



**The Queen's Award
for Voluntary Service**

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



July - Issue 168



**South East Fermanagh
Foundation**

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**The SEFF Office
is open**

**Monday - Friday,
9am - 5pm**

**for general office
business**

If you require support or
help with completing Wel-
fare forms **Tina/Norman**
will be available to assist
with this service.

As much as is possible,
Tina will be in the
office on

**Tuesdays from
10am - 5pm.**

However, if you require
help outside these times,
please contact the office,
leave your name and
number and someone will
contact you to arrange a
suitable time.

Dear Member,

There has been some further relaxation of guidance and rules in recent weeks which is meaning that families are once again able to meet together, business and commerce is returning and travel networks and systems are returning.

This said, there continues to be a need for caution, we **MUST** not recklessly undo the good work that has been done which has meant that the death toll and debilitating illness caused by Corona virus has been less than it could have been. There is the potential for a lethal second wave of the virus so we must continue to be responsible and vigilant.

At SEFF we are phasing back services and activities in a way which is consistent with medical guidelines, we are conscious of the need to strike a balance between adherence to COVID regulations whilst also providing support and necessary interventions for members thus ensuring the promotion of positive mental health and wellbeing.

You will note within this N'letter different services and activities returning within SEFF , We have introduced a series of physical changes within our offices, introduction of hand sanitizers, the wearing of masks, restrictions on numbers being within given rooms etc.

Be advised that face-to-face counselling, welfare, advocacy, health and wellbeing caseworker's support etc has all returned.

Foot-care via Ruth Watson and Physiotherapy has also returned so please contact the office if you would wish to avail of this support. We are also encouraging members to express interest in other complementary therapies which will re-commence across SEFF premises by the third week of August.

If you have any concerns around engaging with SEFF services then please contact the office on: 028 677 23884 and we will aim to respond to your concerns or queries. We do not anticipate large meetings/events or respites recommencing for a couple of months (keep reading the Newsletter for further updates)

Welcome to new staff

Within his N'letter Edition we feature Bethany Ferris who started with us this month, Bethany has been employed as an Advocacy Support Worker for the south Armagh area with outreach into the Republic of Ireland. We warmly welcome Bethany to the SEFF Family.

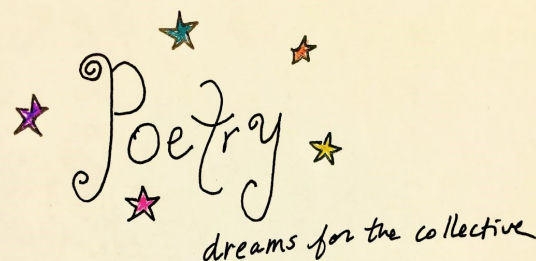
In August we also hope to welcome Emma Burton to SEFF who has been appointed our new Office Manager. We will be featuring Emma within the August N'letter.

I would like to thank Bryan Finlay (originally from Castlederg) for his efforts in fundraising for SEFF through walking challenging terrain in Scotland raising awareness of PTSD - Bryan will be making a substantive presentation to SEFF (details in next Edition)

*Please know that we are here to support you the members. If you have any fears or concerns around anything or have ideas as to other services which you would wish us to offer then please make contact with the group.

Regards, Kenny

It is a well known reality that we all communicate in different ways. Some excel at verbal communication, others prefer written longhand, others still communicate via social networking, texting, emailing and of course some are required to use sign language.



Beyond this there are many different forms of writing, within SEFF we are blessed to have many competent writers including those who relay their thoughts and feelings through Poetry.

With this in mind we are commencing a new Project within SEFF; Monthly we will feature a Poem within our SEFF N'letter written by a member and subject to sufficient response for this new Project, we will aim to publish a weekly Poem on our Facebook page, with regularity potentially increasing.

The broad guidance which we ask you to work within is as follows:

1. 'Troubles-themed' / Reflections.

2. Generic pieces which may be about any subject matter.

Contributions should be no longer than 300 words.

Please send contributions to SEFF via email - **info@seff.org.uk** with **'Poetry' in the subject line** plus the Title.

Where appropriate please feel able to send an image and for those particular I.T savvy or confident feel able to send your Poetry as a short video as per this example. To: <https://youtu.be/vFRIV-9nFAI>
We are appealing for the membership to get behind this initiative, the skills undoubtedly exist within the membership and we wish to showcase your talents. Poetry can have a uniting influence and validate other's thoughts and feelings.

If you have any further queries then please contact SEFF on: 028 677 23884 asap.

Picnics in the Park

We are hoping to organise two picnics in August
(we are keeping our ears to the ground re the COVID health regulations).

***The first will be at the Round Lake in Fivemiletown on
Monday 10th August at 2pm.***

***The second event will be at the Round O Enniskillen on Monday
24th August at 2pm.***



There will be a gentle walk at both locations with each person receiving and enjoying an individual picnic box.
Unfortunately due to the fluid situation with COVID-19 the numbers will be restricted to **10 members only!**

If you are keen to get out and about and can make your own way there then please contact the office to **EXPRESS YOUR INTEREST** only at this stage on **028 677 23884.**



RENEWING SEFF Membership 2020/21

We are still taking membership fees for the next 9 months at SEFF from
1st July 2020.

We would like, where possible that as many of you renew your membership through a **Standing Order** process so that you don't need to be reminded each year to pay your fees and therefore you won't miss out on the chance of availing 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.

August will be the last month that we will send out SEFF newsletters to all those current 2019/20 members before we implement the updated 2020/21 membership database when we send the September SEFF newsletter.

We would appreciate if you could pay membership fees before **31st July 2020** and if possible that you would also sign up for gift aid if you are paying tax on your income, if you have not already done so.

Your cooperation is much appreciated.

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

MEMBERSHIP going forward -

Changes to Membership renewal Date

To keep in line with the recognised financial year the next membership year will be;
1st July 2020 - 31st March 2021. Thereafter, the membership year will run from

1st April - 31st March,

We will be including regular reminders within our monthly newsletter from January 2021. This also means those of you who currently pay via standing order will need to contact your Bank/Building Society to have arrangement date changed to 1st April 2021.

Please remember when setting up standing orders that you add your name & membership fees as a reference so we are aware who and what the money is for on our bank statements when we check it.

Thank You

Loved One's Anniversaries

If you have a loved one who was murdered and whose Anniversary is coming up, ie: 25th, 30th, 40th or 50th and you'd wish for us to feature the Anniversary within our Newsletter or as a short Memorial Service streamed through Facebook then please contact the office on: 028 677 23884 and we'll include details.

Log onto our SEFF Victims and Survivors Facebook page or visit our Website: www.seff.org.uk to watch the Services.

Upcoming Services will be facilitated for William Clarke,
murdered on 3rd August 1980 in Pettigo (40th)
and
Constables Samuel Donaldson and Roy Millar murdered on
12th August 1970 in Crossmaglen (50th)

We also are continuing with our Message from the Clergy series -
God's Healing for Us (each Friday morning @ 11am)

New Advocacy Worker - Bethany Ferris

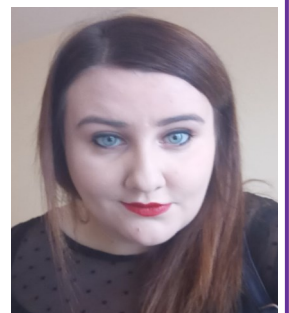
Growing up on the outskirts of Glenanne village, I attended Newtownhamilton High School before going onto Queen's University Belfast where I studied Theology.

I was raised and was welcomed into the Presbyterian Church where I remain a part of the congregation at Kingsmill Presbyterian Church.

Following an enjoyable and insightful time at University, I graduated in 2015 and went into employment supporting adults with learning disabilities, mental illnesses or acquired brain injuries. In my previous profession, I sought to allow every individual to make their own choices and feel empowered to maximise their lives. The importance of integrating everyone into our community cannot be understated and is something which I want to continue to work towards.

I have a firm belief that my generation has a duty to represent the courage and integrity which the Lost Generation embodied. We need to continue to recognise the needs of those today who are still living the aftermath and effects of 'The Troubles. '

SEFF's work to ensure that those who continue to live with the consequences of the Troubles are recognised and supported has never been more important. I'm looking forward to meeting and engaging with many of you in the coming weeks and I'm already excited to contribute to SEFF's in the area I grew up in.



Regards,
Bethany Ferris

SEFF Care Packs

June saw the last of the VSS funded SEFF Care packages being delivered to those members who were shielding, were experiencing financial hardship or were unable to carry out normal daily tasks like shopping or lifting prescriptions due to the COVID outbreak.

Over the three month period there was over 250 households throughout the SEFF database who received this support, and additional cohort of circa 150 families/individuals received not counting the energy top ups. 12 lower income families and/or families with multiple children also received benefit through SEFF loaning desktop and laptop computers to assist home schooling and we also had a book loan project operating and which continues to be available

I would like to take the opportunity to thank Jenny Ferguson (Projects Coordinator) who took the lead with this initiative, we recognise her hard work in the background preparations and distribution of food and meat parcels and those other SEFF staff who supported her efforts.

It goes without saying there is NO 'I in team' and that we could not have been as successful as we were without our band of loyal hardworking team of Befrienders and other volunteers who all pulled together on the days leading up to and on the day of deliveries.

This also gave us the opportunity to touch base with our members in person when dropping off the packs to have a quick chat and banter which was in many cases was one of few times they seen a friendly face since we went into lockdown.

As we move into this new form of normality we will be trying to have more integration with members as you will see in later pages of this newsletter, while still keeping to health regulation guidelines.

We are introducing a COVID declaration forms which staff and service providers and befrienders will be completing with you before you would come into our offices or be supported by members of staff, our sessional providers or volunteers.

There are automatic hand sanitisers placed at all doors into the SEFF offices here in Lisnaskea and the outreach offices also.

If over the coming weeks you find yourself or your family in financial hardship as a result of the outworkings of COVID then please do make contact with the Office and we will strive our very best to support you in your hour of need.

Over recent months SEFF has rolled out a substantive response service to the challenges few all faced through the COVID pandemic. We were also pleased to play our part in supporting the wider community through grocery drops, energy top-ups etc.



When the going gets tough, the SEFF Family unites and provides a quality standard of care, and we wish to maintain these standards going forward into the future.

Keep supporting us and we'll keep supporting you!



SEFF SERVICE UPDATES

SEFF CALLING SERVICE

Hi Everyone,

The service continues to be extremely busy with 40 plus members now being supported.

Over the coming weeks we hope to add two males to our Team and also move to a position where the service is being offered four mornings per week (Monday-Thursday)

Over this period of COVID the value of the service has come to the fore and we want to continue to support you as you require and deserve to be supported.

If you are interested in getting to know more about the service or you know of anyone else who could benefit from the service then please contact the SEFF office for further information.

All our thoughts and love,

Anna and Rita, MSC

BEFRIENDING

Hi All,

Slowly but surely life seems to be returning to our new normal and we are looking very closely at how we can open Befriending up again. We are now taking requests for hospital transport and are looking at them case by case to see if we can fulfil the current regulations.



Our funders and insurance provider are setting the rules that we need to adhere to so please be patient with us as we figure out how to safely resume near normal service and start back to home visits again.

The Luncheon Club dinners are still suspended but we are having conversations with local hotels and restaurants as to how we can operate this worthwhile service again. We know how popular it is and we will be trying our best to get it up and running as soon as possible.

Coffee Mornings will unfortunately not return for a while yet as it would be impossible to allow for current social distancing regulations in our conference room.

SEFF's Library is operational but has moved to Unit 7, opposite the main SEFF office door, so feel free to call in, make use of our hand sanitiser and have a look at the range of books we have. There is a nice relaxing area in this new room which has been rebranded - SEFF's Health and Wellbeing room so please do feel able to call in and you'll get a hearty welcome as well as a nice cup of tea or coffee and maybe a sticky bun to boot!

If you feel unable to come in then please do contact your befriender or the office, tell us what kind of books you like to read and we can arrange to drop off a small sample of suitable books to your door.

Regards,

The Befriending Team

A chance for some pampering with Ruth Watson

SEFF are offering members a chance to spoil your tired feet with a welcome massage with the very talented Ruth Watson who is always in high demand.

Ruth's treatment room in Maguiresbridge Main Street is set up to be Covid19 friendly and she has been supporting clients again. In recent times.

If you would like a chance to avail of a one off treatment can you contact the office to **express an** interest at this stage - please contact us on 028 677 23884

An assessment and selection process will take place before we allocate treatments.

We will then be in contact to advise those of you who we can accommodate and to make arrangements for your Appointment slot with Ruth.

(Donations would be most welcome but not essential)



Motion from Independent Republican Cllr Bernice Swift calling for opposition to be expressed by Fermanagh and Omagh District Council concerning the extradition of Liam Campbell to Lithuania has brought the Council under disrepute.

Appalling Motion which betrays innocent victims

SEFF's Director of Services Kenny Donaldson said: "We have been inundated with phone calls from families of the bereaved, injured and others who were involved in the aftermath of the Omagh bomb; former Police Officers, Ambulance and Fire Service personnel who were present on that day of devastation.

"It is absolutely scandalous that the Council operating within the very area to which the Omagh bomb occurred would give such credence and concern to the human rights of a commander of terrorism. Within the High Court Liam Campbell was found to have been the 'Commanding Officer' of the Real IRA on the day of the bomb, back on 15th August 1998.

"Anger, shock, and feelings of bewilderment and betrayal have been expressed to us by victims and survivors of the bomb from across the community. There are questions that need answering, the SDLP in particular but not exclusively need to explain their support for the Motion and why they felt it appropriate or necessary to support the interests of a commander of death of the very citizens and community to which they owe their positions as Councillors.

"SEFF represents a number of the bereaved and injured and their message as relayed through us is simple; you who promoted and also endorsed last night's motion have betrayed us and you are walking on the graves of our loved ones,".

"We welcome the intervention of SDLP leader Colm Eastwood who slapped down his Party's Cllr's and we acknowledge the apologies from SDLP Cllr's in recent days but there is no escaping the fact - the Party leader's intervention shouldn't have been necessary. Over the coming days and weeks we will continue to support families and individuals impacted by the Omagh bomb in pursuing their grievances in this matter and others," concluded Mr Donaldson.

Stop the persecution of innocent victims

A letter submitted by Ken Funston which was covered in The News Letter and Belfast Telegraph.

I woke this morning to a new story that has once again dragged NI society through the gutter. Fermanagh and Omagh District Council had a Policy and Resources meeting on Wednesday 8th. At the end of the meeting chaired by Sinn Fein councillor Stephen McCann, he allowed under Any Other Business, for Independent councillor Bernice Swift to table a motion that the council should write a letter to the Taoiseach's office rejecting the extradition of Liam Campbell, citing a breach of his human rights.

Mr Campbell has been found guilty in a civil court of mass murder in Omagh on 15th August 1998, resulting in the deaths of 29 innocent people, two unborn babies, and life-changing injuries to hundreds. Debate on the subject was refused and the motion was carried, 23 votes for and 14 against, with one abstention.

All the members of Sinn Fein, the SDLP and independents (one abstained) present voted for the motion. The human rights of all the victims and survivors in Omagh were never considered in the vote; indeed victims and survivors in general were never given any thought.

Carrying a motion of this nature has wider repercussions for all innocent victims and survivors, it is saying to wider society that a section of our community will put the perpetrators ahead of their victims and this must be absolutely rejected as being totally abhorrent.

Yours,

Ken Funston
Advocacy Manager, SEFF
Lisnaskea
County Fermanagh

Last week Derek Quinton (son of George and Alberta Quinton) passed away peacefully in The Royal Victoria Hospital, Belfast. Derek was aged 69 years.

Derek had suffered pneumonia; in recent times his breathing had become very difficult.

Derek experienced much trauma in his life; in losing his father George, in having his mother stolen away to Provisional IRA terrorism when she along with 190 others were murdered on 8th November 1987 via The Enniskillen Poppy Day bomb (with a 12th passing away in 2000 after being in a coma for 13 years - former School master Ronnie Hill)

Derek was present in Enniskillen that day, he was also present with the events of Omagh and witnessed a number of other incidents through his Police Service - yet despite the multiple exposures to trauma Derek experienced, he never identified with the term 'victim,' he tried in his own way to carry on his life although without question, he will have been dealing with inner turmoil.

But when asked if he ever needed anything, he'd always respond; 'No there are people who need it more than me.'

Derek was the eldest sibling of four within the family and he watched two of his younger brothers pass away prematurely - Christopher and Ian. He is survived by the last of the immediate family - sister Aileen.

I remember times with Derek in more recent years and those were happy times; I found him to have sharp wit, he possessed strong life values and was upright.

We pray that Derek is now seated with our Father in Heaven.

May God place His comfort blanket around all those who mourn his passing; sister Aileen, Derek's cousins who have been part of his life over the years and who have cared for and shown love for him and all those ordinary, yet extraordinary friends that he was blessed to have down the years.

Kenny



Claudy Bombs - 31st July (48th Anniversary)

The nine innocents murdered were grandparents, sons/daughters, brothers/sisters, aunts/uncles. These individuals were wholly innocent as were the many who were injured physically and psychologically. Terrorism came undivided to Claudy Village on 31st July 1972 and it ravaged so many lives.

SEFF reps will travel to Claudy on 31st July to be with families and individuals impacted by the atrocity - a short act of Remembrance will take place at the Memorial site.