



The Queen's Award  
for Voluntary Service

Feb 2016

# SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



Issue 115



**SEFF**  
SOUTH EAST FERMANAGH  
FOUNDATION

South East Fermanagh  
Foundation

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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,**

We're entering the busiest point of the year in SEFF - the few weeks running up to the end of the financial year. We appeal with you the members to support the various services and activities offered via SEFF over the period running up to end March 2016 and beyond.

There are a large number of activities coming up over the next 6 weeks but I would particularly draw your attention to the SEFF bus travelling to the European day for victims of terrorism event taking place on Monday 14th March 2016. Please support this event in strength, it is one of the most powerful events of the year for innocent victims and survivors of terrorism to get their message and needs across to our elected representatives and others. IVU is once again coordinating speakers.

We also look forward to the SEFF shared seminar event taking place over the last weekend of this month. A vast amount of work has been out in to this initiative and I want to personally thank Ken and Matthew from our AfIV Project and the members of the Conference Planning committee for their tireless commitment over the past several months. The March Newsletter will strongly feature the happenings at the Conference.

**Next monthly member meeting: Wednesday 24th February 2016 @ 7.30pm. We hope to have along Senator Jim Darcy from Blackrock, County Louth (who belongs to the Seanad in the Republic of Ireland's Government Administration)**

REMINDER: SEFF and FACT Project offices close on St Patrick's Day - Thursday 17th March 2016.

**Kenny**

## WELCOME

*Maisie Rose Aiken*

*Born Tuesday 9th February, 4.03pm, weighing a healthy  
6lbs & 15ozs.*



*Congratulations go to Joy and John  
at the early but safe arrival of their  
little bundle of joy, Maisie. Our  
thoughts and prayers go out to the  
happy parents as they embark on a  
adventure with the new addition to  
their family.*



# Classes & Courses

CLASS & TUTOR	DATE, TIME & DURATION	DESCRIPTION	VENUE	COST
Self Defence Classes Tutor: Ian Gault	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
Needlework / Sewing Classes Tutor: Sonia Johnston	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
Furniture Restoration Tutor: Diane Leonard	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

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.

## SEFF's Luncheon Club

The Luncheon Club dinners have proven particularly popular with the last dinner of this financial year scheduled. The dinners will continue post April 2016 so keep an eye out on future editions of Newsletter for further details.

<u>DATE &amp; TIME</u>	<u>VENUE</u>
Wednesday 16th March 2016 @ 12.30pm	Donn Carragh Hotel, Lisnaskea

### SEFF Members Consultation Meeting

SEFF held a Members Consultation Meeting on Wednesday 17<sup>th</sup> February 2016 and we welcomed members thoughts and ideas for courses, events and day trips for the new financial year. Genealogy and local history remains a popular choice, and we heard far ranging ideas such as a Sea Fishing Trip, Pain Management Course, to a book club/reading group, to a wine tasting event! We will certainly consider them, when it comes to planning the next SEFF programme for 2016/17.

The annual trip to the Balmoral Show remains ever popular but we think, maybe, it is time that we should consider something else, such as a trip to the Walled City Tattoo for example. Unfortunately, we cannot run both under VSS funding.

However, we would be prepared to run Balmoral trip but **ONLY** at cost price (ticket price/bus hire/evening meal per person etc). This would be strictly dependent on a full bus. **Quite simply, no full bus, no trip!** We encourage our membership to consider this, and let us know your thoughts at the next Members Meeting, here at SEFF on Wednesday 23<sup>rd</sup> February 2016 at 7.30pm.



## SEFF's Men's Breakfast

The last SEFF's Men's Breakfast for this financial year will take place on **SATURDAY 5th March 2016** at **10am** in the Donn Carragh Hotel, Lisnaskea.

SEFF's staff would like to thank all the gentlemen for their support for this successful activity over the last six months and our special thanks to those who help in taking an attendance list each morning and lifting the donations on SEFF's behalf. **THANKYOU!**

Funding permitting we hope to run this well supported monthly event again in October 2016. Keep reading your monthly newsletter where dates and venues will be published.

DATE	VENUE
Saturday 5th March 2016 @ 10am @ in The Donn Carragh Hotel	

### COMPLEMENTARY THERAPIES 2016-17

WE ARE TAKING NAMES FOR COMPLEMENTARY THERAPIES FOR THE COMING NEW FINANCIAL YEAR 2016-17, WE PLAN TO RUN THESE IN MAY JUNE 2016,

IF INTERESTED IN AVAILING OF 5 SESSIONS OF MASSAGE, (**HOT STONES ARE 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.**



### EUROPEAN VICTIMS OF TERRORISM DAY - STORMONT

**SEFF** are running a bus up to **Stormont on Monday 14<sup>th</sup> March 2016**, leaving SEFF Offices at 8.00am sharp.

This event originated in Spain, following the Madrid Train Bombings in 2004, in which 191 people were killed, and over 1800 injured.

The event at Stormont will start at 10.30am and will close at 1.00pm when we will return home. Places are limited so if you would like to attend, contact the office to secure your seat on the bus! **SEFF Office: 028 677 23884**

This is always a particularly moving event and once again IVU is AGAIN coordinating three speakers this year who will share their testimony (Victims and survivors participating WILL come from N.I, R.O.I and GB)

## FLOWER ARRANGING CLASSES

Flower arranging classes have resumed at SEFF, under the creative and talented eye of Timothy Elliot.

Our classes run on **Tuesday nights at 7.30pm to 9.30pm, at SEFF**. There are still four weeks of the course left, so if you are feeling florally inspired, then why not pop along and join us. Just let the office know, if you would like to attend. We have made some lovely arrangements, using seasonal flowers and foliage, as the photos below testify. It is great fun too!





## **LONDON REMEMBRANCE WEEKEND 2016**

We have now passed the cut-off date for **expressions of interest** (Fri 12th February 2016 @ 5pm), from members wishing to attend.

As has been the case in previous years, we have a huge interest from members in attending this respite weekend.

In order to make it a fair selection SEFF's Management Board will 'Draw the names' for those to be offered a place on the trip and we will be in contact by the end of March 2016 to offer places to those who have been successful.

For those who are unsuccessful please don't lose hope as we will retain your details on a reserve list in case someone offered a place is unable to take it up.



## **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 experienced representatives from the world of journalism to speak at this event.



## **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 (Outreach Counsellor based in

Banbridge) Mob: 07732708498,

Ruth (Outreach Counsellor based in

Cookstown/Dungannon/Richill )

Mob: 07912439345

Or call the SEFF Office on:

028 677 23884 / 677 22242.

## **SELF DEFENCE COURSE**



ould you know how to fend off a mugger? Flight or Fight?

We would like to think that something like that would never happen to us, but sadly these days - any one of us could fall victim. SEFF is going to be running a 4-week Self Defence course. The course starts on Monday 7<sup>th</sup> March 2016 at 7.30pm for two hours.

Ian Gault will be demonstrating how to use simple, but effective defensive techniques that could protect you from harm. If you are interested in attending, please let the office know **ASAP**.



## SEFF's Advocacy Service

The SEFF Conference facilitated via the AflV Project takes place at the Lough Erne Golf Resort on Saturday 27<sup>th</sup> February. The guest speakers will include; a Spanish MEP, the President of COVITE (Spanish Victims Group), representatives of the Stormont Department of Justice and the RoI Minister of Justice, a University of Ulster academic, the Victims Commissioner and the Chief Constable of the PSNI. This should be a very rewarding day allowing victims and survivors with the opportunity to hear the views and policies of these speakers. Question and Answer sessions will form a key part of the day's events, allowing the audience to participate in the debate. We will have other victims visiting from the RoI and Great Britain, and we hope it will be a fulfilling event, allowing us to highlight the pertinent issues.

The AflV advocacy work continues, and over the last week I was part of a small delegation that was afforded a meeting with the Secretary of State and the First Minister. Whilst both gave us a sympathetic ear, we await further developments in relation to the implementation of the structures under the Stormont House 'Agreement.' It is extremely difficult to progress legacy cases whilst the PSNI continue to profess lack of resources and funding. However, they have 24 officers working on Bloody Sunday and none on the Enniskillen bombing. Our local MP has once again aired this fact in the House of Commons, asking the Prime Minister if there will be a public inquiry into Enniskillen.

Please call me if you have any issues or concerns that you may have that could be addressed by the advocacy service.

**Kind Regards,  
Ken & Matthew**

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[advocacy@seff.org.uk](mailto:advocacy@seff.org.uk)

**Direct Landline No: 028 677 29076**

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

### **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 Centre. 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 afterwards.



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



# BEFRIENDING SERVICE UPDATE

Hi All,



Now that we are heading towards Spring and longer days, we hope to see you all out and about, attending coffee mornings, lunches and any other events in SEFF.

Don't forget if you are really stuck for a lift, we will try and accommodate as many as we can, although our service is limited. As we come to the end of our financial year, we will be balancing the books and hoping to continue services in the coming year.

Unfortunately some of our befrienders are having to reduce their volunteering due to other commitments and we have the opportunity to train a few more volunteers so if you think you would be a suitable candidate then contact the office and we can discuss it with you.

Chat soon,

The Befriending Team

COFFEE MORNINGS		
DATE, TIME & VENUE	SPEAKER	
 Thurs 25th February 2016 at 11am	Local personality(ies) from the World of Media or Politics (TBC)	
Thurs 24th March 2016 at 11am	Life before and since becoming a Clergyman (Canon Riddle)	

## 'Morning, SEFF Calling'

Morning SEFF Calling is growing steadily, this service is proving popular with our members and we would encourage anyone whom feels they would like to avail of the service to please do get in touch. This service aims to promote the well being of our clients, through referring onto other services within SEFF and reminders of upcoming events that may be of interest to you.



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.

Remember if you feel you would like to avail of this service or know someone who may please get in touch with Cherith (Coordinator of Morning SEFF Calling) via the SEFF Office on 028 677 23884 / 22242 and she will go through the service in more detail for you.

*Cherith Smyton (Coordinator Morning, SEFF Calling)*



## FACT February 2016 Update

It has been an extremely busy time for all the FACT members out there. Dancing, iPads, cooking and art have all been really well attended.

Dance workshops to prepare for the St Patrick's parade in Armagh are underway, and there are still a small number of places on the bus for any spectators. Please contact the FACT office to book your place.

The hardworking FACT team who produced the first Colebrooke cider got to taste the fruits of their labour this week (just a sip mind!). Many thanks to all who came and helped and donated apples and to Dougal at Colebrooke Kitchen Garden. You can see the results in the photo.



A men only event on Tuesday 23rd February at 10.30am 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. A hot lunch will follow. 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 / 07711590771 or email on [showe\\_fact@hotmail.co.uk](mailto:showe_fact@hotmail.co.uk). Please note the Lisnaskea office opening hours are 9.00am - 3.00pm.

## BLACKSLEE TOURS

Somme & Flanders Trip 2016

2nd September - 6th September 2016

5 Day tour taking in all the major cemeteries that Ulster men fought in The Great War e.g. Irish Memorial Park, Ulster Tower, Thiepval Memorial, Menin Gate and takes in the later Somme 1918 - the last 100days.

**Cost - £540pp sharing**

**Deposit - £150 to secure a place**

Price is approximate. Flight prices confirmed 6 months prior to date of departure.

If you are interested in availing of this trip call

**HELEN ELLIOTT: BLACKSLEE TOURS**

**Mob: 07734562121 Tel: 028 66 322323**

**email: [blackslee@btinternet.com](mailto:blackslee@btinternet.com)**



## Notices – Out & About the Area



### North Fermanagh Remembers Project - Acknowledging the sacrifices

*Under the auspices of The Ulster Cultural and Historical Society, funding has been secured via The Big Lottery's Awards For All Programme which will enable a special history and commemorative project to be furthered in the North Fermanagh area.*

Just under £10,000 has been awarded to enable the Group to oversee a Project which will be led by **David Keys (Tel: 028 6863015) and Iris Humphreys (Tel: 028 895 41505)**

The Project will see a book produced which brings honour to those courageous individuals within the North Fermanagh area who signed The Ulster Covenant. Those who later joined Carson's UVF, and who then went off to contribute to the British and Allied Forces effort within the Great War.

The book will feature a listing of those volunteers, who signed the Ulster Covenant and will also include details of where they signed and other information particular to them as well as their status in terms of going off to War and whether they subsequently died or survived and returned home.

This is the first of an intended three phases to the Project, which will eventually see the whole of County Fermanagh represented in print and the names of the valiant volunteers preserved for current and future generations yet to come.

The Ulster Cultural and Historical Society are holding Information nights where an appeal is made for members of the public who have information, which could contribute to the Project to come forward and engage with the Project.

There are people who will hold information of family relatives who signed the Covenant, who joined Carson's UVF and who went off to War and it is those individuals who the Project wishes to hear from.

#### **Information nights as follows:**

**Kesh Young Farmer's Hall (District Orange Hall) - Friday, 11th March 2016**  
**Irvinestown Orange Hall - Thursday, 17th March 2016**  
**Garrison Orange Hall - Friday, 18th March 2016**  
**(All events commence at 7.30pm)**

### *IRVINE MEMORIAL* *Pipe Band* CLABBY

### ANNUAL CONCERT

### SOMME CENTENARY TRIBUTE



**Friday 4th March 2016**  
**@ 8pm**

**Wesleyan Hall - Fivemiletown**  
**Tickets £6** - available from Band Members



### Any Green Finger Enthusiasts?

SEFF still have a few

Allotments available for those who wish to get some fresh air, grow fresh vegetables and make new friendships with other enthusiastic horticulturists. Please contact the office if you wish to avail of an allotment for £30, or acquire two for £50 for the period:

01/02/2016 -

31/01/2017

Tel: 028 677 23884

