



Aug 2016

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



Issue 120



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,

This month's message is a case of tough love and I hope (as do the Management Board) that it is received and understood without any offence caused.

In recent months' numbers attending **SEFF's** monthly member meeting structure have been moderate-poor with the same stalwarts showing up time and time again.

It should be remembered that all members are entitled to attend monthly member meetings (which generally take place on the **fourth Wednesday** of each month other than July and December) @ 7.30pm.

It is this structure where ideas are generated, where the membership actively play a role in framing **SEFF's** services and activities. Considerable works goes into planning the meetings with guest speakers organised on the majority of occasions.

Put simply it SEFF Management do not see a marked improvement in attendance levels over the next few months then they may decide to invoke the following options; to reduce the regularity of the meetings and also start factoring in attendance levels for SEFF member and other organisational meetings when prioritising respite and possibly other activities.

I wish to advise that details for the August-October meetings are as follows:

Wednesday 17th August 2016 @ 7.30pm - Rev Alan Harper (former Archbishop of Armagh within the Church of Ireland) will be present to speak on victim's issues including his perspective on matters concerning 'The Past' (victim's present) definition of victim etc.

Wednesday 28th September 2016 @ 7.30pm - We will have coordinators at **SEFF** who lead on Welfare, Befriending, Morning **SEFF** Calling, Complementary Therapies, Counselling and Advocacy along to speak about their roles and the support available to members.

SEFF's AGM - Wednesday 26th October 2016 @ 7.30pm (with refreshments available from 7pm onwards) Guest Speaker will be Margaret Bateson (Chief Executive at The Victims and Survivors Service)

It needs to be understood by all within **SEFF's** membership that our reason for being is to support the innocent victims and survivors of terrorism and 'other Troubles related violence' and this focus must be held to the fore.

Respite, social classes, luncheon clubs, breakfast mornings etc are simply a small jigsaw piece of the overall jigsaw picture - we want more members to start taking an interest in the bigger picture as well as retaining the support of those who have consistently given loyalty and commitment.

Please note the office is closed for a public holiday on Monday 29th August 2016, reopening on Tuesday 30th August at 9am.

Kenny

South East Fermanagh Foundation hosts an evening to honour those whose lives were stolen or irreversibly changed due to the terrorism of Bobby Sands and his 'comrades' within the Republican Movement.

Date/Time: 7.30pm on Wednesday 10th August 2016

Venue: Lisgoole Suite, Killyhevlin Hotel, Enniskillen

A SEFF Film which includes the testimonies of those impacted by terrorism within County Fermanagh and beyond will be shown and there will be a time of prayer included. Come along and show solidarity with, and care for, the innocent victims and survivors of terrorism.

Admittance: Free (refreshments will be provided in an interval break) Please contact the SEFF office on: 028 677 23884 / 677 22242 if you have any query related to the event.

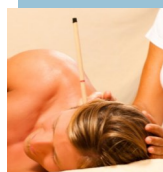
We impress upon you the need for a strong attendance at the above event, please try your best to come along and support the organisation.

Upcoming Events

CLASS & TUTOR	DATE, TIME & DURATION	DESCRIPTION	VENUE	COST
Day Respite with Out of the Shadows Group Richill & Armagh	Saturday 10th September 2016 Departing from SEFF at 9am SHARP	Networking Visit with Out of the Shadows (Victim's Group) in Richill & taking in a place of interest in the Armagh area (TBC)	Richill & Armagh	£20 pp (inc coach, tea & scones on arrival and meal on route home)
Day Respite Londonderry	Saturday 22nd October 2016 Departing from SEFF at 9am SHARP	Visit to Siege Museum including a tour of the Museum, the Apprentice Boys Memorial Hall & the City Walls. The afternoon will give an opportunity for some shopping in the City.	City of Londonderry	£20 pp (inc coach, morning refreshments and evening meal on route home)
SEFF Annual Memorial Service	Sunday 2nd October 2016 at 3pm	This year's service is taking the theme 'Today's Generation'	Colaghty Church Lack Co Fermanagh	No Cost
RBL Festival of Remembrance Waterfront Hall	A date for this event is not yet confirmed but it usually runs at the end of October / beginning of November.	Annual RBL Festival of Remembrance	Waterfront Hall, Belfast	£25 per person (inc transport, meal and admission)

Expression of Interest

If interested in attending any of the above activities we ask that you phone the office **ASAP** to let us know. Please note that an expression of interest **does not guarantee** the offer of a place(s) on an activity/service until full payment is received.



HOPI EAR CANDLES

SEFF are offering as part of our complementary therapies, Hopi Ear Candle by Ruth Watson.

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



Health Kinesiology

SEFF are offering as a new initiative 'Health Kinesiology', carried out by local lady and a friend of SEFF, Marilyn Robinson. These sessions will take place in Marilyn's therapy room in her home, so you will have to be able to travel, (Lisbellaw) when you have been booked in.

During the treatment Marilyn uses gentle muscle testing combined with verbal questioning to communicate directly with your body's unique energy system. This highly skilled technique involves applying light pressure to a muscle (commonly your arm) and monitoring how it responds. If the muscles holds steady, the system is responding with a 'yes'.

Life can be challenging and it is not always easy to change the things you want to change—whether that is your health, your job, your relationship or all of these and more. Sometimes we just don't know where to start and how to keep ourselves motivated. Health Kinesiology use muscle testing as a way to find out why your physical, emotional, chemical and nutritional systems fell out of balance and how to go about changing them for the better. In a world where we are bombarded by information from other people, Health Kinesiology lets you get information from you. The body is doing its best to communicate with us, via twinges, pains, anxiety etc, and muscle testing enables this communication to solve its problems.

A few of the benefits of Health Kinesiology can help to:

- Increase energy and vitality
- Prevent illness
- Boost your own healing mechanisms and immunity
- Release negative thinking or behaviour patterns
- Overcome fears and worries
- Increase confidence and self-esteem
- Sharpen mental focus
- Manage sports performance
- Improve relationships at home or at work
- Develop you abilities

What happens in a session:

Each session lasts around 1 hour and you lie down on a therapy couch fully clothed. If lying down is physically uncomfortable, you can sit up for the session. Health Kinesiology sessions are both deeply healing and deeply relaxing.

Sessions are £40 and can be paid in two halves. You are also required to complete SEFF Monitoring and Evaluation forms PRIOR to treatment starting and at the end of your sessions.

COMPLEMENTARY THERAPIES 2016-17



WE ARE NOW TAKING
NAMES FOR COMPLEMENTARY
THERAPIES FOR THE COMING NEW
MONTHS. WE PLAN TO RUN THESE
IN AUGUST TO SEPTEMBER 2016,

IF INTERESTED IN AVAILING OF 5
SESSIONS OF MASSAGE, (HOT
STONES ARE AVAILABLE)

AROMATHERAPY, REFLEXOLOGY,
PHYSIOTHERAPY OR INDIAN HEAD
MASSAGE, HOPI EAR CANDLE
THERAPY (NEW) &
KINESIOLOGY (NEW)

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.

****WHEN TAKING UP ANY OF THESE SES-
SIONS YOU ARE REQUIRED TO COME IN-
TO THE OFFICE TO COMPLETE THE
MONITORING FORMS AND PAY ½ OF
THE SESSIONS BEFORE SESSIONS COM-
MENCE, OR YOU WILL NOT BE ABLE TO
AVAIL OF THESE TREATMENTS**

SEFF's 2016 Remembrance & Thanksgiving Service

**Sunday 2nd October at 3pm
In Colaghty Church**

LACK.

**WITH REV ALAN IRWIN
- INCUMBENT**

**The theme of the service is
'Today's Generation'**

**Light refreshments will be
served afterwards in the
church
hall.**



SEFF Drama Project

SEFF's Drama Project is well underway, the script has been finalised and we are ready to start rehearsals with our budding actors and actresses.

The production will be approx. 25 minutes in length and we are already excited about the finished product.

If you or anyone you know would be interested in taking part in the drama please contact the SEFF office on 028677 23884 / 22242.

We are looking for participants from all age ranges and all genders to take part so please spread the word and help us get together our final actors and actresses.

Youth Choir

In acknowledging that previous SEFF Remembrance and Thanksgiving services have had limited young people in attendance. SEFF is this year focusing the Service on 'Today's Generation' where we will seek to have young people at the heart of proceedings.

Date/Time of Service: Sunday 2nd October 2016 @ 3pm in Claghty Church of Ireland, Lack
Preacher: Rev Alan Irwin

In furthering this objective we wish to bring together a group of SEFF's young people whose families have been directly bereaved by terrorism (whether this be through losing a grandparent(s) great aunt or great uncle, parent, aunt or uncle etc)

We have in place a professional who will work a group of circa 15 young people in enabling them to practise three - four pieces of song which will then be performed on the day of the service.

What's involved?

Venue: SEFF offices, Lisnaskea for the immediate four sessions detailed below

Initial information session for those interested

Tuesday 6th September 2016 @ 8pm (with snack refreshments available from 7.30pm)

Practise/Rehearsal sessions

Tuesday 13th, 20th and 27th September @ 8pm (with snack refreshments available from 7.30pm)

There will then follow two nights of practise/rehearsals within the Colaghty Col Church in advance of the actual Service on Sunday 2nd October 2016 @ 3pm.

You don't need to be a professional singer, all levels and standards are very welcome to be part of this initiative.

Young people will also feature in other aspects of the Service, reading lessons from Scripture, lifting the Offering etc.

We appeal with our membership to support this initiative, our young people are the present and the future and we want them to be at the heart of SEFF's family and its' development.

Contact the SEFF office for further information on: 028 677 23884 / 677 22242.



Hi All,

BEFRIENDING SERVICE UPDATE

We hope you are enjoying your summer, despite the lack of good weather, and have managed to get out and about.

We are still working away behind the scenes helping those we can and are constantly planning for the future so watch for upcoming events.

The next Coffee Morning is **Thursday 29th September 2016** and is our annual **Macmillan Biggest Coffee Morning**, again we hope to raise lots of money for this very worthy charity so get your apron on and get baking or come along and support us. This year we are having a visiting group join us for the event and we hope it will be the great success it usually is.

There will also be a Coffee Morning on **Thursday 27th October 2016** it will have a First World War theme with this being the 100th year since the Battle of the Somme.

As you will see below the Action Cancer Big Bus will be back at SEFF on **Thursday 24th November 2016**. It is not possible to make a booking just yet but please keep an eye out for further info.

Our monthly luncheon clubs are also due to begin as of next month— please see detail below.

Do try to join in with events and catch up with us as often as you can, it means a lot to us.

*The **SEFF** Befriending Service Team*

**WE ARE
MACMILLAN.
CANCER SUPPORT**



SEFF's Annual Macmillan Big Coffee Morning & Cake Sale

We are holding our **Annual Coffee Morning and Cake Sale** in aid of **Macmillan Cancer Support** in **SEFF Office Lisnaskea** on **Thursday 29th September 2016**.

We ask that you make an effort to support this event by attending on the day or doing a spot of baking in advance, all baked products and donations towards the charity will be gratefully received.

Come along for a cuppa and a chat.

Action Cancer Big Bus returns to SEFF **DATE FOR DIARIES**

The Action Cancer Big Bus is coming to SEFF on **Thursday 24th November 2016** from **10am—3.30pm**. The day will take the usual format of a **Health & Wellbeing Day** where members will be invited to come into the office for refreshments and to take a look around different **Health & Wellbeing** stands in attendance.

At present it is not possible to make a booking for the Big Bus but please keep the date free and we will

SEFF Luncheon Clubs

The first of SEFF's Luncheon Clubs is due to take place on **Wednesday 21st September 2016 at 12.30pm in the Valley Hotel, Fivemiletown**.

Further lunches will follow every month in varying locations across the County, details will be included in future Newsletters. If you would be interested in attending a luncheon club please contact the office to register your interest—you will then be phoned closer to the time to be invited to a Luncheon Club near to you.





SEFF's Advocacy Service

The work on the North Fermanagh, West Fermanagh and Enniskillen Border Trails is nearing completion and the Advocacy Service would like to thank everyone who contributed their local knowledge, newspaper clipping and personal stories to the Project. The filming of select locations has begun for the video clips we will be using to provide an introduction to the tours. We hope this will help the Trails reach an even wider audience and continue to educate the wider public about the terrorist campaign in County Fermanagh and the pain it caused for the innocent victims and survivors of terrorism.

The Advocacy service has begun to work with historic census data to provide a demographic profile of Fermanagh's electoral wards between 1951-2011. This is part of a wider report on Displaced Families in County Fermanagh. We would like to invite anyone who was displaced during the Troubles, or lived near anyone who was displaced, to share their personal accounts, photographs or newspaper clippings with us as part of this report. If anyone would like to contribute to this report or would like to volunteer their time to help with this project, please feel free to call the main office or e-mail Matthew (matthew.gault@seff.org.uk).

If anyone has any Advocacy or Truth, Justice and Accountability related concerns or requires assistance with any investigative bodies please do not hesitate to contact the Advocacy Service to arrange a meeting.

If anyone has any Advocacy or Truth, Justice and Accountability related concerns please do not hesitate to contact 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

Amnesty On whose Terms?

Sinn Fein and their cohorts continue to strive for a post-Troubles setting that places the IRA as freedom fighters that fought a colonial war against the evil oppressors and their agents. We are those 'agents', those who differentiated from good and evil, and struggled to maintain a level of normality and fought the powers of malevolence to stop our country falling into anarchy. We are now being condemned for remaining on the side of the law. Sinn Fein's strategy is not for a truth conference, it is not for reconciliation on a South Africa model – they have too many 'skeletons' that they wish to remain hidden. What they do want is revenge against those whom they were unable to defeat during a campaign of terrorism. I was at a conference in Queen's University a few years ago and a delegate identified himself as Seanna Walsh who was representing Coiste, an IRA prisoners group. He proceeded to state that he was "a soldier for Ireland", and "I have done my time, now it's time them ones did theirs". Walsh spent three spells in prison, for robbing a bank, making a bomb and possession of a rifle – not a very successful soldier in his chosen role! However, his statement was revealing, Sinn Fein and the IRA want retribution, they could never defeat the rule of law so they seek payback in another way.

Sinn Fein will never articulate this stance in a public forum and will present a conciliatory image. Martin McGuinness recently stated, "There needs to be an end to the politics of recrimination because that leads us nowhere." <http://www.sinnfein.ie/contents/38262> Yet NGOs and other groups linked to Sinn Fein are doing the opposite, in a sense doing their 'dirty work' for them. When 'collusion' is alleged, (it is not necessary to prove it at this stage) full legal funding will follow. Last year two retired soldiers in their sixties and seventies were arrested in connection to 'Bloody Sunday'. Two further old soldiers have been advised that the file relating to the death of an IRA man in 1972 has been passed to the PPS meaning there is the potential for them being prosecuted. I am unaware of the evidence against them, but suspicions remain that these were arrests that had a political agenda.

The PSNI Legacy Branch are largely working on deaths that have involved the Security Forces or alleged collusion and it is difficult to get them to do anything relating to the vast number of cases that do not come under this remit. We are unsighted as to who is in receipt of a royal prerogative of mercy or a letter excusing the offender from prosecution. Our suspicions might lead us to the identities of some of these people but we still are only guessing as to who they may be. Does anyone who has committed a murder, regardless of their affinity, deserve to escape the full rigours of the law?

El Salvador, a country that many would class as '3rd world', is reviewing their own legislation in relation to amnesties. They intend to scrap amnesties and review all murders, with equality of investigation. https://www.washingtonpost.com/world/the_americas/high-court-strikes-down-el-salvadors-civil-war-amnesty-law/2016/07/14/721641aa-4978-11e6-8dac-0c6e4accc5b1_story.html

We could learn a lot from what they are doing; murder is murder, and no society can evolve in a just and proper way whilst the unpunished murderers walk in our midst, empowered to pursue their own vindictive mind-set.

Ken Fungton

SEFF's Ulster Scots Summer School Programme 2016

Kenny Donaldson, Director of Services at SEFF stated: "SEFF says a huge thanks to all those who made this year's Summer School events so successful once again. 60 young people aged 7-16 years attended the general Ulster Scots Summer School held at the former Lisnaskea High School site, circa 15 young people aged 13-18 years attended the Senior Drama Summer School held in Erne Integrated College, Enniskillen and well over 30 young people aged 7-14 years are this week attending a Junior Drama Summer School being held in Brookeborough Primary School".

"The 5-day Summer School offered its' usual diverse programme cutting across the areas of music, language, history and heritage, cooking, the end of week Highland Games Clash of the Clans finale and an away day where this year we stayed local and brought the young people around the Plantation Castles within the County instilling within them the local links to Ulster Scots culture and heritage".

"Meanwhile the drama Summer Schools facilitated by Stephanie Kenny-Quinn and colleagues from Class Act Drama proved a raging success. SEFF is committed to further strengthening its' relationships with Schools throughout the County".



"At the senior drama summer school held in Erne Integrated College, the group laid on an amazing and extremely talented performance on Friday last attended by their families, friends, other well wishers within the community and SEFF representatives. SEFF's Memorial Quilt was displayed in the Gymnasium and I gave a Presentation to those gathered on its' origins and meaning as well as explaining who SEFF are and what we seek to achieve as an organisation for innocent victims and survivors of terrorism and 'other 'Troubles related criminal violence' but also for the broader community (inclusive of our young people)

"The junior drama summer school themed around the subject of Agriculture and its' developments in the County over the centuries completes on Friday".

"Finally SEFF are holding a Residential Summer School for 12-18 year olds over the weekend of; 12th -14th August 2016 in Rosscor Youth Village, Belleek. There are still a small number of places available so please contact the SEFF office if interested on: 028 677 23884 / 6772242. We welcome the inclusion of young people from across the community".

"We wish to recognise the Ulster Scots Agency and Fermanagh and Omagh District Council for the funding they invested in enabling the Summer Schools to take place,"

Ulster Scots Summer School 2016





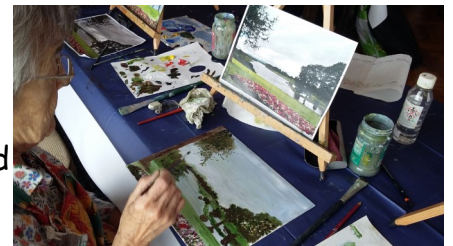
FACT August 2016 Update

The summer **FACT** Project programme is now in full swing. Budding artists came together in the beautiful surroundings of the Killyhevlin Hotel to paint the stunning landscape. Beginners and those more experienced were guided throughout the day by experienced art tutor Ruth Elliott.

Fermanagh and Armagh members enjoyed a day on the water setting sail from the Share Centre on the Innishcruiser for a day of sightseeing. This was followed by a talk on home fire safety not forgetting the demonstration by Reggie the trained arson detecting fire dog. This event proved much more popular than we had expected and only 57 people could be facilitated on the boat however we hope to repeat this experience for those disappointed on this occasion.



Walking events are being held in a variety of locations and as always we encourage those "reluctant walkers" to join in as we cater to all levels of fitness. Drop in iPad sessions are being held in four locations catering to different subject areas.



If you are 60 or know someone who is who would benefit from getting out and about contact Sharon on 02867 22615 or showe_fact@hotmail.co.uk.

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.

Please note the Lisnaskea office opening hours are 9am-3pm.

Project Common Bond Update

Project Common Bond is a programme that brings together young adults, ages 15-20, from around the world who share a 'common bond' - the loss of a family member due to an act of terrorism, violent extremism or war.

I feel the project common bond is where you learn from one another and see each other as human beings with dignity, rather than being defined by religious, cultural and political beliefs.

PCB has given me friends that feel like family, memories that will last a lifetime and a totally new perspective on life and society, all which I am eternally grateful for. Amidst the pain, suffering and hardships endured by many I witnessed everyone collectively reflect a yearning for peace.

Overall a unique personal development, a truly life changing and amazing experience that teaches you more about yourself, other people and other cultures and I have established lifelong friendships based on trust and respect rather than being separated by their beliefs.

For those who attended the SEFF talent night on the 29th June in the RBL Enniskillen in aid of raising funds to send Mark Crawford to Project Common Bond.

SEFF, Mark and his parents (Roy & Carole) would like to thank all who attended, to those who took part on the evening and to those who donated prizes for the raffle and auction on the evening; a BIG THANK YOU in helping to raise £920.