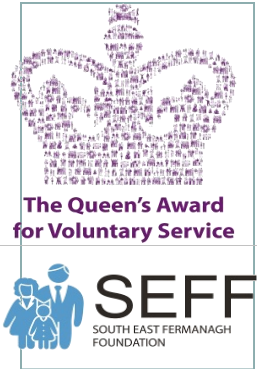


SEFF NEWSLETTER

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



Seff Lisnaskea
Seff Victims



Dear Member,

Another year has commenced and for all of us there exists new hope and new opportunity, the year that has past is behind us and we must focus on what lays ahead, whether that be what you desire as victims/survivors of terrorism or indeed what you seek within other facets of your life.

A lot has happened over the last number of weeks where SEFF was required to submit a Business Plan detailing its' proposed work programmes for the next 3 years. We are seeking to secure maximum resources which will allow us to provide as professional a service as we can to you the members across the areas of, Health and Wellbeing (Counselling, Complementary Therapies and Physiotherapy) Welfare, Befriending and other Social Support, Youth/Transgenerational, Truth, Justice and Acknowledgement activities and Advocacy support

On Sunday 15th January 2017 a number of SEFF representatives attended the 25th Anniversary 'Act of Remembrance' on behalf of those murdered (and the survivors) of the Teebane massacre, carried out by PIRA terrorists on 17th January 1992 on the main Cookstown-Omagh road. On Sunday 22nd January SEFF held a Reception event for the bereaved and the injured plus their families to provide those impacted with an opportunity to share fellowship with one another in marking a significant watershed since the atrocity was carried out.

A number of activities are proposed over the January - March 2017 period and we would strongly encourage you the members to avail of these supports and services. We will also soon be communicating with you concerning arrangements for the new Individual Needs Programme (2017/2018) administered via The Victims and Survivors Service.

Please come along to the next monthly meeting taking place on Wed 25th Jan 2017 @ 7.30pm, William Matchett promises to be an enthralling guest speaker. **Kenny**

SEFF Fundraising Committee

SEFF are in the initial stages of developing a fundraising committee, the first meeting will take place before the January Member's Meeting (Wednesday 25th January 2017) from **6pm-7.30pm in SEFF Offices.**

If you are interested in becoming involved please do come along, any help or contribution would be much appreciated.



**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 available 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 number and someone will contact you to arrange a suitable time.

ACTIVITIES AND COURSES 2017

CLASS & TUTOR	DATE, TIME & DURATION	DESCRIPTION	VENUE	COST
Chair Based Activity TUTOR: Ruth Gault	Thurs 26th Jan 2017 10.30am - 12pm 4 weeks	Some light exercise involving various activities while based in sitting position.	SEFF Offices, Lisnaskea	FREE

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.



MEN'S BREAKFAST CLUB 2016 / 2017

SEFF's Men's Breakfasts continue with the next one on Saturday 7th January 2017 in the Millers Coffee Shop, Lisnaskea. Breakfasts begin at 10am and the cost is £3 per Breakfast.

Please see dates and venues below:

DATE	LOCATION	DATE	LOCATION
Saturday 4th February 2017 at 10am	Donn Carragh Hotel, Lisnaskea	Saturday 4th March 2017 at 10am	Millers Coffee Shop, Lisnaskea

ARMAGH RESPITE DAY

SATURDAY 11th MARCH 2017

We are arranging a respite day to Armagh on Saturday 11th March 2017 the bus will depart from SEFF Office, Lisnaskea at 9am and the itinerary will be as follows:

10am - Tea, Coffee & Scones at Navan Fort Centre

10.30am - 1pm: Visit & tour of the Navan Fort Centre

1.15-2.45pm: Free time in Armagh (lunch is at your own expense)

3pm-4.30pm: Tour of Royal Irish Fusiliers Museum

4.45pm: Depart from Armagh

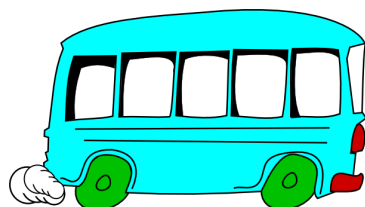
5.30pm: Evening Meal in Salley's, Aughnacloy

(3 course meal)

Approx. 8.30pm: Return to SEFF Offices,

Lisnaskea

Cost is £20 per person - if interested in attending please phone the office ASAP on 028 677 23884 / 22242.



SEFF Merchandise



We now have SEFF ties for sale within the office along with other bits of merchandise.

Ties are priced at £15 each (or 2 for £25) and for the ladies in the membership we are currently working on the design of some SEFF scarves and hope to have them in the next few weeks.

SEFF badges are also on sale at £2 each or 3 for £5.

We also still have copies of all our Books, DVDs and publications should anyone wish to acquire copies.

If you have any queries please give us a call on 028 677 23884.





SEFF BEFRIENDING JANUARY UPDATE

Hi All,

A new year has begun and we are all working hard to continue giving help to many of our members. We would be totally lost without all our befrienders giving so much of their time voluntarily to reach out to those in need. We had a wee treat after Christmas where we went out for a lovely meal and some music but of course it was straight back to work afterwards.

We have some dates coming up that we would love to see members attending so get out your new diary or calendar and fill them in:

Thursday 26th January 2017 – Armchair Aerobics with Ruth from 10:30 – 12 noon and also for the next three Thursdays, 2nd, 9, 16th Feb, at the same time each day. A great workout after all the Christmas excess.

Thursday 23rd February 2017 – An introduction to our revised Welfare Service now known as “Switch” with a particular focus on Welfare Reform.

Luncheon Club will be starting up again in the New Year and we will be contacting those eligible to come along.

Hope you can join us at some of these events

Regards

The Befriending Team

The ‘Morning SEFF Calling’ Project

Hello, and Happy New Year to all from the Morning SEFF Calling Team. Christmas is now as far away from us as it ever was. It is also a time that evokes memories of loved ones who are now no longer with us. For some of us this can be a lonely time of the year and not at all jolly as it once was. However we can now start counting down the days until Spring Time. As has been the normal this last couple of years, winter is so much milder. Unfortunately this brings illnesses in the form of the Norovirus sickness that has seen quite a few people hospitalised. Recovery can be slow and depressing. But on a more positive note Morning SEFF Calling have recruited a new listening ear in the form of Jenny.

Jenny will be here on a Wednesday evening from 6.30pm onwards and making calls until around 9pm. Tis service will commence next Wednesday (1st February 2017) We now will be contacting those eligible members three time, weekly instead of two. Our client group continues to grow and we would appeal to reader to get in contact with myself or Kenny if they know of anyone who would benefit from this service.

Also, if there is any one who can spare two or three hours a week to help us with calls we would be grateful. Until next month, take care and do not hesitate to contact the SEFF office if there is anything you need to know further about this invaluable service.

Ann and Rita.

Please phone the office to register your interest on 028 677 23884.



COMPLEMENTARY THERAPIES



We are now taking names for Complementary Therapies for the coming new months. 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**) 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 SESSIONS YOU ARE REQUIRED TO COME IN-TO THE OFFICE TO COMPLETE THE MONITORING FORMS AND PAY ½ OF THE SESSIONS BEFORE SESSIONS COMMENCE, OR YOU WILL NOT BE ABLE TO AVAIL OF THESE TREATMENTS**



SEFF's Advocacy Service

The support of AflV within SEFF continues to build on its workload and footprint both within its parent organisation and in the wider community.

There are aspects of the service that can be advanced independently, but largely we need the support of you, the membership, in order for it to be a success.

Displacement - The church records, census, etc. continue to be trawled, identifying applicable characteristics, such as spikes in population numbers, both increases and decreases. If you have any information that may assist us, whether direct evidence of displacement, or purely your thoughts that may assist us in some way, please advise us by email, phone, or please visit the office. Please remember, no one should have to move house other than by their own choice, and without someone else's influence.

Border Trails - The border trails are complete, filming will start shortly and four narrators have been identified. This will provide a future Border Trail of all of Fermanagh.

A number of our members and also members of other groups have kindly agreed to allow me access to their HET reports. Those that I have so far looked at largely display a paper exercise. It does appear that these reports have not met the needs of the families, and did not address their individual questions that remain unanswered. Simple regurgitation of previously known information and RUC records does not indicate a review, and the demise of HET was the result of an organisation not being 'fit for purpose' for all the community, and not in the way specified by the Inspectorate of Constabulary in their report.

AflV have signed a Memorandum of Understanding with a number of other like-minded groups and we look forward to working with them in the future.

I would like to once again confirm that the AflV SEFF conference will be held at the Killyhevlin Hotel on **Saturday 4th March 2017**, and the Respite Weekend is in Edinburgh, **Friday 24th - Monday 27th March 2017** inclusive.

If we can be of any assistance in relation to your advocacy needs please contact us on the relevant telephone numbers, email, or call in person at the office.

Ken & Matthew

Meeting with the Victims Commissioner



SEFF reps recently met with The Victims Commissioner Judith Thompson, and Peter Mann (Policy Development Officer) where a range of issues were raised including;

The Spanish model for supporting victims and survivors including discussion following SEFF's recent good practice visit to Madrid where we linked up with Covite, the Stormont House Dis'Agreement' and proposed Legacy structures, the Special Pension for seriously injured, efforts to have Pensions re-instated for Army widows and the Definition of Victim and need for open and transparent sectoral debate.

SEFF reps also advised the Commissioner of an upcoming Dublin event being held in Trinity College, Dublin where SEFF's 'Terrorism knows No Borders' Project will be launched (Memorial Quilt, Book and DVD) and SEFF Conference (Friday 3rd / Saturday 4th March 2017) The Commissioner indicated that she would make every effort to attend both events.



SEFF is coming to your doorstep (Info Sessions)

We are making arrangements to deliver a number of Information Sessions around the Fermanagh and South Tyrone area between now and the end of March 2017.

At the events we will either show SEFF's response to the Bobby Sands film, the documentary known as, 'Remembering those who had NO choice' or snippets of other personal testimonies.

We will also be taking along the Memorial Quilts and giving a short talk on the work of SEFF and the various services we can provide.

Dates and locations are as follows: (We would appreciate if you could spread the word about these events within your locality)

LOCATION	DATE / TIME	LOCATION	DATE / TIME
Enniskillen Royal British Legion	Monday 20th February 2017 7.30pm	Garrison	Date to be confirmed
Clogher Royal British Legion	Wednesday 8th March 2017 7.30pm		

Fermanagh BEM's

There were a lot of familiar names recognised in the Queen's New Years Honours List and some names that have close associations with SEFF. We would like to congratulate Valerie Brown, Bill Wilson and Wesley Elliott on receiving the British Empire Medal for their various contributions to the community, they are all well deserved.

And we also recognise Iris Crawford, Project worker with South and East Tyrone Welfare Support Group (based in Moygashel, Dunganon) SaETWS Group work in partnership with SEFF across a number of services. We hope to have Valerie, Bill and Wesley join with us for our January Member's meeting.



Valerie Brown BEM

Our very own Valerie Brown was recently recognised in the Queen's New Year honours list for services to the Community in South Fermanagh.

Those of you who know Valerie know that she is never day in the house and gives her time so generously to others.

Valerie is involved in a wide array of different groups and organisations and is always willing to help out in any way she can. She plays a key role as Secretary in Lisnaskea Women's Group as well as actively volunteering within SEFF's Befriending team. She is a Director for South West Age Partnership which helps older people in the community and she

Bill Wilson BEM

The name of Bill Wilson or W.R.A. Wilson from Trillick, is synonymous with auctioneering, compering, growing show vegetables, ploughing and supporting charities.

Bill receives the BEM for services to the community in Fermanagh and Tyrone which could be covered by the fact that just one of his roles is President of Fermanagh and Tyrone Ploughing Society.

Bill was aged 14 when he first ploughed with horses, winning a coveted cup which he proudly possesses and a further three cups won for tractor ploughing. He continued to plough with tractors for more than 40 years combining this with farming.

He was a regular winner of prizes at local shows including Omagh, Clogher Valley and Fermanagh County show for his show produce from his garden.

An active member of Kilskeery Parish Church, he sang in the choir for 67 years from the age of eight.

Bill is also a valued member of SEFF.

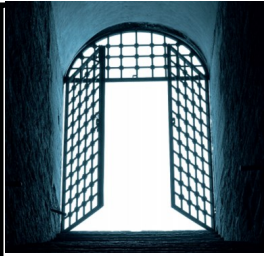


Wesley Elliott BEM

The recent announcement that Samuel Robert Wesley Elliott, best known as Wesley, of Darling Street, Enniskillen, has been awarded a British Empire Medal (BEM) in the New Year Honours 2017 List - Northern Ireland came as a delightful development. His recognition is for services to the community in County Fermanagh.

A well-known and highly regarded local figure, Trillick born Wesley has served 53 years as a Funeral Director with the family firm, S.R. Elliott & Sons, Funeral Directors, 17 Darling Street, Enniskillen.

Wesley's daughter and son in law, Roy and Carole Crawford are actively involved in SEFF.



The SWITCH Project Update (SEFF's Welfare InformaTION and Community Health Project)

Recognition for Carers

SEFF has secured £500 of an award via the Western Health and Social Care Trust's 'Carers Award Scheme.' The funding will enable us to provide vouchers for the Ardhoven Theatre or The Lakeland Forum, providing carers with the means to have some respite and to invest in their own mental health and emotional well being.

We invite those who are Carers to contact the SEFF office on: 028 677 237884 asap and to indicate whether you would like a voucher for The Ardhoven Theatre or The Lakeland Forum.

Eligibility criteria: Providing care to a loved one for a minimum of 35 hours per week.

We salute the role performed by carers (particularly those caring for loved ones who have been physically or psychologically impacted by the campaign of terrorism)

VSP Awards & Pilot Scheme

Just a reminder for those in receipt of VSS awards that they need to be spent up by 31st March 2017. If for any reason you cannot use your award for items contained under the eligibility list then please contact Tina who can go through the Pilot Scheme process which will allow expenditure on other items outside the list.

Welfare Outreach Information Sessions

SEFF are running a number of Welfare Information Sessions with partner groups across the province, there will be reps from different organisations coming along to share information but with a particular focus on **WELFARE REFORM** please see details below:

- Thursday 2nd February 2017 at 7.30pm: South East Tyrone Welfare & Support Group Office, Moygashel
- Saturday 18th February 2017 at 2pm: MUVE Project Offices, Cookstown
- Thursday 23rd February 2017 at 10.30am: SEFF Offices, Lisnaskea
- Wednesday 15th March 2017 at 7.30pm: Out of the Shadows Group Offices, Richill

If you require any further information about any of the above please contact the office on 028 677 23884.

Youth Project

We have a number of Youth events coming up over the next few months, please spread the word within your families and help us to bolster our numbers. If interested in taking part please contact the office on 028 677 23884.

Preferably we would like individuals to sign up to all 3 elements of the project and to attend each event.



MENTAL HEALTH AWARENESS SESSION & MOVIE NIGHT

Friday 17th February 2017

3.30pm - 6pm: Mental Health Workshop

6pm - 6.30pm: Food

6.30pm - 8.30pm - Movie Night



TODD'S LEAP ACTIVITY DAY

(including an interactive workshop on Diversity)

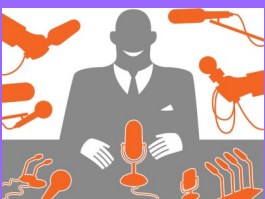
Saturday 18th February 2017

Bus departs from SEFF at 9am, arriving back at 4.30pm

CHANNEL 56 facilitated CV & MEDIA TRAINING

Saturday 25th March 2017

10am - 4pm (Lunch included)





FACT JANUARY 2017 UPDATE

A FACT newsletter was sent in early January and FACT members have signing up to attend the range of activities on offer in both Counties Fermanagh and Armagh.

The traditional Christmas party has this year been replaced with a Winter Warmer to be held on Wednesday 25 January in the Killyhevlin Hotel (places all now filled). The event is designed to give a taster of the different ways to help improve our mood through laughter, singing, essential oils and dancing.

Technology, dancing, exercise, wood turning, sewing and gardening are all activities which are included in our current newsletter to give a wide variety of interesting topics. The first of 2 first aid sessions has been held in Lisnaskea and was extremely well attended.

The **FACT** Project is funded through The Big Lottery Project: 'Reaching Out Connecting Older People' and you can contact Sharon on 028 677 22615 at the Fermanagh office for more information or showe_fact@hotmail.co.uk

FACT is on Facebook so friend and like us to spread the word.

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



UPCOMING MEETINGS IN SEFF 2017

January Members Meeting

Wed 25th January 2017

7.30pm

GUEST SPEAKER: William Matchett (ex RUC Special Branch and regular attender at IVU meetings) will give a talk on his recent publication; Secret Victory - The Intelligence War That Beat The IRA.

February Members Meeting

Wed 22nd February 2017

7.30pm

GUEST SPEAKER: Raymond Farrell (who is a local Cllr) Exploring the services needed to support those with Mental Health & Trauma related illnesses and conditions.

March Members Meeting

Wed 22nd March 2017

7.30pm

GUEST SPEAKER: A rep from Bennett House (a RBL respite facility in Portrush) will be present to give information on their facilities and how to avail.

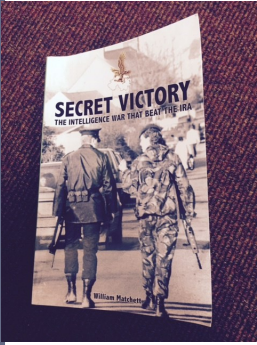
April Members Meeting

Wed 26th April 2017

7.30pm

GUEST SPEAKER: Major Gordon Black, 253 Medical Regiment, presentation on the future capabilities of the army followed by Q&A.

SEFF January 2017 Monthly Meeting



Special Guest Speaker William Matchett (ex RUC Special Branch and regular attendee at IVU meetings) is coming to SEFF on

Wednesday 25th January 2017 @ 7.30pm

to give a talk on his recent publication;

Secret Victory - The Intelligence War That Beat The IRA.

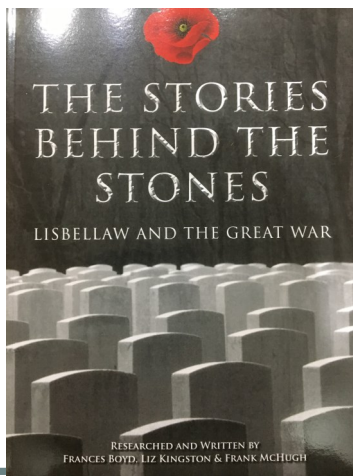
This book directly takes on the narrative advanced by the PROVOS that they 'Won the War.'

Billy will then field questions from the floor.

A brief SEFF monthly meeting will then follow Billy's contribution.

Signed copies of Billy's book will be available on the night for £13.

Lisbellaw WW1 Commemorative Weekend book **"Stories behind the Stones"**



On sale price **£20.**

A very good read and would make a lovely Christmas Present.

If interested contact

Heather McFrederick 07712762770 or

Harriett Kirkpatrick 07962611856

An Evening of Testimonies with **Austin Stack & David Kelly**



On Wednesday night last (18th January 2017) Austin Stack (son of murdered Irish Prison Officer and once Governor of Portlaoise Prison Brian Stack) and David Kelly (son of murdered Irish soldier Pte Patrick Kelly) shared testimony in SEFF concerning each of their family's experiences concerning terrorism.

The two men spoke with emotion but remained dignified throughout as they shared the most intimate aspects of their lives with SEFF faithful. Each are fearless campaigners who have directly challenged and confronted the leadership of Sin Fein/PIRA. Also in attendance was Ann Travers (based in Wicklow) whose sister was also murdered by PIRA terrorists.

Post the formal aspect of the evening, the three RoI-based victims/survivors then viewed the Memorial Quilts which include patches to each of their loved ones. On Friday 10th February 2017 the GB/RoI-themed Memorial Quilt 'Terrorism knows NO Borders' will be dedicated in Trinity College, Dublin and the associated Book and DVD Project will be launched.

Topics & Dates of Interest

TEMPO WLOL 210
Table Quiz
In
Tempo Parish Hall
Thursday
9th February 2017
@
8pm
Remember this is for FUN not an Exam ;) so come along and test your general knowledge and have a few laughs.



Irvine Memorial Pipe Band **CLABBY**
Proudly Presents
Night of Music
Friday 17th feb 2017
Wesleyan Hall
Fivemiletown
8pm
Featuring
Male voice choir
Jack Rainey
Drum Salute, Bands, Musical ensemble, Pipes & Drums
CALLUM SMITH
~~Compos~~
~~and Lyrics~~
Admission
Tickets £6.00 from band members
or pay at the door
Tea will be served

GALLOON PARISH CHURCH
DANCE
THE CHURCH HALL
NEWTOWNBUTLER
Friday 3rd February 2017
Dancing 10.00pm to 1.00am
Music by
Livingstone Country Music
Admission £5 including supper
Everyone Welcome



County Armagh Phoenix
Group
Memorial Wall Fundraiser
Hymns of Faith and Hope
Sunday 5 February @ 7 pm
St Mark's Church Armagh

TV Presenter Paul Clark will host Hymns of Faith and will interview relatives of 4 of our colleagues who were murdered during The Troubles. They are as follows: the mother of a UDR soldier, the wife of a RUC constable, the son of a Prison Officer and the daughter of a RUC constable. A former soldier from the Parachute Regiment will also be interviewed. Each person will tell us about their loss, choose a hymn and explain what it means to them. The chosen hymns will be sung at the end of each interview. The collection will be for the Memorial Wall. Please do support this event and especially those who are willing to speak publically about their loss. Spread the word it will be a great night followed by light refreshments in the Crozier Hall.