



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

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



September - Issue 170



**South East Fermanagh
Foundation**

**1 Manderwood Park,
1 Nutfield Road,
Lisnaskea
Co Fermanagh
BT92 0FP**

Phone: 028 677 23884 /
028 677 22242

E-mail: info@seff.org.uk

Website: www.seff.org.uk



**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,

This month requires me to welcome three new staff to the SEFF Family.

To Mairead Millmore (Clinical Lead) Tanith McCulloch (Clinical Coordinator / Ad-
ministrator p/time) and Michael Mullin (Good Relations Officer p/time) we extend a
warm welcome and we encourage SEFF members to do likewise over the coming
weeks and months.

We are very aware that there continues to be significant anxiety within the commu-
nity concerning the continuing restrictions brought about as a result of the COVID-
19 pandemic. None of us have escaped the impacts of COVID and life has had to
be adapted to meet the new challenges faced.

Within SEFF this has been no different and you will be aware of the different activi-
ties and services we offered over the initial period of lockdown . We are aware that
families and individuals continue to struggle financially; whether businesses being
vulnerable, jobs being unsecure or indeed employment being lost as a direct con-
sequence of the economic downturn.

Within SEFF we want to be able to respond proactively to your circumstances and
we want to hear from you if you are experiencing particular financial or emotional
hardship - HELP is available.

You will also note within this Edition of the Newsletter a phased return of some of
our more traditional activities and services within SEFF. We acknowledge that
many of you will feel unable to resume your involvement in such activities at this
time, but others will and we MUST provide for all as per individual needs demon-
strated.

Please make every effort to support our Annual Service of Remembrance and
Thanksgiving, it is vital that these key events (which are the fundamental reason
why SEFF exists) continue to be marked.

And please engage with those other projects and activities that are of interest to
you. Remember if you have any questions or queries around; how SEFF plans to
keep you safe whilst you participate then pick up the phone and call us at any time.

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

SEFF Sept/Oct Activities

ACTIVITY	DATE & TIME	DETAILS	COST
Chair Based Activities 6 wk. course With Ruth Gault	Starting from Thursday 10th September @ 11am & 1pm Places Still Available	Classes will take place in Fawney Orange Hall Lisnaskea 	<i>FREE</i> Restricted numbers. Call to express your interest
SEFF Walking Group	Wednesday 30th September @10.30am Round O Carpark Enniskillen	Meeting at Round 'O' Enniskillen Car park @ 10.15am 	<i>FREE</i> Restricted numbers. Call to express your interest
Sewing Classes 6 wk. course With Sonia Johnston	Monday 5th October @7.30pm to 9.30pm	Sewing classes will be in the SEFF Lisnaskea Office. All levels of expertise	<i>£15 pp</i> Restricted numbers. Call to express your interest.
Coffee Morning (minimum numbers, due to COVID regulations)	Wednesday 14th October @11am	SEFF Lisnaskea Office with guest speakers Mairead Millmore, Tanith McCulloch and Anna Waterworth	<i>FREE</i> Restricted numbers. Call to express your interest

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.

You will be required to complete a COVID19 declaration form 12-24hrs prior to start of activity (completed over the phone with a staff member/volunteer)

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.

MEN'S BREAKFAST CLUB (2020/2021)



Good news for all you hungry men with big appetites - the popular SEFF's Men's Breakfasts are back for the winter months. We will be starting this month with **two** breakfast dates, followed each month in the two areas with a breakfast up to February 2021. The cost is £3 per person & details are as follows....

Dates for your Diary's

1. **Saturday 10th October 2020 @ 10am in Miller's Lisnaskea**
2. **Saturday 24th October in Edfield Restaurant Fivemiletown**
3. **Saturday 7th November @ 10am in Millers, Lisnaskea**
4. **Saturday 5th December @ 10am in Edfield Restaurant, Fivemiletown**
5. **Saturday 9th January 2021 @ 10am in Millers, Lisnaskea**
6. **Saturday 6th February 2021 @10am in Edfield Restaurant, Fivemiletown**

Call the office to express your interest in attending this event gents!
Please come along, enjoy some social time and eat your fill!



SEFF's Annual Service of Remembrance and Thanksgiving



Sunday 4th October 2020 @ 3pm

Crawford's Sawmill Yard,
Lisbellaw

Service facilitated by
Rev Dr Stephen Skuce (Methodist Church)

The service will be approx. 50mins in duration with boxed refreshments served after. Please bring your own flask of hot beverage as we will not be able to provide this on the day.

If the weather is clement please feel free to bring fold up chairs so you can sit outside your car to listen to the service.

The service will also be filmed by (Bob Lyons) and live-streamed to Facebook. We are also examining the potential for having the Service linked through Radio signal which you could tune into on the day from the site.

If you would like to attend this service then please call the office on 028 677 23884 and register your vehicle and passengers by 5pm on Thursday 1st October 2020.

Complementary Therapies

We are now taking names for Q3 of this funding year 2020/2021 covering the **October - December 2020 period**.

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

- **Massage, Reflexology** (Therapist: Sandra Johnston)
- **Aromatherapy / Indian Head Massage** (Therapist: Gordon Hayhurst)
- **Reflexology / Hopi Ear Candle** (Therapist: Ruth Watson)
- **Physiotherapy** (Therapist: Nicola McCullagh-Daley)
- **Health Kinesiology** (Therapist: Marilyn Robinson)



NEW REGION of ALLOCATING TREATMENTS

We are changing how we allocate all the complementary sessions from October this year. 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 on your needs and suitability for treatments before then allocating places.

Please contact the office to register your interest on 028 677 23884.

& ask for one of the Health & Wellbeing Caseworkers

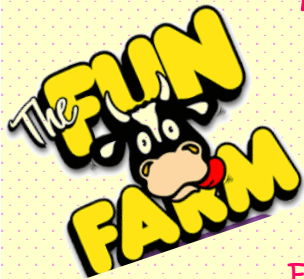
****£25 contribution for 5 sessions - which MUST be paid 7 days in advance of treatment start date.**

Due to Covid 19 restrictions the duration of each session will be 45mins. You will also be required to come with **2 towels, water and a face mask for your protection** and that of the therapist. And you must also arrive 15mins prior to your first scheduled appointment so as to complete a pre Evaluation form.

Also you will be required 12 to 24hrs before your treatment to complete a COVID Declaration form for track & trace purposes, which will be done either by SEFF staff or the therapist via a phone call, if not completed we **will refuse treatment**.

We appreciate you following these guidelines during this time as we try to deliver services to you while keeping you and our therapists safe and well.

Members' Fun Farm Day Out



Monday
19th October
11am -12.30pm

Farm tour
(inc. Tea, coffee, scone & traybakes)



Make your own way to Lisbellaw
Fun Farm

4 Slate Quarry Lane, Lisbellaw, Enniskillen BT94 5BB

**Limited numbers due to social distancing
COVID guidelines**

(20 people in total)

£3 pp

Express your interest on 028 677 23884

SEFF HALLOWE'EN EXPERIENCE FOR PRIMARY SCHOOL AGE CHILDREN

Fun Farm Lisbellaw

*Pumpkin carving, Tour
of the farm.
With Hot chocolate
& traybake for the
children*

*10.30am
Saturday
24th October*

Cost £5 per child or £10 for 3
(adults go free, food can be purchased on site)

Limited to 20 people
Tel: 02867723884

SEFF FAMILY RESPITE

*Friday 30th October -
Monday 2nd November 2020*

SEFF are very happy to offer families, a much
welcome break in these challenging times.

*Our destination is the four star **White Horse
Hotel in Londonderry** which is 6 miles from
the city centre and 2 miles from the dual
carriageway which leads to the Causeway
Coast.*

*The hotel itself offers an indoor swimming
pool, a Steam Room, Sauna and gym.*

**This respite includes Dinner B & B
for three nights for FAMILIES**

No transport is available due to COVID & you
will have to make their own way there.
Your time is your own once there to explore.

Cost is £60 per adult & £30 per child.

Points of interest: Derry Walls, Famine Village
Co Donegal, Joey Dunlop Statue, Ballymoney,
Whiskey Distillery, Bushmills, Richmond
Shopping Centre.

**To EXPRESS YOUR INTEREST - CALL SEFF -
028 677 23884**

SEFF MEMBERS' RESPITE

3 NIGHTS, DINNER B & B!

**TUESDAY 17TH NOVEMBER -
FRIDAY 20TH NOVEMBER**

AT CITY HOTEL, LONDONDERRY

SEFF are offering a respite trip to the
maiden city, Londonderry for some retail
therapy/sight seeing.

The hotel offers an indoor swimming pool,
Steam Room, Sauna and Gym.

Due to COVID restrictions you will make your
own way to the hotel, where there is an
underground carpark for your vehicle
during the break.

**Cost is £60pp or
£75pp for single supplement**

Points of interest: Derry Walls, Famine
Village Co Donegal, Joey Dunlop Statue,
Ballymoney, Whiskey Distillery, Bushmills,
Richmond Shopping Centre.
Or take the train to Portrush.

Express your interest by: Monday 5th
October 2020 on 028 677 23884

Due to funding only one respite trip can be allocated to an individual.

SEFF hosts new Veterans Commissioner

On Saturday last SEFF held its' end of Summer BBQ event out at the Community Allotments site based on the Brookeborough road, Lisnaskea. Earlier in the morning the group welcomed newly appointed Veterans Commissioner Danny Kinahan to its' offices for a meeting concerning veterans' issues and priorities going forward.

A number of veterans were part of this formal engagement as well as SEFF's Chairman and staff.

SEFF's Director of Services Kenny Donaldson stated: "We were delighted to welcome Danny to SEFF and to engage with him on a range of issues concerning veterans and their families. Areas included; mental health, Regional Trauma Network, The Military Covenant, statute of limitations, the need for respite facilities for veterans in Northern Ireland, pension for the seriously injured, veterans navigating the Benefits system, acquiring social housing and the benefits of horticultural therapy were amongst the items discussed. Other more specific issues were raised by the veterans in attendance".

"Danny also set out his vision for the work of the office and brought us up-to-date with next steps re the appointment of support staff and potential structures for operation etc".

"From the SEFF office we then went out to the allotments where veteran volunteers and their families were working away, carrying out remedial works to the site and individual allotments whilst others were cooking up a BBQ feast. We were also

delighted to be joined by many allotment holders from across the community and old friends re-joined us from the former Killycarney Gardening Group, west Cavan".

"A very enjoyable afternoon was had involving families right across the generations. Danny was generous with his time and took the opportunity of talking to many of the veterans gaining a deeper understanding of their issues and the focuses they would wish to see him take forward through his role as Veterans Commissioner".

"The new Veterans Commissioner got to see at first hand SEFF's Family ethos in operation, rank structure is not present, the group's foundations are laid firmly in a grassroots approach".

"We look forward to building a positive working arrangement with Danny in the times ahead," concluded Mr Donaldson.



SEFF September Coffee Morning

SEFF Coffee Morning took place on Thursday 17th September 2020, with a good turn out (but within government health guidelines on social distancing observed) Rodney Connor (A recently co-opted member of SEFF's Management Board) was the guest speaker, he talked about his time spent fundraising for the Air Ambulance NI charity and about his career life working with Fermanagh District Council, as the Chief Executive before the amalgamation process of Fermanagh and Omagh Councils; now creating Fermanagh and Omagh District Council.

Following on from today's first coffee morning after lockdown we aim to have a regular coffee morning for our members; but this all depends on the evolving guidelines at play concerning the COVID-19 virus.

The date for the next Coffee morning is: Wednesday 14th

October at 11am. We will have representatives in attendance from our new Clinical Team within SEFF. (Mairead Millmore, Ana Waterworth and Tanith McCulloch)

Remember we need you to ring us to express your interest in attending this activity. A COVID-19 self declaration



form will be completed at least a day **BEFORE** you attend this event.



Tia Chi Classes in Newtownstewart

Tia Chi Classes have started in Centre 2000, Newtownstewart; with the talented Mr Gerry McFarland as the tutor teaching the art of Tia Chi which helps with keeping us nimble and flexible but also teaches us how to de-stress and relax with the breathing techniques that has the added benefits of a better nights sleep.

The centre is large and therefore we are able to fit a few more people into the area and still be within distant guidelines.

If you wish to join the group at the next class on Thursday 24th September 11am, please call the office on 02867723884.



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 been feelings experienced by many.



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 have been back at our stations within the main office in Lisnaskea carrying out our calls to you. This month also sees the introduction of another SEFF volunteer, Marty Ansfield, who will be making calls on a Wednesday, but from home not the main SEFF Office. I too will be taking a few weeks off to recoup from a recent fall where I broke my elbow, but I will be back!

In light of the rise again in cases of COVID-19, and warnings about further lockdowns in the coming months, it's good that we can do this and support those within the SEFF Family in 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, Rita and Marty, 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, Rita & Marty
(MSC)

BEFRIENDING



Hi All,

At the time of writing this update it doesn't look like we will be getting back to normal anytime soon but our befrienders are still trying to do as much as they are able to for the Befriendees.

We are sure you all understand the situation and will be patient with us, if home visits are not yet resumed, be assured we are doing all we can to keep in touch with everyone on a regular basis and don't forget that you can always phone the office if you need anything urgently and they can let us know that you need to get in touch with the Befriending Team.

We still ask that everyone completes an individual COVID questionnaire over the phone, the day or morning before any face to face contact, which will ask if you have any symptoms we should be concerned about. This is to help prevent the spread of the disease so please be assured it is necessary but will be kept confidential.

Hospital transport is going ahead for essential appointments only where befrienders are comfortable doing so. We are in discussion about how best to continue with luncheon clubs and befriending coffee mornings so keep an eye out in the newsletter 'dates for your diary' but also please check emails and text messages as guidelines are continually updating and planned activities may change at the last minute.

If there are some activities in the SEFF Newsletter that you would like to attend please let us know as we may be able to arrange a befriender to help you access the events.

Stay safe everyone and as BT says, it's good to talk, so keep on chatting!

Regards,
The Befriending Team

Good Relations Programme





SEFF & CARROSYL: BUILDING A UNITED & CONFIDENT COMMUNITY

**LET'S BE BETTER NEIGHBOURS
TO ONE ANOTHER.**

SEPT 2020 - MARCH 2021



GOOD RELATIONS PROGRAMME :

COME ALONG & JOIN AN EXCITING NEW PROJECT - BUILDING A CONFIDENT AND UNITED COMMUNITY

THERE'LL BE ENGAGING WORKSHOPS & SPEAKERS, WE'LL VISIT INTERESTING PLACES, THERE'LL BE TASTY FOOD AND WE HOPE TO FACILITATE OPPORTUNITIES FOR GOOD BANTER & FELLOWSHIP BETWEEN PARTICIPANTS.

OPEN TO YOUNG PEOPLE AGED 11-18 YEARS AND OLDER PEOPLE AGED 60 PLUS.



FOR MORE INFORMATION OR TO REGISTER YOUR INTEREST CONTACT
MICHAEL ON 028 677 23884 OR 07709134215

For your Information

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 Lisnakea.

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

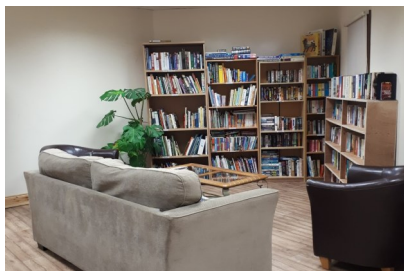
Cooking-main meals, cakes, vegetarian

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



For SALE

The badge/pin signifies 27 years since the first memorial stone in the Garden in Palace Barracks.

Money received from the sale of these will go to the upkeep of the Memorials and the area of the garden in Palace Barracks.

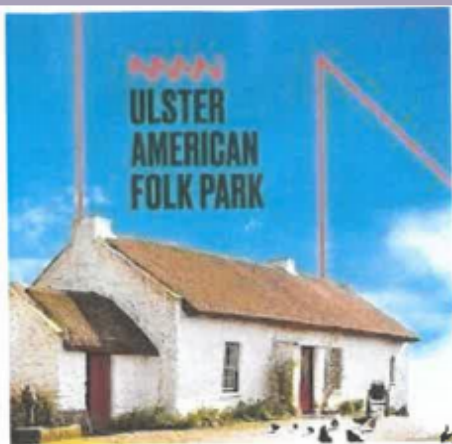
The cost per badge is £4 plus the cost of 50p towards the P&P of five badges.

For 10 Badges the cost is £1 P&P.

If you wish to purchase the badge/s please call or email Albert

07889 421837

albert.owens@btinternet.com



Re-opening of Museums: Slow down sessions - Age NI have been helping with the development of re-opening and access plans to allow access during special visiting timeslots for some of those people who may have been more acutely affected by isolation during the lockdown period. They can relax and explore one of their favourite museums for FREE:

ULSTER MUSEUM 3pm, 3.15pm, 3.30pm, 4pm - Wed 16 Sep, Wed 14 Oct

ULSTER FOLK MUSEUM 3pm, 3.15pm, 3.30pm, 4pm - Fri 25 Sep, Fri 23 Oct

ULSTER TRANSPORT MUSEUM 3pm, 3.15pm, 3.30pm,

4pm Fri 20 Nov

ULSTER AMERICAN FOLK PARK 3pm, 3.15pm, 3.30pm, 4pm Fri 18 Sep, Fri 16 Oct, Fri 13 Nov

Book one of these FREE sessions now by calling 028 90 567453 and quoting your VIP reference code 'Access1'.