



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

NEWSLETTER



**The Queen's Award
for Voluntary Service**

Supporting Victims and Survivors, Strengthening Communities

Issue 163

Dear Member,

We continue to live in challenging times, it's now referred to as "restricted living" and yes there have been many sacrifices requiring made by all of us to a greater or lesser degree over this period but what is also clear is that there have been many blessings also as families and individuals have been forced to re-evaluate and slow down the pace of their lives.

Within SEFF we have played our part in supporting the efforts of the NHS through donation £1,000 to the WHSCT for the benefit of frontline workers, many of our members are also making masks and other PPE related items for hospital staff but also for nursing homes and other carers within the community.

We also took the decision to retain an office presence in support of our members, we did not think it right to close up and cease to have that presence.

As things stand we as a Region are getting through these darkest days, but it is not without a cost. Principally the human cost of lives stolen away through the virus or indeed, lives and health adversely impacted for the medium term as a result of the contracting of the virus. There has also and will continue to be a huge economic cost (which none of us yet know the full scale) and it remains unclear as to when we will be able to return to delivering services as we would have pre the COVID-19 breakout.

We will continue to keep you updated through this N'letter when we hear of developments, but be assured SEFF has not ground to a standstill, in many ways the organisation is as busy as ever, it's just a new type of busy.

We want to hear from you if you have welfare queries, if you feel you need the support which can be offered by telephone-based counselling, if you feel a weekly telephone call would be helpful to you, if you need a grocery drop, if you wish to speak to an advocacy or health and wellbeing caseworker; remember all these individuals are still being paid to support you (and their numbers are contained on page 2)

Please DO NOT SUFFER in silence, WE ARE HERE TO HELP and we will do discretely.

Within this N'letter there are multiple references to various initiatives which we're offering via our Facebook page and which will also be made available through the SEFF Website, please do engage with us over this difficult time.

On Friday 8th May 2020 SEFF will be paying its' own special tribute marking the 75th Anniversary of VE Day (Victory on Europe) when the Allied Forces finally brought Germany to the point of surrender. We MUST adopt a similar determination with this new opponent, COVID-19 will also be defeated.

Kenny



**SEFF Community
SEFF Victims and
Survivors**

SEFF

1 Manderwood
Park,
1 Nutfield Road,
Lisnaskea
Co Fermanagh
BT92 0FP

Phone:

028 677 23884/

E-mail:

info@seff.org.uk

Website:

www.seff.org.uk

**MAY Public
Holidays
Friday 8th
& Monday
25th May
SEFF
personnel
unavailable
on mobiles**

April 2020 Issue -163

SEFF is Still Here to Support our Members

SEFF will continue to provide practical supports to members; counselling, welfare, advocacy etc will all still be available via telephone & FaceTime/Skype where appropriate.

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, SEFF's Lisnaskea office 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.

SEFF STAFF Numbers

Kenny Donaldson	- Director of Services	07900 882770
Jenny Ferguson	- Maternity Cover Project Office PT	07786 019909
Mandy Brown	- Projects Officer (PT)& Admin Officer -	07593 447190
Karen Sheridan	- Finance officer	07593 447192

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

Doreen Mullan: Southern Trust Region Caseworker	07860 850015
Esther Hurst: Western Trust Region Caseworker	07860 850014
Gina Aujla: GB Lives Project Caseworker	07718 488383

AfIV Staff Members

Ken Funston - Advocacy Support Manager	07834 488635
Pete Murtagh - Advocacy Support Manager	07860 850004
Tim Hanley - Advocacy Support Worker (S. Armagh and R.o.I)	07923 257258
Ian Irwin - Advocacy Support Worker (Mid-Ulster & S Armagh)	07711 590772
Ernie Waterworth - Advocacy Support Worker (Eastern sub-Region)	07860 850008
Nevin Brown - Advocacy Support Worker (Western sub-Region)	07395 790079
Alan Lewis - Advocacy Support Worker (S. Down)	07711 590771
Ann Travers - Advocacy Support Worker (RoI)	07860 850003
Iona Gallagher - Advocacy Support Worker (GB)	07860 850017

Welfare Advice (Including Tribunal Representation)

Tina Grimsley or Norman Kirkpatrick - Call SEFF office or above mobile numbers and a referral will be done for you 028 677 23884

Counselling Service:

(Telephone-based at this time)

Raymond Farrell, Ann Frith, Rodney Sharpe and Anna Waterworth

Tel: 028 677 23884 for referral process

REMINDED

RENEWING SEFF Membership 2020/21

We are fast approaching the new membership year at SEFF; **1st July 2020**.

We would like, where possible that as many of you renew your membership through a **Standing Order** process so that you don't need to be reminded each year to pay your fees and therefore you won't miss out on the chance of availing of our many services and activities if not up to date with your membership.

If you cannot do **STANDING ORDER** through your bank, we accept payments for subscriptions by either cheque or cash.

*If you want to set up a **standing order** please call the office and we will give you the bank details for SEFF needed to set up a standing order through your bank. **Regrettably we cannot do card payments over the phone or in the office.***

Membership fees are as follows: £10 per adult

Post primary school age (12 - 16 yrs old) is £5 each and under 11's are free.

August will be the last month that we will send out SEFF newsletters to all those current 2019/20 members before we implement the updated 2020/21 membership database

We would appreciate if you could pay membership fees before **31st July 2020** and if possible that you would also sign up for gift aid if you are paying tax on your income, if you have not already done so.

Your cooperation is much appreciated.

We have been updating our membership forms to include member's GP information, and your GDPR permission which we need in order to hold your data on our systems. Also if any of your details have changed ie: marital status, address/mobile/phones/ postcodes etc, please call the office to update these!

MEMBERSHIP going forward

Changes to Membership renewal Date

To keep in line with the recognised financial year the next membership year will be; 1st July 2020 - 31st March 2021. Thereafter, the membership year will run from 1st April -31st March, from 2021 onwards.

We will be including regular reminders within our monthly newsletter. This also means those of you who currently pay via standing order contacting your Bank/Building Society to have arrangements changed.

In assisting SEFF administratively we would call on more members to take up this opportunity ... An insurance policy of support for 20 pence per week, there's not many of those policies around.



SEFF's BIG Family delivering for the community

SEFF's Big Family was at its' best today when working together to deliver groceries to almost 100 families and individuals across Fermanagh and the Clogher Valley area.

Volunteers from our Befriending Service along with other volunteers and supported by staff within the organisation coordinated and delivered the Project.

We would wish to recognise the following people:

Davy Grimsley (Befriending Service Coordinator) with help from - Victor Johnston, Ruth Gault, Rachel Watson, Richie Gault, Leslie Funston, Derek Abbott, Esther Forster, Alan Funston; and to Audrey Watson and Ernie Clarke (Befriending Service Coordinators) for their support and efforts in helping plan the venture.

Thanks also to my SEFF colleagues: Jenny Ferguson, Mandy Brown, Karen Sheridan and Nevin Brown, along with the other SEFF staff who assisted in any way in identifying or supporting families and individuals throughout the organisation.

An especially big thank you to the Team at SuperValu, Newtownbutler who worked positively with us and bagged the groceries in readiness for delivery to our members.

Aside from the local grocery drop, SEFF also organised groceries to be delivered to a further 60-70 families and individuals across Northern Ireland, Republic of Ireland and Great Britain.

We want to hear from any family or individual within our membership who is struggling either financially or through social isolation and we will endeavour to facilitate your needs.

Remember: Our Welfare, Counselling, Befriending, Advocacy and Health and Well-being Caseworkers Service are still here to offer you help. Our personnel will engage with you over the phone or by Skype/FaceTime as appropriate.

I also want to recognise and thank our funders; The Victims and Survivors Service - To Margaret Bateson and her Team, thank you for your leadership through these difficult times.

SEFF is a grassroots organisation which has selfless volunteers who believe in our ethos. To one and all I extend my personal thanks, here's to later this month when we will again provide similar support - **On Thursday 30th April 2020 groceries will once again be delivered to vulnerable and isolated members.** If your circumstance have become difficult and you aren't currently receiving this service then please contact the office on: 028 6772 3884 and we'll seek to include you within support arrangements.

Continue to keep safe everyone. God Bless,

Kenny D and The SEFF Family



Computers on loan to families

As a result of freeing up some funding, SEFF has been able to support 12 families with the “loan” of a desktop computer which will support young families in being able to School their young people from home over the period of School closures.

SEFF ‘READ IT’ BOOK DROP SERVICE

Many people are using the current lockdown situation to curl up on the sofa at home, or in gardens while it's sunny, and lose themselves in a good novel. Perhaps your keen to learn how to cook some new meals, take up a hobby or learn a new language.

Whatever your interest, SEFF have a library of books, kindly donated by members. During this time of isolation, we are keen that housebound members can avail of them.

Phone the SEFF office, or text Jenny Ferguson 07786019909 or Doreen Mullan 07860850015 to put in a request for a **BOOK** drop.

We will pick up to 4 books from the Library, based on your areas of interest, or by author, and deliver them to your door in a box, this will be used to renew them upon request to the contacts provided.

The service can be offered to members living throughout the Co. Fermanagh and Clogher Valley area.

The books are in excellent order and rather than gathering dust in Manderwood offices we would like to see them out on the ground, within homes being utilised.

There are still many people who prefer to turn the crisp pages of a book as opposed to finger scrolling with a kindle. We are here at SEFF to try to cater for the diversity of need within the membership.

Categories of BOOKS in the SEFF Library

Fiction - Fantasy, Adventure, Romance, Thriller, Historical fiction
(Many well known authors)

Memoir/Autobiographies

Cooking-main meals, cakes, vegetarian

Health-Self-help-Personal Development-Help to Sleep...

Travel - learn a new language, Italian, Spanish

Hobbies-Gardening-Knitting-Sewing-Crafts, Art

Children’s-Fiction

And much more



God's Healing for Us - (Initiative with the Clergy)

At 11am each Friday morning a posting will go onto SEFF's Victims and Survivors Facebook page with the objective of providing HOPE and encouragement at a time when many of you will be facing challenges.

Painful memories may well have re-awakened within you over this difficult period. Many of you may well be suffering psychological and emotional hurt.

Be assured that God offers us His unique and divine healing and weekly Clergy will bring forth that message of Hope and Renewal to you, your family and the wider community.

Some of you will feel that down the years clergy have not always been by your side walking you through those most difficult times and others may feel that the leadership of our Churches has been lacking in its' response to the human hurts and injustices you have experienced (and in many ways, continue to experience)

God offers a roadmap through all of this pain. The clergy associated with the initiative have committed to bring you a message of HOPE and Renewal, the message of the Gospel, of our Lord and Saviour Jesus Christ ...

Thus far we have had two members of the Clergy share with us; Rev Alastair Donaldson (Church of Ireland) and Rev Peter McIntyre (Free Presbyterian Church)

This Friday; 24th April 2020 @ 11am we will hear from Rev Rodney Beacom (Presbyterian Church) and the week afterwards we will hear from Fr Tim Bartlett (Roman Catholic Church) Please tune in if you can.

We are also in the midst of uploading the weekly contributions onto our SEFF websites

I'm Rev Rodney Beacom of (name the parish grouping) It is my privilege to be amongst clergy to share God's word with the SEFF family in a new virtual way which will be a weekly occurrence.

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God offers a roadmap through all of this pain. We as clergy will bring you a message of HOPE and Renewal, the message of the Gospel, of our Lord and Saviour Jesus Christ ...

Our new Virtual way of Remembering those who have been murdered on milestone anniversaries

The Covid-19 outbreak has impacted many aspects of life and for victims of 'The Troubles' the inability to congregate together for support and fellowship and also meet to hold remembrance and commemorative events to remember loved ones has been an added burden. Conscious of this we have developed an alternative way for families to interact within the parameters of Christian witness.

In working in partnership with Rev Alan Irwin (Rector of Colaghty Church of Ireland Parish and Chair of SEFF's Advocacy Service oversight committee) and families we are producing short family tribute services to then be made available on our Victims and Survivors Facebook page on the day of the milestone Anniversary.

Thus far we have produced services in remembrance of Garda Richard Fallon (50th Anniversary) Robert Morrow (40th Anniversary) and coming up we have the following victims and families being remembered.

William Heenan (3rd May 1985) - 35 years
Nicholas Spanos and Stephen Melrose (27th May 1990) - 30 years
Mjr John Dillon Lee (2nd June 1990) - 30 years
Richie Latimer (7th June 1980) - 40 years

Our hope is that these short tribute pieces will offer some comfort to families that their loved ones are being remembered by the Big SEFF Family.

If you have a loved one's milestone anniversary coming up and would wish for them to be remembered in this way then please contact the SEFF office on: 028 677 23884.

SERVICE UPDATES

SEFF CALLING SERVICE UPDATE

The service continues to be provided over this time of remote working. Anne Townsend and Rita McCutcheon are also being supported by SEFF's Health and Wellbeing Caseworkers; Esther Hurst and Doreen Mullan (Please contact the SEFF office if you would wish to have a weekly call or you know of others who could benefit)



Farewell to a special lady , SEFF Member & Volunteer - Margaret Gault

A much loved and respected lady who was dear to all our hearts in SEFF sadly lost her battle with cancer. Margaret had been a committed Befriender, and regularly assisted with assisting in the N'letter bulletin being prepared for distribution. We think of her family and also her close friends at this time.



And we also think of other SEFF families who have lost loved ones over this period when the natural processes of mourning through our customary collective and community-based ways have been forced to be suspended.

In acknowledgment of this, SEFF will be organising a special service when communal Church gatherings are again permitted where those families within our membership will have a means to come together to remember, to see thanks being given for their previous loved one's lives and to feel the solidarity and support of the BIG SEFF Family.

BEFRIENDING April 2020 Update

Hi All,

We hope you are managing to keep active during this strange time that we are experiencing. All the TV experts are saying it's good to stick to a routine and make sure to do different things in short bursts so you keep mind and body healthy and stimulated.

We have now communicated with all our befriendees and the befrienders know what they should be doing to abide by government guidelines, phone contact and essential prescription or grocery drop offs are as far as we can go unfortunately.

Do take note of our extended Good Morning SEFF Calling service discussed in this newsletter and if you feel a quick chat would brighten your day or help you through this difficult time then let the office know.

Please stay safe and where possible stay at home.

**Regards,
The Befriending Team**



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.

FOOD HAMPERS VIA COUNCILS

Food hampers via Dept for Communities administered by Fermanagh and Omagh District Council
Similar schemes are operating within Councils across Northern Ireland.

Follow this link - <https://bit.ly/FoodParcelRequestForm>

Libraries NI

All members of Libraries NI can sign up to access a range of books, audio books and magazines on the internet. Libraries NI have now added a wide range of newspapers from today. These services are free.

For those who are not library users it is possible to sign up on line and the process to obtain the digital service is quite straight forward. (Signing up to the Library is also free.)

Go to the website www.librariesni.org.uk and select the tab eBooks/eMags along the top. This page currently displays the prompts to 'Discover eBooks and Audiobooks, Discover eMagazines and eNewspapers and also Get a Membership Number'.



VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8 - 10 MAY 2020

On 8th May 2020 our attentions will turn to the 75th Anniversary of VE Day (Victory in Europe) when the Nazis march to world dominance was brought to a halt through the combined efforts of The Allied Forces - inclusive of; the UK and its commonwealth, France the USA and the former USSR.

SEFF had intended to hold a community-based event but unfortunately this is no longer possible. Instead four pipers (all members of SEFF) will join together in playing a lament of remembrance and also celebration.

The four pipers represent the four corners of our United Kingdom of Great Britain and Northern Ireland. We will also offer some words of acknowledgement for the sacrifices paid in achieving the victory. Please login to SEFF's Victims and Survivors Facebook page or go onto our website: www.seff.org.uk @ 11am to follow the event.