



The Queen's Award  
for Voluntary Service

# SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



August - Issue 169



South East Fermanagh  
Foundation

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SEFF Community  
SEFF Victims and  
Survivors

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,

Within this month's Edition are included details of a number of new appointments. To Mairead, Tanith and Michael we offer a warm welcome to each of you as you join The SEFF Family and we wish each of you well in the respective role you have been entrusted to perform.

Also included are details of services and activities that SEFF are offering as we strive to ease from lockdown, forever conscious of the need to remain careful and vigilant as to the very real and live threat of a virus surge.

Over the coming months many things will be done differently including:

1. Our Annual SEFF service will take the form of a drive in and will be held in Crawford's yard, Lisbellaw. The service will be facilitated by the Methodist Church.
2. Our Hallowe'en, AGM and Christmas-themed events are also likely to take revised forms this year and we will advertise details in upcoming editions of this Newsletter.

Over the coming 4-6 weeks we will have a resource within SEFF whereby members might be supported in having CV's drafted/re-drafted as well as having the opportunity to participate in mock interviews. Anyone who has an interest in being supported in this way should contact the SEFF offices at the earliest possible opportunity.

SEFF continues to lobby and campaign hard on victims/survivor related policy issues, we have made some progress on the Pension issue, Libyan compensation is also again on the agenda and we continue to push for an acceptable legacy response which provides a meaningful opportunity for innocents of terrorism to pursue their legitimate rights around justice, truth and accountability.

Kenny

## COVID PROCEDURE UPDATE FOR SEFF MEMBERS

Hi everyone, and we hope you are all really well. We thought we would give you a little update on things to remember when visiting the offices of SEFF during these unusual times, especially given we are starting to return to business as usual with our services.

**We remind all visitors to the offices to please remember the following when entering:**

- ◆ Only come to the offices if you have an appointment which has been pre-arranged and if so can you obey the regulations regarding social distancing with our meeting spaces.
- ◆ If you are making a payment for membership or activities, please remember that you can also do this by sending a cheque, or making a standing order or BACS payment through your bank. Please feel free to call the office for the SEFF bank details
- ◆ Remember each time you visit, you MUST complete the Covid-19 Self Declaration
- ◆ If you are coming to attend a Health and Wellbeing appointment- this form should be completed with you over the phone prior to your visit, by your practitioner
- ◆ If you are coming to the offices for an appointment and this was not completed prior to your visit- then you will need to fill this in as soon as you arrive
- ◆ Please remember to use the anti-bacterial gel on entering and leaving the building
- ◆ Most of all PLEASE REMEMBER that we must be must obey the social distancing rules, and remain 2 metres from the person next to you.

Regards, Emma Burton - (SEFF's Office Manager)

# SEFF September Activities

ACTIVITY	DATE & TIME	DETAILS	COST
<b>SEFF Coffee Morning</b> 	Thursday 17th September @ 11am SEFF Office Lisnaskea	Guest Speaker SEFF's Clinical Coordinator/Admin Officer Anna Waterworth	<i>FREE</i> <b>Restricted numbers.</b> Call to express your interest.
<b>SEFF Walking Group</b> 	Wednesday 16th September @10.30am Killyfole Lake, Aghadrumsee	Meeting at Killyfole Lake main road car park- Aghadrumsee @10.15am	<i>FREE</i> <b>Restricted numbers.</b> Call to express your interest
<b>SEFF Walking Group</b>	Wednesday 23rd September @10.30am Castle Archdale, Lisnarick	Meeting at the Castle Archdale car park @10.15am 	<i>FREE</i> <b>Restricted numbers.</b> Call to express your interest
<b>SEFF Walking Group</b>	Wednesday 30th September @10.30am Round O Carpark Enniskillen 	Meeting at Round 'O' Enniskillen Car park @ 10.15am	<i>FREE</i> <b>Restricted numbers.</b> Call to express your interest
<b>Chair Based Activities</b> <b>6 wk. course</b> <b>With Ruth Gault</b>	Starting from Thursday 10th September @ 11am & 1pm	Classes will take place in Fawney Orange Hall Lisnaskea 	<i>£10 per person</i> <b>Restricted numbers.</b> Call to express your interest
<b>Tai Chi</b> <b>6 wk. course</b> <b>With Gerry</b>	Starting from Tuesday 15th September from 10.30am to 11.30am 	Newtownstewart 2000 Centre	<i>£10 per person</i> <b>Restricted numbers.</b> Call to express your interest
<i>West Tyrone Luncheon Club Open to SEFF members</i>	<b>DATES &amp; Times for SEPTEMBER TBC</b>	<i>Silver Birches Omagh Co Tyrone</i>	<i>Please <b>call</b> the SEFF office to express an interest if you wish to avail of activity</i>
<i>Sewing Classes With Sonia Johnston 6 wk. course</i>	<b>TBC - at this time we are taking names only for this activity to garner numbers of those who wish to attend</b>	<i>SEFF Lisnaskea Office</i> 	<b>Call the office and express your interest in attending this course.</b>

**DUE to COVID restrictions all activities will be number restricted so it is**

**ESSENTIAL to EXPRESS your INTEREST for anything you would like to attend.**

**In some of the activities you will see (grey area) that we are taking down details of possible activities we hope to run but until we have enough interest and with current health regulations we are just taking names.**

**There will be a COVID19 declaration form to complete that will be completed 12-24hrs prior to start of activity.**

**If you have ANY signs of COVID-19, please DO NOT attend the event but phone the office to inform us.**

**Times & dates MAY vary due to the current health regulations at the time.**

**SEFF Office: 028 677 23884.**

**We appreciate your understanding and cooperation in this matter.**

# Lisbellaw South Fermanagh World Wars Society in collaboration with SEFF

## Wartime Reflections

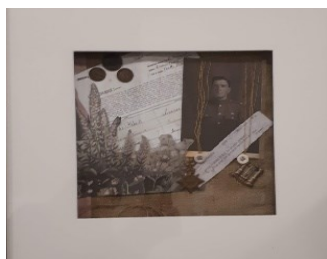


Under the guidance of facilitators, Tony Watson and Doreen Mullan, participants will prepare an individual piece of artwork commemorating someone from their family, or their area, who had a contribution during various War campaigns. The 3D Picture frame will form the surround for the piece which will be planned and created over 2 sessions.

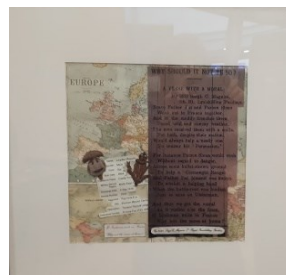
Tony and Doreen, took part in the Leitrim 'Threads of Change' project and are bringing forward the activity to enable others to commemorate the contribution the community made during the years of War.

This is a creative project and does not require the participant to be able to draw or paint, although the individual can choose to do so, and use various mediums, photos, artefacts, to portray the message of War. 3D picture frame and other resources will be supplied and supplemented by the individual's personal artefacts.

On completion and following display, the completed piece belongs to the creator.



Examples



The project will be run over 2 sessions with a max of 8 people at each session to ensure social distancing. In total we will hold 8 sessions to accommodate up to 30 people.

### Please cut and return

**Session 1** will be explanation, planning, identifying resources and making a start on the piece. **Session 2** will be the completion of the piece.

Dates: Time: 7.30pm - 9pm	Group	Tick interest	Venue
Tues 29 <sup>th</sup> Sept & Tues 13 <sup>th</sup> Oct	Group A	_____	Ballindarragh Orange Hall
Tues 6 <sup>th</sup> Oct & Tues 20 <sup>th</sup> Oct	Group B	_____	SEFF offices, Lisnaskea
Tues 27 <sup>th</sup> Oct & Tues 10 <sup>th</sup> Nov	Group C	_____	Ballindarragh Orange Hall
Tues 3 <sup>rd</sup> Nov & Tues 17 <sup>th</sup> Nov	Group D	_____	SEFF offices, Lisnaskea

**The completed pieces will be displayed on Tues 24<sup>th</sup> November in - Ballindarragh Orange Hall, BT94 5JU**

Time slots will be given to participants and their families for viewing to maintain Social distancing guidelines and ensure safety.

Name: \_\_\_\_\_ Contact details: \_\_\_\_\_

Return to Doreen Mullan, LSFWS, 5 Tattygare Park, Lisbellaw, Co. Fermanagh BT94 5GE or email [lisbellawsouth-fermwwarsociety@gmail.com](mailto:lisbellawsouth-fermwwarsociety@gmail.com) or phone or text to Mob: 07951538621

**Precautions will be in place at all sessions to ensure safety during Covid-19**

Funded and supported by FODC Remembering & Commemoration:

A Decade of Centenaries

## SEFF MEMBERSHIP LAST REMINDER for 2020 - 2021

This is the **last newsletter** we are sending out to the SEFF 2019 - 2020 membership list.

Next month (September) we will be implementing the new 2020 - 2021 membership so if you don't receive your newsletter it is because your membership has not been renewed. Renewing is simple, just drop in or post in your membership fee and we will put you back on our lists.

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.

**Standing order details are available in the office if you want to pay via your bank. 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.**

## PICNIC IN THE PARK

With the ever changing Covid 19 conditions and members being restricted in their travel we decided that it was time to get out and about again so the decision was made to have pilot a picnics in the park series.

Events were held at The Round Lake in Fivemiletown where 12 of our ladies arrived with their flasks of tea and coffee on a lovely sunny afternoon. Round 'O' in Enniskillen was then the venue on Monday last and was also thoroughly enjoyed by those who attended.



We went for a leisurely walk around the lake social distancing which worked a treat as there were attendees of different fitness levels. Those attending moved to their picnic areas where a lovely individual picnic box prepared by The Afternoon Fairy and supplied by SEFF was distributed.

The comments from those attending were very complimentary with all requesting that we continue to offer this new initiative whilst the weather remains kind to us.





# SEFF Community Allotments

Our SEFF allotment volunteers have been busy clearing and resetting the spare allotment plots in our community allotment garden in Lisnaskea from early April when the sun shone and we were all in lockdown due to COVID-19.



## **Potato Varieties**

Arran Victory, Whites, Pinks

Now we are to be rewarded for all the hard work our volunteers have done as they harvest the different varieties of potatoes in readiness for use by our members.

The potatoes will be bagged up ready for distribution and can be obtained through calling the office - 028 677 23884. We will then contact you to arrange collection from the SEFF office.

A donation would be appreciated which would allow for the purchase of more seeds for growing next seasons vegetables.

Meanwhile on Saturday 12th September, plot holders and old friends connected with Killycarney Gardening Group, Cavan will gather for an end of Summer BBQ at the Allotments site from 11am onwards when it is hoped that we will also have had delivered a load of new top soil to support plot holders in their efforts to grow produce.



## Welcome to the New Good Relation Project Officer

Hi, my name is Michael Mullin, I am 37, married with 1 child. I live in Clogher, where I have recently moved, having lived in Omagh most of my life. My background is very much in the community and voluntary sector, having worked with Leonard Cheshire Disability for several years, this involved, working as:

- Community Access Officer - Social/Educational outcomes, volunteering and social inclusion.
- Project Coordinator - Moving on project - Supporting Young Disabled adults achieve their goals and aspirations in life, i.e. Self-employment & Enterprise, supported employment & training, social activities and volunteering.

Most recently with Clanmil Housing Group - Scheme coordinator - Supporting vulnerable adults maintain their tenancies, organising social events and activities, money & benefits advice and signposting.

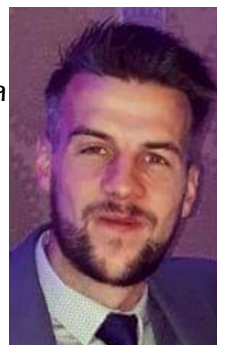
I have worked throughout the Western Trust area as part of these roles, covering large areas of Fermanagh, including rural areas, such as Lisnaskea, Derrylin, Garrison, etc.

My educational background is very much around Sport, Exercise and Nutrition, and I still have a keen interest in these areas.

I hope to bring enthusiasm, experience and a little bit of humour to the people of Lisnaskea in delivering this exciting and worthwhile project.

Above all, I would like to continue the great work achieved by previous coordinators who have delivered engaging, inclusive activities and events, enjoyed by everyone.

*Regards, Michael Mullin*



### Clinical Lead

My name is Mairead Millmore and I am so happy to be joining the SEFF team and I am looking forward to working in the role of Clinical Lead.

I came from Belfast to Fermanagh in 1989 to work as a Lecturer in Fermanagh College. I planned to stay a few years and return back home but met my husband John a lovely 'Geordie' from Newcastle upon Tyne and we have been settled here over thirty years. We have six children and four grandchildren so you could say I am a lady of a certain vintage.

While working as a Lecturer in Fermanagh College I trained as a counsellor and Co-ordinated the Ulster University Foundation Degree in Counselling for 10 years. After leaving Fermanagh College in 2009 I worked with New Life Counselling as a Schools manager/ Counsellor in most of the Post primary schools in Fermanagh. This was a tough job but very rewarding, as I am so passionate working with young people.

Eight years ago I also joined the counselling team in The Ely Centre Enniskillen. I loved my work there and was privileged to work with so many wonderful people. I am an experienced Manager, Supervisor and CBT and EMDR Therapist specialising in working with trauma, PTSD depression, anxiety, family/relationship difficulties, drugs and alcohol issues, anger management etc.



### **Clinical Coordinator/Administrator p/time (15 hours) - Job share with Anna Waterworth (22.5hrs)**



Hello my name is Tanith McCulloch. I am a Supervisor and Accredited Counsellor with the BACP. I previously worked as a Counselling Manager in a suicide prevention charity and was a sessional counsellor within the same charity before that.

I have 8 years experience working with clients who present with numerous mental health issues, complex trauma, suicidal ideation and bereavement. I use an integrative approach tailoring my sessions to meet the individuals needs of the client.

My main principles as a counsellor is to provide a safe, non-judgmental, trusting, therapeutic relationship with clients, promote autonomy and help assist them to reach their full potential. I am delighted to become a member of the SEFF team as one of the clinical coordinators. I look forward to working alongside everyone.

### **Remember when you're studying or working in other parts of the UK or beyond - The SEFF family can still support you!**

We are conscious at SEFF that there are many young people from SEFF families (whether impacted by bereavement or otherwise) who leave this land to study in GB Universities and Colleges, there are also young people and older people who leave Northern Ireland to work in GB or to live there permanently. Please know that there are services and supports that we can offer to such individuals, SEFF's GB outreach service which is staffed can assist. Please call the SEFF office on: 028 677 23884 and we'll connect you in with one of our Health and Wellbeing Caseworkers.

#### **Support for the Bereaved**

Over the past several years SEFF has been campaigning on behalf of Bereaved victims/survivors, calling for effective and just acknowledgement. We are aware of how shamefully the bereaved were treated (particularly in the 1970's and 1980's) where pitiful levels of compensation were offered or given to those whom had the most stolen away from them. We continue to campaign for an effective remedy to this, that the bereaved would receive a form of acknowledgement pension or payment which would act as a reparation.

We are calling upon families within our membership (and others known to you) to advise us if you are not in receipt of these support payments. It would mean; £1,000 of support for someone who has had a spouse/partner murdered/killed, or £500 of support for someone who has had a parent or child murdered or killed as a result of 'The Troubles' - and there are no geographical or time-based restrictions.

Please contact the SEFF office on: 028 677 23884 and advise us if your family or you as an individual meet this criteria and are not currently registered with the VSS and receiving this annual financial payment. Please be advised that siblings of those murdered/killed are not eligible for the Bereaved payment although we continue to lobby for a redress of this issue.

## SEFF CALLING SERVICE

It has been a fairly turbulent year for everyone.

Although out of lock down, or "shielding" it has been a time of mixed emotions. Loneliness, depression, despondency and fears for the future have all been at the back of our minds.

The mandatory wearing of masks whilst in confined spaces has further added to those concerns. Mixed messages from government have done nothing to allay those worries.

Rita and I will be back at the main office in Lisnaskea carrying out our calls to you. Over the last few months SEFF have enabled us to carry out these calls from our home.

In light of what we have been told about COVID-19, and warnings about further breakouts in the coming months, its good that we can do this and support those within the SEFF family for whom the coming uncertain months.

So feel free to contact the main office if you would like to be included in our weekly calls schedule.

Until the next newsletter, from myself and Rita, take care and keep safe. Please remember we care, and offer you that confidential, non-judgemental contact when times may get to a point where you feel just that bit low and a wee chat might be the tonic you need.

Be Safe,

Anna and Rita, MSC



## BEFRIENDING

Hi All,

Unfortunately we are still in the midst of this horrible Covid 19 virus, which is causing necessary restrictions but we are working with what we have and doing the best we can within current guidelines and legalities.

Home visits are starting to return but for all befriending activities we must complete individual covid questionnaires before any face to face contact

Hospital transport is going ahead for essential appointments where befrienders are comfortable doing so.

We are in discussion about luncheon clubs and befriending coffee mornings too so keep an eye out in the newsletter 'dates for your diary' but also please check emails and text messages as guidelines are continually changing and planned activities may change last minute.

Check out upcoming events in the newsletter, including a coffee morning planned for 17th September and register your interest in the office for these activities then you can be contacted nearer the time as to whether the activity is still going ahead or not.

Regards,

The Befriending Team



### SEFF's Poetry corner

#### Wet day at the Lough by Desmond Meredith

I stood today and looked out o'er the lough  
It was dreary wet and windy  
But it was still my lough, my place of dreams  
Oft I'd come to dream to visions of my future

The Rain came down with a vengeance  
It cut into my face with stabbing force  
I looked o'er the waves, what I could see  
The sea looked cruel with the white topped rollers

A mist rolled in or was it more rain, vision restricted  
I gazed out across the waves to observe the marker buoys  
Standing like sentinels to welcome the shipping  
Delivering cargo, passengers and the like

Some coming, some going, this is a busy place  
From here fairly still but on board, busy movements  
I didn't care, I thought of the better days  
Days when I would venture off to sea.

The Sunny, cloudless days I knew in the past  
And those of days yet to come  
Winter approaches no mistake  
The long days of summer fast recede  
The long nights of winter beckon  
One thing doesn't change the freshness of the air



## SEFF 'READ IT' BOOK DROP SERVICE

Many of you are aware of the 'SEFF Library' which has been put to good use during COVID 19 lockdown period.

With all the kind donations of books we have had to re-locate our library to a new and bigger home in Unit 7 within the SEFF's office block Lisnaska.

As you can see from the pictures below we have a large selection for you to choose from and relax while you make your selection of books, which we encourage our members to come & take advantage of this free service.

With all the kind donations to date we would like to say a big thankyou to all of you who donated and for now we **will not be able to accept** any further books due to lack of available space.

We would suggest bringing the books to local charity shops or check with the local TESCO's if they are still receiving book donations.

Members can also phone the SEFF office, or text Jenny Ferguson (07786 019909) or Doreen Mullan (07860 850015) to put in a request for a **BOOK** drop. We will pick up to 4 books from the library, based on your areas of interest, or by author, and deliver them to your door in a box.

This service can be offered to members living throughout the Co. Fermanagh and Clogher Valley area.

The books are in excellent order and rather than gathering dust in Manderwood offices we would like to see them out on the ground, within homes being utilised.

There are still many people who prefer to turn the crisp pages of a book as opposed to finger scrolling with a kindle. We are here at SEFF to try to cater for the diversity of need within the membership.

### Categories of BOOKS in the SEFF Library

Fiction - Fantasy, Adventure, Romance, Thriller, Historical fiction (Many well known authors)  
Memoir/Autobiographies

Cooking-main meals, cakes, vegetarian

Health-Self-help-Personal Development-Help to Sleep...

Travel - learn a new language, Italian, Spanish

Hobbies-Gardening-Knitting-

Sewing-Crafts, Art

Children's-Fiction & children's  
DVD's and much more .....

