



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

Jan 2016

# SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



**Issue 114**



**SEFF**  
SOUTH EAST FERMANAGH  
FOUNDATION

**South East Fermanagh  
Foundation**

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

**Phone: 028 677 23884 /  
028 677 22242**

**E-mail: [info@seff.org.uk](mailto:info@seff.org.uk)  
Website: [www.seff.org.uk](http://www.seff.org.uk)**



**Seff Lisnaskea  
Seff Victims**

**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** will be availa-  
ble 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 num-  
ber and someone will con-  
tact you to arrange a suit-  
able time.

**Dear Member,**

Another year comes in , infact we're almost a month through already! The next 10 weeks at SEFF will be extremely busy as we endeavour to deliver all remaining services and projects contained within our various funding allocations. It is important that you the mem- bers come and avail of the various supports on offer as a means of protecting future re- sources. We are also offering members the opportunity to come along and speak to us on Wednesday 17th Feb 2016 around what you would like us to focus on for the next finan- cial year; 2016/2017- SEFF is your organisation so please help shape its' future direction.

The next IVU meeting takes place on Tuesday 26th January 2016 and the theme is crucially important for many victims and survivors, we are running a bus to the event and would strongly encourage those who have yet to indicate their interest in going to seriously con- sider doing so. It is important that the voices of innocent victims and survivors of terrorism and 'other Troubles related violence' are heard by policymakers.

Lisnaskea High School Development Project- Don't believe everything you see or read in the newspapers. We are conscious that a number of members have contacted SEFF offices concerned about what they have read. In dealing with this, please find included within this news bulletin a letter from Castle Balfour Development Trust which explains the position of the consortium - which includes SEFF and 8-9 other community and economic partners.

Finally we say a 'see you later' to our Joy who is fitting the name she was christened, Joy finishes up with us next week and will be off for a period of maternity leave. All at SEFF will have Joy and her husband John in our thoughts as we pray for a safe arrival of bambino Aiken. We are delighted to have recruited Haidee Chamberlain who will cover Joy's role in her absence, Haidee has settled in well and I encourage you, the members to make your- selves known to Hiadee and to give her a special SEFF welcome.

**Next monthly member meeting: Wednesday 27th January 2016 @ 7.30pm. We will have Insp Roy Robinson, PSNI in attendance who will speak on the facts and fictions of rural- based crime in the County and the Police response.**

**Kenny**

## **SEFF Members Consultation Meeting**



SEFF are holding a Members Consultation Meeting on **Wednesday 17<sup>th</sup> February at SEFF Offices, Lis- naskea at 7.00pm.** This is where **YOU** can input your ideas for the forthcoming year's projects and courses. SEFF is run for its members, so we need to hear **YOUR** voice! All welcome.

# Classes & Courses

CLASS & TUTOR	DATE, TIME & DURATION	DESCRIPTION	VENUE	COST
<b>Jiving Lessons</b>  <b>Tutors: Rodney &amp; Sandra Noble</b>	Monday 1st February 2016 8pm - 9.30pm 4 weeks	Learn some jiving moves & get some exercise while you're at it.	Garrison Orange Hall	£15 per person £25 per couple
<b>First Aid</b>  <b>Tutor: David Watson</b>	Wednesday 3rd February 2016 7.30 - 9.30pm 3 weeks	Certified Course covering Basic First Aid	Conference Room SEFF Offices Lisnaskea	£15 per person
<b>Flower Arranging</b>  <b>Tutor: Timothy Elliott</b>	Tuesday 9th February 2016 7.30 - 9.30pm 6 weeks	Interested in learning a new skill? Why not try your hand at Flower Arranging or perfect your current skills.	Unit 7 SEFF Office, Lisnaskea	£20 per person
<b>Self Defence Classes</b>  <b>Tutor: Ian Gault</b>	Monday 7th March 2016 7.30-9pm 4 weeks	Learn some basic self defence or brush up on your current skills	SEFF Office, Lisnaskea	£15 per person
<b>Needlework / Sewing Classes</b>  <b>Tutor: Sonia Johnston</b>	Monday 22nd February 2016 7.30-9.30pm 6 weeks	Come along to this very popular course to make some of your own patchwork and shabby chic creations.	SEFF Office, Lisnaskea	£20 per person
<b>Furniture Restoration</b>  <b>Tutor: Diane Leonard</b>	Wednesday 2nd March 2016 7.30-9.30pm 4 weeks	This class will give you the opportunity to restore a small piece of furniture, painting, covering whatever needs done to upcycle the item.	SEFF Office, Lisnaskea	£15 per person
<b>Pottery</b>	<b><u>Cancelled</u></b>	<b><u>Cancelled</u></b>	<b><u>Cancelled</u></b>	<b><u>Cancelled</u></b>

If interested in attending any of the above courses please get in touch with the office ASAP to register your interest. The office numbers: 677 23884 / 22242.

## COMPLEMENTARY THERAPIES 2016

WE ARE NOW TAKING NAMES FOR COMPLEMENTARY THERAPIES FOR THE 4TH QUARTER, THEY WILL COMMENCE THE WEEK OF MON 29TH FEB.

IF INTERESTED IN AVAILING OF 5 SESSIONS OF MASSAGE, (HOT STONES ARE ALSO NOW AVAILABLE) AROMATHERAPY, REFLEXOLOGY, PHYSIOTHERAPY OR INDIAN HEAD MASSAGE - PLEASE CONTACT THE OFFICE TO REGISTER YOUR INTEREST ON

028 677 23884 OR 677 22242.

**£40 CONTRIBUTION FOR**

**5 SESSIONS - IT IS POSSIBLE TO PAY £20 AT THE BEGINNING & £20 AT THE END OF TREATMENT SESSIONS.**





## SEFF's Men's Breakfast

The next SEFF's Men's Breakfast will take place on SATURDAY 6th February 2016 at **10am** in the Millar's Coffee Shop

DATE	VENUE
Saturday 6th February 2016 @ 10am in Millar's Coffee Shop	
Saturday 5th March 2016 @ 10am	The Donn Carragh Hotel

## **SEFF's Luncheon Clubs**

The Luncheon Club dinners will continue to take place in January, February and March 2016. Please see dates, times and venues below. If interested in attending please contact the office to register your interest.

DATE & TIME	VENUE
Wednesday 17th February 2016 @ 12.30pm	Tullymill, Florencecourt
Wednesday 16th March 2016 @ 12.30pm	Donn Carragh Hotel, Lisnaskea

## **VSS Individual Awards Update**



Recipients of individual support via The Victims and Survivors Service, please read on.

As the current financial year draws to a close, we would like to again offer the SEFF Office's support to you in assisting you to make full use of your award.

Remember: If there is nothing within the list of eligible items which you were advised your Award could be spent on which is relevant to you that there is scope this year for you to spend the money as you would wish.

Perhaps you want to buy a new car, computer or you want to use the award to pay for a course etc ... Please contact the SEFF office whereby Tina or Kenny will complete a Pilot scheme form with you and then you will be able to spend your Award as you would wish.

Remember in order to spend your grant you must have done the following:

1. Returned a signed copy of your Award offer form to VSS.
2. Have services invoiced directly to VSS who in turn pay the supplier or that you pay for services yourself and then then submit receipts to VSS with they then reimbursing you the monies.

All services must be paid for and invoiced pre 31st March 2016.

If you believe that you received an Award letter but have subsequently misplaced it and failed to return it signed to VSS then you can get a copy sent. Please contact the SEFF Office on: 028 677 23884 / 677 22242 and we'll sort this for you.

***Also, it has come to our attention that a number of our members who received Award letters under the different schemes;***

***Support for the Bereaved, Support for the Injured 1, Support for the Injured 2 and Carers in 2014/2015 had not received Award letters for the 2015/2016 year as they should have. If you feel that this may be the case for you or others known to you then please immediately contact the SEFF office and we will try to resolve this for you.***

At SEFF we are keen that our members don't miss out and we are on hand to answer any query you have concerning these issues or to do whatever work is necessary to fight on SEFF member's behalves.

We also remind those who are eligible for the Schemes but who have yet to Register with the VSS that you can do so on an on-going basis.

## Cultural Seminars 2016



Wednesday 9th MARCH 2016 @ 7.30pm,  
SEFF Offices, Lisnaskea

'Media - An underutilised tool for innocent victims and survivors of terrorism'

Speaker(s) We are confirming two representatives from the world of journalism to speak at this event. Names will be advertised in the February 2016 Newsletter.

## SEFF's Counselling Service

Accessing Counselling is not a sign of weakness, rather it should be viewed as a sign of strength, a realisation that sometimes we can't just deal with things on our own - that when issues get too big, too complicated, too painful to deal with that we need to reach out and accept support from another.

If interested in learning more about SEFF's Counselling Service then please contact:  
Helen (Counsellor based at SEFF, Lisnaskea) Mob:

07510068382,

Susanne (SEFF's Outreach Counsellor based in Banbridge) Mob: 07732708498,

Ruth (SEFF's Outreach Counsellor based in Cookstown) Mob: 07912439345

Or call the SEFF Office on 028677 23884/677 22242.

## **SELF DEFENCE DAY**

**For Youth**

**SATURDAY 13th**

**FEBRUARY 2016**

**10am - 4pm**

**In SEFF Unit 7**

**SELF Defence for 12 yrs up**

**£5 per person (includes your Lunch)**

**To Book**

**Call SEFF: 028 677 23884 / 677 22242**

## *Maternity Cover: Projects Officer ~ Haidee Chamberlain.*

Haidee Chamberlain joins SEFF to cover Joy's Maternity Leave, as Project Officer until 31st August 2016. Haidee originally hails from Maidenhead, Berkshire, England but she has lived in Fermanagh for nearly 20 years.

For 18 years, she worked for the Northern Ireland Environment Agency, in Country Park, Nature Conservation, Waste Management Enforcement and Regulations roles.

She was also a part-time member of the Home Service, serving in Enniskillen until the end of Op Banner. She still wears the uniform as she has been an Army Reservist since 2008, serving as a Combat Medic Technician, attached to 2 Royal Irish.

In her spare time Haidee enjoys looking after her horse, crafting, shooting (targets not cute furry animals) and gardening.

We welcome Haidee to the SEFF family, she is settling in nicely to her new role.



## LONDON REMEMBRANCE WEEKEND 2016

We are in the very early stages of organising an overnight respite to London for Remembrance weekend 2016, we thought it appropriate as this year is the centenary of the Battle of the Somme (please note that this respite is subject to funding within the 2016/2017 Victims & Survivors Programme budget).

The Remembrance-themed respite weekend would work similarly to previous years and would take place from **Friday 11th - Monday 14th November 2016**. We hope to book return flights and we will try our best to secure tickets for the afternoon performance of the Royal Festival of Remembrance in the Royal Albert Hall.

At this stage we are taking expressions of interest from members who are interested in attending the weekend. If interested please call the office on 028 677 23884 / 22242 but please note that putting your name down **DOES NOT** guarantee your space. Please have your expression of interest in with us by **5pm on Friday 12th February 2016**.

Once we have a list of names we will be able to further plan for the weekend, including working out costs and we will be able to provide further detail. Any queries in the meantime please get in touch with the office.







### SEFF's Advocacy Service

The AflV Advocacy Service continues to grow in strength, as information is gathered, relationships are made, and confidence in Advocacy improves.

Matthew and I are working on a number of research projects. The AflV service has made contact with a number of you in relation to displacement and we appreciate your cooperation.

If there is anyone who we have not contacted who wishes to pass me (Ken) the details of either their own situation or that of others please advise me as per my details below.

We continue to gather the information on the chronological sequence of events throughout the 'Troubles' and eventually we will have that in a form where we will be able to produce further Border Trails similar to that of South East Fermanagh. I believe it is imperative that we are eventually able to narrate the true story of the effect that republican terrorism had on the people of this area.

The AflV service is working in conjunction with the wider Victim's service within SEFF concerning an Organisational Conference being held next month, further details will appear in the February Edition but invitations will be issued over the coming days to those seeking justice and truth for events which have happened them and/or their loved ones.

**Kind Regards**

**Ken & Matthew**

[ken.funston@seff.org.uk](mailto:ken.funston@seff.org.uk)  
[matthew.gault@seff.org.uk](mailto:matthew.gault@seff.org.uk)  
[advocacy@seff.org.uk](mailto:advocacy@seff.org.uk)

**Direct Landline No:** 028 677 29076

**Ken's Mobile No:** 078 344 88635

## IVU Update

### **Next Seminar Theme - Mental Trauma Service - What is intended?**

Venue: Cohannon Inn, Dungannon

Date: Tuesday 26th January 2016

Time: 7pm for 7.30pm start

The meeting will take the form of an Information type seminar and will include a Q & A session. The meeting will be independently chaired.

Panel participants:

Oliver Wilkinson (Chairman of Victims and Survivors Service Management Board)

Judith Thompson (Victims Commissioner)

Chris Matthews (Director of Mental Health, Older people etc) and civil servant charged with leading up the initiative.

For those travelling from Fermanagh or anywhere along the Ballygawley line there will be a bus departing from SEFF, Lisnaskea at 5.45pm. If you would like to travel this way then please advise the SEFF Office asap on: 028 677 23884 / 677 22242.

We and others have long since argued that there was a need for a targeted yet integrated response to be developed which would address the mental trauma issues arising out of 40 years of terrorism and violence".

An integrated model is required whereby victim support groups and the Victims and Survivors Service work collaboratively in ensuring that the Mental Trauma Service is not minus their efforts but rather is inclusive of the good work already being done. What we are saying is that there must be targeted additional services - not replacement of what has gone before.

# BEFRIENDING SERVICE UPDATE

Hi All,



As the New Year begins, we are busier than ever, our Befriending team are very keen to keep learning new things that will help them in their voluntary work. To give you an idea of what we are up to, we have attended many courses including Mental Health First Aid, Suicide Awareness, Bereavement training, First Aid involving how to use a defibrillator and many more subjects that we include in our monthly supervision meetings. Befrienders fit this in around their ordinary lives and their person-person befriending work so they are definitely a committed bunch that we are proud to have as SEFF volunteers.

As we head towards the end of our funding year we have to keep a close eye on our budget and make sure we don't overspend. We ask that any new requests come in good time so we can put plans in action to help as many as we can.

Please be sure to check the newsletter for upcoming coffee morning dates and mark them on the calendar, we have some good speakers organised so a good crowd would be appreciated.

Chat soon,

The Befriending Team

 <b>DATE, TIME &amp; VENUE</b>	<b>COFFEE MORNINGS</b> 
Thurs 25th February 2016 at 11am	Local personality from the World of Media (TBC)
Thurs 24th March 2016 at 11am	Life before and since becoming a Clergyman (Canon Riddle)

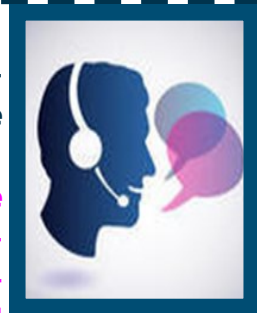
## 'Morning, SEFF Calling'

The 'Morning, SEFF Calling' project is continuing to grow with increasing numbers accessing the service. We are also receiving positive feedback from those who are availing of the service as they look forward to their weekly call.

We would like to appeal for some new volunteers for the service, we would like to train up some more male and female volunteers but in particular we are interested in any males who have a spare hour or two every week to spend volunteering for the project. If you would like some more information on what it would entail please feel free to phone the office.

Also if you feel you would like to avail of this service and receive a weekly call please get in touch with Cherith (Coordinator of Morning SEFF Calling) via the SEFF Office on **028 677 23884 / 122242** and she will go through the service in more detail for you.

***Cherith Smyton (Coordinator Morning, SEFF Calling)***





# FACT January 2016 Update

## Happy New Year!

New Year is often the motivation to get fit, try new things or revisit an old hobby.

The **FACT** newsletter was sent out at the beginning of January and provides a variety of classes and venues. We include classes, which vary from art, dancing, iPad to cookery and even archery in an attempt to appeal to as many as possible. Many classes can only facilitate limited numbers so we encourage you to call to book your place as turning up without doing so can lead to disappointment.

We continue to participate in joint events with members in County Armagh. This time will see **FACT** members from both counties celebrating St Patricks Day in Armagh. Armagh, Banbridge, Craigavon Council are funding dance workshops, costumes etc to allow our **FACT** members to participate in the parade and we will also bring some spectators on the day.

The **FACT** Project is hosting the Action Cancer Big Bus on Friday 29 January from 10.00 am to 3.00 pm at Manderwood Park, Lisnaskea. Breast and health check appointments are available however appointments are booking up fast so if you want to avail of this opportunity ring direct to 02890 803344. A men only event on Tuesday 23 February at 10.30 am in the Donn Carragh Lisnaskea will host a nurse from Cancer Focus and/or The Stroke association for simple health checks. Ruth Gault will be on hand to provide some fun with a Boccia/Curling event on the day. Call the **FACT** office to book your place.

**FACT** is on Facebook so friend and like us to spread the word. Contact Sharon for more information on 028 677 22615 or email on [showe\\_fact@hotmail.co.uk](mailto:showe_fact@hotmail.co.uk). Please note the Lisnaskea office opening hours are 9 am-3 pm.



## February Day Respite

Saturday 27th  
February 2016

We will visit Sloan's House  
Museum in Loughgall &  
Tannaghmore Gardens &  
Animal Farm.

Departing from SEFF at 9am with pick  
ups on route.

Evening meal on the way home  
(venue to be confirmed).

If interested in attending please phone  
the office on 028 677 23884 / 677  
22242



## St. Patrick's-themed Networking Event

SEFF are delighted to be hosting  
a St Patrick's-themed networking  
event on **Saturday 12<sup>th</sup> March 2016**, at the  
Archdale Hall, Lisnaskea.

Joining us are members of MAST (Mourne  
Action for Survivors of Terrorism) for a walk  
around Lough Head Park and Wildfowl Cen-  
tre. Following this, will be a lunch of Irish  
Stew and sandwiches, a presentation of the  
"Life and Times of St Patrick", Ulster Scots  
and Irish Dancing, with social dancing after-  
wards.

If you like to join us for a bit of craic/crack,  
please contact the SEFF office for further de-  
tails.






# Notices – Out & About the Area

**HSC Western Health and Social Care Trust** **amh**

## Managing the Challenge

of Living with a Long Term Condition

Stanford project delivered throughout the WHSCT area free, 2-2½ hour 1 day a week for 6 weeks



**Learn to manage a long term health condition**

**Set Goals**

**Make Positive Changes**

**Improve Quality of Life!**

Oak Healthy Living Centre - Thurs 18th Jan 10am - 12.30 for 6 weeks

For more information on courses, please contact:

Gemma Rankin  
Self Management Coordinator  
AMH New Horizons Foyle  
Unit 13 Springtown Industrial Estate  
Springtown Road, L'derry BT48 0LY

07545 206 367  
028 7137 3502

mtc@amh.org.uk

Driving Miss Maisy  
South West Age Partnership is hosting a drama performance in partnership with Beam Creative Network in the Bawnacre, Irvinestown on Friday 5<sup>th</sup> February at 11am. Come along and bring a friend. All welcome  
Please book your place with Allison on 028 8225 1824 or on aforbes@southwestagepartnership.co.uk



Beam Creative Network presents

## Driving Miss Maisy

A new short drama piece for elderly road users on road safety awareness. **FREE to attend**

**Bawnacre Hall Irvinestown**

**Fri. 5th Feb. 11.00 a.m.**

**BRIGHT SPARKS**

LISNASKEA OUT OF SCHOOL CLUB



- QUALIFIED STAFF
- SNACKS PROVIDED
- HELP WITH HOMEWORK
- OUTDOOR GAMES
- COLLECTION FROM SCHOOLS
- CONSTRUCTION PLAY
- COMPUTERS
- SAND AND WATER
- TRIPS

Registered with The Charity Commission for Northern Ireland NIC101464

Castle Park Centre Lisnaskea  
For more information contact: 07708565131 / 02867722512  
Opening Times: Mon- Fri 2pm-6pm (Term Time) & 8.30am- 6pm (School Holidays)

## TEMPO WLOL 210 TABLE QUIZ

In  
TEMPO Parish Hall  
THURSDAY FEBRUARY  
11TH 2016  
@  
8pm

**Admission £5**

**Includes Supper**