



The Queen's Award
for Voluntary Service

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



October - Issue 171

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 your 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



REMEMBRANCE - LEST WE FORGET



SEFF's Annual Remembrance

Wednesday 11th November 2020
From 10.45am

Holy Trinity Church - Lisnaska

The service will be approx. 20mins in duration.

If you would like to attend this service then please call the
office on

028 677 23884 by **Friday 6th November**

Only those who have register will attend this event due to the current Covid restrictions!

Director's Input:

Dear Member,

Life remains unsettled for many as we experience a further mini lockdown. Life as we knew it has changed and many are finding it extremely difficult to adapt to the new circumstances we find ourselves. And amongst all of the uncertainty, the fears and concerns for the future there have also been moments of incredible human resolve and kindness which have been blessings.

Three-four weeks ago we witnessed the despicable act of The Ballygawley Bus Bomb site being desecrated by individuals carrying out doughnut manoeuvres - this act represented the very worst of our Society but in the two weeks that followed in excess of £6,000 was donated by members of the public towards the restoration of the site. This response conversely illustrates the very best within our Society.

SEFF in partnership with the local people based on the Ballygawley road who faithfully have cared for the site down the years will restore what has been taken and will improve it further. To all those who contributed to the fund we extend our genuine appreciation.

Over the coming days and weeks we have two further SEFF Families embarking on fundraising activities in an effort to raise finance for our organisation but also to raise awareness of the plight of victims and survivors and the mental health pandemic.

Continued on page 2

Directors Input.....continued from front page

The third generation of Cpl Stephen Smith's family will be completing a sponsored cycle run (details to be provided via Facebook of the Go Fund Me page) Cpl Smith was murdered in the then West Germany on 2nd July 1989 by Provisional IRA terrorists, with his young family all being in close proximity alongside his wife and now widow; Tina.

Then commencing on Remembrance Day; Wednesday 11th October 2020 much loved Grant Weir (who was seriously physically and mental, injured through a Provisional IRA bomb attack in 1979 will embark on quite the challenge; he will walk the equivalent of a marathon over an 8-10-week period. Grant will do so in an effort to raise awareness around mental health issues.

Grant will complete the first part of his challenge on Remembrance Day following our Act of Remembrance taking place at the SEFF Memorial within the grounds of Holy Trinity Church of Ireland, Lisnaskea @ 11am. Other seriously injured victims/survivors will support him for this first section of the challenge. Again, a Go Fund Me page will be launched soon but donations can be made towards either cause by directly contacting the SEFF office.

Our AGM will take place next month and we encourage any member who believes they can make a positive contribution to the work of SEFF to consider submitting a Board Nomination (documents enclosed).

Finally, and on a sad note I regret to say that Ken Funston will finish up with SEFF AS AN Advocacy Support Manager on 31st December 2020. Ken has given of himself selflessly to the role for the last 5 ½ years and this hasn't come without a cost.

All at SEFF and I (on a personal level) wish Ken and his family positive times ahead and we know that you will continue to be very much part of our SEFF Family.

***Yours,
Kenny***

Seventy five years on

2020 saw the nation marking the VE DAY 75. Were we remember the struggles the wartime generation faced, as we are currently experiencing something unprecedented and the lives we knew are put on hold.

But while the crisis we face may be different, there are many parallels between the struggles of the Second World War and the situation today.

We too face uncertainty, fear and separation from loved ones and friends.


But as the nation pulls together, and many make sacrifices to help others, we can look to the Second World War generation and learn from their resilience, determination and hope for better days to come.

As we approach Remembrance Day, one that we cannot celebrate as we normally do, you can in other ways. Visit the Royal British Legion website and see the many ways to get involved on

<https://www.britishlegion.org.uk/get-involved/ways-to-give?seg=XPIOC2>



SEFF Activities

ACTIVITY	DATE & TIME	DETAILS	COST
Flower Arranging Classes 5 wk. course With Ruth Hood	 <p>TUESDAY 3rd NOVEMBER 2020 @ 10.30am to 12pm</p>	<p>Classes will take place in SEFF, Main Office Lisnaskea.</p> <p>First week will be introduction an ideas for the following weeks.</p>	<p>£10 pp</p> <p>Restricted numbers.</p> <p>Call to express your interest.</p>
Sewing Classes 6 wk. course With Sonia Johnston	<p>Friday 6th November 2020 @ 2pm to 4pm</p>	<p>Sewing classes will be in the SEFF Lisnaskea Office. All levels of expertise welcomed</p> 	<p>£15 pp</p> <p>Restricted numbers.</p> <p>Call to express your interest.</p>
YOGA Classes 6 wks. Course with Genny Brown	 <p>THURSDAY 19th November 2020 @ 6.30pm to 8pm</p>	<p>Classes will be in Lisnaskea SEFF conference Room. Please bring your own mats and water/towels etc. Due to Covid we will not be able to provide any equipment for these classes.</p>	<p>£10 pp</p> <p>Restricted numbers.</p> <p>Call to express your interest.</p>
Coffee Morning (minimum numbers, due to COVID regulations)	<p>WEDNESDAY 18th NOVEMBER 2020 @ 11am</p>	<p>SEFF Lisnaskea Office with guest speakers on Remembrance</p> 	<p>FREE</p> <p>Restricted numbers.</p> <p>Call to express your interest</p>
Coffee Morning RATHFRILAND (minimum numbers, due to COVID regulations)	<p>Saturday 21st November 2020 @ 11am RATHFRILAND SEFF OFFICE</p>	<p>Guest speakers at this coffee morning in Rathfriland will be Tanith McCulloch, SEFF's Clinical Coordinator/Admin & Esther Hurst, SEFF's Health & Wellbeing Officer</p>	<p>FREE</p> <p>Restricted numbers.</p> <p>Call to express your interest</p>

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. We appreciate your understanding and co-operation in this matter.

CANCELLED/POSTPONED SEFF ACTIVITES - Until Further Notice

- ◆ Men's Breakfast - 24th October 2020 (Edfield Restaurant, Fivemiletown) & 7th November 2020 (Miller's Coffee Shop, Lisnaskea)
- ◆ The Family Respite and the Adult Member's respites to Londonderry
- ◆ Complementary Therapies
- ◆ Tia Chi - Newtownstewart Office
- ◆ Armchair exercises - Lisnaskea Offices
- ◆

****We plan to offer all of the above activities when circumstances allow us to and those who are existing participants or who have expressed an Expression of Interest will be prioritised.**

**The Northern Ireland Affairs Committee
has released its' interim Inquiry report
on Legacy**

Highlights of the report are:

- Proposals branded 'unilateral and unhelpful' – legislation must be consistent with six principles of Stormont House and be introduced urgently.
- Committee 'dismayed' by lack of engagement and consultation with stakeholders, Northern Ireland parties and Irish Government.
- Demands answers on permanent case closures that 'raise profound legal, ethical and human rights issues'.

**IVU's preliminary response
to the Interim report**

Kenny Donaldson, Spokesman for Innocent Victims United stated: "Not surprisingly the Northern Ireland Affairs Select Committee has rounded on the UK Government's approach to legacy and particularly its' March 2020 statement.

Whilst we would hold concerns for the gross lack of detail within that proposal, the NIAC committee need to face their own realities, The Stormont House Agreement proposals are dead and efforts must cease to revive those proposals. Chairman Simon Hoare talks about a lack of confidence and support in the UK Government's approach, he needs to also

recognise that the largest

constituency of victims and survivors and many, many others don't support the Stormont House proposals which do not provide the means for innocent victims and survivors of terrorism to further their objectives".

"IVU has submitted further proposals to the UK Government and other key stakeholders and we expect those proposals to be considered carefully, an HIU as envisaged is not needed, there is no necessity to establish a parallel separate Police Service to that which we already have and which has political support across the community".

"People need to get real and they need to leave their ideological baggage at the door, the focus going forward must be about victims and survivors and upholding their rights and delivering for them without further years of protraction and delay".

"At the heart of the process we must have an acknowledgement by all stakeholders that; irrespective of grievances held whether real or perceived that there was no justification for the use of criminal violence in the furtherance of or in defence of a political objective. If this acknowledgement was in place then progress is possible, without it we will continue to flounder with these issues, attempting to do the impossible - building on a bed of lies," concluded Mr Donaldson.



Winter Health & Nutrition

A marvellous opportunity has arisen within SEFF to learn health related workshops for our members.

The format of these workshops will be educating ourselves on healthy budget meals with good nutritional values. These will be easy one pot meals which you will take home with you at the end of each session to try at home.

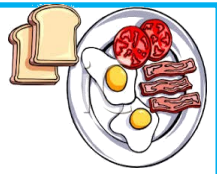
The tutor for this course will be a trained nutritionist with many years experience on this subject.

As there is limited space to attend these an expression of interest is essential. If you are good with computers and ZOOMING then you can also join in this way.

Please contact the office on [028 677 23884](tel:02867723884) with your contact details.

A date is yet to be confirmed to see what interest there will be.

MEN'S BREAKFAST CLUB (2020/2021)



DUE TO COVID THE **SECOND OCTOBER BREAKFAST WAS CANCELLED AND THE 7TH NOVEMBER BREAKFAST DATE IN MILLERS IS ALSO CANCELLED.**

FINGERS CROSSED THAT WE WILL BE ABLE TO CONTINUE WITH THE REST OF THE DATES BELOW.
THE COST IS £3 PER PERSON & DETAILS ARE AS FOLLOWS....

DATES FOR YOUR DIARY'S

2. ~~SATURDAY 7TH NOVEMBER @ 10am IN MILLERS, LISNASKED~~ **(CANCELLED DUE TO COVID RESTRICTIONS)** 😞
3. SATURDAY 5TH DECEMBER @ 10am IN EDFIELD RESTAURANT, FIVEMILETOWN
4. SATURDAY 9TH JANUARY 2021 @ 10am IN MILLERS, LISNASKED
5. SATURDAY 6TH FEBRUARY 2021 @ 10am IN EDFIELD RESTAURANT, FIVEMILETOWN
6. SATURDAY 6TH MARCH 2021 @ 10am IN MILLERS, LISNASKED.

It is essential that an expression of interest in attending this event to the office for track & trace purposes during COVID!

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 4 star **White Horse Hotel in Londonderry** which is located in the city centre and 2 miles from the city wall. The hotel is a short walk from the city wall and the city wall. The hotel is a short walk from the city wall and the city wall. The hotel is a short walk from the city wall and the city wall.

**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!

**TUESDAY 7TH NOVEMBER -
FRIDAY 13TH NOVEMBER**

White Horse Hotel, Londonderry

There are a number of things to see & do in the city of Londonderry for some retail therapy/sight seeing.

The hotel offers an indoor swimming pool, Steam Bath, 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 Allotment Caretaker

Tony Watson has been appointed Volunteer Coordinator of SEFF's

Community Allotments Project, Tony has had an interest in horticulture and gardening for many years and along with a small team of volunteers at SEFF has been at the heart of re-developing the site for the benefit of users.

Tony is also heavily involved with the Lisbellaw and South Fermanagh World Wars Society and in this role has also been part of a team taking forward innovative projects; including allotments.

We wish Tony well in his new role and thank all other volunteers who have contributed to date and who will contribute over the coming months and years.

If you are interested in taking an allotment plot from January 2021 then please call the office to express your interest **028 677 23884**



SEFF Allotment Layout



On a blustery wet day and one cold day SEFF members [Fun Farm Visit - October 19th & 24th.](#) attended the local fun farm at Lisbellaw.

On Monday 19th members were welcomed with Tea and Coffee and bites, followed by a tour of the farm itself.

On Saturday 24th October 2020 excited children attending had opportunity to interact with animals, with a range of activities and all went home with a pumpkin and a box of Hallowe'en Treats supplied by SEFF.

The smiles on the faces and the grateful thanks of all the members who attended, along with the positive feedback via email and social media gives us in SEFF the consensus that it was very worthwhile activities in these difficult times.

It was lovely in these strange times to share some togetherness all be it within the guidelines for social distancing. But it was good to have a chat and enjoy laughter and fellowship together.

We look forward to more trips like this when restrictions are lifted and life as we like it returns to normal.



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.

This week saw the start of our new 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



Talk about swings and roundabouts, we are sure you are the same, not knowing from one day to the next what new rules we have to live by.

The latest restrictions placed on Befriending, just as we had started to get back to home visits and organise luncheon clubs, are that we have to stop all contact again., but we have other plans afoot and we will be in contact with our befriendees in due course.

The only exceptions are essential grocery drops or picking up prescriptions for those that have no other way of getting them or are shielding themselves, (these must be doorstep drop offs only).

Help with urgent medical appointments or cancer treatments can still be carried out but there are strict rules to these also.

We are keeping in regular contact with our brilliant team of befriender volunteers and will be advising them of any changes as soon as we hear anything. They will in turn be phoning their befriendees regularly to keep them updated and of course have a good chinwag when they are on the line, we know it isn't anywhere near as good as a visit but it is unfortunately the best we can do in the current circumstances.

Stay safe everyone

Regards,
The Befriending Team
Team

Good Relations Programme



SEFF & CARROSYL: BUILDING A UNITED & CONFIDENT COMMUNITY

GOOD RELATIONS PROGRAMME:

LANGUAGE DIVERSITY



OFFERING AN
INTRODUCTION TO
ULSTER SCOTS & IRISH
LANGUAGE

8 X WEEKLY CLASSES
RUNNING FROM:

OCT - DEC 2020

@SEFF, LISNASKEA &
CARROSYL COMMUNITY
CENTRE



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

The **SEFF Office**
is open
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.

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.



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

**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 Sur-
vivors**