

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities

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Seff Lisnaskea
Seff Victims



**The Queen's Award
for Voluntary Service**



May 2017 - Issue 128

Dear Member,

Since our last Newsletter it's been all go at SEFF as we push on in putting together a Programme of events for the 2017/2018 financial year.

Please take time to go through this Newsletter marking out activities and services which you would wish to access - remember SEFF is your organisation and without your involvement, there is no legitimacy for our existence.

A significant time resource is currently being invested in the recruitment process for the appointment of 4 x Advocacy Support Workers to join a team led by Ken Funston (Advocacy Support Manager) and 2 x Health and Wellbeing Caseworkers. I am delighted as is the organisation that Ken has been able to be taped across from the old Programme.

Ken will now have company and support for the difficult and complex work for which he is engaged. Because of this Peace IV opportunity SEFF will genuinely have Regional status as an organisation supporting innocent victims and survivors of terrorism from across Northern Ireland, Republic of Ireland and Great Britain. We hope to have a team in place by end May 2017 and we would hope to have both teams operational from 1st July 2017 onwards.

I want to congratulate Matthew Gault who was recently appointed SEFF's Monitoring and I.T Development; we are also delighted to have Clive Johnston join our team as an I.T Development Consultant. We are confident that both men will contribute positively within these areas to SEFF's professional development as an organisation.

Please do pay your Membership Renewal at the earliest possible opportunity. Only those who have done so BY 31ST August 2017 will be communicated with or will be entitled to access services post that date. Anyone who has renewed at that point will be required to do so in advance of receiving

a SEFF-funded activity or service.

Upcoming Border Trails

SEFF now have four Border Trails established which cover the entirety of County Fermanagh and we have in place four Guides who are agreeable to assist with the Project.

We will be holding inaugural trails in the new areas as follows and these are being made available to SEFF members and other supporters (please spread the word and ask those interested in being involved to contact the SEFF office)

Thursday 15th June 2017 (North Fermanagh) - With Ken Funston acting as Guide

Thursday 22nd June 2017 (Enniskillen & District) - With Brian Johnston acting as Guide

Thursday 29th June 2017 (West Fermanagh) - With Howard Brooker acting as Guide

A Bus will leaving SEFF at 6pm on each evening with pick-ups along the way, expected return time will be 10.15pm/10.30pm.

Please contact the SEFF office on 028 677 23884 if interested in attending one or more of these Trails. The Trails will only run if there is sufficient interest shown.

Next monthly member's meeting:

Wednesday 24th May 2017 @ 7.30pm (Guest Speaker will be Iain Carlisle, CEO for the Orange Order. Iain will come along to speak of the work of the OO as well as its' position on victims and survivors issues)

We wish to also remind members and others that SEFF offices will be closed for May Day Bank Holiday Monday 29th May. The office will reopen again on the Tuesday @ 9am.

Kenny

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.

SEFF BEFRIENDING MAY UPDATE

Hi All

Now that we are settling into our new financial year, we are still getting to grips with new paperwork and new systems but we hope things will settle into routine soon. We are still prioritising our hospital transport until we see where we are with our budget so please bear with us.

Coffee mornings are still going ahead as usual and we have a few dates set out for your diary so please keep them in mind and support them if possible.

Coffee Morning Dates:

Thursday 25th May 2017 (10:30am – 12 noon) Rev Mark Durrell, Methodist Minister for Lisbellaw, Maguiresbridge and Tempo

Thursday 29th June 2017 (10:30am to 12 noon) – speaker to be confirmed, see June Newsletter, we are hoping to have a representative from the Presbyterian Church.

Thursday 28th September 2017 (10:30am – 12 noon) – Annual Macmillan Biggest Coffee Morning - so get your baking hats on and start preparing early for our Cake Sale, also any other home produce will be most welcome, any jam makers amongst us please keep a few pots over for the sale too. We would like to reach and even improve on last year's total of £605.00.

Our Luncheon Club is kicking off in the Irvinestown/Kesh area on 14th June, then we are moving down to the Clogher Valley area for our next Lunch on 16th August and hopefully Lisnaskea area on 18th October, please note these dates are subject to change. We will be contacting SEFF members a few weeks before each date, who meet the criteria set such as isolation, health problems, bereaved. We will then need confirmation of attendance one week before the event so we can ensure places are filled. If you know of anyone that would enjoy this activity or you think you would be eligible then please contact the office and leave your details and someone will be in touch. Priority will be given to those who haven't attended a Luncheon Club previously.

Hope you can join us for some of our events.

Regards

The Befriending Team



Hello to everyone from the **M o r n i n g S E F F C a l l i n g T e a m**

Get Well wishes go to Anne Townsend our MSC coordinator, as she recuperates after an operation. Her seat is being kept warm by our dedicated volunteer Rita.

With Ann's absence we have tried our best to ensure that disruption to the service was kept to a minimum.

If any further member would like to avail of this service please contact the SEFF Office for further information. The service will then be in contact to take forward your self referral.

Just to remind you, we offer a free fifteen to twenty minute call from our trained staff each

Monday morning from **10a.m-12.30pm,**

Wednesday from **6pm** until **8.30pm** and on **Thursday** from **10a.m-12.30pm.**

Until our next newsletter, take care

From the Morning SEFF Calling Team

COMPLEMENTARY THERAPIES



We are now taking names for Complementary Therapies for the coming months into the new financial year 2017-18. 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

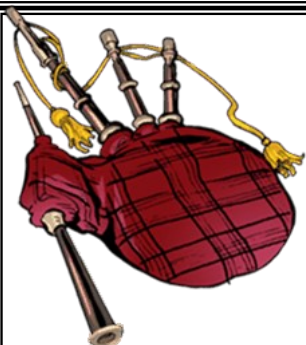
your interest on

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 INTO THE OFFICE TO COMPLETE THE MONITORING FORMS AND PAY ½ OF THE MONIES BEFORE SESSIONS COMMENCE, OR YOU WILL NOT BE ABLE TO AVAIL OF THESE TREATMENTS**

Ulster Scot Summer Schools



SEFF has recently applied to the Ulster Scots Agency for funding for the following Summer Schemes:

The annual **Ulster-Scots Summer School**, will be for sixty 7 to 16 year olds and will be held in Lisnaskea High School over five days, from **Monday 24th to Friday 28th July 2017**. The scheme will be jammed packed with activities over the five days, with a trip to the WWI Trench Experience in Cavan County Museum in Ballyjamesduff.

Subject to funding, we are also planning a **Youth Residential Weekend** at Rosscor Youth Village, near Belleek from **Friday 11th to Sunday 13th August**, for up to thirty 11 to 18 year olds.

If music and drama appeal, we are also organising two **Drama Schools** this August.

The first is a **Junior Drama** from **31st July to 4^h August 2017**, and is angled towards young people aged from 7 to 14 years. We anticipate that this will be held in Brookeborough Primary School. The second scheme will be a **Senior musical**, from **Monday 21st-Friday 25th August 2017** aimed at twenty 15 to 18 year olds. We are hoping that this will take place at Willowbridge School, Enniskillen.

If you know of any young people interested in attending any of the above please contact the office on 028 677 23884 to register their interest.

More information to follow soon.



SEFF Family Respite to Dalriada Festival



We are currently planning a weekend family respite to Dalriada Festival, this will take place over the weekend Friday 14th - Sunday 16th July 2017 & will be for up to **30 SEFF members (10 -12 adults 18-20 children)**.

We are hoping in the next week or so to finalise details and book a hotel but we plan to stay in Carrickfergus or somewhere close by. We will also book other activities for families to take part in so please watch this space for further info.

In the meantime if you would be interested in attending please contact the office on 028 677 23884 to register your interest, depending on numbers we will then allocate spaces in the fairest possible way. **The price per person is £50 per adult and £25 per child under 12 years old.**

Managing the Challenge

of living with a long term condition



Learn how to Self Manage your long term health condition.....

Arthritis, Pain, Fibromyalgia, Back Pain, Asthma, Epilepsy, M.S., Depression, Diabetes, PTSD, COPD, Stress, Anxiety

FREE 6 week training course
1 day a week for 2 hours

Held locally in SEFF Offices, Lisnaskea
Beginning on Thursday 1st June 2017 at 10.30am

Learn how to manage your, pain, fatigue, set goals, build your self esteem, make changes and improve the quality of your life!

For more information or to book your space
please contact: SEFF on
028677 23884 / 222242



Western Health
and Social Care Trust

The next IVU Meeting

**WESTMINSTER
PARLIAMENTARY ELECTION
HUSTINGS EVENT**

**THURSDAY 25th MAY
ROYAL HOTEL COOKSTOWN
@ 7.30PM**

**A BUS WILL BE LEAVING SEFF AT
6pm SHARP!**

Pick-ups along the way.
Please call the office to express your
interest and the location for pick-
ups required.

Tel: 028 677 23884

SEFF MEMBER RECEIVING BEM AWARD.



Pictured alongside, Valerie Brown at the Honours Presentation in Hillsborough Castle, on Wednesday 26th April 2017. Valerie received her BEM from Lord Lieutenant, Viscount Brookeborough for Services to the Community in S.E Fermanagh.

Valerie was accompanied by her husband Eric (Chairman of SEFF), daughter Mandy and her son Richard.

Valerie commented that she felt very honoured to receive the award for her efforts within the community .

Meeting held with Tom Elliott to discuss Victims' issues



On Tuesday 16th May 2017 we welcomed Tom Elliott to SEFF for a meeting to discuss victim's related issues in advance of the General Election.

A good discussion took place and as an organisation we would encourage all our members to exercise their franchise on Thursday 8th June 2017 and vote for the candidate that they feel best represents the interests of innocent victims and survivors of Terrorism.

As SEFF are planning to open an office in London it is more important than ever that we have a voice within Westminster and a conduit who has a genuine interest in victims & survivors.

Project Common Bond 2017



Plans are currently underway for 4 young people to represent SEFF at this year's Project Common Bond in America. The organisation's representatives this year are Rebecca Beacom (Maguiresbridge), Zara Ferguson (Derrygonnelly), Alex Kernaghan (Ballinamallard) and Ellie Heenan (Rathfriland).

Fundraising initiatives are underway to raise money towards flights/expenses and we would encourage you to support these events (details below). Alternatively if you wish you can call into the office and give a donation.

PCB Fundraising BBQ

Saturday 24th June 2017 from
7.30pm

The Oasis Bar, Magheraveely

Raffle to take place on the night (donations are welcome)

For more information contact the office on
028677 23884.



The Naughty Nancy Ladies on Love



Westville Hotel

Friday 30th June 2017 at 7.30pm

£20 per person

Come along for an evening of food (2 courses), song, dance, mime and music.

Book your place with Tracey Kernaghan the
Naughty Nancy on 07846668670.



The Regimental Associations of Enniskillen UDR, Lisnaskea UDR, and Fermanagh & S Tyrone R IRISH have come together to mark the 25th anniversary of the merger of the UDR and Rangers to form the Royal Irish Regiment on 1st July 1992.

To 'mark the moment' they are putting on a Display of Memorabilia on the following days -

Mon 27th June (7pm - 10pm)

Tues 28th June (2pm - 10pm)

Wed 29th June (2pm - 10pm)

They are then having an **Anniversary Dinner on the evening of Thursday 30th June**. Cost £20. By ticket only.

All events to take place in the Unionist Hall, Enniskillen.





FACT MAY 2017 UPDATE

BBC News recently reported that research suggests doing moderate exercise several times a week is the best way to keep the mind sharp if you're over 50.

<http://www.bbc.co.uk/news/health-39693462>

The FACT Project have been providing many different forms of exercise to support this theory. Our Lets Walk kicked off with a joint walking event at Newry Canal Towpath followed by a delicious lunch at Scintons at the Bridge. All levels of walkers were catered for and the walk route was ideal as it was flat and even. A bus travelled from Fermanagh and 50 walkers in total enjoyed the fresh air in the sunshine. Local Lets walk next date is on 18th May in Killyfole at 10.30 – see your newsletter or the website for more dates.

If you fancy a different form of exercise walking football starts on Monday 8th May in Maguiresbridge 3g pitch at 10.30 am for 4 sessions. Men and women can join in and you are not allowed to run!

Alternatively bocchia (sitting down bowls) classes are in Springfield on Tuesdays from 10.30 am to 12.00 noon (6 sessions). You could also exercise and relax in Cleenish Parish Hall starting Monday 8th May at 10.30 am to noon (6 sessions) with Gennie Brown. The FACT Project continue to deliver a wide range of exercise classes in different areas throughout County Fermanagh to help you get out, socialise and keep fit and healthy.

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, find us on Facebook or check out www.factni.com for more details of all existing and past programmes.

The Spring **FACT** newsletter has been sent out thanks to our hard-working bunch of volunteers. 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.



Digital Photography Course

(Beginners or Intermediate)

Friday 2nd June, 9th June & 16th June 2017

7pm - 10.15pm

SEFF Offices, Lisnaskea

Tutor: Stephen Hetherington

If interested please phone 028677 23884 to register.



Meet SEFF's new Advocacy Support Manager.....



I would like to introduce myself to anyone who doesn't already know me.

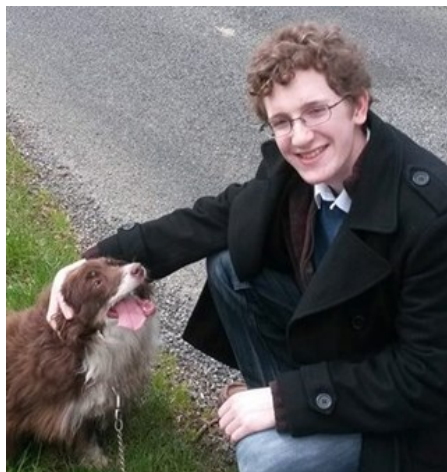
I am 56 years old and am originally from Tullyhommon, on the Fermanagh-Donegal border. I was brought up on a farm, being one of a family of eight siblings. I went to a local primary school, and later to Portora in Enniskillen. I joined the Royal Marines when I was 17, and during my service I was one of the first troops to land on the Falklands in 1982 in order to retake the islands from the Argentinian invaders. I joined the RUC in 1985, serving a total of almost 30 years, with a broad and varied career, and unfortunately was witness to many traumatic incidents.

I made a decision to improve my education some 15 years ago and since then I have successfully completed a certificate in teaching at Canterbury University, a Masters of Social Science in the Lifelong Learning Sector at Queens' University, and a further Masters at Queens' in Violence, Terrorism and Security. I am now working on a PhD at Ulster University.

My brother Ronnie was murdered in 1984 by the IRA, and for obvious reasons, I have retained a keen interest in victims and survivors issues. Following my retirement from the police, I worked for a number of short periods in the Middle East. In early 2015, I did some part-time work for the now defunct JIVT Ltd, I found it extremely rewarding helping innocent victims of terrorism. Later that year I was successful in being appointed the Advocacy Manager for SEFF. I am now delighted to announce that I have recently been appointed as the Advocacy Support Manager, with the responsibility of four staff, and the added pressure to support all those with advocacy needs to the fullest of our abilities.

I have been married for 28 years and have a grown-up son and daughter.

..... And our new Monitoring & IT Development Officer



Matthew Gault has recently been appointed as SEFF's new Monitoring & IT Development Officer, this is a new job funded under the Victim's & Survivors Programme. Matthew's job will be to create and maintain a robust monitoring and evaluation system for SEFF's activities and services. He will also be involved in providing IT Support within the office.

Matthew is a recent graduate with a Masters of Research at the University of St Andrews and is a Fermanagh native. He was previously employed in SEFF in a Research & Admin role within AfIV., this job has now come to an end and we are pleased to be able to welcome Matthew back to the team within a different capacity.

Outside of work Matthew has a keen interest in photography and was recently involved in the organisation of the very successful ComicFest at Enniskillen Castle.

Matthew's hours of work are Tuesday 9am - 4.30pm, Wednesday 9am - 4.30pm and Friday 9am - 3.30pm..

Topics & Dates of Interest



A Night
at the
Races

Friday 26th May
@ 8pm
Carrybridge

Bring Your Money Box &
 Join Us in a Night
 Of Fun & Laughter
 & Have a Flutter
 on a Winner!



SEFF Fund Raising Event

Daughters of William
WL0L 120 Lisbellaw

Hoisting of the
Flags Dance



On Friday 30 June 2017 in
Lisbellaw Orange Hall

Dancing to Wee Tom from

£5.00 Donation will be made
to a local Charity

God Save The Queen



Enniskillen Horse Show



Steak & Burger BBQ

(BBQ by J. Nelson, meat from
 Irvine's Butchers, Maguiresbridge)
 Glencar Lounge, Lisbellaw

Saturday 10th June 2017 at 8pm (last steaks at 9.30pm)

Music by Larry Burns 'Country'

**Tickets £15 each (contact Jimmy Egerton on 07767446673
 or any other member of the Horse Show Committee)**

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RENEWING SEFF MEMBERSHIP 2017/18

We are fast approaching the new membership year at SEFF; **1st July 2017**. Payments for renewing can be made by either cheque, cash or standing orders from your bank account.

If you wish to set up a standing order please obtain a standing order mandate from your bank and then call the office and we will give you the required bank details for SEFF needed to complete the form. If you are in doubt whether you have a standing order set up already, please call the office and we can check for you.

Regrettably we cannot do card payments over the phone or in the office.

Since the introduction of our membership some of your details may have changed ie: address/mobile/phones/postcodes etc, please call the office to update these!

Membership fees are as follows: £10 per adult renewing in the household.

Post primary school age 12 – 16 yrs old is £5 each and under 11's are free.

August will be the last month that we will send out SEFF newsletters to all those on the current 2016/17 membership database before we implement the updated 2017/18 mailing list.

We would appreciate if you could pay membership fees before **31st July 2017** and if possible that you would also sign up for gift aid if you are paying tax on your income, if you have not already done so.

Your cooperation is much appreciated.