



The Queen's Award
for Voluntary Service

April 2016

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



Issue 117



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,

I want to use the front page this month to advertise two new Projects which are com-
mencing via SEFF.

1. SEFF member's experiences through drama

Playwright Jonathan Burgess has been appointed to work with SEFF volunteers and mem-
bers in writing a short drama depicting the various issues that victims/survivors have faced
in these areas. The purpose of the drama is to educate new audiences as to the unique
border experience and the anti-violence belief system which was at the heart of those liv-
ing within these areas.

On Wednesday 11th May there will be an information event held at SEFF from 7pm on-
wards which Jonathan Burgess will be present. He will also be showing extracts from a re-
cent UDR drama play that he was involved with. We ask for would be actors and those
willing to speak to Jonathan to share some local perspectives to come along on this night.
Jonathan will then be back at SEFF all day on Saturday 14th May 2016 to engage with our
members around their experiences of terrorism in these areas and we appeal for your par-
ticipation. Please contact Kenny for further information.

2. SEFF Families Recording Project

We have appointed Bob Lyons and a Facilitator (Matthew Dawson) to work with families in
recording more personalised memories of loved ones lost to terrorism. Families ap-
proached us wanting the opportunity to share memories of what their loved ones lives
stood for, who they were as people, their hobbies and traits etc. We would appeal with
bereaved families to contact us and to find out further information on this Project. The
process is very much led by you and you would have a 45min DVD at the end to retain as a
family detailing the conversations had.

Next monthly member meeting: Wednesday 27th April 2016 @ 7.30pm Kenny

**SEFF Office will be closed on the May Day Holidays Monday 2nd & Monday 30th
May**



HAPPY BIRTHDAY

**Happy
Birthday
Ma'am from
all in SEFF!!**

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 was great to see a good turnout at our last Coffee Morning, everyone enjoyed a lively talk from Canon Riddle and a question and answer afterwards, the tea and cream scones went down well too.

We have a few more dates coming up for Coffee Mornings so please come along, we love to meet you and hope you enjoy the speakers we organise (check the newsletter for dates.)

Befriending is really busy as usual, a few of our Befrienders have had to cut back due to other commitments but we have a hard working bunch who always step up to the mark, we are very lucky to have such a good group of volunteers.

Chat soon, The Befriending Team

	COFFEE MORNINGS - Starting at 10.30am		
	DATE, TIME & VENUE	SPEAKER	
	Thursday 5th May 2016	Patricia Jordan from Parkinson's Awareness	
	Thursday 26th May 2016	John Bradbury from Advice N.I speaking on 'Money Matters' issues	



SEFF's Advocacy Service

The AflV service continues to work behind the scenes on a number of projects.

Advocacy Support – helping to clarify and identify members' problems, providing you with factual information and support, listening with respect, exploring and evaluating options and communicating clearly in a way that the person understands and agrees with the course that the advocate is taking.

We are seeking to gather as much information as possible on individual cases to highlight the inadequacies of previous investigations and forward these to the proposed Historical Investigation Unit (HIU). We would encourage anyone with a HET report that they feel was inadequate to arrange a meeting with Ken to see if there are any issues that can be taken forward.

Research – it is important that the advocate role is associated and reinforced by a level of research that means that the correct information is available to support all cases.

There is a revisionist strategy taking place, where the history that as we know it, is being rewritten by those with a narrow selfish political agenda, and this is a very real attack on our way of life. This must be challenged by us with the production of documents and information that refutes the consistent argument by republicans that the main cause of the Troubles was the British state supported by Unionism and the Security Forces.

Highlighting Innocent Victims Issues - It is inherently wrong that the inquiry into the death of a terrorist by whatever means, is classed as more important than the murder of our innocent loved ones. The suspicion of collusion is being used to further the aims of groups who do not have victims and survivors best interests at heart. They are pursuing the furtherance of these aims by abusing the laxity of British law to gain full access to state documents.

Presently there does appear to be a hierarchy of victims, and those who wished to do us harm are being classed as the most important; we must work at changing that. The brother of a man allegedly murdered by the army agent, Freddie Scappaticci, stated recently, "The thing that I feel is really strange is that everyone is talking about Scappaticci, but ultimately what about the people who actually pulled the triggers? It just seems like they are getting a free pass. So, to me, the whole thing just smacks of being almost this inquiry to use as a political football to beat the British government with."

We must continue to be proactive, the noble course of seeking redress for the families of innocent victims will continue, and it is not something that will be easy.

Border Trials project - The Enniskillen, West Fermanagh and North Fermanagh Trials are nearing completion and if anyone has any anecdotes or oral accounts they would like to contribute please feel free to e-mail Matthew (matthew.gault@seff.org.uk) or call in to the office. We are excited to announce that sections of the Border Trials are to be filmed to highlight the experiences of those who lived in the Border regions. It is hoped that these Trials will educate individuals on the real effects of terrorism and can be used as an educational tool for schools and community groups.

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

Kind Regards,

Ken & Matthew

ken.funston@seff.org.uk

matthew.gault@seff.org.uk

advocacy@seff.org.uk

Direct Landline No: 028 677 29076

Ken's Mobile No: 07834488635

SEFF Youth Day

SEFF recently held a Youth Respite day for our younger members, with a trip to Todd's Leap at Ballygawley. Despite it being a bitterly cold day, with wintery showers, 24 of our members aged between 12 and 16 years braved the elements and participated in activities such as Blindfolded Driving a 4x4 around an obstacle course, ascending a 40ft high purpose built climbing wall, and zipping down a 500m long zip wire.



By all accounts, great fun was had by all, as the day provided an excellent opportunity for our younger members to make new friends and challenge themselves.

It was also a valuable opportunity for them to develop team-working and communication skills.



As ever, SEFF was keen to know the thoughts and feedback from the participants, on how they day went. We were pleased with all the positive feedback, but we note future suggestions for trying out paintballing and zorbing. We will bear this in mind when planning future days, so watch this space.....

My Neighbour The Stranger Project

A bus with 24 SEFF members set off for Cavan Pastoral Centre on Wednesday 13th April 2016, for a guided tour around the beautiful building, and its recent developments such as the new diocesan school; led by Sean Coll, an old friend of SEFF from its inception, who welcomed SEFF warmly, explained the workings of the centre and the history behind it.

After a light supper, Martin Kennedy of the Cavan Interfaith Group took the opportunity to reflect back over the past year on how the My Neighbour the Stranger project was going, and plans for the future.

The project will continue in the coming weeks, starting on Wednesday 4th May 2016 at 7pm, when we shall embark on the first of a series of six lectures, focussing on the Easter 1916 Up-Rising and Battle of the Somme, by Mr William Stewart. The subsequent lectures will take place on a weekly basis, at 7pm in alternate venues - between SEFF and Cavan Pastoral Centre, on the following dates:

Wednesday 11th May - Cavan

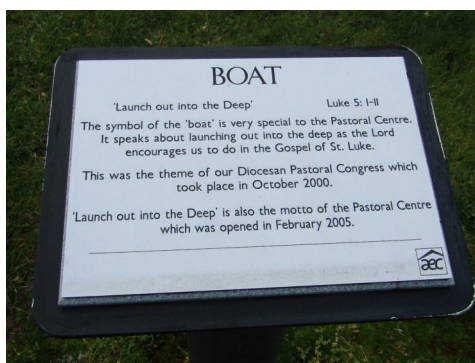
Wednesday 18th May - SEFF

Wednesday 1st June - Cavan

Culminating in a one day seminar on **Saturday 11th June in SEFF.**

We very much hope that our members continue to support this worthwhile and engaging project. All are welcome.

For more information, please call the SEFF office on: 028 677 23884





FACT April 2016 Update

The **FACT** project had a wonderful day at the recent St Patricks event in Armagh City Hotel. Sixteen people from both counties danced in the sunshine and received huge applause from the audience. Huge thanks to Armagh, Banbridge and Craigavon City Council who were extremely good hosts on the day. **See photo.**

Cruse Bereavement are coming to the **FACT** Project to help create memory boxes. This is a concept where people can celebrate a loved one by compiling a collection of mementoes such as photographs, words, letters, poems or anything else that they would like to include. Everyone will design and decorate a memory box sharing memories of their loved one and the life they shared. Contact the office to book a place on **Tuesday 17th and Wednesday 18th May 2016**. Refreshments will be provided.



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.

'Morning, SEFF Calling'

SEFF welcomes Ann Townsend, as the new "Morning SEFF Calling" Co-ordinator, following Cherith's departure due to other education and work commitments. Ann has been volunteering with this service, since its start in September 2015. This valuable service has been steadily growing, as means of supporting our members well being, referring them onto other services within SEFF, and reminding them of forthcoming events in the SEFF calendar.



Colin Dickenson and Aland McManus from the "Good Morning Network" came to SEFF recently, and delivered a training day for volunteers with the Morning SEFF Calling service. The main aspects of the course covered the role and responsibilities of our (telephone) calling volunteers, where confidentiality, empathy and willingness to make a difference are key. We also looked at what makes someone "vulnerable" and how we may deal with their vulnerabilities and offer support, when making a call.

SEFF is keen to recruit more volunteers for this service. A weekly telephone call can make such a difference to someone who is vulnerable and isolated - for whatever reason. Remember, someone's life could be a bit better tomorrow, with you being in it today. All SEFF needs is a regular commitment of up to 3 hours a week from you. We are also considering extending the Service to provide an evening phonecall option on Wednesday evenings from 6pm-8.30pm.

If you think you would like to get involved - please contact with the SEFF office. Training will be provided.

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 028 677 23884 / 677 22242 and we will go through the service in more detail for you.

YOUTH PROGRAMME

OMAGH DUNGANNON FERMANAGH



STARTS SOON

FREE COURSE

ARE YOU AGED 16—24 AND NOT IN
EMPLOYMENT, EDUCATION OR TRAINING?

YOUR FUTURE STARTS TODAY!

- **Meet new people**
- Opportunity for trips and residentials
- **Improve confidence**
- Get involved in sport, volunteering, community work, activities, projects and FUN!

YOU WILL BE ENTITLED TO ;
EMA PAYMENTS (16-18), TRAVEL EXPENSES, CHILDCARE EXPENSES, FOOD & SUBSISTENCE PROVIDED, BENEFIT PAYMENTS NOT EFFECTED

FOR MORE INFORMATION PLEASE CONTACT :
EUGENE: 07484 078771 OR JACQUELINE: 028 87720681
Starts Soon!!!!

CHILD PROTECTION COURSE

SEFF are running an accredited one day course, facilitated by Volunteer Now on Child Protection. If you are interested in doing this course or updating your certificate



On Saturday 11th June 2016 from 10am - 4pm in SEFF.

Please call the SEFF office on 028 677 23884 to register your details

Cost - £15 pp

Child Protection

Notices Out & About the Area



Ballindarragh LOL 689

**REMEMBERING & COMMEMORATING
1916**

EXHIBITION

**PHOTOGRAPHIC & MEMORABILIA
DISPLAY**

Fri 3rd June 7.30pm -9.30pm

Sat 4th June - 12pm - 9pm

Maguiresbridge Orange Hall

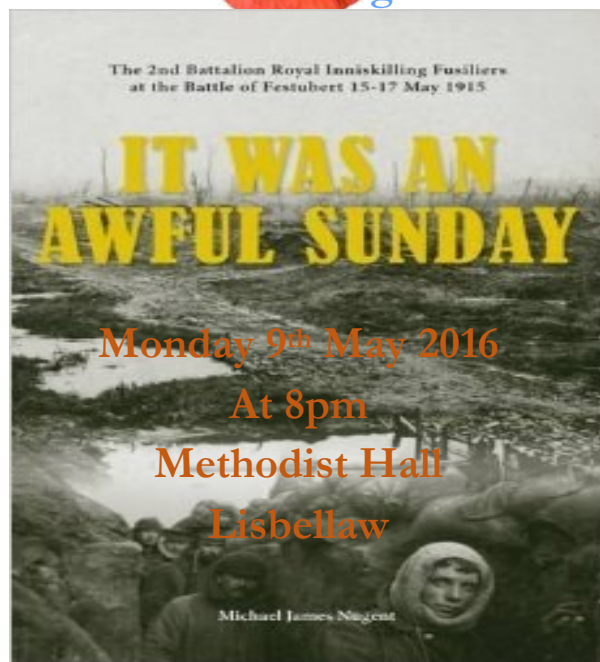
Free Admittance

DONATIONS ACCEPTED

ALL WELCOME

If anyone has any memorabilia of this era and would like to lend it to the organiser for the duration of the exhibition please contact Barrett Rennick on 02866387798

**Lisbellaw
South Fermanagh
World War One Society
Hosting
Talk by
Michael Nugent**



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 as well 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



RETURN OF THE WALLED CITY TATTOO

**OVER
300
PERFORMERS**



Friday 6th & Saturday 7th May 2016

Featuring Headline Acts

STICKSTOFF
10-piece drumming sensation from Basel

'Britain's Got Talent' Finalists

**OLD MEN
& GROOVING**

100 STRONG CHOIR
formed by 5 local schools

MASSED PIPES & DRUMS
including World Champions
COLMCILLE PIPE BAND

Plus The Walled City Tattoo

HIGHLAND & IRISH DANCERS & much, much more!

Tickets from £17 (including development fee)

available online at **www.walledcitytattoo.com**

or call **(028) 71 264 455**

