



The Queen's Award  
for Voluntary Service

# SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



February 2021 Issue 174

## Director's Input

Dear Member,

We have a bumper edition of The Newsletter this month and I would encourage to please take some time to go through the contents closely, for the remaining 6 weeks of this financial year we have tried our best to put together a Programme which would meet the needs of all across your family.

The message of COVID has been that even without being able to congregate in groups, there is much that we can and need to be doing in support of members.

(Contd on back page)

The main SEFF Office, Lisnaskea is open but manned by reduced staffing levels during COVID Monday - Friday, 9am - 5pm for general office business. If you require support or help with completing Welfare forms Tina/Norman will be available to assist with this service over the phone during COVID lockdown. Please contact the office if you need assistance and your details will be passed to Tina/Norman, and you will receive a call about your query.



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SEFF Community  
SEFF Victims  
and Survivors

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### RENEWING SEFF Membership 2021/22

Hopefully you will have remembered in the not too distant past that we had advised of a new membership year to fall in line with the financial year; 1st April. Be advised that membership for the period; 1st April 2021 - 31st March 2022 should now be forwarded to SEFF.

We would appreciate, where possible, that as many of you renew your membership through the **Standing Order** process so that you don't need to be reminded each year to pay your fees, risking missing out on chances to avail of our many services and activities if not up to date with your membership.

If you cannot do **STANDING ORDER** through your bank, we accept payments for subscriptions by either cheque or cash.

If you want to set up a **standing order** please call the office and we will give you the bank details for SEFF needed to set up a standing order through your bank.

Regrettably we cannot do card payments over the phone or in the office.

Membership fees are as follows: **£10 per adult** Post primary school age

**(12 - 16 yrs old) is £5 each and under 11's are free.**

**June** will be the last month that we will send out SEFF newsletters to all those current 2020/21 members. We will then be implementing the updated 2021/22 membership database when distributing the July SEFF newsletter.

We would appreciate it if you could pay membership fees before **31st March 2021** and if possible that you would also sign up for gift aid if you are paying tax on your income.

**Your cooperation is much appreciated.**

We have been updating our membership forms to include member's GP information, and your GDPR permission which is required for SEFF to hold your data on our systems. Also if any of your details have changed ie: marital status, address/mobile/postcodes etc, please call the office to update these!

<https://www.smartsurvey.co.uk/s/6BA0LK/> The Needs Review Project, funded by PEACE IV, is currently undertaking an analysis of the needs of victims and survivors of the Troubles in Northern Ireland. This analysis is also extended to the Republic of Ireland and includes a targeted appraisal of the needs of victims and survivors in parts of Great Britain.

We encourage victims/survivors to participate in this Survey which seeks responses on the future provision of services.

The Research is being carried out by The Commission for Victims and Survivors Northern Ireland.

This consultation will close on Friday 5th March 2021.

# SEFF Virtual Activities

ACTIVITY	DATE & TIME	DETAILS	COST
<b>Food for Thought Programme</b>	Thursday 4th March 2021 10am-11am 4 weeks via Zoom	Tutor: Michael Mullin Continuation of the Healthy Eating Programme run over 4 weeks in February. 	Call to express your interest on 028 677 23884 option 1.
<b>Easter Wreath Making</b>	Date: Wednesday 31st March 2021 at 11am  We are currently organising a one off Zoom workshop to create an Easter Wreath - materials will be provided in advance of the session - they will need to be picked up from the SEFF Office, Lisnaskea from 2pm - 5pm on Tuesday 30th March 2021. PLEASE ONLY REGISTER YOUR INTEREST IF YOU ARE ABLE TO PICK UP MATERIALS ON THE TUES AFTERNOON.	Tutor: Ruth Hood  Wednesday 31st March 2021 @ 11am	Call to express your interest on 028 677 23884 opt 1. 
<b>Food Hygiene</b>	We are currently sourcing a tutor to deliver an accredited Food Hygiene Course (Level 2 Food Hygiene & Safety Course for Catering). Date: to be confirmed	The course will be delivered within the month of March - please phone the office to register your interest.	Call to express your interest on 028 677 23884 option 1.
<b>Circuits / Gym based exercise</b>	We are organising a Circuit Training course for overall fitness, some body weight, cardiovascular exercise all in the comfort of your own home. You won't need any equipment just access to Zoom.	Wednesday 3rd March 2021 7.30pm-8.30pm	Call to express your interest on 028 677 23884 option 1.
<b>Media Skills Training</b>	We are running two courses, one targeting young people and the second for adults within our membership.  Each course will be 2 x 3 hour sessions delivered via Zoom	Dates will be within the month of March 2021.	Call to express your interest on 028 677 23884 option 1.

## For your info re. virtual classes/courses and activities

There is one good thing about delivering activities virtually ... Members from ALL over can join in regardless of where they live, physical distance will not be a barrier.

So with that in mind we really do encourage our members from further afield who would not normally have the opportunity to take part in these types of activities to fully avail when the chance is here. As well as learning a new skill or reconnecting with a past interest/hobby, you will have an opportunity to build new friendships.

**\*\*\*There are no costs for any of these courses, however as always we would welcome any donation you may wish to make. Donations may be forwarded via cheque or BACS transfer.**

### census day is Sunday 21 March 2021

Northern Ireland Census 2021 is coming. Here's a guide to what the census is and why it's important.

Weblink— [www.census.gov.uk/ni](http://www.census.gov.uk/ni) Get Involved: Information Leaflets - Helping everyone take part in Census 2021 - Census 2021

#### ***What is the census?***

The census is a count of all people and households in Northern Ireland. It's carried out by the Northern Ireland Statistics and Research Agency (NISRA) and happens only once every 10 years. It's the most complete source of information about the population that we have. Census 2021 is a huge task. Every effort is made to include everyone.

#### ***Why does the census matter?***

The information collected in the census is used to help make decisions about how vital public services, such as education, transport and health, are planned and funded. Census 2021 data will help to shape many different aspects of life in Northern Ireland over the next 10 years, including:

- hospital beds
- emergency services
- support for the elderly
  - local schools
- bus routes and new roads
  - housing
- rural support programmes

That's why getting a complete census count is so important and why your response is required by law.

#### ***What happens next?***

**Census Day is Sunday 21 March 2021.** However, you can complete your census as soon as you receive your invitation pack in the post. Your pack should be with you around 1 March 2021.

This pack is really important as it will explain how to complete your census online at [www.census.gov.uk/ni](http://www.census.gov.uk/ni) or on paper.



**census  
2021**



## **St. Patrick's Day 2021**

Every year within SEFF we try to do something to mark St. Patrick's Day and this year is no different.

SEFF offices will be closed on St. Patrick's Day for the Bank Holiday (Wednesday 17th March 2021) but on Tuesday 16th March we intend to deliver some St. Patrick's Day lunches to our members within the Fermanagh and South/West Tyrone areas.

If you would be interested in receiving a lunch you can register your interest by phoning the office on 028 677 23884 option 1 by Tuesday 9th March 2021.

We are also hoping to source some literature for our young people, this will form educational packs on St. Patrick providing factual information on his life, his role in faith and also his continued legacy. If interested in receiving a pack please let us know.

Meanwhile on Wed 17th March we will have a Live Show from our SEFF Lisnaskea (Community page) entertaining you all with a feast of culture (music, dance & much more) similar to the event we held to mark Burns Day some weeks ago. Log on @ 7.30pm to watch the Show.

### **Keep active, your mental health and wellbeing matters!**

#### **Gardening Packs...Spring is on its way...**

We understand these are challenging times for everyone and all this time at home is taking its toll on people's mental health and wellbeing. We are trying to think of ways to keep members engaged and focused on other things rather than what's going on in the world around us.

Over the coming weeks we are purchasing some gardening packs which will be available (one per household) to try to help people to take an interest in the outdoors, to get some fresh air and to enjoy working with nature and in general improve people's moods.

If you'd be interested in obtaining one of these packs please get in touch to register your interest and once they become available we will allocate according to need. We will try our best to facilitate all who express interest.

Those most socially isolated from other support networks or who are experiencing some level of financial hardship will be prioritised.

Also please remember that SEFF has a Community Allotments site with plots available for the incoming year. If you aren't blessed with having access to land, then the Allotments could be the answer.

Contact the office on 028 677 23884, option 1 to register your interest.





# Support for Families

## **ENERGY TOP UP**

We are able to offer a ONE OFF £50 energy top up (oil, electricity, gas or coal) to families who are home schooling. This will help towards additional heating costs incurred by being at home due to school closures as a result of the pandemic.

To avail you will need to send an energy bill which you have already paid for, it will need to be dated between; 1st January 2021 - 31st March 2021.

Once we receive your invoice we will check it over and if satisfactory we will then reimburse you £50 towards the overall cost of the invoice/receipt (or less if the bill is under £50, you would receive the value of the invoice/receipt).

1. It MUST be an original, photocopies will not be accepted.
2. It must be dated between 1st January 2021 and 31st March 2021.
3. It must include your name & address.
4. It must provide itemised information on the purchase eg. Oil, coal, gas, electric
5. In order to be reimbursed we will need your bank account details (account number & sort code) if you wish to get paid via BACs or alternatively we can post you a cheque.

\*A family consists of a minimum of one adult and one child (of school age).

## **STATIONERY & ARTS/CRAFTS PACK**

We are also currently sourcing stationery and arts & crafts packs for kids who are remote learning. This will include all your essential supplies like paper, pens, pencils etc as well as some arts & crafts activities to keep young people occupied. It will be 1 pack per household.

If interested in availing in either of these initiatives please contact the office on 028677 23884 and select option 1.

We will be closing off expressions of interest in either of these supports by 5pm on Monday 1st March 2021.



## ***Virtual Coffee Morning Series:*** ***Inspirational Young People within the SEFF Family***

We have organised a series of virtual coffee mornings to take place over the past few weeks and they will continue on into April. The theme for the series is Inspirational Young People within the SEFF Family, we have already held two very successful mornings with Zara Ferguson and Louie Johnston speaking to members. Please see detail on further sessions below, all sessions are delivered via Zoom

### **Thursday 25th February 2021 at 11am: Sam Gallimore**

Sam is a Specialist Paramedic at South Central Ambulance Service NHS Foundation Trust.

Sam's father Pete Gallimore was one of three off duty soldiers who were murdered as a result of a bomb carried out in 1984 by Provisional IRA terrorists at The Lakeland Forum, Enniskillen. Pete died 5 months after the serious injuries he sustained.



### **Thursday 11th March 2021 at 11am: Dr Andrew Carrothers**

Andrew has been an Orthopaedic Consultant since 2012, being appointed as a Consultant Trauma & Orthopaedic Surgeon at Addenbrookes Hospital Cambridge and subsequently as an Associate Lecturer at the University of Cambridge School of Medicine.

Andrew recently featured on the BBC2 Programme - Surgeons: At the Edge of Life. Andrew's father Dougie Carrothers was murdered in 1991 by Provisional IRA terrorists in Lisbellaw



### **Thursday 25th March 2021 at 11am: Joanne Dorrian**

Joanne has recently been appointed an Advocacy Support Worker for SEFF covering the County Antrim and North Down areas.

Joanne's sister Lisa is presumed to have been murdered and has been missing since 2005, she was last seen at a caravan park at Ballyhalbert, North Down. Individuals associated with loyalist terrorist organisations have been linked to the murder and disappearance of Lisa.



### **Thursday 8th April 2021 at 11am: Kyle Black**

Kyle is a Cllr on Mid-Ulster District Council representing Carnogher DEA.

Kyle's father David Black (who was a Prison Officer) was murdered in 2012 when travelling to work, he was shot and murdered on the M1 motorway by so-called 'dissident' republican IRA terrorists.

Please contact the SEFF office on: 028 677 23884, (selecting option 1) if you'd like to enrol for these Coffee mornings. You will then be sent a Zoom link to which you would click on for the respective time/date.

This opportunity is open to ALL SEFF members irrespective of where you are based and also victims/survivors attached to partner groups who we deliver support services to.

Let's be proud of what many of our young people have become - Never allowing terrorism to defeat or define them.



## WELCOME TO NEW SEFF BOARD MEMBER

My name is Louie Johnston and my wife Judith and I recently became first time parents as we welcomed our son Josiah to the world just over a year ago.

We currently live in Lisburn and I am employed within the pharmaceutical industry working to project manage clinical trials for new drugs, which are being tested for a range of therapeutic areas and treatments, including Covid-19.

On the 16<sup>th</sup> June 1997, I was taken out of school early to be brought home to find out that my own father, my hero, had been murdered while on beat patrol in Lurgan town centre.

Although this became a cruel circumstance for my family, it did not define us. Today I proudly remember my father and celebrate his life for the person that he was and know that his memory lives on.

This has made me passionate about people who have been through the same experiences that I have been through. Although many of the circumstances which led to us becoming survivors and victims' has been unique, together we are united in purpose for truth and justice, drawing a strength and courage from each other that spans generations.

I look forward to working in a positive way to support SEFF and its' vision.



## Dr McGarry appointed Chair of SEFF's Health and Wellbeing Oversight Team

Dr Philip Mc Garry has almost 40 years' experience working as a psychiatrist. His father, a surgeon at the Mater Hospital until the late 1980's, treated large numbers of Troubles victims.

Philip attended St Mary's Christian Brothers Grammar School and Queen's University.

He was consultant psychiatrist for West Belfast and the Royal Victoria Hospital from 1991, and in 2007 moved to the Belfast Home Treatment Team.

He has long recognised the centrality of psychosocial approaches to care, and he is the only accredited Trainer in Ireland of Interpersonal Psychotherapy (IPT).

He was Chair of the Royal College of Psychiatrists in Northern Ireland (2009-2013). Philip has published articles on suicide, Home Treatment and the training of psychiatrists and he has been Chair of the Mental Health charity Threshold.

He was President of the NI Medico-Legal Society (2014-2015).

Politically Philip was Chair of the Alliance Party (1993-1995) and a member of Belfast City Council (1993 to 1997) He was awarded the OBE in the January 2021 Queen's New Years' Honours List.

**\*\*And for those who haven't picked up on his name or look - yes Philip is a brother of Tim (Aka Da from Give my Head Peace)**



## Can we help with your I.T or communications needs?

Maybe you have multiple children at home due to school closures and you could do with access to another Computer Tablet in order to help with school work?

Or maybe you would like access to a Tablet to be able to stay in touch with family and friends via skype, zoom etc?

Or maybe you would like to connect into some of the Coffee Mornings and classes we have arranged?

Whatever the case if you would like access to a Tablet/device please get in touch with us to discuss.

We have recently been able to purchase a number of devices which we can loan out on a temporary arrangement and we would be very happy to be able to help.

Don't allow technology to beat you - we can also offer training/guidance in the use of the I.T equipment.

Office number is 028 677 23884 option 1.

## Men's Breakfasts

Over the next number of weeks we are going to deliver some of our popular Men's Breakfasts.....quite literally we will DELIVER to your doorstep!!

With a little help from local businesses / take-away and our ever faithful befriending team we will be bringing breakfasts to different areas around Fermanagh and Clogher Valley.

If you would be interested in receiving a breakfast delivery please phone the office. In particular we are hoping to deliver to men who are living alone. Please call the SEFF office on 028 677 23884, option1 to express your interest.

Of course this isn't the normal way we would be doing things but as with all our services and activities we have had to make changes in order to keep everyone safe.

We look forward to the days where they can return to normal but for now we will try out this new initiative.



### **The CLEAR Project**

We are delighted to again receive funding this financial year (2020/2021) from the CLEAR Project - the aim of the CLEAR Project is to develop healthy communities in terms of emotional wellbeing and mental health within the Western Trust area.

Unfortunately with Covid restrictions we have been unable to deliver the usual activities we run with this funding eg. classes/courses and social support events. This year we have had to be creative and think of alternative means to engage with people.

### **Collate your memories from 2020....**

One of the projects within this will have a photography theme under the title ***'Blessings from 2020, a year we're told to forget but which we should remember'***

This project will be encouraging members to put together a photo album of pictures that remind them of 2020 and in particular the positives that came from it for example these could include pictures of families spending quality time together, communities coming together weekly to clap for the NHS, the birth of a new baby or a wedding during COVID. Perhaps a beautiful landscape that provided some solace during this difficult time. Basically any photos that are unique to the year of 2020, the year where we had to stay at home and do things differently.



Each person will be provided with a photo album which will be entitled 'Blessings from 2020, a year we're told to forget but which we should remember' the album will also have space for an explanatory note to provide a descriptor around each picture.

Participants will be brought together virtually (via Zoom) to begin with in order to provide explanatory information, they will also come together at the end in order to showcase some of their pictures. It is envisaged that the first session will take place at the beginning of March and the final session towards the end of the month. We can provide further detail once we gauge interest levels.

This project will be an excellent way to capture your memories from 2020 and have them collated / documented for the generations to come. If you would be interested in taking part please contact the office on 028 677 23884 option 1 to register your interest.

### **Are you interested in fishing?**

Fancy getting out into the great outdoors to learn a bit about fishing around the local lakes? Through the CLEAR project we are able to purchase a number of fishing kits (please note the number of kits are limited).

We want to encourage our members to get outside during this period of lockdown and to look to nature / the great outdoors as a source of relaxation.

If you would be interested in learning about fishing and availing of one of our fishing packs please register your interest by 5pm on Wednesday 3rd March 2021. Please note that by registering your interest it is not a guarantee of receiving the kit, in the case of us being oversubscribed the allocation of kits will take place once all names are registered (by 5pm on Wed 3rd March 2021).

### **Wheelchairs for loan**

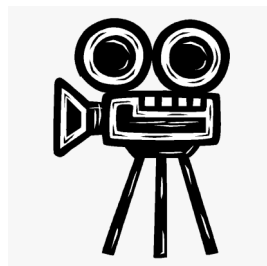
Again through the CLEAR project we are very pleased to be able to purchase a range of wheelchairs for use within the organisation, this will include transit wheelchairs, self propelling and bariatric. These chairs once purchased will be available to loan out to members as and when required so should you need to borrow a chair you can get in touch with us on 028 677 23884 option 1.



# Media Skills Training (Virtual Course)

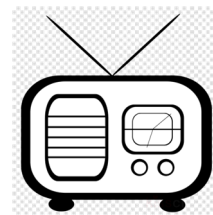
We are currently planning a Media Skills Training course (to be delivered virtually) over the March period. We put out a call out for potential participants, this course would be ideal for anyone who would be interested in learning media skills whether it be for general interviews, providing key messages or television / radio interviews.

The course will be facilitated by a reputable media company and will be as interactive as possible over the delivery platform (most likely to be Zoom).



If you would be interested in taking part in this course we would ask you to phone the office in order to register your interest and please also indicate your availability whether it would be during the day, evenings or weekends.

Victims/survivors who have previously participated in this training have remarked upon its' practical usefulness to them.



VICTIMS &  
SURVIVORS  
SERVICE

## VSS Social Isolation: Small Items

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 Survivors 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 below and discuss your needs in order to be supported.

### **Esther Hurst - H&WB Caseworker Mob: 07860 850014**

Based in Lisnaskea/ Fermanagh, Newtownstewart with services to the Clogher Valley, R.O.I. & SEFF members regionally.

### **Doreen Mullan - H&WB Caseworker Mob: 07860 850015**

Based in Mid Ulster & Armagh, supporting MUVE, SETWS & OFTS groups & SEFF members regionally.

### **Gina Ajula - H&WB Caseworker Mob: 07718 488383**

Based in London, providing services across GB and those impacted by 'Troubles related violence'. carried out in mainland Europe.

Just for a little bit of fun and to keep you all busy during lockdown see below a word search which contains lots of words connected to SEFF....have fun!

## SEFF's Word Search

N	O	F	O	C	L	I	S	N	A	S	K	E	A
E	E	N	E	N	F	I	N	M	L	O	T	N	M
W	T	S	A	E	E	N	I	H	O	R	S	N	W
T	Y	N	O	Y	A	T	C	S	N	A	D	O	C
O	T	N	L	L	C	T	O	U	D	U	N	I	O
W	R	N	O	I	S	R	M	R	O	B	A	T	F
N	L	Y	V	M	O	O	M	V	N	N	L	A	E
S	N	I	R	A	U	P	U	I	G	H	I	D	R
T	O	T	S	F	T	P	N	V	N	T	R	N	M
E	S	C	N	B	H	U	I	O	S	U	F	U	A
W	I	O	I	O	U	S	T	R	I	O	H	O	N
A	R	T	T	U	I	R	Y	I	O	Y	T	F	A
R	I	W	F	N	A	K	N	O	P	A	A	E	G
T	I	K	O	O	R	B	S	S	E	B	R	R	H

RATHFRILAND  
SOUTH  
FOUNDATION  
LONDON  
FAMILY  
FERMANAGH  
VICTIM  
YOUTH  
BESSBROOK  
LISBURN  
EAST  
NEWTOWNSTEWART  
SURVIVOR  
LISNASKEA  
SUPPORT  
COMMUNITY

### Update on Troubles Permanent Disablement Payment Scheme

I am aware that many of you are anxious concerning the new Troubles Permanent Disablement Payment Scheme (AKA the Victims Pension) and broken promises that have been a fixture of the scheme since it was first ever muted.

On Friday last I along with Nevin Brown (Advocacy Support Worker) and Dr Philip McGarry (Chair of SEFF's Health and Wellbeing Oversight committee) met with the President of the Scheme's Payments Board - Justice Gerry McAlinden in the Royal Courts of Justice, Belfast.

It is clear following that session that considerable work still requires to be done pre any Scheme being opened.

We do not envisage the Scheme opening pre May 2021 (and possibly not until the Summer) As disappointing as this will be for many we do understand Judge McAlinden's will to do things right and to avoid Judicial Review challenges.. There are substantive structures to be developed before applications could be considered by the new panel established.

I want to assure you all that SEFF is at the heart of the discussions and is pressing your needs throughout, we are currently recruiting 4 staff (2 N.I.-based and 2 p/time to be based in Great Britain) who will support anyone wishing to apply to the Scheme (right through to Appeal level)

If you have any queries at this point then please contact advocacy or welfare staff or myself, Kenny at SEFF.



## "Morning SEFF Calling"

Hello from the MSC Team.

It is almost a year since the Covid 19 made a worldwide impact on humanity and saw changes affecting our lives never witnessed before. Phrases such as lock down, self isolating, shielding, bubbling were added to our vocabulary with the media reporting on the escalating death rates. However, hope has prevailed with the beginning of a vaccination programme and so many of the top vulnerable group having received their first vaccine jab already.

There have been wider implications though as other aspects of our lives have been impacted. Our children's schooling has been interrupted, working from home is the new norm, and there was nowhere to dine out on Valentine's day. We are trying to cope with these changes, but the lack of human contact with our loved ones is taking its toll on us, especially when there is the loss of a loved one. Standing at the side of the road is not the norm for us to show our sympathies while we grieve.

Apart from the physical impact that covid has had the psychological is worse. Isolation has added to the loneliness, suffered by so many when they have lost a lifelong partner. With this in mind we at Morning SEFF Calling continue to offer a service to anyone within the SEFF membership who would like to avail of a phone call on a weekly basis from trained staff, who will listen/converse with you confidentially.

We offer this service on a Monday, Wednesday and Thursday. If you would like to avail of this service, please register your interest to either, Mandy, Joy, Esther or Doreen at the main SEFF Lisnaskea Office and we will follow it up by having an initial conversation with you to ascertain a specific day that you would like that wee chat. Indeed, if you would like to volunteer and join our team we would love to hear from you.

So take care and keep safe - Anna, Rita and Marty



We really hope to be able to resume the delivery of complementary therapies as soon as possible and certainly within the first quarter of 2021 (all being well).

**We are currently taking names against treatments, please see options below.**

**The treatments on offer are as follows (5 sessions) of:**

- |  |                                     |
|--|-------------------------------------|
| • <b>Massage, Reflexology</b>                      | (Therapist: Sandra Johnston)        |
| • <b>Aromatherapy / Indian Head Massage</b>        | (Therapist: Gordon Hayhurst)        |
| • <b>Reflexology / Hopi Ear Candle / Foot Care</b> | (Therapist: Ruth Watson)            |
| • <b>Physiotherapy</b>                             | (Therapist: Nicola McCullagh-Daley) |
| • <b>Health Kinesiology</b>                        | (Therapist: Marilyn Robinson)       |

### **NEW METHOD of ALLOCATING TREATMENTS**

We have changed how we allocate complementary therapy sessions. When you express an interest in having therapies you will be directed to the Health & Wellbeing Caseworkers. Esther Hurst will be covering the Co Fermanagh, Newtown Stewart & Rathfriland areas. Doreen Mullan will be covering our outreach areas of MUVE, Out of the Shadows, Richhill, FAIR & Bessbrook, in South Armagh. They will carry out an assessment of your needs and suitability for treatments before then allocating places. Our newly appointed Clinical Coordinator (Jenny Ferguson) will also have a role in the monitoring and evaluation of treatments)

**Please contact the office to register your interest on 028 677 23884 & ask for a Health & Wellbeing Caseworker or Jenny Ferguson**

**\*\*£25 contribution for 5 sessions - which MUST be paid 7 days in advance of treatment start date.**

## **BEFRIENDING**

Hi All

We are happy to see the Covid 19 Vaccines being delivered to our community and The Befriending Service would like to offer its help to anyone unable to travel to their vaccine delivery points. If you need transport, please do not be stuck, give the SEFF Office a ring and they will pass your details on to us and hopefully we will have someone free and willing to take you to your appointment, you do not have to be already receiving our services for this one, we are offering this separately so nobody is left unable to get their vaccine.



As always, the Befriending Volunteers have been kept busy in the background helping those in need during this unusual time and huge thanks must go to our volunteers who selflessly give so much of their time and personal safety to help others. We have continued to provide transport for the most essential hospital appointments, by kind permission from our funders, VSS, but under very strict regulations. We continue to help our Befriendees with essential shopping and prescriptions, but we are unfortunately still restricted from visiting people in their homes, which has always been such a big part of our service.

Our merry band of volunteers were also busy last year helping deliver food packages and lunches to members in need and will be continuing to do this as long as current restrictions are in place.

SEFF's ethos of helping is strongly ingrained in the Befriending Service and we are lucky to have such a broad range of services within SEFF to rely on and signpost people to, the services do mostly continue, although in a different way sometimes, even with Covid, so never be afraid to ask for help for yourself or someone you know.

Yours

The Befriending Team

### **Complementary Therapies**

### Director's Report Contd:

I want to welcome new faces to SEFF this month, new faces who have each already contributed. To Joanne Dorrian (Advocacy Support Worker for the East Region) Louie Johnston (Board member) and Dr Philip McGarry (Chair of SEFF's Health and Wellbeing oversight committee) we extend a warm welcome.

We also regret that we're losing a very capable member of staff in Tanith McCulloch (Clinical Coordinator) due to personal family issues, we wish Tanith well in the coming months and are pleased that she will be remaining with us as a sessional Counsellor. Details of Tanith's replacement will be included within the March N'letter.

We continue to have significant resources available for Counselling so please if you are feeling distressed for any reason with life's pressures, not to mention the added impacts of trauma which many of you suffer daily, then please reach out and accept our help. Please call the SEFF office or approach a Health and Wellbeing Caseworker or member of our Clinical Team and we will strive to support you as best we can.

Within SEFF we are also currently offering a range of wellbeing courses online including; peer support for young people who have been particularly impacted by the last 12 months of intermittent lockdown. Please do encourage family members or friends away from home and without support structures around them to engage with us and to become part of this group.

We are also offering support sessions to members who wish to develop deeper understandings of addictions as well as rolling out strategies to take back control. This particular course is given additional confidentiality so please be assured that your involvement will be kept private. The vast majority of us will suffer from an addiction at one point or another in our lives so please don't think it a weakness or a bad sign of character - it's NOT.

Finally for those of you interested in culture and good relations I would raw you to the ongoing Programme that Michael Mullin delivers for us - a partnership with Carrosyl Community Association. Please make contact with Michael @ SEFF for further information.

In the next week or so we will be sending out details via text around how we intend to mark European Day of Remembrance for Victims of Terrorism, we do anticipate posting a short video on our Victims and Survivors Facebook page @ 11am on the day (11th March 2021)

**Kenny**

### *SEFF Newsletter via Email*



With spiralling postage costs we are asking those of you who are regular users of I.T technology if you would like to receive the monthly newsletter by email rather than the post.

If you wish to receive your monthly SEFF Newsletter with CLASP & AfIV Supplements by email then please contact the office and leave your name and current email address so we can add you to the list.

We appreciate you help in cutting costs but also supporting us with our efforts to improve our environmental practices.

Tel: 028 677 23884 or email [info@seff.org.uk](mailto:info@seff.org.uk)

### Shout out for volunteers

Good afternoon everyone - we are looking for a couple of willing volunteers, and if you have an interest in finances or fundraising then we would love to hear from you to help us with a couple of projects. The volunteer/s must be good with technology, and able to use excel and word, and someone with an interest in finances, or practical experience would be ideal.

There are two projects that we would love your help with:

Gift Aid Project - To assist us to recoup Gift Aid from our donations - short term project for 1x month @ 2 days per week  
Xero Project -To assist our Finance Officer with uploading documents - long-term volunteer role @ 1-2 day/s per week

If you think that either of these roles would suit you then please do not hesitate to get in touch with us for more information or to discuss. Call the SEFF office on: 028 677 23884, selecting option 1