meeting

SEFF South Down Gateway Service January Member's Meeting will take place on **Tuesday 28th January 2020 at 7.30pm in the Rathfriland office**. Dr Luke Moffett from Queen's University will be present to engage with members around the legacy of violence, and particularly the issue of displacement (those forced to move through physical and/or psychological intimidation). Please make every effort to attend and spread the word.

Counselling & Complementary Therapies

We continue to deliver counselling sessions from the Rathfriland office every Thursday evening, Anna Waterworth is the practitioner and should you wish to avail of this service you can phone the office on 028 677 23884 and a referral will be made on your behalf.

Complementary therapies are currently underway for the final quarter of this year, we are however taking names for next year's allocation - please phone the office to register your interest.

Classes / Courses

We are considering running either a Flower Arranging course or an IT (ipad/tablet course) over the February - March 2020 period. If you would have a preference for either course could you please get in touch, it will also be discussed at the upcoming members meeting.

Luncheon Clubs

We have received additional monies to deliver 2 luncheon clubs in the South Down area in the Feb - Mar 2020 period. The first one will take place on Saturday 22nd February 2020 at 12.30pm in the Kilmorey Arms Hotel, Kilkeel. If interested in attending please contact the office on 028 677 23884 option 1 - we would require a pre order on booking your place. We will run a further club in March - details to follow.



South Down Respite Day to Ulster Folk & Transport Museum, Saturday 8th February 2020 - please see details on Page 7.

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

Upcoming Day Respite - Spaces Available!!!



West Tyrone SEFF Members in partnership with Castleberg UDR Association Respite Day Wednesday 19th February 2020

8.45am - Depart from Albert Street Main Car Park, Castleberg

9am - Depart from Newtownstewart 2000 Centre

10am - Arrive at Crozier Hall, St. Mark's Church of Ireland, Armagh – tea, coffee & scones on arrival with HWB input followed by briefing on construction of CAPG Memorial Wall & viewing the wall

12pm - Participants encouraged to walk around the Mall at their own leisure

12.30pm - Free time in Armagh & time to browse Armagh County Museum (open 10am-4pm) and Royal Irish Fusiliers museum (open 1.30-4pm in afternoon) both museums are situated on the Mall in Armagh

3.30pm - Depart from Armagh

4pm - Stop at Salley's Restaurant, Aughnacloy for meal

5.30pm - Depart from Salley's for return journey

6.30pm - Arrive back to Newtownstewart



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

9am - Depart from the Square, Rathfriland

9.30am - Pick up McDonalds Sprucefield

10.30am - Tea, coffee & scones with HWB input - arrive at Ulster Folk & Transport Museum - spend the day at your leisure around the Folk & Transport museum

4pm - Depart from Ulster Folk & Transport Museum

4.30pm - Arrive at the Speckled Hen, Dunmurry

6pm - Depart from the Speckled Hen, Dunmurry

6.15pm - Drop off at Sprucefield

6.45pm - Arrive back to Rathfriland



Fermanagh/Armagh SEFF Members in partnership with FAIR Respite Day Thursday 27th February 2020

8.30am - Depart from SEFF Offices, Lisnaskea

10am - Arrive at Hillsborough Castle & Gardens – free time to get refreshments etc before tour

11am - 12pm - Tour of Castle

12-1.30pm - Free time around Gardens / coffee shop

1.45pm - Depart from HB castle

2pm - Arrive at Dobbie's

3.30pm - Depart from Dobbies

4pm - Arrive at the Tannery

5.30pm - Depart from Tannery

7pm - Arrive back to SEFF Lisnaskea



If interested in attending any of the above events please phone the SEFF office on: 028 677 23884 and select option 1.



Introducing SEFF's new GB Health & Wellbeing Case Worker

Gina Aujla

My name is Gina Aujla and I am 24 years old. I have recently graduated with a Masters from Queen Mary University of London, in Psychological Treatments. Prior to this I completed an undergraduate degree in Psychology from the University of Essex. In my free time, I also tutor A-Level Psychology students, allowing me to consistently update my learnt knowledge and develop my communication skills.

I am delighted to be working with the South East Fermanagh Foundation as a health and wellbeing caseworker. The values and core aims of the foundation are in line with my own personal morals and beliefs. I aim to provide a professional service with a high quality of care, ensuring all members are treated with the upmost respect. Whilst working with SEFF I will actively listen to clients and their individual needs. This will ensure that I contribute to continuous service improvement. I aim to share my knowledge and skills within SEFF while learning new skills and information, consequently allowing me to grow into the best version of myself. I am determined to go above and beyond in my role of a health and wellbeing caseworker and can ensure it is an area within mental health that I am extremely passionate about.



Walkers & Talkers with SEFF's Partner Groups Wednesday 29th January 2020

We have arranged a walk for SEFF's walking group along with our partner groups; The MUE Project, Cookstown, South & East Tyrone Welfare Support Group, Moygashel and Out of the Shadows, Richhill. It will take place on **Wednesday 29th January 2020 at 10am.**

We will go for a walk in **Crom Estate** followed by lunch in SEFF Offices, Lisnaskea.

For anyone interested in attending please contact the office on 028 677 23884 to express your interest by Monday 27th January 2020. We will also arrange transport / shared lifts once we have confirmed numbers and will depart from SEFF Offices at 10am.



SEFF Holiday Club

SEFF's Holiday club are meeting on Thursday 6th February 2020 at 3pm.

Please do come along if you would be interested in travelling with a group of people - discuss where you would like to go.

Please note this club is not subsidised by SEFF funds.

South Armagh Gateway Service Launch

The launch of SEFF's South Armagh Gateway Service is taking place on **Thursday 30th January 2020 at 7.30pm in the Bessbrook Office.**

A bus will depart from SEFF at 5.30pm with pick-ups as follows:

- 5.30pm - SEFF Lisnaskea
- 5.35pm - Maguiresbridge Bus Stop
- 5.45pm - Fivemiletown Back Car Park
- 6pm - Ballygawley Park & Ride (pick up for West Tyrone members) & travelling onwards to Bessbrook.

The evening will involve some short speeches, some musical input from Tullyvallen Silver Band and personal testimony from a victims/survivors of the 'Troubles'. Please do make an effort to support this new service and the organisation in their efforts to work in partnership with others to best serve the needs of innocent victims / survivors from an area that was severely impacted by Terrorism.



THE ROYAL BRITISH
LEGION
Fintona Branch
5 Kiln Street, Fintona, Omagh, BT48 2BJ

An evening with
Mr Joe Mills
'Survival Against All Odds'
And Mr Esmond Jameson Remembering his brother
Mr Robert Noel Jameson
Friday 21st February 2020 At 8pm
Admittance is free but as places are limited you are requested to book in advance by phoning:
Shirley Tel: 078 7966 4962
Light refreshments will be served
*A Voluntary Collection will be taken in aid of the BCS (Branch Community Support)

SEFF members, if you are interested in attending this event "An Evening with Joe Mills". Please ring the office and express your interest. **IF** we have enough numbers attending we could organise cars to go on the evening.

SEFF - 028 677 23884

Youth Half Term Event to Todd's Leap Tuesday 18th February 2020



We are organising a Half Term Youth Event on **Tuesday 18th February 2020** where we will be going to Todd's Leap for the day. This is open to young people aged 11

years old and above.

A bus will depart from SEFF at 9.30am & return at 4.45pm, lunch will be provided.

Parental consent is essential. Please contact the office on 028677 23884 if interested in attending.



March Coffee Morning

'Cooking with Joy'

Thursday 5th March 2020

10.30am

We are holding a Coffee Morning on Thursday 5th March 2020 at 10.30am in SEFF Offices, Lisnaskea.

Joy Graham (who is a Board Member in SEFF) is coming along to do a Cookery Demo and to speak about the recent publication of her Cookery book, 'Cooking with Joy'.



Joy has been doing Cookery demos for over 20 years going around different community groups and last year decided to collate all her recipes into a book with proceeds going towards Garrison Church of Ireland. Joy will have some books with her on the day, the cost is £10 per book.

Please do come along to support this event.

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County Fermanagh Grand Orange Lodge

**Friday 27th
March 2020**

**Enniskillen District
Orange Hall**

Country & Gospel Concert

Tickets £5

8pm

Tickets can be purchased through A Wilson .
Call - 07703311733

God Save the Save Queen



**GALLOON PARISH CHURCH
DANCE**

**THE CHURCH HALL
NEWTOWNBUTLER**

Friday 31st January 2020

Dancing 10.00pm to 1.00am

Music by Livingstone Country Music
Raffle

Admission £5 including supper
Everyone Welcome

Proceeds in aid of Church Hall Funds



Table quiz

TEMPO

TEMPO PARISH HALL

**THURSDAY
13TH FEBRUARY 2020**

8pm

ALL WELCOME

**THE REGIMENTAL
ASSOCIATION
ROYAL IRISH REGIMENT
C.G.C
FERMANAGH &
SOUTH TYRONE BRANCH**



**COFFEE
MORNING**

**The Royal British Legion,
Enniskillen**

**Saturday 22nd February 2020
10am to 12pm**

*All the proceeds in aid of Marie Curie and
Air Ambulance*