

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities

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Seff Lisnaskea

Seff Victims



The Queen's Award
for Voluntary Service



June 2017 - Issue 129

Dear Member,

Summer Holidays is what is on many of your minds and the changing pattern to the week when young people are off from School.

This Summer and running into the Autumn we are laying on an ambitious plan of support for our younger members, it is an area of SEFF's work which we wish to build and strengthen - investing in our young people is absolutely crucial.

Please keep a close eye on the SEFF Newsletter for updates, details of the Summer Schools are in this Edition however it is also our intention to work collaboratively with Youth Action for Northern Ireland around a range of activities and we are also delighted at further investment the organisation has received through OFMDFM Good Relations funding (£35,000 up to end March 2018) which will allow for cultural education-based themed work to be advanced on behalf of younger and older people.

I would wish to commend our Projects Officer (Joy Aiken) for her work in leading this particular initiative.

This month's Newsletter is packed with new and some other established faces within, we felt it important that all members would understand the personnel we have within SEFF and their specific roles/remit in supporting you, the innocent victims and survivors of terrorism and 'other Troubles related criminal violence.'

I want to issue a word of welcome to our new Advocacy Support Workers - to Ann Travers (Mid-Ulster Region with outreach into Rol cases) Peter Murtagh (Greater Belfast & South Down Region) and Wendy

Stewart (County Fermanagh & West Region with outreach into Rol cases) and the Manager of the service, Ken Funston we wish them all every success in their efforts. The recruitment process for a London-based worker is ongoing and we would hope to have someone in place by August 2017.

I also want to extend a warm welcome to Martina Virtue (Western Region) and Doreen Mullan (Southern Region & Cookstown District) who have been appointed Health and Wellbeing Caseworkers within SEFF - an exciting new service.

All these posts have been funded via Peace IV monies, administered via VSS.

REMINDER: The last inaugural Border Trail evening will be held on Tuesday 27th June 2017 leaving SEFF @ 6pm (Enniskillen and District) with Brian Johnston as guide. Please call the office on: 028 677 23884 if you wish to attend.

Next monthly member's meeting:

Notice to members that there is no July Monthly meeting. The next SEFF monthly meeting will be Wednesday 24th August with the new SEFF staff members as guest speakers.

We wish to also remind members and others that SEFF offices will be closed for Wednesday 12th July Public Holiday and reopened on Thursday 13th July with skeleton staff.

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** a/c

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 JUNE UPDATE

Hi All

It's hard to believe we are nearly into the summer, the year is flying by so fast. We are continuing to watch our budget but do want to deliver as good a service as we can so if you are in need of help or know of anyone that could do with a visit then please do contact the office.

We have a coffee morning planned for **June** and then we will take a summer break, coming back in **September** with our annual fundraiser for Macmillan. We will then be having a special visit from the Northern Ireland Fire and Rescue Service in October to explain a service offer where they can visit your home and check on home safety issues. SEFF have an agreement with the Fire Service where we can refer members for this service so if you want any further information about this then contact the office or come along to the talk on **Thursday 5th October 2017**.

Coffee Mornings:

We are continuing to run our coffee mornings so please keep free the **last Thursday of every month** and watch the newsletter for details of who we will be having:

Thursday 29th June 2017 (10:30am to 12 noon) – Rev Alan Moore from Cavanaleck Presbyterian Church

Regards

The Befriending Team

Hope you can join us for some of our events.



SEFF's ANNUAL ULSTER-SCOTS SUMMER SCHOOL

(7-16 year olds - ONLY)

Lisnaskea High School

Mon 24th - Fri 28th July 2017

10am-3.30pm daily (Packed lunch is required each day)



SEFF's ULSTER-SCOTS JUNIOR DRAMA SUMMER SCHOOL

(7-14 year olds)

Brookeborough Primary School

Mon 31st - Fri 4th August 2017

10am-2pm daily (Packed lunch is required each day)



SEFF's ULSTER-SCOTS SENIOR DRAMA SUMMER SCHOOL

(11-18 year olds)

Willowbridge School, Enniskillen

Mon 21st - Fri 25th August 2017

9am-4pm daily (Packed lunch is required each day)



SEFF's ULSTER-SCOTS RESIDENTIAL SUMMER SCHOOL

(12-16 year olds)

Share Discovery Village, Lisnaskea

The weekend will include water sports & other fun activities

Fri 18th - Sun 20th August 2017



Activities during the above Summer Schools will include music, dance, cookery, football, drama, archery, history & much more.

For enrolment on any of the above Summer Schemes please phone SEFF office ASAP on 028 677 23884.

*****Enrol early to avoid disappointment.**

SEFF Memorial Quilt Project

You may already be aware that we are currently making plans for a further Memorial Quilt to be created.

Over recent month's we have been approached by a number of families who have indicated an interest in having their loved ones remembered within a Memorial Quilt Project.

The purpose of the quilt and accompanying booklet is to humanise those murdered through terrorism.

If you had a family member murdered in the 'Troubles' and you would like to have your loved one remembered within this Quilt project then please do give us a call and we can provide further information.

We plan to have a formal dedication of the Quilt at SEFF's Annual Memorial & Thanksgiving Service being held on Sunday 1st October 2017 at 3pm in Fivemiletown Methodist Church.



Complementary Therapies

We are now taking names for Complementary Therapies for Quarter 2 covering the period July - September 2017. We have recently appointed therapists for the current funding cycle which takes us up to March 2020.

You will see within the Newsletter some bios from the therapists which will give you a little bit more information on who they are and the treatments they offer.

If interested in availing of 5 sessions of:

- Massage (Therapist: Sandra Johnston)
- Aromatherapy (Therapist: Gordon Hayhurst)
- Reflexology (Therapist: Gillian Johnston)
- Physiotherapy (Therapist: Nicola McCullagh Daley / Mark Hoy)
 - Indian Head Massage (Therapist: Gordon Hayhurst)
 - Hopi Ear Candle Therapy (Therapist: Ruth Watson)
 - Health Kinesiology (Therapist: Marilyn Robinson)

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

SEFF JUNE NEWSLETTER SERVICE PROVIDER & COMPLEMENTARY THERAPIST BIO's

Within this month's newsletter you will see a number of biographies for service providers and complementary therapists within SEFF.

As we are into a new funding cycle (2017-2020) we were required to undergo a fresh procurement exercise and appoint therapists & other service providers thereafter.

We would like to congratulate all those who were successful with their tenders and we look forward to



TINA GRIMSLEY - WELFARE OFFICER

I am the Welfare Officer for SEFF. I have volunteered and worked with SEFF from 2006 where I was employed previously as Administrator for the Proteus project which commenced in October 2006. I assisted the Co-ordinator in organising HGV/PCV and other courses for those of our members who were interested.

When the project finished in 2006 I then took up the post of Welfare Officer (SWITCH Project) which offers a confidential service in assisting our members with help and support in regard to completing DHSS forms such as PIP, ESA or any other Welfare based form, referrals to appropriate agencies, VSS applications, War Pension applications. I continue to keep myself updated by attending training and refresher courses for the purpose of building my knowledge base around the wider Welfare and Benefits Agenda. The service is also offered in an outreach basis and home visits if needed.

I served 16 years with the Regular Army (Ulster Defence Regiment and Royal Irish Regiment). Employed in various positions, Foot Soldier, Company Clerk, Battalion Headquarter Clerk and Welfare Assistant by offering high standard of service to ex members by completing application forms for those who wished to avail through the UDR/R Irish Benevolent fund for financial assistance and forms relating to benefits, to provide support and home visits. I am supported By Norman Kirkpatrick (Appeals Officer with SEFF)

I live in Fivemiletown and I am married to Davy Grimsley.

SEFF's COMPLEMENTARY THERAPISTS BIOS

NICOLA MCCULLAGH DALEY & MARK HOY- PHYSIOTHERAPISTS



Offers "hands on" manual Physiotherapy, Acupuncture and Pilates.

We aim to provide a warm personal service, giving the best treatment available, to suit your individual needs and promote your recovery. We are two fully Chartered HCPC registered Physiotherapists: Nicola McCullagh Daley owns and manages the practice and is a qualified Physiotherapist for 25 years and Mark Hoy is qualified 4 years and has also obtained a Masters in Sports medicine.

We are skilled in the detailed assessment and treatment of a variety of common conditions: Back Pain, Sciatica, Whiplash, Headaches, Postural aches and pains, Degenerative conditions/Arthritis, Frozen shoulder, Rotator Cuff injuries, Tenosynovitis, Plantar Fascitis, Sprained ankle, Knee Injuries, Muscle tears, Ligament sprain and Rehabilitation following surgery or Fracture.

We also aim to prevent problems with prescriptive flexibility/exercise programmes, Running analysis and Posture Analysis/Advice with Pilates. We offer appointments throughout the day and evenings on different days. Pay parking is immediate to the premises.

ADDRESS: FERMANAGH PHYSIO PLUS PILATES, 1 Quay Lane, Enniskillen BT74 6AG

GILLIAN JOHNSTON - REFLEXOLOGIST



My name is Gillian Johnston and I am a widow with two grown up sons. I have lived in Fermanagh most of my life with a short spell in England for 5 years during the 'Troubles'.

I qualified in Reflexology in September 2005 and in January 2007 I achieved my advanced certificate in the same. I have some other qualifications in different therapies but my main interest is in Reflexology.

Reflexology dates back to Ancient Egypt, China and India, it was introduced in the West in the early 1900's. It was further developed in the 1930's into it's present form. It is a non-invasive complementary health therapy based on the theory that different parts of the feet represent different parts of the body.

Reflexology helps the body to restore it's balance naturally making the client feel safe and relaxed, it helps to alleviate stress and gives a sense of well-being.

GORDON HAYHURST - AROMATHERAPY & INDIAN HEAD MASSAGE THERAPIST



My name is Gordon Hayhurst, and as a Science graduate it has always been my ambition to practice in a subject I'm passionate about. Having become interested in Complementary Therapies I followed my desire to undertake formal training and qualify in a field becoming more widely accepted in our western culture. I took up a course in Aromatherapy and Reflexology at Blackpool and the Fylde College, and passed out as Student of the Year. I carried on studying Indian Head Massage, Electrolysis and Red Vein Treatment. I also achieved a Diploma of Advanced Aromatherapy and Diploma of Auricular Thermal Therapy (Ear Candles).

The early part of my holistic career was based in the NW of England. I worked for 6 years with a charitable group, "Making Space", providing support services for both carers and sufferers of people with serious mental illnesses, such as Schizophrenia and Bi-polar syndrome. I also carried out treatments in rest-homes for the elderly and worked with cancer patients helping them through palliative care, and also with post operative care plans, aiding health and well being during recovery.

My work here in Fermanagh has led me to become involved with the Innocent Victims Support groups at the Ely Centre, Enniskillen, and SEFF, Lisnaskea where I treat individuals as part of the Victims & Survivors Programme. Respect for client confidentiality and dignity is maintained at all times.

Aromatherapy, is the use of essential oils in holistic massage treatment to improve physical and emotional well-being. Both physiological and psychological effects combine to promote positive health.

Indian Head Massage, is a treatment applied to the upper back, neck and head incorporating shiatsu pressure points and meridian stimulation to bring about a feeling of well being, and is particularly effective for stress related disorders.

SANDRA JOHNSTON - MASSAGE THERAPIST



My name is Sandra Johnston and I have worked with SEFF for 4 years as a Holistic Therapist.

I live in Letterbreen now but I'm originally from a wee village called Drum in Co. Monaghan. I have two grown up sons and two cats..

Ten years ago I started training at Fermanagh college.. completing 6 years of night classes to become a Holistic Therapist. Over the years I have worked in various jobs but at last I have found the perfect profession for me.

I am qualified in Indian Head Massage, Reflexology, Swedish Massage, Sport Massage, Aromatherapy Massage and Hot Stone Massage.

The benefit of the above treatments are that they :Aid Relaxation. Reduce stress, Improve circulation and lymphatic draining. They release muscular tension, boost immunity and generally improve the well-being of the client.

RUTH WATSON - HOPI EAR CANDLE THERAPIST



My name is Ruth Watson, I live in Maguiresbridge and work from home as a Holistic Therapist and Foot Health Practitioner. I'm a mother of 2 boys, with specific social & learning needs, which is what encouraged me to take this career path. In 2009 my oldest boy became quite ill and I had to give up my work as a freelance bookkeeper to stay at home with him for 6 months, during which time I went down the route of homeopathic and holistic healing for him instead of a medical route. I've had an interest in this field and used many therapies myself due to severe pain resulting from a car accident when I was 19.

I completed my initial Diploma in Reflexology back in 2003 and since then have continued training in Indian Head Massage Thai Foot Massage, Massage, several different Energy Therapies and HOPI Candling. I have just completed a University of Ulster Foundation Degree in Sciences of Holistic and Integrative Health, gaining a pass with commendation. I'm planning to continue my studies in September 2017 for another year and half to complete a Bsc in Health and Wellbeing.

Hopi Ear Candling & Thermo-auricular therapy refers to an ancient non-invasive complementary therapy designed to help treat conditions associated with the ear, nose and throat. Thought to have been used in Ancient Greece, it is most commonly known for its use by the Native American Indian Tribe, the 'Hopis' (meaning Peaceful People). It is a technique that involves placing a hollow, cone shaped tube made of cotton, soaked in beeswax, honey and herbs into the ear canal in order to stimulate the ear and facilitate the removal of excess wax and impurities. It is beneficial for conditions such as sinus problems, compacted ear wax, tinnitus and headaches. Ear candling can also be used to promote deep relaxation and is thought to have therapeutic benefits which can help to relieve stress and revitalise the body.

MARILYN ROBINSON- HEALTH KINESIOLOGIST



For the past 16 years my working background has been in the Natural Health industry, providing food intolerance testing and further advice regarding natural health care support on supplements and food. I now practice Health Kinesiology and Aroma Touch Therapy.

In SEFF I provide Health Kinesiology (HK); a muscle testing technique which queries your body's BioEnergy system so that we can identify the energy changes necessary to restore the balanced flow of BioEnergy. These are carried out by gently simulating acupressure and other reflexes.

Benefits which can be provided to you through the treatment of HK are: Increased energy, vitality, prevention of illness, a boost in self-healing and immunity, release of negative thinking and behavioural patterns, overcome fears and worries, increased confidence and self-esteem, sharpen your mental focus, improve relationships and develop abilities (including mental and physical) among other things.



FACT MAY 2017 UPDATE

June has been a busy month in The **FACT** Project. Members from both Counties attended the Balmoral Show and enjoyed the sights and sounds. A tea dance followed the annual Olde Thyme Fair in the Market Yard and Archdale hall – Funded through Fermanagh Omagh District Council. Regular walks in various locations give exercise a social aspect as walkers enjoy a well deserved cuppa after each walk. Unfortunately the walking football had to be cancelled as the coach has had an accident. Our Grow it Make it Eat it course and Building the Community Pharmacy Partnership Programme continue to ensure that our **FACT** members get every opportunity to 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 Mon - Fri 9am-3pm.



40th Anniversary Service for Police Officers murdered in Ardboe

On Friday 2nd June SEFF were privileged to be involved in helping organise a 40th Anniversary Service giving thanks for the lives of three Police Officers murdered by PIRA terrorists outside Ardboe 40 years to the day previously.

Families, friends and colleagues of Kenneth Lynch, Hugh Henry Martin and Samuel Derek Davison gathered together to remember three men of courage and who each had demonstrated a strong commitment to service.

Rev Alan Irwin officiated the Service held in Cookstown Police Station and the local Police Welfare Group sponsored a Reception event held in the Royal Hotel afterwards.

The dignity of the families has been a constant for four decades and Friday was no different. Hugh Henry, Kenneth and Derek live on in the hearts of those left behind, theirs' is a powerful and honourable legacy.

SEFF's New Recruits

Martina Virtue

Health & Wellbeing Case Worker (based in SEFF)



My name is Martina Virtue and I'm delighted to have been selected as one of the new Health and Well-Being Caseworkers with SEFF. Just to give you a little background on myself, I graduated from Queen's University with a Degree in Psychology and English, which I followed up with a Certificate in Management. When I finally left school, and was set loose on the working world I joined the Motor Trade in Belfast. After four years I moved home to the Fermanagh Lakelands and continued in the Motor Trade but went back to study for a certificate in counselling.

I joined Praxis Care Group in 2010 as a Support Worker in a Residential Unit and a Day-care facility. I was working with individuals with learning disabilities and Mental Health issues across Enniskillen and Kesh. During my time with Praxis I completed NVQ level 3 in Health and Social Care through the SW college.

I left Praxis to return to The Donnelly Group when the offer of Service Manager was made, with the responsibility of leading a team of upwards of 10 staff initially in the Renault and Nissan Franchises and more recently in Citroen. I also took care of major fleet contracts such as NIAS and BT.

Now seven years on it's time for change and I will be joining SEFF in July. I am privileged to have been given the opportunity to work with this organisation and I am truly excited at the prospect of meeting all staff and members and of working with victims, survivors and their families to engage with community, statutory and voluntary agencies to meet with their needs. I hope I can do justice to the role and bring tangible results.

Doreen Mullan

Health & Wellbeing Case Worker

(based across the MUVE Project, Cookstown South & East Tyrone Welfare Support Group, Moygashel & Out of the Shadows, Richill)



I was born at Colebrooke, and brought up on Innishmore Island, Lisbellaw. I attended local Primary schools and completed my education at Lisnaskea High School. I went on to Portrush Hotel & Catering college, studying Hotel Management. For many years I worked in the hospitality business and following the birth of my children I retrained and was employed in Family and child support. I was married to a Prison officer for 20 years but when my marriage broke down I returned home to Fermanagh and now live in Lisbellaw. I have 2 grown up sons and 1 lovely grandchild.

I have been employed at Westville Family Resource Centre for the past 17 years, working in a supportive role to families and developing many partnerships throughout the health, education and community sector.

I have been involved with a number of committees to encourage community development.

I am currently the secretary of Lisbellaw, South Fermanagh World War one society and play an active role in remembering those who gave so much through those years and a war that changed the world. I am interested in history, like gardening, walking, music, singing, meeting new people and visiting new places.

I embrace my new role as Health & Well-being Case Worker with SEFF for the Cookstown, Dungannon and Richill areas and I am looking forward to working alongside long standing groups and those dedicated people who oversee them.

In life we have one path and if we can walk beside those who have suffered and find the way together then it's all worthwhile.

Looking forward to meeting the many people I will be working with in the bigger SEFF family.

Topics & Dates of Interest



The Naughty Nancy

Ladies on Love (PCB Fundraising Event)

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.



PCB Fundraising BBQ

Saturday 24th June 2017 from 7.30pm

The Oasis Bar, Magheraveely

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



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
9pm to late

£5.00 Donation will be made
to a local Charity

God Save The Queen



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 26th June (7pm - 10pm)

Tues 27th June (2pm - 10pm)

Wed 28th June (2pm - 10pm)

They are then having an **Anniversary Dinner on the evening of Thursday 29th June**. Cost £20. By ticket only.

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

REMINDER

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.