

Health & Wellbeing Newsletter - Jan 2021

And now we welcome the
new year, full of things
that have never been.

Rainer Maria Rilke

quotesfancy

Social isolation is the one thing that we all have in common during the restrictions of Covid-19.

The importance for everyone is to keep safe and healthy in mind and body. We would urge any of our members to not feel in that place of being alone. Please lift the phone to the office or to any of our mobile numbers and just say hello. We will always have time to have a chat. We are here for YOU.

The **Victims and Survivor Service** have recognised the huge challenge that the pandemic has brought to people. They have revised their Social Isolation framework for small value items which provides H & WB Caseworkers with the scope to approve items to the value of £200 within the area of Resilience-Social Isolation.

The short assessment will be based on the individuals need to address how they are socially isolated.

This is open to any member of SEFF, who is aged over 18 years and registered with the organisation in line with the 2006 Victims order to be eligible for support. It is NOT necessary for VSS to approve client's victimhood for this award.

It will cover recreation and hobby courses that facilitate and promote social engagement and interaction. Eg: zoom or online sessions, craft workshops, kits to support the sessions, cooking, furniture restoration, upcycling, art, sewing, fishing sessions, music sessions, gardening projects, dance classes, swimming lessons, sailing lessons, horse riding, any activity which can encourage Social interaction.

It will also provide Social Mobility aids that are NOT available through the NHS, these will be items that will encourage more Social Interaction and fit under the small items value cap of £200.

This new scheme is now open and we would encourage you to pick up the phone to any of our H & WB Caseworkers and discuss your needs in order to be supported.



Hello

Would any of you, be interested in becoming a Pen Pal with another member of SEFF?

It could be someone else of a similar age, background or gender? Being a Pen Pal brings many benefits to those who explore this pathway.

Putting pen to paper can:

Ward off loneliness, support the development of social skills during a time of restriction or isolation.

Strengthen your communication skills through writing, reading, exchanging life stories, and talking to others about your new found friendships.

Help build self confidence, sense of usefulness and worth, as new boundaries are explored.

Lead to the development of new interests, and perhaps in time visiting new places.

Boost physical and mental health through use of handwriting, posting letters, keeping the mind active.

Creates anticipation and provides a focus.

These are just some of the benefits of exchanging letters with another. In this very digital world, it is sometimes easy to get away from linking with others in the creative way of letter-writing, but it has benefits to all who decide to take it up.

If you are interested in becoming a Pen Pal with another SEFF member, please make contact with Gina Aujla, who is our GB Health & Well being Caseworker: Mobile: 07718 488383 or Email: gina.aujla@seff.org.uk, for further details.

Walking your way to improved health

As many of you know Walking has many benefits whether physically, mentally, emotionally or socially. SEFF had a weekly walking group in place prior to Covid-19 restrictions which then ceased in line with the then current guidelines.

Many of you prefer to walk on your own, as it is a time to escape from the stresses of everyday life, and others may not go out walking as they are fearful of being out alone. So one size does not fit all.

The Health and Wellbeing team are looking at ways to support everyone, and develop more walking for all members.

We are keen to hear your viewpoints on a number of proposals that we have and to gauge what you would be interested in us taking forward.

For those who walk alone or as a couple - provision of high viz vests, a system which would enable you to track the steps or miles you walk and let us know how well your doing. H & WB caseworkers could possibly support you with the necessary small items to enable you to take this up or to help you keep going.

Group sessions: What day, times are suitable, where would you like to go, rural or urban, flat, hilly or scenic. Would any of you like an evening walking group? Would anyone like to be part of a hill climbing group? **Any group gatherings will be in line with Government COVID guidelines. Firstly we wish to gauge interest levels, we will be taking up-to-date advices on what can be permitted and when this can be permitted.**

We are in the process of developing Walk and Talk therapy, on a one to one basis, linking in with a trained volunteer or member of our counselling team as a method of walking your worries away and/or promoting your positive mental health and wellbeing. This is particularly beneficial to those who do not like the constraints of being indoors whilst discussing their concerns.

Is this something that would interest you? If so make contact with any of the team to express an interest.

Families: would you like to be part of organised walks where you would follow a designated path, bring along your own picnic, and be socially interactive with other like minded families?

Less

Junk Food
Sitting
Late Nights
TV Watching
Frowning
Talking
Complaining
Negativity
Arguing
Worrying
Taking

More

Real Food
Walking
Rest
Reading
Smiling
Listening
Encouraging
Gratitude
Understanding
Praying
Giving

Patricia Spurlin

Clinical team contact details:

Mairead Milmore - Clinical Lead
Mob: 07593447188

Tanith McCulloch - Clinical Co-ordinator
Mob: 07593447181

Jenny Ferguson - Clinical Administrator
Tel: 028 677 23884 (selecting Option 1)

Esther Hurst - H&WB Caseworker
Mob: 07860850014 Based in Lisnaskea/
Fermanagh, Newtown Stewart with services to the Clogher Valley, R.O.I. & SEFF members regionally.

Doreen Mullan - H&WB Caseworker
Mob: 07860850015 Based in Mid Ulster & Armagh, supporting MUVE, SETWS & OFTS groups & SEFF members regionally.

Gina Ajula - H&WB Caseworker
Mob: 07718488383 Based in London, providing services across GB and those impacted by 'Troubles related violence'. carried out in mainland Europe.

Welcome to the Health and Wellbeing Team Jenny (SEFF's new Clinical Administrator)

Jenny Ferguson was born at Aghadrumsee right in the heart of South Fermanagh but now lives at Derrygonnelly in West Fermanagh, she is married to Robin and they have five children Alan, Louise, Diana, Mark and Zara and have been blessed with two grandchildren thus far.

During previous years Jenny served with the Royal Irish to its disbandment in 2007. She then commenced employment with the PSNI as a station duty officer working in both Lisnaskea and Enniskillen stations.

In Jenny's spare time she then went back to South West College and undertook a foundation degree in Counselling Studies and has completed other shorter courses in befriending, advocacy and mental health.

In 2017 Jenny gained employment with SEFF working on a community relations-themed project which included young and older participants and she then worked with The FACT Project (supporting over 60's) for a period of two years. For the last nine months Jenny then occupied a job-share Projects Coordinator role, covering Joy Aiken's maternity leave.

It was within the FACT Project that Jenny's interest in health and wellbeing support services was fully borne and at operational level she drove the direction of the project in that direction. Jenny is excited to be joining the new Team and is raring to get going. Jenny would wish to thank all those who have sent her messages of encouragement as she embarks on her new role.

