



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

NEWSLETTER



Supporting Victims and Survivors, Strengthening Communities

Issue 161

Dear Member,

This month's N'letter and AfIV supplement contains details of some new faces joining SEFF and others returning.

I would like to welcome Tim Hanley who takes up the role as Advocacy Support Worker for South Armagh with outreach into the Republic of Ireland, Calvin Reid and Rachel Watson who will assume maternity cover for Rachel Glover's role (Research and Admin Support Officer servicing the Advocacy service)

And we also welcome back Jenny Ferguson to SEFF's staff team. Jenny alongside Mandy Brown will assist job share for Joy Aiken's role (Projects Coordinator) when she is off on maternity. We wish Mandy and Jenny well.

Joy expects to go off in mid March and Rachel at the end of March and we wish both well for safe arrivals of newborns.

European Day for Remembrance of Victims of Terrorism

We encourage as many members as possible to attend this year's event taking place on Friday 6th March 2020 @ 7pm. We're offering to run buses from Lisnaskea and Newtown Stewart. There will be a panel of diverse speakers participating on the evening - we appeal for your support.

Other work ongoing:

1. We ask for your support, thoughts and prayers as a delegation of SEFF members make an educational visit to Rwanda.
2. We hope to have additional Welfare personnel in place shortly which will allow us to best support victims/survivors in their efforts to secure the new Victim's Pension for the seriously injured (known as the Victims Payments Scheme)
3. Work continues in efforts to recruit a Clinical Lead and Clinical Coordinator/Administrator for SEFF. These appointments will transform the structure we have in providing health and well-being services and will also mean that SEFF will be able to refer directly into the soon to be established Regional Trauma Network.
4. SEFF and the wider IVU family continues to lobby political parties and politics from right across these islands, public policy makers and others around legacy related issues. We will not assent to any railroading of Legacy structures which as currently proposed do not have the confidence of our constituency.

In the coming days we hope to have confirmation of two further year's rollover funding which we hope will enable us to continue to deliver a varied and professional service meeting your needs.

Take care everyone.

Kenny



SEFF Community
SEFF Victims and
Survivors

SEFF's MARCH
Member's
Meeting
Wednesday 25th
March 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 Cultural Seminars

ACTIVITY	DATE	VENUE	DETAILS
April educational/cultural meeting	Wednesday 8th April 2020 @7.30pm	SEFF Office Lisnaskea	Former MEP Jim Nicholson will be guest speaker and he will share something of his life & his career in politics and also will relay his perspective on Brexit and ongoing legacy issues
May educational/cultural meeting	Wednesday TBC	SEFF Office Lisnaskea	We are hoping former MP Kate Hoey will be speaker for our May meeting, Kate again has been a tireless advocate on victim's issues and has supported SEFF's aims and objectives down the years.



April Educational/Cultural meeting

Former MEP Jim Nicholson will be guest speaker for our April educational/cultural meeting taking place on: **Wednesday 8th April 2020 @ 7.30pm**. Jim was a strong supporter of SEFF's work down the years and hosted us in Brussels on two occasions, once in partnership with former MEP Dianne Dodds MLA.

Jim will share something of his life and his career in politics and also will relay his perspective on Brexit and ongoing legacy issues.

Please make an effort to attend to acknowledge his work and support to our group.

Meanwhile it is hoped that we will have former MP Kate Hey present for our May meeting, Kate again has been a tireless advocate on victim's issues and has supported SEFF's aims and objectives down the years.



Complementary Therapies

We are now taking names for Q1 of this new funding year 2020/2021 covering the **May - June 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.**

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.

SEFF

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1 Nutfield Road,
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Phone:

028 677 23884/

E-mail:

info@seff.org.uk

Website:

www.seff.org.uk

UPCOMING ACTIVITIES....

MARCH MEN'S BREAKFAST CLUB (2020)

We have two Men's Breakfast taking place in March the first one is due to take place on Saturday 7th March 2020 at 10am & this time we have a change of location by the request of some of our members we are heading to Fivemiletown.

The cost is £3 per person & details are as follows:

DATE: Saturday 7th March 2020 @10am

VENUE: Edfield Restaurant, Fivemiletown

The last one for the financial year is on Saturday 28th March 2020 in Miller's Coffee Shop, Lisnaskea - see opposite.

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

WELFARE REPORT

We are continuing to assist members with their efforts in securing the benefits that they are entitled to, however we come across a number of issues which can threaten the opportunities for success.

1) As Mandatory Reconsiderations or appeals have to be notified to the Department of Communities or the Appeal service within 30 days of notification of awards or removal of benefits it is essential that we are informed as soon as possible. This gives us time to get additional medical evidence (which legally can take up to 30days), obtained copies of the Health Professionals report etc. Sometimes extensions are granted but it has to be for a good reason. As our service hours are limited, we cannot follow up every client to see if they have obtained their information, we would ask that you make contact and inform us.

2) We are finding that Consultant's reports are being treated as gospel at Tribunals but our clients are disputing the information in the report. If you are going to see a consultant please ask for a copy of his report to be forwarded to you as well as the GP. Read it and make sure you're happy with it. It is a lot easier to get it corrected then than at an appeal months or indeed years later. This is particularly evident where mobility issues are under question (walking the dog daily doesn't match in with a maximum 20 -50mtrs on your PIP application)

3) It is important that you are being seen regularly by either your GP or Consultants as the Tribunal panellists will suggest that your condition is being controlled well by medication if you are not attending the Doctors. Explain how the condition is affecting you (ie constant pain in your shoulder, that you can't take the medication because it makes you sick) Please make sure the doctor/consultant records how you are affected.

Your cooperation would be greatly appreciated and will heighten the prospects of success. Help us to help you and remember you can contact any of the welfare workers via the **South East Fermanagh Foundation (SEFF) Office by calling 028 677 23884.**

Yours,
Norman, Tina and Ross



Men's Breakfast & Allotments Tidy Up Saturday 28th March 2020

10am, Miller's Coffee Shop, Lisnaskea

We are holding a final Men's Breakfast on Saturday 28th March 2020 at 10am. The breakfast will be free to those who attend but in return we ask that you please volunteer a couple of hours of your time afterwards to help with a tidy up at SEFF's allotments site on the Brookeborough Road, Lisnaskea. Please do come along and help us out on the day.

BEFRIENDING February 2020 Update

Hi All,

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. Our volunteers really are a brilliant bunch who go above and beyond to help whenever they can, sometimes giving up a whole day to make sure our members are looked after as best they can.

The Luncheon Club is still ongoing and we will be having the final one from this year's funding cycle towards the end of March. We hope to continue this very well supported event in the new year of funding and continue to move around the different areas so we can target those living local to that area. One of our Befriending Coordinators has taken on the running of the luncheon club and aims to get in touch with eligible members personally when the lunch is in their area.

Coffee Morning - Thursday 5th March 2020 - 10:30-12 noon. Come along and hear about a Cookery Book launched by one of our members and maybe get some inspiration or new ideas.

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.

Regards,

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 One's 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.

MARCH DAY RESPITE SATURDAY 28th MARCH 2020



Bus will depart from SEFF Lisnaskea at 9am with pick ups on route.

Arriving in Cookstown at 10.30am-free time up until 1.30pm to shop/grab lunch etc.

Then in the afternoon attending the Ulster Defence Regiment C.G.C. 50th Anniversary Exhibition

(see info opposite) at 2pm they will have Kevin Myers (journalist / writer) present to speak.

We will depart from Cookstown around 4.30pm and will stop for a meal on the way home. Cost is £20 per person - please phone the office on 028677 23884 option 1 to express your interest by **1pm on Friday 14th March 2020.**

GREATER BELFAST DINNER **FRIDAY 20th MARCH 2020** **NEW FORGE COUNTRY CLUB**

We have organised a dinner for our Greater Belfast based members to take place on Friday 20th March 2020 at 7pm in the New Forge Country Club, New Forge Lane, Belfast.

This will be a way of getting our wider Belfast based members together for a social evening as well as learning a little bit more about the work of the organisation and services we can offer you.

If interested in attending please contact the office ASAP on 028 677 23884 (option 1)



Projects Coordinator (Maternity cover)



My name is Jenny Ferguson and I am delighted to have been recently appointed into the temporary position of project coordinator on a job share basis with my colleague Mandy Brown. We are replacing the ever valuable Joy Aiken who is heading off on maternity leave.

I was born at Aghadrumsee right in the heart of South Fermanagh but now live at Derrygonnelly in West Fermanagh. I'm married to Robin and have five children Alan, Louise, Diana, Mark and Zara and have recently been blessed with a much loved grandchild Jacob.

During previous years I have served with the Royal Irish to its disbandment in 2007. I then commenced working with the PSNI as a station duty officer working in both Lisnaskea and Enniskillen Stations.

In my spare time I went back to South West College and took a foundation degree in Counselling Studies and have taken other shorter courses in befriending, advocacy and mental health. These courses have been worthwhile in improving my knowledge and understanding of others. I have been involved with SEFF for a number of years in a voluntary role assisting as a leader in summer school events, as a befriender and helping to coordinate the junior choir as well as assisting with Project Common Bond.

In 2017 I gained employment with SEFF working on a good relations-themed community project which included young and older participants and then worked with The FACT Project until it finished in June of last year.

These projects have given me an insight into the worthwhile work that SEFF is providing to its' membership and the broader community and that I have now the honour to also add my contribution.

**Yours,
Jenny Ferguson**



You all know me as SEFF's Administrator but from 1st March 2020, I will also be employed as custodian of Joy's role as SEFF's Project Coordinator along with Jenny Ferguson on a part-time basis. This will bring its' own challenges as it has been many years from I worked full-time hours as I functioned around my three children, Leah, Jay & Leoni, school timetable.

Now that is not an issue as my children are now all adults and leading their own independent lives.

Thankfully Jenny and I have already developed a rapport as we worked together in the FACT project for over two years, so I look forward to working in partnership with her again until the return of Joy from her maternity leave; and with our current knowledge of SEFF and its' functions we hope there will be a seamless handover in Joy's absence for our SEFF members, but please be patient if we do not function as efficiently as Joy as we have big shoes to fill.

I'd like to wish Joy and John all the best on a safe delivery of little Aiken junior, and keep your phone handy as no doubt I will be calling you.

**Yours,
Mandy Brown**

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 Tim Hanley (who starts with us on Monday 2nd March 2020) with p/time Research and Admin support provided by Rachel Glover. Whilst Rachel is off on maternity leave from April - December her role will be assumed by Calvin Reid and Rachel Watson (With Calvin based from the Bessbrook office)

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.

We are reliant upon our local members and contacts within the South Armagh area to help us build the service, we particularly want to reach out to families across the south Armagh area and Newry and District who have not previously benefited from support.

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.

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.

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 are holding a further lunch club on Saturday 21st March 2020 at 12.30pm in the Burrendale Hotel, Newcastle. If interested in attending please contact the office on 028 677 23884 (option 1) to register your interest, we will require a pre order.



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

CLEAR Project Funding 2019/2020

We are now nearing the end of our CLEAR Project funding, we hosted the Action Cancer Big Bus last Friday in Newtownstewart (Friday 21st Feb 2020) and held a Health & Wellbeing Coffee Morning, thank you to everyone who attended, from within SEFF's membership but also the broader local community.

IPad and Craft classes continue to be delivered over the next few weeks and recently the craft ladies enjoyed a day out to Belleek Pottery, they also took part in a North Fermanagh Border Trail with guide, Ken Funston (Advocacy Manager).

The luncheon clubs have now come to end although we are able to deliver a further club in March through additional monies received in year via the Victims and Survivors Service.

We are very grateful to the CLEAR Project for their investment which has enabled us to deliver further activities and events above and beyond what we could offer within our current VSS budget. We hope to be able to apply for funds again for the 2020/2021 financial year.

St. Patrick's Day Coffee Morning

On Friday 20th March 2020 at 10.30am in the West Tyrone Gateway Office we will be holding a St. Patrick's Day themed Coffee Morning, please do come along. Speaker to be confirmed.

Men's Breakfast

We are organising a FIRST Men's Breakfast for the West Tyrone area and depending on numbers we will consider running further breakfasts - the first one will take place on Saturday 21st March 2020 at 10am in the Derg Arms, Castlederg.

Complementary Therapies

We are very fortunate to be able to offer some additional therapies in the West Tyrone area, we recently secured more money in order to alleviate waiting lists and offer people the opportunity to avail of 5 sessions of treatment in the coming weeks. If interested please phone the office ASAP as these sessions will be allocated very soon.

Memorial Quilt (s)

We are currently developing a Memorial Quilt which will contain individual patches to innocents murdered within the immediate Castlederg and District area but we also be developing a wider West Tyrone-themed quilt. If you have not already indicated your wish to have your loved(s) included within the Project then please contact the West Tyrone Gateway Service office in Newtownstewart or SEFF's main office in Lisnaskea and we will endeavour to facilitate your needs.

Luncheon Clubs

Although our series of Luncheon clubs (funded through the CLEAR Project) have come to an end we are able to deliver a further lunch through the VSS funding we receive, please see details below.

LUNCH CLUB DATE:

DATE / TIME	VENUE
Friday 13th March 2020 at 12.30pm	Silver Birches, Omagh

SEFF delegation to visit Rwanda on Educational good practice visit

Approximately 12 months ago SEFF first established a connection with a Rwandan based Christian Ministry organisation called CARSA (which has a remit for supporting victims of the Nation's genocide which claimed the lives of almost 1 million people within a period of 100 days)

One of the organisation's main drivers (a man called Christophe who also had family members stolen away as a result of the genocide) came across to Northern Ireland and spoke at a SEFF meeting as well as a Conference organised by Strive Ireland.

It became clear that there existed a special connection, a sharing of core Christian values between the organisations.

Since that point efforts commenced in developing an opportunity for a number of SEFF representatives to travel to Rwanda for an educational good practice visit.

On 25th April 2020 seven SEFF representatives will make the journey. Those travelling are:

Kenny Donaldson (SEFF's Director of Services)
Paul Toombs (Father Ivan Toombs murdered)
Rev Alan Irwin (Father Thomas and Uncle Frederick Irwin murdered)
Sammy Heenan (Father William Heenan murdered)
Yvonne Black (Husband David Black murdered)
Shane Laverty (Brother Robert David Laverty murdered)
Calvin Reid (Research Officer supporting Advocacy Service - Maternity cover role) and student at Queens University, Belfast

The group will travel to Kigali and will stay in Rwanda for 11 days over Remembrance period (which lasts 100 days) The SEFF reps will meet with victims of the genocide and will have opportunity to participate in facilitated discussions, they will also meet with Government officials, reps of the criminal justice system there, the Churches and others. The group will also spend time in the Lake Kivu area of the Country.

Upon return the group will lay on a number of presentations advising of learning attained.

SEFF will be the first Northern Ireland based victim's group to visit Rwanda and to study how that Country has dealt with the legacy of past violence.

The group also plans to leave a legacy project behind in Rwanda, either wells or potentially a Cow for Peace and therefore welcome any donations that members or supporters could offer. Please speak to any of those going if you'd wish to learn more about the initiative.

In aiding the group's efforts, three Church services will be held in Churches attended by those going - Cookstown Presbyterian Church, Mountnorris Presbyterian Church and Colaghty Church of Ireland.

We can advise of the Colaghty service date: Sunday 19th April 2020 @ 7pm. The service will include content from those attending who will share details of the initiative.

Dates for the other Church services will be advised in the March N'letter.

Please make every to support this initiative, SEFF will continue to look outside the box and has the humility to understand that not all answers are found through our own strength and knowledge. We have to examine beyond this and through prayer and application of God's word, answers can be revealed.



SEFF FEBRUARY CULTURAL NIGHT

Ben Lowry speaks at SEFF Cultural event

On Wednesday 12th February 2020 SEFF were delighted to welcome Ben Lowry, Deputy Editor of The News Letter to our offices in Lisnaskea.

A packed room came to hear Ben speak on Legacy issues. Ben and The News Letter have done much to provide a voice for the innocent victims/survivors of terrorism.



Introducing SEFF's new Advocacy Support Officer covering South Armagh & outreach into the Republic of Ireland- Tim Hanley



Tim was formerly a member of the RUC GC and PSNI before retiring recently. He was a senior detective with extensive personal experience of homicide and serious crime investigations. In this role he also had responsibility for 'cold case' reviews and this has given him a professional understanding of the challenges and opportunities related to investigating more historic cases.

One of Tim's roles within the PSNI was to coordinate family liaison officers to support victims of murder and serious crimes. He ensured that this process assisted the families of victims in a compassionate and practical way.

Since retiring from the Police, Tim has maintained an active interest in supporting innocent victims and survivors of terrorism. He is now delighted to be joining the team at SEFF.

**SEFF Carer's Group Meeting
Wednesday 26th March 2020 at 11am
SEFF Offices, Lisnaskea**

We would encourage any carer's within our membership to come along. We have recently started a Carer's Support Group and new faces are always welcome. We will start the morning with a speaker / activity followed by lunch and some social time together. For more info phone the office on 028677 23884.

**St. Patrick's Day Coffee Morning
Thursday 19th March 2020
10.30am
SEFF Offices, Lisnaskea**

Come along and decorate some St. Patrick's Day cupcakes with Audrey Watson & enjoy some social time along with tea, coffee & refreshments.



**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.

County Fermanagh Grand Orange Lodge

Country & Gospel Concert

**Friday 27th
March 2020
Enniskillen Dis-
trict
Orange Hall**

8pm

Tickets
£5



Tickets can be purchased through A Wilson.
Call - 07703311733

God Save the Save Queen



Newtownbutler Methodist Church

GOSPEL CONCERT

PRESENTS

The Strule String Band Omagh

Friday 13th March

Newtownbutler
Church Hall



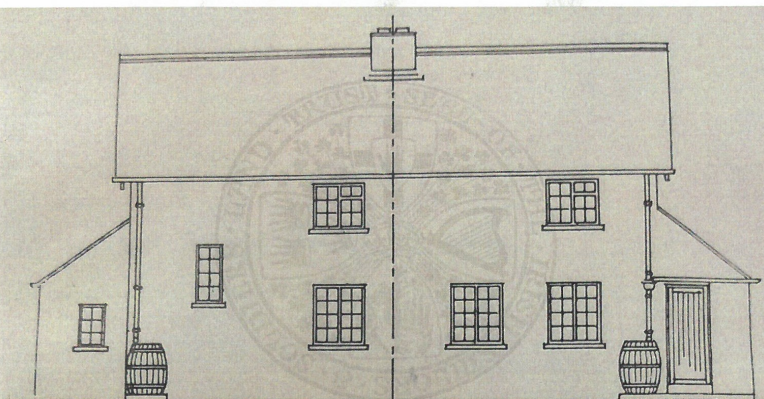
8pm



Supper Served

An offering will be taken in aid of Manse Funds

LISBELLAW AND SOUTH FERMANAGH WORLD WAR ONE SOCIETY HOMES FOR HEROES EX-SERVICEMEN'S COTTAGES IN COUNTY FERMANAGH



FRONT ELEVATION

BACK ELEVATION

NIGEL HENDERSON

HistoryHubUlster

THURSDAY 12TH MARCH 2020, 7:30PM

LISBELLAW METHODIST CHURCH HALL



Inishmacsaint Mothers Union trip to Ennis,
Co Clare. 3 nights B&B 22nd May - 25th May
2020 this includes evening meals.
Meal on way home and all entrances paid.
£340 sharing. Spaces available.
Final payment by 10/03/2020.
Contact Robena on 02868641569/
07561820087