

Morning SEFF Calling Project

Morning SEFF Calling' is a free telephone support service where you will receive a phone call once a week from one of our trained volunteers.

The Service currently operates from 10am - 1pm on Monday's and Thursday and we hope to soon introduce an evening service on Wednesday's from 6pm - 9pm.

You will be rang at a time that suits you. These volunteers can also assist with referrals into other SEFF services such as our luncheon club, befriending, counselling & complementary therapy services.

The volunteer will also be able to liaise with external agencies and organisations on your behalf and subject to your wishes.

To avail of the service you should be a paid up member of SEFF and meet two of the following criteria

- ➔ Be aged over 18 years.
- ➔ Live alone or with an equally vulnerable or isolated partner.
- ➔ Have a physical, learning or mental health disability which prevents you from going out much
- ➔ Have general health problems

(However these guidelines are not rigid. Each referral will be assessed on an individual basis.)

Service Coordinator is
Ann Townsend who you
contact at SEFF on:

028 677 23884 OR 677 22242



Befriending Coffee Mornings



At SEFF we hold monthly Coffee mornings usually on the last Thursday of the month commencing at 10.30am

Regular fundraising events are also held and we also have Action Cancer's Big Bus Service down in Lisnaskea on an annual basis.

Luncheon Club

SEFF holds Luncheon clubs in three locations across the County which aim to bring together those in receipt of either the Befriending Service or Morning SEFF Calling Project or others who would be eligible to receive either service.

The purpose of the Luncheon Club is to bring together those members who otherwise would have limited opportunities to come together others to share fellowship.

Service Coordinator
Ernie Clarke Mob: 07799345570

Could you benefit from
friendship and support?
Why not find out more
about our **Befriending
Service?**



For more info on the Service contact:

Befriending Service Coordinators

Audrey Watson - 07731833521

David Grimsley - 07751315302

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THE BEFRIENDING SERVICE IS



For people who have become isolated because of ill health, disability, bereavement or other events life throws at us.

To offer support through volunteer befrienders who are trained to help those who are vulnerable in assisting them to reclaim their life.

Our Befrienders in SEFF will....

- *Act in total confidence.*
- *Visit you in your own home.*
- *Accompany you on an outing, an activity, shopping trip or just for a cup of tea.*
- *Accompany you to a hospital appointment or to visit someone in hospital when possible.*
- *Meet up with or perhaps phone for a chat when you need it.*
- *Signpost Befriendees to other SEFF services.*



Unfortunately there are limits to what we can do due to funding rules and regulations and other laws connected with how the service must operate. Our Befrienders are not allowed to:

- *Look after children.*
- *Carry out work in your home.*
- *Get involved in your private affairs, give advice, handle your finances, help you with very personal matters.*
- *Accept any gifts or money from you.*



SEFF Befriending Service signing a contract with the Fire Brigade.

It is the need of every single one of us to feel wanted, to feel we belong and that we matter to someone else in this world. We all know that feeling isolated makes us sad and sometimes angry. It can be hurtful and we feel resentful and that in turn makes us behave even worse.

The service seeks to promote independence, reduce loneliness and social isolation and seeks to support service users and families through bouts of ill health as well as boosting individual's confidence levels.

Having a friend that we can share our problems with or just forget our problems with can be a great help for our self confidence which then in turn helps us face the world knowing that we are important and a valuable member of the society we live in.

FEEDBACK FROM THE SERVICE...

What have users of the Service said?

- *"The service was invaluable during my husband's treatment"*
- *"Befriender took the anxiety out of hospital visits"*
- *"My life has changed completely since I found out about the Befriending service.....it has made life worthwhile again"*
- *"Befriender has brought something special into our lives...we have so much to look forward to"*
- *"The Befriending service has proved a lifeline"*
- *"A very friendly team.....just to talk to someone who understands"*

And what about our Befrienders?

- *"Being able to give a helping hand to others gives me a sense of satisfaction - it's about being a good citizen."*
- *"I have found the Befriending Service as being a safe means for people to come forward to have issues important to them addressed and ultimately resolved."*
- *"The back-up support and re-training offered via SEFF means that befrienders are always on top of changing legislation."*

