



**SEFF**  
SOUTH EAST FERMANAGH  
FOUNDATION

# NEWSLETTER



The Queen's Award  
for Voluntary Service

Supporting Victims and Survivors, Strengthening Communities

Issue 162

Dear Member,

This is a very different N'letter this month. COVID-19 has engulfed our World and is playing havoc with our lives as we would have understood them.

Tragically many lives have been lost and sadly others are likely to be lost in the weeks and months ahead. But amongst all of this destruction and sadness can be found rays of HOPE, we may ALL reconnect with the values of humanity, of supporting one another which had at some level been abandoned in an increasingly individualistic and secular world.

No family or individual has not been impacted by the prevalence of this disease yet we at SEFF are determined that we will continue to provide a quality service which meets your ever changing needs.

SEFF is wanting to hear from those of you who would value a weekly telephone call, who are struggling financially and require support through our welfare service or possibly our grocery drop which will be initiated soon and for those parents who have children off School and who do not have access to I.T (Laptops/Desktop PC's/Tablets etc) then please make contact with the office asap. **Please DO NOT SUFFER in silence, WE ARE HERE TO HELP and we will do discretely.**

**Farewell to Staff and Service Providers:**

We say farewell to two members of SEFF's delivery team; Helen Murphy (who has been a Counsellor with us for circa 10 years) and Wendy Parkinson (Monitoring and Admin Support Officer) We thank both for their service to the organisation and wish them success and happiness for the future.

You will note within the Newsletter a common theme; all face-to-face interactions and group gatherings are suspended. But please know that we are still here to assist and we encourage you to please access services in the new way they're being offered.

We have learnt tonight that Project Common Bond (where our young people go to the U.S in the Summer) has been suspended and we anticipate the same being the case for our planned Rwanda trip (see details on page 8) At this point it is also highly likely that Summer School events will be suspended and planned overnight SEFF respite but we cannot confirm this. Please keep in touch with the N'letter and our Facebook pages as well as the Text Message system for further updates in the times ahead.

May God Bless you and your blood over the difficult times ahead, but also please let's care for one another as one wider and **BIG SEFF FAMILY.**

Kenny



SEFF Community  
SEFF Victims and  
Survivors

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

SEFF staff will be off for the Good Friday Public Holiday on Friday 10th April 2020. But on Easter Monday and Tuesday staff will be available on their work mobiles or via The SEFF office number: 028 677 23884

## SEFF makes difficult decision to suspend drop-in service

SEFF has been providing support services for the best part of two decades and all that time our cornerstone as a group has been the ability of members and others seeking support to drop in to our offices. It is with regret that as of Monday 23rd March 2020 ALL drop-in facilities to SEFF offices (from members & the public) were suspended until further notice as a result of the Corona Virus.

However we want to make the message loud and clear that SEFF is not closed for business but we are forced (alike others) to do things in a different way. Over the coming period we will be using Telephone, FaceTime, Skype and Social Networking as a means of communication with members, other stakeholders and the wider public".

We will be introducing grocery drops and potentially prescription home deliveries for those financially vulnerable within our membership and also those socially isolated and without family-based support structures and we will develop other initiatives in responding to need as things evolve.

SEFF will continue to provide practical supports to members; counselling, welfare, advocacy etc will all still be available via telephone & FaceTime/Skype where appropriate. And our campaigning & lobbying will not cease as evidenced by the IVU Family's launch of an alternative legacy proposal on Monday (see pages 6 & 7)

We acknowledge that very many people are concerned for themselves, their families and also the wider community. For those who are facing financial, emotional or psychological hardship now (or at a point in the future) please make contact with us and we will do our very best to assist. Please everyone, keep safe and also united in this challenging time.

We must protect those most vulnerable within our community, there is a collective responsibility on us all, to ensure that we are practising safe social distancing. However in best meeting your needs all SEFF offices (Lisnaskea, Newtownstewart, Rathfriland and Bessbrook) will continue to be manned by a skeleton staff so please do feel able to contact us via telephone on 028 677 23884 or make contact with our outreach workers.

Counselling Service: Raymond Farrell, Ann Frith, Rodney Sharpe and Anna Waterworth (Tel: 028 677 23884)

\*\*We will be advising of mobile contact numbers in the coming days via text message and in April Nletter.

Health and Wellbeing Caseworker's service: H + WB Caseworkers

Doreen Mullan (Mob: 07860 850015)

Esther Hurst (Mob: 07860 850014)

Great Britain) Gina Aujla (Mob: 07718 488383)

Welfare Advice

(Including Tribunal Representation)

Tina Grimsley or Norman Kirkpatrick

Tel: 028 677 23884

\*\*We will be advising of mobile contact numbers in the coming days

Counselling Service:

Raymond Farrell, Ann Frith, Rodney Sharpe and Anna Waterworth

Tel: 028 677 23884

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Kenny Donaldson	Director of Services	Mob: 07900882770
Ken Funston	Advocacy Services Manger	Mob: 07834 488635
Pete Murtagh	Advocacy Services Manager	Mob: 07860 850004
Tim Hanley	Advocacy Support Worker (South Armagh)	Mob: 07923 257258
Ian Irwin	Advocacy Support Worker (Mid-Ulster and South Armagh)	Mob: 07711 590772
Ernie Waterworth	Advocacy Support Worker (Eastern sub-Region)	Mob: 07860 850008
Nevin Brown	Advocacy Support Worker (Western sub-Region)	Mob: 07395 790079
Alan Lewis	Advocacy Support Worker (South Down)	Mob: 07711 590771
Ann Travers	Advocacy Support Worker (Republic of Ireland)	Mob: 07860 85003
Iona Gallagher	Advocacy Support Worker (Great Britain)	Mob: 07860 850017

# HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

 @BELIEVEPHQ



**1** Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?



**2** Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then



**3** Take each day one step at a time. Focus on the present moment. A routine can help give you some structure



**4** In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax



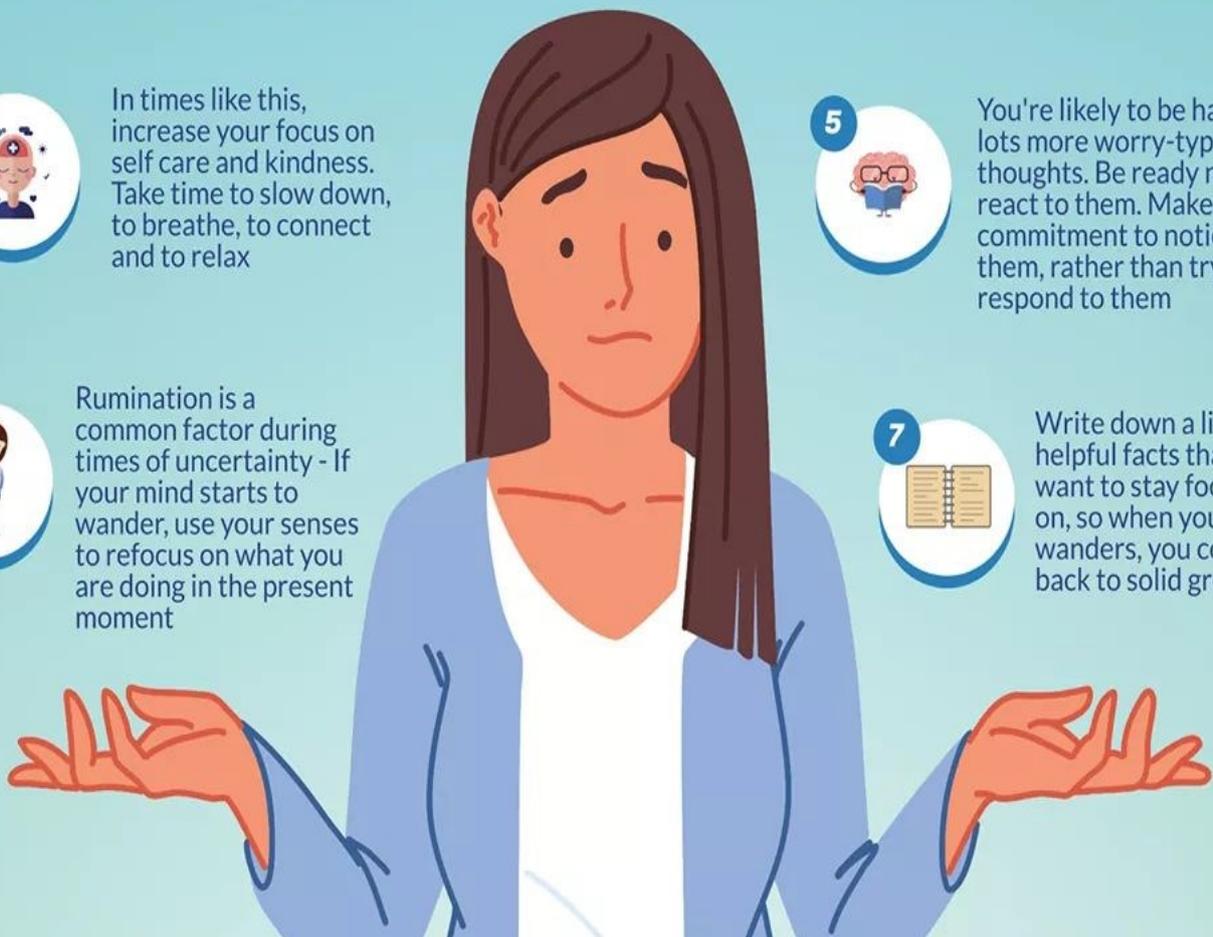
**5** You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them



**6** Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment



**7** Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground



The Family of Victor Morrow had planned to mark his 40th Anniversary within the parameters of a service in Galloon Parish, Newtownbutler. But unfortunately that Service like other services is a casualty of the COVID virus. Please have Victor's family and also the family of Clifford Lundy with-in your thoughts and prayers.

## **| Private Robert Victor Morrow |**



**RETIRED**

**Service Number: 24199892**

**11th November 1918 - 17th April 1980**

**V**ictor was married to Martha Forde in 1946 and together they had two sons, Roy and Norman.

Victor was a member of the B Specials and joined the UDR in 1970; he had only retired from service a short while before he was shot dead,

200 yards from his home in April 1980.

A member of Feaugh Loyal Orange Lodge (LOL 1320) and Newtownbutler Royal Black Preceptory (RBP), Victor also worked for Johnston's Grocery Shop as a van driver and spent 16 years working in Sir Richard Arkwright factory, Lisnaskea.

## **Samuel Faircliffe (Clifford) Lundy 40th Anniversary**



SEFF remembers Samuel Faircliffe Lundy (known as Clifford) who was murdered by PIRA terrorists 39 years ago today on 2nd January 1980 at his home adjacent to Kingsmills Presbyterian Church, he was returning home from his first day back to work after the Christmas holidays.

Clifford was a 62-year-old lorry-driver. He had been in the UDR [Ulster Defence Regiment], and made the rank of Corporal but had left it almost three years previously.

About 300 yards from his home, on January 5th, 1976, ten of his Protestant neighbours had been taken from their works minibus, lined up at the side of the road and murdered by the IRA in what is known as, the Kingsmills Massacre. In the same year, one of his brothers-in-law, also in the UDR, was shot by the IRA. In 1975, a second brother-in-law again in the UDR, had also been murdered. Clifford was born in County Armagh on 20th July 1916, he had one brother and 6 sisters (one of whom still survives) He was a Protestant, a member of a small and isolated community.

He married Mary Jane Bell (known as Jeannie) on 5th June 1939, they had two sons (both of whom died in infancy) and one daughter.

In the early years of Clifford's working life he farmed but he was later employed as a lorry driver for Haldane Shiells Ltd, they were a Builder's Merchants based in Newry. In his spare time Clifford did a lot of mechanical work on cars, lorries and on his own motorbike and he often attended motorcycle races and enjoyed the sport.

Clifford was on the Home Guards from 1940-1944; he was also a member of the Ulster Special Constabulary until it disbanded in 1970. He then joined the Ulster Defence Regiment and served from 1970 - 1978 when he retired as a Corporal. Clifford is remembered on our most recent Memorial Quilt - A Patchwork of Innocents. The Lundy family circle are in our thoughts and prayers today and every day.

## **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.

## **Remembering Loved One's through Live-streaming via Facebook**

Over the period of the COVID-19 situation we are conscious that families will not have the opportunity to have formalised services of remembrance commemorating their loved ones.

In addressing this we are offering families the opportunity to have short Christian service (with Prayers and personal reflective comments upon the love done remembered) We have approached Rev Alan Irwin (Chairman of SEFF's Advocacy Service Oversight committee) who will facilitate this. The short Service will be filmed with Rev Alan and will be streamed live on Facebook for families and others to watch. Please contact the SEFF office on: 028 677 23884 and ask for Kenny .

**SEFF launched its' Memorial Quilt exhibition  
'A Tribute to Innocents' in Athlone Castle and Visitor Centre**

David Kelly (son of Pte Paddy Kelly of The Irish Defence Forces who was murdered by Provisional IRA terrorists) and who is local to the Athlone area shared his testimony at the event.



David spoke very profoundly and was well received by those in attendance. David's core message was that innocent victims/survivors of terrorism should and must work together across religious and ethnic backgrounds.



Kenny Donaldson also spoke providing a background on the work of SEFF, our outreach within the Republic of Ireland and the purpose of the Memorial Quilts.



**The Memorial Quilts are currently located at the Castle  
(but which unfortunately is closed to the public)  
The Memorial Quilts will soon be returned to SEFF Offices**



On Wednesday 11th March a visit to SEFF took place with 33 U.S law students from Wisconsin. The students and their lecturers engaged with SEFF representatives on the work of the organisation and also availed of a Border Trail of South East Fermanagh. It was fitting that their visit took place on European Day for Remembrance of Victims of Terrorism. SEFF will continue to outreach with people locally, nationally and internationally around the issues which impact our constituency of victims and survivors.

## News Release

### IVU offers solution for Legacy

Kenny Donaldson, Spokesman for Innocent Victims United stated: “We have been working on the development of an alternative for some considerable time”.

“The IVU family of 23 partner groups have consistently stated opposition to the legacy proposals included within The Stormont House ‘Dis’Agreement, which were then brought forward through a public consultation led by the NIO accompanied with a Draft Bill”.

“On 18th March the UK Government through the NIO announced its’ proposed roadmap for the way ahead, that proposal paves the way to amnesty, the scrubbing away of crimes committed in the context of ‘The Troubles.’ Our constituency are clear, we will not do the Government’s bidding, last week’s proposals are unacceptable on so many levels. Instead, we offer a sustainable solution”.

“The proposals we offer around replacement of the HIU are fair, balanced, realistic, outcomes driven and also affordable”.

“All innocents (irrespective of who caused their victimhood) are entitled to a robust, proactive investigation concerning the events which forever changed their lives. That work can and should be advanced by specific legacy branches both within the PSNI and An Garda Siochanna which are appropriately resourced and whose work is accountable by independent oversight panels in each jurisdiction, led by a retired Judge”.

*When replying to the recent roadmap laid out by the U.K. Government, Tanaiste, Simon Coveney stated: “Any approach has to be coherent across both jurisdictions... Only through a collective approach can we hope to deal with these issues comprehensively and fairly, and in a way that responds to the needs of victims and survivors, and society as a whole.”*

“Our proposal offers what Mr Coveney claims is his State’s priority. We await with interest the Irish Government’s outline as to how it proposes to address these matters alongside the United Kingdom”.

“We ask for considered engagement of our alternative proposal, all must be treated fairly and equitably and the process established must be victim and outcomes centric,” concluded Mr Donaldson.

DUP, UUP, TUV, respected academics and legal professionals, The Northern Ireland Retired Police Officers Association and the Police Federation have all thrown their weight behind the proposals and we have engagements planned with The Alliance Party, SDLP, Northern Ireland Office and other UK Government Ministers and we also seek engagement with the Dept of Foreign Affairs, Dept of Justice in the Republic of Ireland and the Garda Siochanna. IVU inclusive of SEFF’s Advocacy Service have put forward a blueprint for progress, it’s now over to others.

## Proposed alternative to Historical Investigations Unit (HIU).

We propose the Historical Investigations Branch should be an enhanced Legacy Investigation Branch (LIB) should be located within the PSNI, led by an additional Deputy Chief Constable appointed from outside NI - (demonstrate transparency)

DCC would have sole responsibility for legacy cases and the recruited detectives, all of whom would be required to have previous criminal investigative experience as police officers

Major defect of current proposals - it combines the investigatory and the adjudicatory role within one body - contrary to Constitutional principles in the United Kingdom

The proper and sole role of the LIB is that of investigation - never adjudication

LIB governed by PSNI Regulations and Code of Ethics and oversight by the Policing Board - the creation of a Judge/Retired Judge led Over Sight Panel (OSP) would provide additional transparency to the work of the LIB

OSP would consider the DCC decisions as to whether or not a reviewed case meets the criteria for re-investigation or not. Is there credible new evidence relating to a death that is capable of leading to the identification and prosecution of a person for a criminal offence related to the death?

Evidence relating to a death is "credible new evidence" if -  
the individuals carrying out the investigatory processes for the investigatory authority in relation to the death -  
did not know of the evidence, or did not know of the relationship between the evidence and the death;

Provision of Family Report

When all other processes have completed the OSP will provide a Family Report.

This will be the provision of **Factual evidential material** and can never be opinion or speculative.

A Family Report must not identify any individuals, living or deceased, or allow any means of identification of any individuals who have been subject of investigation but who are not to be prosecuted.

the new LIB or OSP should have no power to make findings of 'non-criminal police misconduct'. The proposals for 'non-criminal police misconduct' as contained in the draft 2018 Bill run contrary to the principle of constitutional justice and indeed they breach the very 'General Principles' contained in clause 1 of the draft 2018 Bill:

*(e) the principle that human rights obligations should be complied with.*

### **Finally:**

As encapsulated in the words of the Tanaiste, Mr Simon Coveney on Wednesday 18<sup>th</sup> March 2020 -  
*"Any approach has to be coherent across both jurisdictions... Only through a collective approach can we hope to deal with these issues comprehensively and fairly, and in a way that responds to the needs of victims and survivors, and society as a whole."*

We await the Irish Government's outline to address these matters alongside the United Kingdom.

## 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.

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 were due to travel to Rwanda in late April but due to COVID-19 the trip is having to be postponed. The visit with God's blessing will take place later this year or in 2021.** The group 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, Tullyallen Presbyterian Church and Colaghty Church of Ireland. Details will be advised in due course.

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.



### **Update through COVID-19**

The Dept of Communities suspended reviews and reassessments for health and disability benefits for the next three months. These measures are to reassure vulnerable people and their families about the continuity of their benefits during the Coronavirus outbreak and to ensure the Department's resources are focused on enabling access to financial support for people who need it.

Explaining further, the Dept said: "These new measures are in addition to the suspension of face-to-face assessments for all benefits which were announced last week. They are effective from today for a three month period and will see the suspension of:

1. All new reviews and reassessments for Personal Independence Payment;
2. All re-referrals for Work Capability Assessments across Employment Support Allowance and Universal Credit. People in receipt of ESA and UC whose cases have been referred to the provider will be contacted to take this forward;
3. All reassessment/renewal activity on other health and disability benefits including Industrial Injuries Disablement Benefit, Disability Living Allowance for both children and those aged 65+, and Attendance Allowance.

Arrangements will be put in place to extend awards that have an end date to ensure benefit remains in payment. If people experience a change in their needs they are still encouraged to contact the Department to ensure they are receiving the correct level of support.

Broader advice: If you have access to the Internet then please click on: <https://www.communities-ni.gov.uk/landing-pages/covid-19-service-updates> where you'll find details of what your entitlements are if you have lost your job (temporarily or permanently as a result of COVID-19 or if you have any other benefit related query there is a very useful FAQ section on the site.

### **WELFARE REPORT (For the way ahead post COVID-19)**

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. In the coming days we will be advising of mobile contact numbers for our welfare officers via SEFF's member text message system and in the April N'letter.**

### **VPS (Pension for the Seriously Injured)**

We are working on the assumption that the Victims Payments Scheme will still become operational by end May 2020.

We are currently awaiting confirmation on our bid for funding which would enable us to appoint specific Welfare Officers to take forward this work with those impacted.

If you have any questions concerning the VPS/Pension for the seriously injured then please feel able to contact members of our Advocacy or Welfare teams at your earliest convenience

## SERVICE UPDATES



### SEFF CALLING SERVICE UP-



Good news is always a joy to share!

I would like to announce that we have recruited **two new volunteers and not only new, but also male!**

This is a welcome addition to the MSC team as we will, due to the Covid 19 virus that is rapidly spreading throughout the world; be using our SEFF Calling service in place of some of our activities/befriending visits that we have been advised to cancel to help stop the spread of the Corona virus, until such time we get the health advice that it is safe to resume normal service.

Marty Ansfield and Ivan Henry will be commencing Evening SEFF Calling duties on Wednesday 8th April from (6pm - 8.30pm).

If you would like to receive a call in the evenings from a male volunteer, or a morning call from our lady volunteers please contact the main SEFF office and leave your details and we will do a referral on your behalf.

Hello again to all our Morning SEFF Calling users as we approach the end of March 2020. I am sure you are all aware we in Northern Ireland are in the grip of a terrifying outbreak of the "Coronavirus" which is rapidly spreading and causing deaths amongst the more vulnerable population in the United Kingdom and Ireland. During these unpredictable and scary times, as those more vulnerable members of SEFF self isolate as a protective measure against COVID-19, Rita and I will continue with our telephone calls to those members of SEFF who avail of this service.

As we too practice self isolation (we fall into the at risk bracket) Kenny is providing us with the means to continue providing this service from our home, so nothing will change and the calls will continue as usual each Monday and Thursday.

The UK government has advised all but key front line workers such as medical staff, police shop workers etc and those providing essential services to curtail their movements out side their homes in a bid to prevent the escalation of the virus so we at SEFF believe that MSC should continue as usual.

The next few months will be extremely trying emotionally for all of us, and especially for our older members whose family need to keep their distance thus adding to the continuing stress of isolation so for this reason we believe our calls are needed.

Continued



## BEFRIENDING March 2020 Update

Hi All,

We are currently in unprecedented times, as you will all know by now. Our thoughts go out to those who are sick, those who have lost their jobs, all those students missing out on school and university events. It is a time to bring back community spirit where we help each other in whatever way we can.

Befriending as we have known it is now suspended to ensure the safety of everyone and make sure we help with preventing the spread this virus. Befrienders are instead phoning their befriendees and offering to do necessary messages, collect medicine etc, which they will leave just inside the door, without making contact.

Only essential hospital appointments are being covered, for treatments or urgent conditions and this is at the discretion of the individual volunteers.

Unfortunately luncheon clubs and coffee mornings have had to be **postponed** but rest assured, as soon as we can we will be back up and running as normal. In the meantime, keep safe, be kind and try to find ways of enjoying this enforced downtime.

Regards,

**The Befriending Team**



MSC - Continued

If there are any other members of SEFF who would wish to avail of the service, you can register your interest with either Mandy or Jenny who will continue to man the main office in Lisnaskea.

Our faith in God has brought our members through horrific times in the past and will continue to do so during these next few months of 2020, our thoughts and prayers are with all as we face a new evil in our midst.

Look after each other, take care keep safe and heed the warnings and take precautions advised from the government and especially medical advisors who are in the first line of defence fighting to save lives.

Anne and Rita (MSC)