



SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



November & December - Issue 172

SEFF WON'T EVER FORGET



Remembrance this year was marked by SEFF in a variety of ways, seeking to honour the sacrifices of those who have been murdered in our recent 'Troubles' but also those who have been killed in World Wars I and II and in Wars and Conflicts since.

Those soldiers who have died did so in defence of our Nation and in upholding the principles of democracy, liberty and freedom.

A range of virtual events were shown on our Victims and Survivors Facebook page.

SEFF representatives joined with families of Enniskillen Poppy Day victims facilitating an intimate opportunity for them to remember their loved ones pre the official event which commenced @ 11am, which was attended by dignitaries and reps from local stakeholder organisations.

An Act of Remembrance complete with testimony sharing took place from our South Down Gateway Service offices involving Glen Pollock (whose brother was murdered)

SEFF reps were present at The Ballygawley road and the site of the Bus Bomb attack. SEFF are hosting buglers this weekend from The First Light Infantry Regiment.

In five towns across South Down and West Tyrone SEFF representatives will lay wreaths at cenotaphs. SEFF Will Never Forget the Sacrifices of those who have paved the way for us to enjoy some semblance of Peace; locally but also globally.

We also held testimony events in SEFF where Audrey Ovens (Daughter of William Hassarsd) and John Sproule (Brother of Ian Sproule) shared their testimonies.

Full coverage of events on pages 4 & 5.

SPECIAL DOUBLE EDITION

Director's Input:

Hi Everyone,

We are bringing you a combined November/December Edition of the N'letter complete with supplements. There have been many developments in the life of SEFF over the last month.

I firstly would wish to recognise a longstanding staff member. (Ken Funston, Advocacy Service Manager) who finished up with us on Monday last. Ken was employed with SEFF for 5 1/2 years and was an integral part of the building of our Advocacy Service. He was loyal to the organisation and the cause for which we are engaged. Ken cared about people and will be missed by all at SEFF and I will also miss his counsel on a range of issues. We wish him, Ethel and the Funston family peace, happiness and prosperity for the future. Pete Murtagh will move forward as the sole Advocacy Support Manager and we will be recruiting a Support Worker in lieu of the vacancy created by Ken's departure. We wish Pete every success in this endeavour,

I want to also take the opportunity of recognising staff who have fulfilled roles whilst Joy Aiken (Projects Coordinator) and Rachel Glover (Research and Admin Officer - Advocacy) were off on maternity. Both Joy and Rachel are returning to work in a phased way in December and will then come back in January 2021 to resume their contracts. To Rachel Watson, Calvin Reid, Jenny Ferguson and Mandy Brown we extend our deepest appreciation for your efforts. Calvin, Rachel W and Jenny will finish up with us at end December 2020.

Directors Input.....(continued from front page)

The staff who covered the maternity period have kept things ticking over and we hope that each will continue to keep involved with SEFF (in whatever capacity that might be) We also welcome Joy and Rachel G back to the team and trust that they will feel at home before too long.

I want to also recognise the sterling efforts of Emma Burton (Office Manager) The new Clinical Team and our Good Relations Officer for their efforts since assuming roles within SEFF in recent months, each contribution is valued by me and wider Management as our the contributions of longer standing staff members.

Within the Remembrance insert you will see reference to the Grant Weir walk a marathon fundraiser - over £6,000 has been raised to date as part of this mental health awareness campaign.

Donations can be made via the 'Go Fund Me' page or by direct forwarding to SEFF. We commend the Weir family for their efforts in this regard and for the tenacity Grant has demonstrated to date, having passed the 50% marathon marker some days ago.

On Wednesday 25th November 2020 we held our AGM in The Archdale Hall, unfortunately numbers were restricted to 15 (re COVID regulations) but nevertheless a good evening was had. 14 of the 15 retiring Directors were re-appointed to serve as SEFF's Management Board for the incoming year. Stuart Brooker presided over the Appointment of Directors and addressed the gathering.

On 1st December 2020 SEFF re-launched its' website - www.seff.org.uk The website has a fresh new look, and is much more engaging and interactive - please have a good look yourselves. I want to thank Pete, Calvin, Rachel W and Emma for their support in progressing this Project. And we acknowledge the work of Visionworks and Andrew McCaughey.

The God's Healing for Us series continues with us now having had over 30 weekly contributors, the next four weeks will see messages relayed by; Canon Edwy Kille, Pastor David Campbell, Pastor Harry Dowds and Rev Trevor Boyd. Tune in to SEFF's Victims and Survivors Facebook page on Friday mornings @11am.

Also on Monday 7th December 2020 a short tribute film marking Edgar Graham's anniversary will be published on SEFF's Victims and Survivors Facebook page. This is a joint initiative between SEFF (involving Rev Alan Irwin) and Queens students (coordinated by Calvin Reid) and with the support of the Graham family.

Log onto SEFF's Victims and Survivors Facebook page @ 11am on Wednesday 16th December 2020 where you will learn who SEFF's Volunteer of the Year for 2020 is - a short video will be published. COVID will not stop us recognising our volunteers.

I conclude by wishing you all a peaceful but blessed Christmas, please do make every effort to attend our 'Drive In' Carol Service - this is an opportunity for the SEFF Family to come together in fellowship. And moving forward into 2021 let's pray earnestly for a change in circumstances to what the world currently faces via the COVID pandemic, let's continue to keep ourselves and other's safe, to look out for one another and to show loyalty and a common resolve to 'The SEFF Family' and the work to which we are involved.

Yours,

Kenny

SEFF Christmas Food Hamper

SEFF will be providing selected households with much needed support over the Christmas period.

A seasonal food hamper will be delivered to those in need, we are conscious that there are families and individuals who have additional struggles this Christmas.

If you have challenging financial circumstances and would benefit from this support then please self refer to the SEFF office on: 028 677 23884. We will treat your enquiry in strictest confidence.



SEFF Activities

ACTIVITY	DATE & TIME	DETAILS	COST
Christmas Coffee Morning	Wednesday 16th December 2020 @ 10.30am to 12pm	Seasonal get together before we leave 2020 behind us. 	Restricted numbers. Call to express your interest.
SEFF Family Christmas Carol Service	Sunday 13th December 2020 2.30pm at Crawford's Sawmill Yard	Drive in service at Crawford's Sawmill Yard Lisbellaw. Register your interest to attend this event by 5pm on Wednesday 9th December 2020	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. We appreciate your understanding and co-operation in this matter.



**Sunday 13th
December 2020
Crawford's Sawmill
Yard Lisbellaw
@ 2.30pm.**

**Please call the office to
register your interest
with your car details, as
places will be limited on
the day.**

Tel: 028677 23884

SEFF OUTDOOR CAROL SERVICE



CHRISTMAS SEFF CLOSURE DATES. . .

SEFF OFFICE WILL BE CLOSED FROM

1PM ON WEDNESDAY 23RD DECEMBER

**LIMITED STAFF MEMBERS WILL BE IN THE OFFICE ON
29TH & 31ST DECEMBER.**

FULLY REOPENS FROM MONDAY 4TH JANUARY 2021

LET US NOT FORGET

Going for a walk hi - Grant Weir fundraiser



Kenny Donaldson, SEFF's Director of Services stated: "Due to COVID-19 restrictions, there have been additional challenges in organising Remembrance events this year. The circumstances we find ourselves has demanded creativity but we have persevered. On Remembrance Sunday @ 10.30pm pre the official Remembrance event in Enniskillen SEFF brought together the bereaved families of the Enniskillen Poppy Day bomb so that they might have a more intimate opportunity to remember their loved ones. SEFF also produced a number of virtual Remembrance-themed events and services, filmed across Northern Ireland and published on our Facebook page and we had a presence at six different locations laying wreaths".

"We were determined that our own organisation Act of Remembrance held annually on Remembrance Day would proceed this year. There were a range of issues that we needed to overcome such as the spacing of people within the graveyard, having adequate sound facilities, ensuring masks were worn by everyone (bar those with underlying health issues preventing them from doing so) and that hand sanitizer hygiene was practised and that the whole event be appropriately marshalled - this was achieved".

"The old adage; where there is a will, there is a way must continue to be the mantra that we and all others practise when supporting vulnerable members of the community," concluded Mr Donaldson.

On Wednesday 11th November 2020 @ 11.30am much loved Fermanagh man Grant Weir will commence an ambitious challenge; Grant will walk the equivalent of a marathon (26 miles) over an 8-10 week period. The Weir family came forward with the proposal principally wanting to raise awareness of mental health services.

Grant was seriously injured in a bomb attack which was carried out in 1979 by the Provisional IRA outside the village of Rosslea. Grant, then a young soldier within The Ulster Defence Regiment was left severely mentally and physically injured, the blast also claimed the life of Missionary Sylvia Crowe and injured two others.

Grant steps off from outside the gates of Holy Trinity Church of Ireland, Lisnaskea at 11.30am on Remembrance morning, accompanied by others who have lost limbs as a result of terror attacks.

The start of the challenge will follow SEFF's Annual Act of Remembrance event taking place at the group's Memorial which remembers those murdered as a result of the terrorist campaign within south east Fermanagh. Rev Alan Irwin will be facilitating the short open-air service. Grant will lay the official wreath on behalf of the group at the service.

The Weir family have opened a Go Fund Me page: <https://uk.gofundme.com/f/going-for-a-walk-hi039> Proceeds raised will be divided between two local charities (South East Fermanagh Foundation and The Ely Centre, Enniskillen) who provide support to veterans but also other victims/survivors impacted by 'the Northern Ireland Troubles.'

The charities can also accept donations to their respective offices which will then be forwarded to the family, donations should be within envelopes marked - Going for a walk hi (Grant Weir fundraiser)

SEFF's Director of Services Kenny Donaldson commented: "Grant lights up a room or space wherever he is; he is renowned for his cheeky personality and it has been our pleasure as a group to know him and his family for several years".

"We are however acutely aware that Grant can also be challenging to care for and we wish to pay tribute to his family; to Michele Nixon and her immediate family whom Grant lives with but also the wider Weir family circle who provide a wraparound family care for Grant which is second to none".

"We are pleased to work in partnership with the family and The Ely Centre on this issue and to help promote awareness of mental health issues but also the role provided by carers".

SEFF REMEMBERS

“Fittingly Grant stepped off from the gates of Holy Trinity Church of Ireland, Lisnaskea on Remembrance Day. On the SEFF Memorial located within the grounds of the graveyard is Sylvia Crowe, with whom Grant’s circumstances are so intimately connected”.

“The fact that other innocents who have lost limbs as a result of terrorism completed that first stage of the challenge with Grant was also important and we are aware that many different individuals and groups will be by his side through this challenge, walking with him (observing social distancing rules as necessary).

Statement from the Weir family:

On 17th July 1979 life forever changed for the Weir Family. Grant then aged 22 years was part of a UDR patrol when the provisional IRA detonated a bomb. Grant suffered a serious head injury resulting in both physical and mental disabilities.

Colleagues sustained minor-moderate injuries. Standing at nearby bus stop were three civilian woman; Sylvia Crowe and her mother and a Mrs Murray. Tragically Sylvia, a church missionary lost her life.

Grant battled for his life for many months afterwards and was not expected to pull through, but remarkably 41 years later he is still here and in relatively good health.

That said Grant requires 24-7 care and lives with his sister/main carer Michele Nixon, other members of the family also contribute in the care of Grant.

A big issue for the family is mental health and the need to promote positive mental health and wellbeing.

In this regard, Grant with the support of his family will embark upon an ambitious undertaking to walk the equivalent of a marathon over a two-month period.

Fittingly Grant commences this challenge on Remembrance Day and he takes his first steps suited and booted with his Northern Ireland medal proudly worn and painfully gained.

The aim is that Grant will complete the marathon distance by 31st January 2021.

All monies raised through this campaign will be for the promotion of positive mental health and wellbeing assisting two local charities to provide counselling and therapeutic-based services. The charities; SEFF and Ely Centre have been chosen as they provide ongoing support to Grant and the family.

Our objective as a family; beyond fundraising is to raise awareness of the needs of the injured, their carers and also the importance of practicing positive mental health and wellbeing.

We wish to send out that if Grant can succeed then so too can others; through courage and determination much is possible.

SEFF would also commend Lisbellaw and South Fermanagh World Wars Society for producing this wall display of poppies remembering innocents murdered as a result terrorism (in the context of this place).

The poppies were made using plastic bottles, donated by SEFF members. The poppy wall remembering individuals murdered was displayed at Church of Ireland service in Lisnaskea for SEFF's annual Act of Remembrance event.

The poppy wall is now located in SEFF offices, Lisnaskea for future viewing when COVID restrictions are lifted.



Festive Quiz Time for GB Members



QUIZ TIME!

Merry Christmas to all our GB Clients

Are you ready for a Christmas quiz?

Wednesday 16th December at 7pm
Via Zoom

Free to enter & you have the chance to win some Christmas hampers!

Want to sign up?

Hosted by Gina & Iona

We hope you can join us for some festive fun.

Prizes for 1st and 2nd place.

MESSAGE US ON FB
COMMENT ON THIS POST OR
EMAIL US

Well done all!



Jenny Ferguson (SEFF's p/time Project Coordinator - maternity cover) and Davy Grimsley (A Coordinator of SEFF's Befriending Service) accepting a certificate from Barry Boyle, Co-ordinator of Fermanagh Rural Community Network.

The certificate recognises SEFF's contribution within the community over the period of first COVID lockdown.

We are very proud of all our staff and volunteers who worked tirelessly over this period and who continue to do so in support of SEFF members and other vulnerable people from across the community.



A Big Thank-You From SEFF

A SEFF family who decided to complete a fundraiser for the benefit of the organisation and the services we provide for victims/survivors in NI, RoI, GB and further afield.

The family concerned are the Smith's who are based in England. On 2nd July 1989 Cpl Stephen Smith was murdered by Provisional IRA terrorists in the then West Germany. The murder was witnessed by his wife Tina and young children.

SEFF has supported the family for the last three years and the Smith's were amongst a SEFF delegation to travel to The EU Parliament, Brussels where they shared their painful testimony of the

experiences they have lived and for which they are only now receiving support for. It is especially encouraging to see a third generation of the family wanting to play their part in support of our work.

The girls completed the biking trek - 22 miles of peddle.....And not to be outdone, the boys did likewise. We are very proud of the Smith family circle for their efforts and their desire to help further promote the work of SEFF.

Donations are still coming in but at this stage, circa £300 has been raised. The family were also fundraising for The SSAFA charity.



SEFF CALLING SERVICE

Hello to all members of SEFF, It is hard to believe that in just over six weeks that we will be entering a new year 2021. I do not think that there will be many of us that will not be glad to see the back of 2020 and COVID, though I do not believe that we will be seeing the end of COVID 19 anytime soon. It is a very concerning time and as some have mentioned, not since WWII have we seen or globally witnessed such horror inflicted on mankind. But, while WWII brought its' own kind of horror, we still socialised and saw our parents, grandparents, children and grandchildren. We were able to hug each other, watch our loved ones marry, be with them when they were ill and go to church etc, and be near and be there for one another.



The loneliness and depression, self isolating has impacted terribly on our mental health, I mentioned to someone that the terrorism we suffered in Northern Ireland was much worse, the reply was, but you knew who your enemy was, now you don't because every body is now your enemy. It's true no matter where you go any body, child or adult can be unwittingly a carrier of COVID and be potentially dangerous to you.

Rita and Marty have been covering their calls as I sat miserably at home feeling sorry for myself and my poor broken elbow. My right arm was in plaster and therefore I was unable to do very much. Never will I take my mobility for granted again. Mandy and Karen in the Office have very kindly set me up with a phone to begin my calls again as although the plaster is off I am unable to drive to Lisnaskea.

It would appear that the Corona virus is very much in our midst and is showing no signs of disappearing any time soon, We have been fortunate in getting Marty to volunteer with us enabling us to offer an extra day for making calls.

I anticipate that for many Christmas 2020 will be very challenging so we would like to be able to answer any increased demand from members

wishing to avail of a weekly phone call. If any of our members would like to avail of this free supportive service, please contact the main SEFF Office - 028 677 23884

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.

In the absence of Luncheon dinners we recently delivered pre-prepared dinners to circa 70 beneficiaries across Fermanagh and Tyrone. Thank you to all within the Team for making this happen.



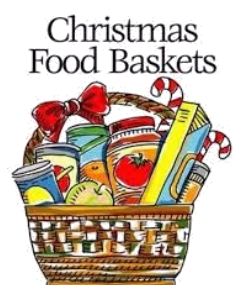
Essential grocery drops or picking up prescriptions for those that have no other way of getting them or are shielding themselves can still be facilitated (these must be doorstep drop-offs only).

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



New SEFF DVDs for SALE

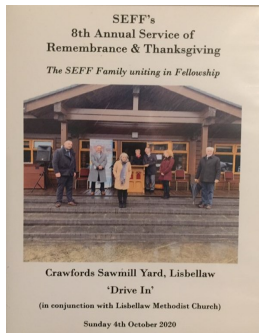
SEFF Newsletter via Email

With spiralling postage costs we are asking those of you who are regular users of I.T/Email 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



SEFF 'Drive In' Remembrance



Bereaved Families of Enniskillen



GB/RoI Testimonies

We have a range of DVD's just produced and which are available for order from the SEFF office on: 028 677 23884 @ £10 per copy.

- ◆ 2020 'Drive in' Remembrance service available on DVD.
- ◆ GB/RoI testimonies DVD
- ◆ Bereaved families of Enniskillen

PREVIOUSLY CANCELLED/POSTPONED SEFF ACTIVITIES

- ◆ Men's Breakfasts
- ◆ The Family Respite and the Adult Member's respites to Londonderry
- ◆ Complementary Therapies (may re-commence pre Christmas)
- ◆ Tia Chi - Newtown Stewart 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 registered an Expression of Interest will be prioritised. We will also offer a range of other activities over the January-March 2021 period, whether physically in person or virtually via I.T link ups.**

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 Nuttfield Road,
Lisnaskea
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BT92 0FP

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E-mail: info@seff.org.uk
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**SEFF Community
SEFF Victims and
Survivors**