



The Queen's Award
for Voluntary Service

Mar 2016

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



Issue 116



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
Website: 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,

We are within the most manic point of the year - end of the financial term and we ask for your patience and cooperation as we strive to deliver all that has been committed within our Funding contract.

I would like to thank all SEFF staff (inclusive of the AfIV and FACT Projects) for their on-going commitment as we pull together along with SEFF's Army of Volunteers to do our best by SEFF members.

Within this month's Newsletter there is significant coverage given to the recent SEFF European Victims Seminar event. Feedback following this initiative has been very positive and we will now be looking to hold an annual Seminar/Conference at SEFF.

I would like to thank most sincerely the AfIV boys (Ken Funston and Matthew Gault) the Conference planning sub-committee and all other staff and volunteers who helped organise and deliver SEFF's inaugural Conference.

Next monthly member meeting: Wednesday 23rd March 2016 @ 7.30pm where we will be showing The Truth Commissioner Drama which was aired in Sunday night last on BBC2. This drama explores how a Truth Commission might potentially operate in Northern Ireland. A discussion will follow along with a brief Member's meeting.

REMINDER: SEFF and FACT Project offices close on **EASTER PUBLIC HOLIDAY DATES**.

Kenny

SEFF Easter Holidays

SEFF will be CLOSED St Patrick's Day
17th March, and re-opens on
Friday 18th with skeleton staff.

Easter Holidays

CLOSED **Good Friday 25th** &
Easter Monday 28th March

Re-opens on **Tuesday 29th March**
2016 with skeleton staff.

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.

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.**



BEFRIENDING SERVICE UPDATE

Hi All,

It's hard to believe Spring is here and we are well into another year. At least the mornings and evenings are brighter and days longer.

The Befriending Team are still busy working and keeping up to date with meetings and training, some that is compulsory and some training that is extra but comes in useful in our work. We have had tough times recently with a few losses and serious illness but we are a tight team and help each other deal with all we do face.

We look forward to meeting with you and especially love to see you at Coffee Mornings and other SEFF events. Do try to join in with events and catch up with us all as often as you can.

Chat soon,

The Befriending Team



COFFEE MORNINGS



DATE, TIME & VENUE

SPEAKER

Thurs 24th March 2016 at 11am

Life before and since becoming a



SEFF's Advocacy Service

European Innocent Victims Seminar

The Advocacy for Innocent Victims project helped organise the European Innocent Victims Seminar on 27th February 2016. As part of this event SEFF welcomed guests from the Republic of Ireland, Great Britain and Spain including representatives from the Spanish victims group COVITE. Our guests received a welcome reception on Friday 26th in the Lough Erne Golf Resort, hosted by our MEPs Jim Nicholson and Diane Dodds. The reception included dance performances from the Ulster Scots Dance group, Sollus, and Irish Dance group, Scoil Rince Nic Dhiarmada, as well as a selection of Irish and Spanish inspired foods.

The seminar was attended by over 100 delegates including academics, members of the British and Irish governments, a Spanish MEP, the president of COVITE, the Chief Constable of the PSNI and many direct victims of terrorism in Northern Ireland, the Republic of Ireland and Great Britain. The seminar focused on two topics, Justice and Victim and Survivor Services. The Spanish delegation showed us that not only do we face similar issues regarding Justice and Service, but we can also learn from our differences and work together to find the most effective way to ensure the voices of innocent victims are heard and the perpetrators brought to justice.

In addition to the good feedback on the day, the seminar received some coverage in the Newsletter particularly relating to the Chief Constable's answer to the Enniskillen Bomb inquest questions and a letter from the Advocacy Service manager Ken Funston on the links between Sinn Féin and the illegal political parties that have acted as ETA's political wing. We also received some coverage in our local paper the Impartial Reporter.

We would like to thank all those who took part including Paul Clarke, who moderated the discussion, Reverend Alan Irwin for his powerful closing statements, all the staff at the Lough Erne Golf Resort who helped look after everyone on the day and, of course, all the SEFF staff and volunteers who worked tirelessly behind the scenes to ensure the event ran smoothly.

General Service Update

Work continues on SEFF's Fermanagh Border Trails/Incident Database. We hope to have the newspaper research finished soon and would like to begin including oral accounts to help those on the tours gain an appreciation of the effect of terrorism on the lives of those in Fermanagh.

As always, please call us if you have any concerns or needs that can be addressed through the advocacy service.

**Kind Regards,
Ken & Matthew**

Direct Landline No: [028 677 29076](tel:02867729076)

Ken's Mobile No: [07834488635](tel:07834488635)

ken.funston@seff.org.uk
matthew.gault@seff.org.uk
advocacy@seff.org.uk

Photos of the event on pages 4 & 5

European Innocent Victims Seminar



Kenny Donaldson, Eric Brown, Paul Clark MBE, Jim Nicholson MEP, Diane Dodds MEP with the SOLUS Highland Dancers and Irish Dancers



Kenny Donaldson, Jim Nicholson MEP, Diane Dodds MEP, Consuelo Ordenez; President of COVITE & Eric Brown



Eric Brown, Diane Dodds MEP, SOLUS Dancers, Consuelo Ordenez, Jim Nicholson MEP, & Javier Balmaseda Asst to MEP (Maite Pagazaurtundua MEP)



Jim Nicholson MEP, speaking with Dr Maire Braniff



Consuelo Ordenez, President of COVITE & Diane Dodds MEP.



Ken Funston - AFIV being interviewed by Javier Balmaseda, Asst to MEP Maite Pagazaurtunda.



Austin Stack - son of murdered Rol based Chief Prison Officer Portlaoise Prison, looking at the memorial patch on SEFF's Quilt, remembering his father and other members of the Irish Defence Forces



Guests at the seminar enjoying their lunch at the Lough Erne Golf Resort Hotel



SOLUS, Ulster-Scots Dancers with Bertha Mc Dougall - VSS Board Member & Margaret Bateson - VSS CEO



John Sproule & Trevor Clarke - (Derg Valley Victims Voice) & Ruairi de Burca (Intergovernmental Secretariat)



Mary Hamilton, William Jamison - (Claudy reps). Rosemary Barton - (Ely Centre Director) & Rev Alan Irwin



(From L-R)- Juanfer Calderin (Head of Comms, COVITE) Maite Pagazaurtundua MEP - Brother & sister-in-law murdered by ETA, Counselo Ordóñez, President of COVITE - Brother murdered by ETA & Javier Balmaseda - (Assit to MEP).



Paul Clark MBE (Event Chairman) and PSNI Chief Constable, George Hamilton



Judith Thompson - (Victims Commissioner)



Ruairi de Burca - Intergovernmental Secretariat & Austin Stack



Dr Maire Braniff, Ruairi de Burca & Emma Pengelly MLA fielding questions from the audience, with Paul Clark MBE as chairman



Joint British & Irish Governments
Dr Maire Braniff, Ruairi de Burca (Intergovernmental Secretariat) & Emma Pengelly MLA.



Bertha McDougall (VSS Board Member)



Ken Funston - AFIV services Manager, addressing the seminar.

NEW COMPLEMENTARY THERAPY ON OFFER – HOPI EAR CANDLES



Over the April - mid July 2016 period SEFF are offering a new complementary therapy to members free of charge, (although donations are welcome) Ruth Watson will be providing Hopi candle treatment to around 15 SEFF members. The treatment is being particularly, but not exclusively targeted at ex security force members who suffer tinnitus and other hearing ailments.

What are Hopi Candles?

Hopi Ear Candles are hollow tubes made of cotton, soaked in beeswax, honey and herbs. When lit, the candle acts like a chimney, causing the warm air inside it to rise and creating a vacuum at the bottom. This vacuum gently stimulates the ear, facilitating removal of excess wax and impurities.

It is important to note that the candle does not suck wax out of the ear; it stimulates the ear to eliminate the wax naturally, ensuring maximum safety.

What are the benefits?

Hopi candles can be used for many conditions including deafness caused by excess wax, congested sinuses, irritation in the ears, ringing or noises in the ears, tinnitus, rhinitis, glue ear, colds, flu, headaches and migraines.

The sessions will be offered from Saturday 2nd April 2016 onwards x 5 weekly sessions (1pm, 2pm, 3pm and 4pm Appt slots) and Monday 4th April 2016 x 5 weekly sessions (12.30pm, 1.30pm and 2.30pm Appt slots)

The treatments will be held in SEFF's Complementary Therapies room. If interested please contact the SEFF office asap on: 028 677 23884 / 677 22242



SEFF/MAST Network Event

A great day was had by all who attended SEFF's St Patrick's Day event on Saturday 12th March 2016.

SEFF hosted 50 members of MAST (Mourne Action for Survivors Trust) to come along and join our members, to enjoy an afternoon of traditional Irish stew, Ulster Scots Dancing by Kenzie Downey and fantastic music by the Brewery Boys.

Attendees also had an excellent presentation by Dr Tim Campbell, on the life and times of St Patrick.



FACT MARCH 2016 Update

Spring is in the air and what better way to get out and about than with this Safe Walk event on Friday night.

Funding has been received from FODC Policing Community Safety Partnership.

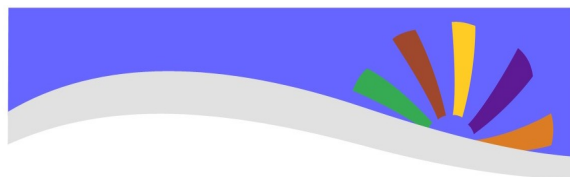
The event kicks off in Saddlers Bistro (back of The Horseshoe) at 5.45pm where a light buffet will be served during which a Road Safety workshop will be held. Then it's off to Castlecoole park at the Ardhowen Car Park (permission given) for a wee walk, a medium walk or a long walk depending on your ability and fitness.

Please note all ages may attend.

PLEASE let us know for catering purposes to ensure that you all get fed!!

Hope to see you all there!

FACT is on Facebook so friend and like us to spread the word. Contact the FACT Fermanagh office for more information on 028 677 22615 / 07711590771 or email: showe_fact@hotmail.co.uk. Please note the Lisnaskea office opening hours are 9.00am - 3.00pm.



Safe Walk & Talk Event



* SEFF has received grant aid from Fermanagh Omagh District Council Policing Community Safety Partnership.

Friday 18 March 2016 - 5.45 pm
Saddlers Bistro, Enniskillen

This will be a walk & talk event around the beautiful **Castlecoole Estate**. Different abilities of walking are catered to and a workshop on how to stay safe will be held prior to the walk. A light buffet will be served during the workshop at **Saddlers Bistro, Enniskillen**.

High visibility scarves will be given out to all participants. **Please bring a torch and wear warm clothing and appropriate footwear.**

This is open to all ages and abilities.



Book your place by emailing or calling the office on 028 67722615 or emailing showe_fact@hotmail.co.uk

'Morning, SEFF Calling'

Morning SEFF Calling is proving a popular and beneficial service to our members, and is growing steadily. We would encourage anyone whom feels they would benefit from this service to contact the office, This service was put in place to support our members through a weekly phone call, and provide information on other services and referral's to SEFF'S services such as befriending, welfare and advocacy.

We would also like to appeal for new volunteers for this service due to its' growth. If you'd like to get involved then please get in contact with the SEFF office.



On a personal note, I would like to take this opportunity to thank all members on the Morning SEFF Calling project and volunteers Rita and Ann, to Kenny and the staff at SEFF for their professionalism, support and encouragement. Unfortunately this is goodbye from me as I am about to enrol on new ventures, I wish all our members health and happiness and it has been a pleasure meeting and supporting you all over the past two years. I have enjoyed my role as Project coordinator and have gained a lot of knowledge and skills to take with me. I leave with great memories and a heavy heart.

Farewell and God bless,

Cherith Smyton (Coordinator Morning, SEFF Calling)



Remember if you feel you would like to avail of this service or know someone who may please get in touch with SEFF Office on [028 67723884](tel:02867723884) / [67722242](tel:02867722242) and we will go through the service in more detail for you.

Notices Out & About the Area



Jiving Lessons

Fri 1st April for 4 wks

Archdale Hall - Lisnaskea

Learn to Jive and have some

laughs with ~ Rodney Noble the dance Tutor

£5 p.p per night.

Just turn up on the night!!



U.S.C.A. - Lisnaskea Branch

Concert

in the Fermanagh Unionist Hall, Enniskillen

on Friday 29th April 2016

at 8.00 p.m.

Artists will include:

Kenny Archer & Friend, Erne Highland Dancer's

Bethany Coulter & Calum Smith

Compere: Kenny Archer

Ticket £7.50



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 aswell as link with other Allotment Projects in N.I and over the border

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

