



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



**South East Fermanagh
Foundation**

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**The SEFF Office
is open
Monday - Friday,
9am - 5pm
for general office
business**

If you require support or help with completing 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.

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



JUNE - Issue 117

Dear Member,

Slowly but surely life is returning - not fully as before but nevertheless people are beginning to once again come together with family members and close friends and connections, the need for human support is now starting to be possible again.

Yet the truth is that we are still in a very fragile position as a Nation with a real and present risk being that the pandemic could re-emerge through a second phase.

If this were to happen it may be that particular sub-areas of our Nation would experience a form of lockdown/restrictive living as opposed to the entire Nation - but we cannot be certain of these issues.

At SEFF we have been trying our best to prepare ourselves for the new circumstances facing us, we have incorporated Perspex screen protection within the SEFF offices, pump hand sanitizers exist outside all offices, masks and gloves are also available and rooms have been re-calibrated to permit limited gatherings of people.

Over the period of COVID-19 SEFF was the only victim/survivor support group across Northern Ireland to have its core office staffed, we did so because we acknowledged that the constituency we are privileged to support are vulnerable, we were cognisant that the lock-down would bring forth many issues of emotional, psychological, financial and other practical nature.

In having our Lisnaskea office manned members were assured that when ringing that familiar number: 028 677 23884 that they would get a familiar voice on the other end of the phone.

Over these months SEFF staff, supported by our incredible volunteers have worked hard to try to offer support that would meet the evolving and changed needs of our members and we hope that the interventions we introduced were helpful and that you felt supported and connected to us ie grocery drops, energy top-ups, computers for families struggling with I.T needs, an enhanced telephone support service, telephone based counselling, welfare advice, health and wellbeing, advocacy etc.

At this point in time we are conscious that there is a balance which must be struck between absolutely observing the medical advices which are in place and which serve to guard the population from COVID and also the need to engage and support people so that issues connected with emotional and mental health and wellbeing (which have become even more pronounced over this period) are able to be addressed.

We also acknowledge that many people have been extremely lonely over this period of time, due to not being able to see family and friends, attend Church, come to SEFF group activities or the raft of other interests they may enjoy but we have also heard of some incredibly uplifting stories of members who have learnt new skills over the period or who have re-ignited an interest from bygone years - there have also been blessings over this difficult period.

(Contd Overleaf)

Over the coming 6 weeks we hope to welcome our new Office Manager to SEFF - Emma Burton, say a prayer that she is able to secure a flight to return to Fermanagh from Australia.

I would also like to take the opportunity to welcome Anna Waterworth to the Staff Team who has been appointed Clinical Coordinator p/time. Anna started at the beginning of June and will be based from Rathfriland. And we also welcome new Counsellors to SEFF's team; Gary Powell and Brige Reynolds who each come with substantive experience.

I would also like to place on record SEFF's Management's thanks to the core team of staff who worked within the SEFF Lisnaskea office, (supported by volunteers) over the last four months and outreach staff who diligently continued to offer support to SEFF members and others connected to our partner groups.

Over the coming period we are committed to responding to your needs so please if there is any further service or support which you feel would be beneficial in meeting your needs then contact the SEFF office on: 028 677 23884 and we will do our very best to facilitate all reasonable requests.

May God bless you and your family,

Kenny

In now addressing SEFF's release from lock-down, we anticipate the following phased approach (dates are indicative and are subject to change)

Step 1.

All N.I SEFF Staff back to work and operating from SEFF offices

Timeline: Everyone now back.

Step 2.

Return of 1-1 support services within SEFF offices by prior appointment.

Services which this relates to are: Welfare, Health and Wellbeing Caseworker's Service, Advocacy.

Appointments will be facilitated in a larger room with social distancing measures and other protections in place.

Timeline: From Wednesday 1st July 2020 onwards.

Indicatively, home-based appointments will not be facilitated at this point unless it is impossible for the member to come to a SEFF office. In such circumstances a meeting may be facilitated if there is a suitable outdoor area attached to the property. Such requests will be dealt with as compassionately as is possible. We would hope that home-based appointments may be able to return by mid-August/September 2020.

Step 2 Contd.

Return of Physiotherapy (Nicola McCullagh-Daley and Foot care/Foot therapy via Ruth Watson

We project that Massage, Aromatherapy and Reflexology therapies may return by mid-August 2020.

Expressions of interest for all therapies can be made now by contacting the SEFF office on: 028 677 23884 with immediate referral possible for the services provided by Nicola and Ruth.

Step 3.

Piloting some smaller group-based work ie luncheon dinners, some courses such as chair aerobics for smaller numbers of participants, re-establishing the walking group etc.

Return of home-based befriending support.

Timeline: Mid-August/September 2020

Step 4:

Larger group meetings ie monthly member meetings, Church services, courses and seminars with larger attendances, respite etc.

Timeline: October 2020

The same arrangements exist across our offices in Bessbrook, Rathfriland and Newtownstewart

**If you require to urgently speak to someone at the SEFF office then this can be facilitated (please just ring ahead) or if you wish to drop off membership monies or other correspondence, we can accept this from you plus there is a post-box at the front of the main SEFF office, Lisnaskea.

RENEWING SEFF Membership 2020/21

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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.

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 or as a short Memorial Service streamed through Facebook then please contact the office on: 028 677 23884 and we'll endeavour to include details.

Log on to our SEFF Victims and Survivors Facebook page or our

Website: www.seff.org.uk to watch the Services.

Services have been facilitated by Rev Alan Irwin for Const Robert Gilliland, Garda Officer Patrick Morrissey and D/Garda John Morley and Garda Officer Henry Byrne

We also are continuing with our Message from the Clergy series -

God's Healing for Us (each Friday morning @ 11am)

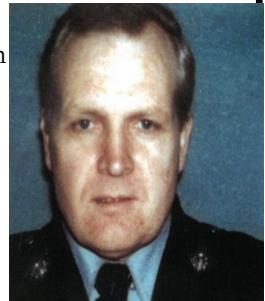
And next week there will be a week-long feature on the plight of War Widows who had their Pension taken from them when they remarried. Please log on @ 11am each day from Monday to hear their heart rendering stories

Sgt Patrick Morrissey - 27th June 1985

Sgt Patrick Morrissey was murdered 35 years ago today by Provisional IRA terrorists.

Sgt Morrissey was born on 7th March, 1936, he originally came from Belturbet, Co. Cavan. He joined An Garda Síochána on 14th December 1960 but prior to that served in the National Army from 1953 to 1960. After almost 14 years' service Patrick was promoted to Sergeant on 24th October 1974. Sergeant Morrissey served in various locations including Waterford, Drogheda, Dublin, Omeath and Collon, County Louth.

Patrick was an experienced life-saver, his allocation to Headquarters saw him play a major role in the development of the Garda Sub-Aqua Unit. He was married with four children. Sergeant Morrissey was posthumously awarded the Scott Gold Medal on 4th December 1986.



On 27th June 1985, Gardai Peter Long and Brendan Flynn were on mobile patrol at Ardee, Co. Louth. As they approached the town's Labour Exchange they came upon a robbery in progress. Two armed men had ambushed the manager and stolen £25,000 in cash. When the raiders saw the patrol car they fled the scene in the manager's car, discharging their firearms at the two Gardai.

Following in pursuit, the patrol car picked up Sergeant Morrissey along the way. The chase ended abruptly at Rathbrist Cross, when the raiders, now on a motor-cycle, crashed into an approaching car, injuring the occupants of the car. Gardai Flynn and Long stayed with the injured persons while Sergeant Morrissey, alone and on foot, pursued the raiders. As he caught up with them a shot was fired and he fell to the ground grievously wounded. One of the gunmen stood over him and at point blank range shot the Sergeant dead.

The Scott Medal was posthumously awarded to Sergeant Patrick Morrissey on 4th December 1986. In 2013 he was also awarded the Freedom of Drogheda by Drogheda Borough Council, it was the first such award of its kind.

Support for the Bereaved

Over the past several years SEFF has been campaigning on behalf of Bereaved victims/survivors, calling for effective and just acknowledgement. We are aware of how shamefully the bereaved were treated (particularly in the 1970's and 1980's) where pitiful levels of compensation were offered or given to those whom had the most stolen away from them. We continue to campaign for an effective remedy to this, that the bereaved would receive a form of acknowledgement pension or payment which would act as a reparation.

We are calling upon families within our membership (and others known to you) to advise us if you are not in receipt of these support payments. It would mean; £1,000 of support for someone who has had a spouse/partner murdered/killed, or £500 of support for someone who has had a parent or child murdered or killed as a result of 'The Troubles' - and there are no geographical or time-based restrictions.

Please contact the SEFF office on: 028 677 23884 and advise us if your family or you as an individual meet this criteria and are not currently registered with the VSS and receiving this annual financial payment.

Please be advised that siblings of those murdered/killed are not eligible for the Bereaved payment although we continue to lobby for a redress of this issue.

William (Robert) Gilliland - 18th June 1985



SEFF remembers Robert Gilliland on this the 35th Anniversary since he was murdered. Robert was murdered via a Provisional IRA landmine explosion taking place on 18th June 1985.

Constable Gilliland died while undergoing emergency surgery after he was caught in the IRA explosion near Kinawley. His colleague (Jeff Smith) was also seriously and permanently injured having to be cut free from the vehicle.

Robert was from Lisbellaw. He was married with two children. He joined the RUC Reserve in 1972 and became full time in 1975. He was 39 years old when he was murdered.

Robert is remembered by widow Connie, their two boys Simon and Keith and the extended family

Garda Officer Henry Byrne and Detective Garda Officer John Morley

- 7th July 1980

Garda Officer Henry Byrne and Detective Garda Officer John Morley are remembered 40 years after they were murdered by INLA terrorists.

On the afternoon of 7th July 1980 the Bank of Ireland, Ballaghaderreen, Co. Roscommon was robbed of £41,000 by two armed and masked men. Having made their escape the raiders, (three of them in all), burned their getaway car and transferred to another a short distance away and headed towards Castlerea.



Garda Henry Byrne with colleagues Sergeant Michael O'Malley, D/Garda John Morley and Garda Derek O'Kelly intercepted the raiders at Aghaderry, Shannon's Cross, some five miles from Ballaghaderreen, where the raiders' vehicle collided with the patrol car. One of the raiders shot at the windscreen of the patrol car. The other two raiders then opened fire on the patrol car killing Garda Byrne. Having pursued the raiders Detective Garda Morley was shot dead a short distance away.

Henry Gerard Byrne was born on 24th March, 1951, came from Wingfield, Knock, Claremorris, Co. Mayo. He joined An Garda Síochána on 8th March, 1972. He served at Mullingar, Multyfarnham, Granard and Carlow. At the point of being murdered Henry was aged 29 years, a married man with three children, Paul (5), Henry (4) and Aisling (who was born 4 months after his murder).

Henry was posthumously awarded the Scott Gold Medal on 16th September, 1982.

Henry's hobbies included cards, he also played Gaelic football at local level for Kiltimagh GAA. Henry is fondly and lovingly remembered by his family, colleagues and friends alike.



Meanwhile Detective Garda John Morley was born on 6th October, 1942, came from Faughill, Kiltimagh, Co. Mayo. He joined An Garda Síochána on 31st March, 1964. On 27th May, 1979, he was appointed to Detective Branch, based at Castlerea Garda Station. He previously served at Ballaghaderreen.

John had an interest in all types of sports but in particular Gaelic football. He played Senior Intercounty Gaelic football for Mayo for 13 seasons, winning Connacht Senior Championship medals in 1967 (as Captain) and 1969 and a National Football League title in 1970. He also played Rugby and Badminton.

John was aged 37 years old at the point he was murdered and married with three children, Detective Garda Morley was posthumously awarded the Scott Gold Medal on 16th September, 1982.

As we approach the 40th anniversary of John's death, he is fondly and lovingly remembered by his wife, children and grandchildren, colleagues and friends alike.

We welcome GARY POWELL – Counsellor

A professionally qualified Counsellor / Psychotherapist and Accredited Registrant of the National Counselling Society I provide an Integrative approach combining the three main therapeutic approaches; Person Centred, CBT and Psychodynamic models, to facilitate improvements in a range of mental health issues.



Whilst I work with each person individually to build a strong therapeutic relationship through non-judgement, confidentiality and a safe space to share your difficulties, I practise an evidence-based approach to your mental health presentation and to facilitate the reaching of your desired goals.

Working within each client's limitations and strengths my aim is to provide growth and equip them with healthy strategies to make sure they can deal with their mental health challenges. I specialise in Post-Traumatic Stress Disorder (PTSD) and anxiety management although I have extensive experience of high intensity therapy, EAP and addiction presentations.

I have experience in working with a range of presenting issues such as stress, anxiety, depression, bereavement, trauma, suicide ideation and self-esteem issues. I admire the strength and courage it takes to seek assistance and I feel privileged to support you in reconciling with positivity and wellbeing in your life.

Gary will be supporting victims/survivors via South and East Tyrone Welfare Support Group, FAIR, Markethill and SEFF's South Armagh Gateway Service, Bessbrook.

SEFF also welcomes Briege Reynolds – Counsellor

I grew up in rural Ireland where I got my primary and secondary education. I then went on to train as a secondary school teacher. I taught for over twenty years in Ireland and Asia. I left teaching and trained as psychotherapist. I worked with Contact Youth for two years in the community and schools in the Fermanagh area.

I then went into private practice. In 2010, I was invited to teach on the UU Foundation Degree in Counselling at SWC Omagh which I still continue to do, one day a week.

Counselling Training: I am an experienced integrative therapist with specialisms in CBT, Mindfulness, EMDR, Couple and Family Therapy.

Aims:

- * To guide and facilitate, while utilising both traditional and leading-edge therapeutic techniques, an educational and therapeutic experience so clients can acquire.
- * To enhance self-awareness.
- * To have a clear focus of the issues, problems, patterns, etc.
- * To help to resolution of core issues and lifelong patterns of personal struggles.
- * To provide a safe and supportive environment where they are able to work through their issues and make positive changes in their lives.
- * To ensure my clients have choice in finding the right therapy for them, in a safe and appropriate therapeutic environment.



The Victims Pension - We MUST stand firm

Lord Peter Hain recently stated within an article carried in the Irish Times:

"In 2006 when I was secretary of state for Northern Ireland I set out the statutory framework for the commission for victims and survivors.

The definition in the 2006 order was intentionally inclusive because I wanted to ensure that all victims and their families could get access to services like those provided today by the victims and survivors service and the new mental trauma service when it comes into operation.

But what has become known as the victims' pension is not a service.

It is the recognition and acknowledgement of the great harm done to people through no fault of their own".

SEFF's response

Kenny Donaldson, Spokesman for Innocent Victims United stated: "Lord Hain is anxious to retrospectively justify the decision his Government took back in 2006 around the N.I Order".

"We have always accepted that terrorists/other perpetrators of Troubles related crime and their families may well have psychological, emotional and other needs but NEVER should this grouping of people been provided with UK State cover that they could be supported as "victims".

"Conferences and other functions have been held over the years where widows of innocent victims were in the same room as perpetrators/people who had actually committed murder - that was the impact of the Blair Government's "inclusive" definition".

"A further impact has been the appointment of those guilty of serious 'Troubles related' crimes being able to sit on a Victims Forum - forcing others to then have to leave and the largest majority of victims/survivors of terrorism not wishing to sit on that Forum because it is not simply a forum for victims".

"This is explained away as being "inclusive" but it's the polar opposite - innocent victims in their thousands are forced to self-exclude from sitting on such a Forum because they will not forsake The Truth".

"Imagine a situation where victims of domestic violence, of burglary, of rape or any other heinous crime were expected and/or forced to be spoken of in the same breath as the perpetrators of those crimes, that resources intended for their support were also provided to perpetrators and where those individuals were being asked to consider those who committed the harm also being viewed as victims".

"Peter Hain and other political leaders of that time need to show humility and understand that the 2006 Victim and Survivor Order was a very wrong road to travel. The Order has been manipulated and misused by those empowered to exploit it - enough is enough, there must be a re-calibration of our Society".

"It needs understood and acknowledged that in the context of The Northern Ireland Troubles and irrespective of grievances held whether real or perceived that there was never justification for the use of criminal violence in the furtherance of or defence of a political objective".

"The Pension for the seriously injured MUST be delivered NOW for the innocents who adhered to the law, who did not injure themselves by their own hand, who did not join illegal terrorist organisations, in-so-doing committing crime or who as members of the security forces did not dishonour the code and engage in criminal-based activities".

SEFF CALLING SERVICE



It is our intention to extend the Telephone support service to four days/evenings per week.

We acknowledge that there are many members who are currently feeling lonely and isolated and we wish to ensure that you feel connected to support via SEFF.

Please contact the SEFF office and self refer yourself or if a family member or friend is doing so then please ensure that you have the agreement of your relative/friend to do so.

Our team of Volunteers are trained in Befriending and hold other essential skills necessary to enable them to fulfil the role.

Please don't feel you're alone, our team of volunteers are here and willing to listen and to support you. Their bubbly and caring personalities will help lift your mood.

All our thoughts and love,
Anna and Rita MSC.

BEFRIENDING

Hi All,



It's hard to believe we are three months into lockdown and nothing much has changed but thankfully we are seeing signs of a turnaround, Covid levels permitting.

Befriending teams all over Northern Ireland have been having meetings on the internet with our supervisor and looking at how things might work in the coming months.

As soon as we get the ok from the government we will be letting you all know our plans and will be contacting those accessing our service personally to organise the details.

**Remember SEFF's Book and DVD drop Project, contact the office if you'd like to borrow books or dvd's and we will get them to you!

Thank you all for your patience and understanding.

Regards,
The Befriending Team

PTSD Awareness Month (June)

We are delighted to be working collaboratively with Bryan Finlay on this. Bryan is someone who battles the PTSD condition but is a survivor and who is determined to live his life and not merely exist.

As of 16th June 2020 Bryan had walked 57.5 miles, raised £705 and his new target amount is £1,120.



A word from Bryan.

Hey folks,

The month of June is PTSD awareness month with PTSD awareness day celebrated annually on June 27th. This is a condition about which I personally feel very strongly.

I hope to raise some awareness about this distressing illness which affects many people long after they have suffered a traumatic event, experience or come home from the battlefield. It can affect many aspects of their daily life.

During the month of June I am going to walk at least 100 miles for this worthy cause and promote a positive experience and hopefully encourage others to do the same.

Please feel free to click on the link below to sponsor me a few pounds and your money will go towards helping victims in this Country become survivors through the marvellous work of SEFF (South East Fermanagh Foundation).

<https://www.gofundme.com/f/s4e6g-ptsd-awareness...>

SEFF empower people to heal, achieve some sense of peace, and help with their recovery.
I'll be stepping it out every day for a brighter future.

#Faugh a Ballagh #PTSDAwareness #tomorrowanewday #brighterfuture #survivors

Many Thanks, Bryan Finlay

***WE ENCOURAGE YOU TO SHARE THIS POST.

I WOULD LIKE TO CREATE AWARENESS OF PTSD... Bryan Finlay needs your support for PTSD AWARENESS