

Counselling Therapies

Access to fully qualified and competent counsellors are supported by SEFF to provide a variety of forms of psychotherapy suited to your individual needs, and who are based in your area.

Once you get in contact with SEFF's London-based caseworkers, we will resource a counsellor and set up an appointment time that is convenient for you.



Complementary Therapies

Complementary therapies aim to bring physical and emotional relief for persistent pain and in assisting you to relax.

Our Health and Wellbeing caseworker can help you find services in your area. These include:

- Aromatherapy
- Reflexology
- Acupuncture
- Massage.

Members are entitled to 1 cycle of 5 sessions per financial year. Physiotherapy can be offered in exceptional circumstances.

How to access SEFF's Services:

If you, or someone you know would benefit from Counselling, Complementary Therapies, general health and wellbeing support or Advocacy via SEFF, then please contact: CLASP

Project Advocacy Worker: Iona Gallagher Tel: 07860850017 Email: iona.gallagher.afiv@seff.org.uk

Project Health and Wellbeing Caseworker: Gina Aujla Tel: 07493693983 Email: gina.aujla@seff.org.uk

AfIV Website: www.seff.org.uk



LIVES Project

**Liberating Innocent Victims,
Empowering them to Succeed
GREAT BRITAIN**

f SEFF GB - LIVES Project



**South East Fermanagh
Foundation (SEFF)**





What is The LIVES Project?

The LIVES Project (Liberating Innocent Victims Empowering them to Succeed) is the new Great Britain branch of its' parent organisation, South East Fermanagh Foundation (SEFF) based in Northern Ireland.

We aim to support innocent victims and survivors of the 'Northern Ireland Troubles' and associated terror attacks, who live in England, Scotland and Wales.

Services available to GB-based victims/survivors

- Drop in Centre (based in London)
- Access to counselling support, complementary therapies & physiotherapy
- Advocacy services via Advocacy for Innocent Victims (AfIV)
- Health and well-being support via the Victims and Survivors Service's individual frameworks and other avenues
- Respite & social support events
- Education, training, volunteering & personal development opportunities

Coming Soon:

- 'Morning LIVES Project calling' service
- Opportunities to attend victim/survivor related events in Northern Ireland.

Advocacy for Innocent Victims




AfIV caseworkers provide practical support to innocent victims and survivors of the Northern Ireland 'Troubles,' in relation to achieving justice, attaining truth about events, and acquiring accountability from terror attacks.

AfIV has partnerships with organisations across Northern Ireland, the Republic of Ireland and Great Britain maintaining our core ethos, that terrorism and criminal violence have no borders.

AfIV offers:

- Confidentiality and Empathy
- Support in engaging with investigative bodies and Police Ombudsman
- Promotion of victim and survivor issues in public and media domains
- Networking with groups and individuals who are innocent victims/survivors of the Northern Ireland 'Troubles'
- Support in engaging with relevant investigative bodies and government officials.

 Advocacy for Innocent Victims



CLASP Project

Those accessing the CLASP service engage with a caseworker to discuss their Health and Wellbeing related needs. Our caseworkers can help identify services and support relevant to your individual requirements and assist you to access them.

Complex needs may be identified across six frameworks supported by the Victims and Survivors Service in based Northern Ireland.

- Persistent Pain
- Education and Training
- Disability Aids
- Trauma Focused Physical Activity
- Psychological Therapies
- Volunteering.
- We are also able to refer you to local and community resources available through signposting, offered by other organisations we work in close contact with.

 CLASP Project

