



HEALTH & WELLBEING CASEWORKER

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As **Christmas** is coming it is important to check in on everyone, especially during this difficult time.

Christmas is a great time, for friends and families to come together and celebrate, with a festive dinner, board games and presents. However, sometimes everything is not as picture perfect as the TV adverts can portray.

Are you alone this Christmas? The reality is many people spend their holidays solo. Some people have demanding work schedules, whilst others may not have the money for expensive trips and some may simply want to spend Christmas alone. That is true in a normal year, but even more so in 2020, due to the global pandemic.

This time can be extremely difficult for some, so it is key to check in on friends and family. A quick phone call/text can make someone's day, even sending out a good old Christmas card can make someone feel less alone.

Christmas is all about giving so we ask you that this Christmas why not make it a goal to contact at least 5 people that you know many be spending Christmas alone. Just taking a small moment out of your day to check in on someone can make someone feel valued. Remember at SEFF we are all a part of a family, therefore it is important that during difficult times we come together and support each other.

This Christmas SEFF are holding a ZOOM Christmas Quiz, on the 16th December if you are interested please give the SEFF office a call. It will be a great chance for everyone to link in and have some fun, prizes will also be given to first and second place!



Individually,
we are one
drop.
Together,
we are an ocean.

HOW CAN WE HELP?

Over the next number of months the Health & Wellbeing Caseworkers hope to make direct contact with all members of Seff to go over what forms of support are available within the new Individual Needs Programme. If you are eligible under the new frameworks, you will be invited to meet with the Caseworker on a one to one to complete an INC –Individual Needs Consultation form. This programme started in July 2017 and is available in total for 4 years. It is important to us in Seff that those who are eligible receive all the support that has been made available to them.

INDIVIDUAL NEEDS PROGRAMME FOR VICTIMS AND SURVIVORS (INC)

The Health & Wellbeing service has been put in place by VSS, to further support those whose health has been impacted through the time known as 'The Troubles'. SEFF have 3 Health and Wellbeing caseworkers based in various parts of the UK & R.O.I, who can arrange to connect with you and discuss your needs. Our aim being to help improve your overall wellbeing and support you in living your life to the fullest. We can do this by signposting you towards existing services that may be available to you, referring you into Counselling, Complementary Therapies, Befriending, Social activities, and also by accessing support through the VSS Additional Needs Frameworks as listed below.

Contact a Health and Wellbeing caseworker to discuss, details above.

Listed below are examples of some of the support already awarded through the VSS.

- Disability Aids** – Hearing aids, rollators, perching stools, wheel chairs. (Recommended by NHS but not covered by NHS.)
- Education & Training** – Degrees, training courses, One to One tuition in numeracy/literacy. (Education impacted by Troubles.)
- Trauma Focused Physical Activity** – Gym membership, swimming pool access, yoga. (Recommended by practitioner)
- Persistent Pain Management** – Physiotherapy ,therapies to support pain within NISCC guidelines (Recommended by GP.)
- Volunteering** – Wellies, Safety gear, coats, tools. (Supported by an agency the individual volunteers with.)
- Psychological Therapies** – Counselling. (May need recommendation through GP or other practitioner.)

We find ourselves in uncertain times during the COVID-19 crisis. As the news unfolds and daily statistics are updated, it might feel like many things are out of your control. However, choosing to focus on factors you are able to control—such as good health and well-being—is highly beneficial. You can take steps to improve your immune system. By making healthy food choices, your body's immune system strengthens and can better fight disease. And maintaining a healthy weight and reducing inflammation can give you a fighting chance to recover more quickly.

There are several other ways to boost your immunity – and overall health. These include:

- Get outside—take a walk in nature and avoid populated areas.
- Get regular mild to moderate exercise—30 minutes, three times a week.
- Start your own home garden.
- Listen to relaxing music, read a book to reduce stress and anxiety.
- Get plenty of sleep.
- Stay connected with loved ones via technology.
- Take vitamins to boost immunity, including a daily multivitamin, vitamin C, vitamin D & Zinc.



National Grief Awareness Week

Loss is a part of life. On average, 600,000 people die each year in the UK and of course this year many of us are experiencing the death of a loved one because of COVID-19. National Grief Awareness Week from the 2nd to the 8th of December aims to normalise grief and get us talking about what many of us find to be an uncomfortable subject. The Christmas period can be an especially tough time for those who have been bereaved. We know silence does not make coping with grief any easier. Grief can have both short-term and long-term effects including the inability to attend work, or a lack of desire to attend social gatherings. For most people, these effects and impacts fade over time. For a small number of people grief can become prolonged or complicated. This is when professional support may be required please get in touch with SEFF's Health & Wellbeing Service.

Further information and support on grief and bereavement can be found here:

NHS: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>