



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

# SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities



**January 2021 Issue 173**



The main SEFF Office, Lisnaskea is open but manned by reduced staffing levels during COVID 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 over the phone during COVID lockdown.

Please contact the office if you need assistance and your details will be passed to Tina/Norman, and you will receive a call about your query.

## Current Covid-19 update

### NOTICE FOR ALL SEFF MEMBERS -

With the most recent lockdown in place we have taken steps to ensure that SEFF maintain a service for you all whilst keeping you and staff safe during this current situation. As you are aware this situation is a rolling one, and one which we are constantly seeking clarification from the Public Health Agency and our funders; VSS, as we try to navigate the pathway for you all as best we can.

### Currently we can advise the following:

Face to Face visits with all clients/members have ceased.

If you have an urgent matter that requires assistance please call the office - **028 677 23884** (your call/message will be directed to the appropriate member of staff the you require to speak with or message sent to them and they will then contact you, so please leave your name, contact number and the name of the staff member you wish to speak with.

Thank you everyone

## Director's Input

Dear Member,

Life remains unsettled as we deal with the ongoing effects of COVID as well adjust to life post membership of The European Union and get to grips with the challenges posed by Brexit, but where we must also understand and navigate new opportunities. We have sought to ensure that the services provided by SEFF remain a constant throughout this period.

In this month's Newsletter I again find myself speaking of personnel issues with two new members of staff joining the team; one a very new face and the other someone already well known to the membership. To Joanne Dorrian, we extend a warm welcome to the SEFF Team. Joanne has taken on the role of Advocacy Support Worker and will cover the area currently covered by Ernie Waterworth (County Antrim and North Down) Ernie Waterworth will finish up with us at end March 2021 to retire. I will reference Ernie in an upcoming edition.

I also wish to welcome Jenny Ferguson back to the Staff team, Jenny will be taking up the role of Clinical Administrator; supporting Mairead Millmore (Clinical Lead) We regret to advise that due to family reasons Tanith McCulloch is having to resign from her role as Clinical Coordinator and our thoughts and prayers are with Tanith and her family. A replacement for Tanith and also Ken Funston's reconfigured Advocacy Information and Truth recovery role are currently being advertised and details are available on the SEFF website. Over the coming weeks we are hoping to also recruit welfare officers who will operate the Troubles Permanent Disablement Scheme (aka Victim's Pension) We also welcome Louie Johnston to our Management Board, recently co-opted to serve on the structure. Louie's Dad (Const David Johnston) and Const John Graham were the last two RUC Officers to be murdered.

We cannot confirm whether or not Respite activities will be offered in February/March but we are operating on the basis that this will be the case. We hope the Londonderry respites previously planned will take place and we will be able to facilitate all those whom expressed an interest. A letter has been sent out to those impacted providing full details.

Meanwhile over the days; Friday 19th - Monday 22nd March 2021 we will be seeking to offer an Adult respite break to Bangor (Hotel TBC) Please call the SEFF office for further information on: 028 677 23884. Alike Londonderry respites those attending would make their own way to the venues.

**Kenny**



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**SEFF Community  
SEFF Victims  
and Survivors**

# REMINDER

## RENEWING SEFF Membership 2021/22

Hopefully you will have remembered in the not too distant past that we had advised of a new membership year to fall in line with the financial year; 1st April. Be advised that membership for the period; 1st April 2021 - 31st March 2022 should now be forwarded to SEFF.

We would appreciate, where possible, that as many of you renew your membership through the **Standing Order** process so that you don't need to be reminded each year to pay your fees, risking missing out on chances to avail 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.**

**June** will be the last month that we will send out SEFF newsletters to all those current 2020/21 members. We will then be implementing the updated 2021/22 membership database when distributing the July SEFF newsletter.

We would appreciate it if you could pay membership fees before **31st March 2021** and if possible that you would also sign up for gift aid if you are paying tax on your income.

**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!



## Support for Families

We have recently liaised with our funders to look at ways of supporting families within SEFF's membership who are currently working from home and home schooling. We are able to offer a ONE OFF £50 energy top up (oil, electricity, gas or coal) to families who are home schooling. This will help towards additional heating costs incurred by being at home due to school closures as a result of the pandemic.

To avail you will need to send an energy bill which you have already paid for, it will need to be dated between; 1st January 2021 - 31st March 2021.

Once we receive your invoice we will check it over and if satisfactory we will then reimburse you £50 towards the overall cost of the invoice/receipt (or less if the bill is under £50, you would receive the value of the invoice/receipt).

1. It **MUST** be an original, photocopies will not be accepted.
2. It must be dated between 1st January 2021 and 31st March 2021.
3. It must include your name & address.
4. It must provide itemised information on the purchase eg. Oil, coal, gas, electric
5. In order to be reimbursed we will need your bank account details (account number & sort code) if you wish to get paid via BACs or alternatively we can post you a cheque.

\*A family consists of a minimum of one adult and one child (of school age).


We are also currently sourcing stationery and arts & crafts packs for kids who are remote learning. This will include all your essential supplies like paper, pens, pencils etc as well as some arts & crafts activities to keep young people occupied. It will be 1 pack per household.

If interested in availing in either of these initiatives please contact the office on 02 8677 23884 and select option 1.

We will be closing off expressions of interest in either of these supports by 5pm on Monday 1st February 2021.



# SEFF Virtual Activities

ACTIVITY	DATE & TIME	DETAILS	COST
<b>Yoga (delivered virtually via Zoom)</b>	Beginning on Tuesday 2nd February 2021 from 7-8pm	6 week course Tutor: Genny Brown	Call to express your interest on 028 677 23884 option 1.
<b>Healthy Eating (delivered virtually via Zoom)</b>	Beginning on Thursday 4th February 2021 from 11am-12pm	4 week course Tutor: Michael Mullin	Call to express your interest on 028 677 23884 option 1.
<b>Ceramics Painting (delivered remotely)</b>	This activity is done in your own time over a period of 3-4 weeks. A pack is provided with bisque clay (eg. A mug), paints, brushes, sponges etc - you will receive an instructional video and you paint the item in your time, return it to SEFF and we will have it fired and returned to you.	 Tutor & supplier: Polliwogs	Call to express your interest on 028 677 23884 option 1.
<b>Chair Based Exercises (delivered virtually via Zoom)</b>	Date to be confirmed	6 week course Tutor: Ruth Gault	Call to express your interest on 028 677 23884 option 1.

## For your info re. virtual classes/courses and activities

There is one good thing about delivering activities virtually as it means members from ALL over can join in regardless of where they live, physical distance will not be a barrier.

So with that in mind we really do encourage our members from further afield who would not normally have the opportunity to take part in these types of activities to fully avail when the chance is here. As well as learning a new skill or reconnecting with a past interest/hobby, you will have an opportunity to build new friendships.

**\*\*\*There are no costs for any of these courses, however as always we would welcome any donation you may wish to make. Donations may be forwarded via Cheque or BACS transfer.**

## Keep active, your mental health and wellbeing matters!

We understand these are challenging times for everyone and all this time at home is taking it's toll on people's mental health and wellbeing. We are trying to think of ways to keep members engaged and focused on other things rather than what's going on in the world around us.

Over the coming weeks we are purchasing some gardening packs which will be available (one per household) to try to help people to take an interest in the outdoors, to get some fresh air and to enjoy working with nature and in general improve people's moods.

If you'd be interested in obtaining one of these packs please get in touch to register your interest and once they become available we will allocate according to demand/need.

Those most socially isolated from other support networks or who are experiencing some level of financial hardship will be prioritised.

Also please remember that SEFF has a Community Allotments site with plots available for the incoming year. If you aren't blessed with having access to land, then the Allotments could be the answer.

Contact the office on 028 677 23884, option 1 to register your interest.





## *Grant crosses the finish line winning the admiration of many!*

Grant Weir's 'Going for a Walk hi' came to its' pinnacle moment last month when Grant supported by his former UDR colleagues (a number of whom brought aid to him that fateful day) plus other well-wishers cheered him on as he completed his milestone marathon.

His last walk was 0.3mile in distance and saw Grant finish at the SEFF Memorial, located within the grounds of Holy Trinity, Church of Ireland, the place where Grant started on Remembrance Day (11th November 2020) and which bears the name of Missionary woman Sylvia Crowe who was murdered in the same incident that Grant was so seriously injured by.

To date the campaign which aims to raise awareness of mental health and carer issues has raised circa £11,000. Beneficiaries of this money are SEFF and The Ely Centre. Monies can be received up to 31st January 2021 via the Go Fund Me page or via forwarding to the Weir family, SEFF or Ely Centre offices. See: <https://uk.gofundme.com/f/going-for-a-walk-hi039>

Grant crossed the line 6 weeks ahead of schedule and he being the warrior he is, will continue to walk up until the end of January 2021. (the point when the fundraiser closes)

In a statement SEFF's Director of Services Kenny Donaldson stated: "The feat that Grant has achieved (Backed up by his family) is incredible. At the point Grant was injured he was not expected to pull through and no medical person gave Grant a chance of being able to walk again".

"Grant has demonstrated the power of the human spirit and what is possible through courage and determination".

"Over the last six weeks Grant has walked 26 miles and he and his family have directly engaged with so many people from all walks of life; schoolchildren, veterans, politicians, victims/survivors, the Veterans Commissioner, soldiers who served in the Irish Army etc. People have been inspired by Grant's story".

"The last stage of Grant's challenge was very special, he was joined by ex UDR soldiers who were in the land rover with him on that fateful day, or in the same convoy. He was cheered home to the Memorial endpoint and a piper (formerly a UDR soldier) played the rousing military piece - Killaloo. Grant was also presented with a medal and Rev Alan Irwin offered prayers of thanks in recognition of Grant's achievements".

"The family and myself also spoke briefly, an important meeting then followed between the Weir family and those soldiers who aided on the day".

"We are so very proud of Grant and his family for the way they conducted themselves throughout the campaign, but also how they've done so right down the years," concluded Mr Donaldson.

Grant laid a bouquet of flowers at the SEFF Memorial in honour of Missionary Sylvia Crowe who was murdered in the incident that forever changed Grant's life.

We are indebted to Rev Alan Irwin who finished up proceedings with prayers, the piper (Mark Smyth) and the Lisbellaw veterans and local UDR and R IRISH branch representatives formed a guard of honour.



### *Virtual Coffee Mornings*

We are organising a number of virtual coffee mornings to take place over the next few months where you can grab a cuppa in the comfort of your own home and listen in to different speakers of interest. Unfortunately virtually is the best we can do for now and we would love nothing more than to have people gather in person but we must be patient and do all we can to keep everyone safe.

The first speaker in our series of virtual coffee mornings will be Zara Ferguson (daughter of Robin and Jenny Ferguson) she will join us on

**Thursday 28th January 2020 at 11am**

The Coffee Morning will be delivered via Zoom and so we require all those who wish to join us to register their interest by phoning the office on 028 677 23884 this means we can send on the details of the meeting and you can connect in.

Zara will be speaking to us about her time within the Royal Navy Reserves and what her typical day would look like, see short bio below.

I am a warfare officer in the Royal Navy Reserve. My rank is currently midshipman which will change to sub-lieutenant at the end of the year. The Royal Naval Reserve is a part-time force of civilians, who provide the Royal Navy with the additional trained personnel it needs at times of tension, humanitarian crisis, or conflict. My specialty is amphibious operations, so I would join a commando ship to help the Royal Marines adapt to maritime life, boarding operations.

Please do join us on the day to hear more and keep an eye on your newsletter for details on further Coffee Mornings to be held in February and March 2021.

## SEFF looks forward to Government investment in South Fermanagh

When Lisnaskea High School had its' doors closed as a provider of Education in 2013 there was substantive shock and also anger within the local community, despite presenting a shared Education proposal for the area involving collaboration and the pooling of resources with other local Schools, Lisnaskea High School closed in 2014.

Locally based South East Fermanagh Foundation (SEFF) had enjoyed a close relationship with the School community and all eyes consequently turned to SEFF to try to steer a new purpose for the site which would bring about a real legacy, within an area which has endured much over the years of 'The Troubles.'

Despite a number of false dawns along the way, the group said it now "looks forward to its' plans for a capital development (complete with a suite of offices, therapy rooms, meeting areas etc) and garden of reflection to be progressed alongside a new Health Centre for the area and a relocation project for the Irish Medium School - Bunscoil An Traonaigh".

SEFF's Director of Services Kenny Donaldson started: "We have worked hard for seven years building up this project, having to deal with substantive issues along the way. We have proven ourselves to be pragmatic, to be committed to the common good and to be able to justify the need for our proposed project as provided within our business plan, facilitated by Department for Communities and now with The Executive Office. SEFF's case stacks up and is rooted in need, it must now be delivered upon".

Looking ahead to the remaining negotiations needed between Government Departments and other stakeholders Mr Donaldson continued: "The outcome for the former Lisnaskea High School site must be a win-win-win for the three interests concerned, the community must have a strong presence at the site, as provided for by SEFF".

"It is essential that Government now works collaboratively to finalise the project and advance the three proposals in unison. Any failure to deliver at this stage would be deeply detrimental to confidence in the political process; we implore the N.I Executive to ensure that necessary resources are directed toward the project to bring it access the line. Lisnaskea and south Fermanagh sorely needs this level of investment, the area must become the focus of those in decision making policy roles".

"If done right the Project offers the opportunity of providing a blueprint for the co-existence of diverse interests on common pieces of land/sites. Government must make right on its' obligations of cementing opportunities for a shared and integrated community - the School closure has had the impact of balkanising south Fermanagh, now proactive steps must be taken to redress this, and this should be the priority of all," concluded Mr Donaldson.



## **Can we help with your I.T or communications needs?**

Maybe you have multiple children at home due to school closures and you could do with access to another Computer Tablet in order to help with school work?

Or maybe you would like access to a Tablet to be able to stay in touch with family and friends via skype, zoom etc?

Or maybe you would like to connect into some of the Coffee Mornings and classes we have arranged?

Whatever the case if you would like access to a Tablet/device please get in touch with us to discuss.

We have recently been able to purchase a number of devices which we can loan out on a temporary arrangement and we would be very happy to be able to help.

Don't allow technology to beat you - we can also offer training/guidance in the use of the I.T equipment.

Office number is 028 677 23884 option 1.

## *Men's Breakfasts*

Over the next number of weeks we are going to deliver some of our popular Men's Breakfasts.....quite literally we will DELIVER to your doorstep!!

With a little help from local businesses / take aways and our ever faithful befriending team we will be bringing breakfasts to different areas around Fermanagh and Clogher Valley.

If you would be interested in receiving a breakfast delivery please phone the office. In particular we are hoping to deliver to men who are living alone. Please call the SEFF office on 028 677 23884, option1 to express your interest.

Of course this isn't the normal way we would be doing things but as with all our services and activities we have had to make changes in order to keep everyone safe.



We look forward to the days where they can return to normal but for now we will try out this new initiative.

## SEFF HOLDS 'DRIVE IN' FAMILY CAROL SERVICE

On Sunday 13th December 2020 South East Fermanagh Foundation held a special family-themed Carol Service which took the form of a 'Drive In' and was held in Crawford's sawmill yard, Lisbellaw.

Well over 80 cars attended the service which was developed by SEFF for the purpose of "encouraging fellowship across The SEFF Family".

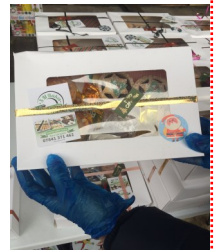
Following the service there was even a visit from Santa Claus which went down well with children and adults alike.



Director of Services Kenny Donaldson explained: "This year has been an extremely turbulent year for many individuals and families and sadly the COVID pandemic has claimed the lives of many across Northern Ireland but also throughout our World. Many gathered at the service know of people who have died and we will also know of others who died since March and who were unable to be given the wake and funeral arrangements which we traditionally offer in this place".

"That has brought additional significant distress and heartache to many families. We re-commit our intention to hold a Remembrance and Thanksgiving service at a point when it is safe (post rollout of the vaccine) where we will bring The SEFF Family together to collectively grieve for loved ones and friends who we have lost since the first COVID lockdown of March 2020".

"We are immensely proud that throughout the worst of these days, the SEFF Family remained firmly intact and we have continued to function in providing a service to members, via partner groups and the broader community. This focus of service is essential to our being and going forward in 2021 we must continue to keep connected with what our core purpose is as an organisation; supporting the innocent victims/survivors of terrorism and being part of the strengthening of the community".



Kenny also recorded his thanks to all involved in the service; Howard Brooker who facilitated, and all the music performers and readers who contributed. He also thanked his team of staff and volunteers within SEFF who worked on the Project.



And he went on to recognise Crawford's for making available the facility and to Gordon and Barbara McKeown for being the conduit for arrangements.

## Welcome to new Advocacy Staff member

My name is Joanne Dorrian and I have campaigned for truth and justice in my personal life for almost 16 years. My sister Lisa Dorrian was murdered and her body hidden in 2005 and we continue to pursue justice and truth alongside trying to recover Lisa's body through the PSNI and various other organisations.



I am very aware of the impact loss and trauma can have on families and I feel privileged to have this opportunity to work alongside victims families and survivors to help them in their quest for Truth, Justice and Acknowledgement.

In my new role as Advocacy Support Worker I look forward to helping families find their voice and try to gain whatever form of justice they seek.

Legacy cases where the innocent victim or survivor has suffered deserve as much effort and resources as any other case and I do not believe in a hierarchy of victims. Each case is as important as the next. I will work extremely hard to get results for any family I represent and will work hard to represent SEFF in the most positive way. I look forward to taking up my new position in SEFF and making a difference for innocent victims and survivors.

Joanne will commence employment from 1st February 2021 onwards and will mainly be based from the Lisburn and Rathfriland areas.



### Veterans Commissioner visits SEFF to acknowledge Veterans

On Monday 14th December 2020 SEFF were pleased to welcome Veterans Commissioner Danny Kinahan to their Lisnaskea offices where The Commissioner met with a range of veterans to engage in dialogue around their needs and also to understand their views around a range of issues.

Mr Kinahan had also come down to meet with The Weir family and to give acknowledgement to a Walk a Marathon Campaign dubbed as 'Going for a Walk hi' by Grant Weir himself. Grant Weir was seriously injured whilst serving as a UDR soldier, in 1979 the Provisional IRA planted a bomb which murdered one civilian (Sylvia Crowe) injured two other civilians and which left Grant seriously physically and psychologically injured.

The Weir family came forward with a campaign proposal that Grant would walk the equivalent of a marathon over an 8–10-week period, Grant will in fact complete that feat within just 6 weeks in the days leading up to Christmas. The purpose of the walk is to raise awareness of mental health and carer issues with the proceeds of the fundraiser going to SEFF and The Ely Centre, Enniskillen.

In a statement SEFF's Director of Services Kenny Donaldson stated: "The Veterans Commissioner met with circa 12 veterans and heard from them issues for which they require support. Amongst the issues discussed were; his presence at the Lambeth Talks, mental health provision, Community allotments, the role of Veterans champions within local Councils, legacy issues. We also heard from the Commissioner in respect of the remit of his role as well as his understanding of the way forward for his office".

"Post the meeting the Commissioner then travelled to Ballinamallard and walked with Grant Weir and his sister Michele Nixon in their home Village, the Commissioner was positive in his engagements with the family".

"We look forward to a continued constructive relationship with the Veterans Commissioner, we expressed our deep concern around the Lambeth agenda and implored the Commissioner to not be part of any process which fails to take due cognisance of those greatest impacted by discussions being held. We will be working with the Veterans Commissioner on a range of issues over the coming month in best delivering for veterans and ensuring a much more joined up approach than has been the case heretofore".

"Our message to the Veterans Commissioner was simple; break down the rigidity within the Veterans fraternity and those organisations established to provide support to veterans and their families. Going forward delivering upon the actual needs of veterans and their families must be the common priority," concluded Mr Donaldson.

Since the visit SEFF have engaged in Zoom meeting discussions with the Veterans Commissioner.



## Media Skills Training (Virtual Course)

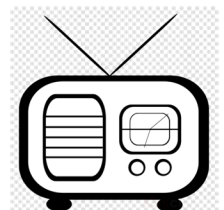
We are currently planning a Media Skills Training course (to be delivered virtually) over the February to March period. We put out a call out for potential participants, this course would be ideal for anyone who would be interested in learning media skills whether it be for general interviews, providing key messages or television / radio interviews.

The course will be facilitated by a reputable media company and will be as interactive as possible over the delivery platform (most like to be Zoom).



If you would be interested in taking part in this course we would ask you to phone the office in order to register your interest and please also indicate your availability whether it would be during the day, evenings or weekends.

Victims/survivors who have previously participated in this training have remarked upon its' practical usefulness to them.



# **SEFF's Burns Night** **(Remote) Celebrations**

Robert (Rabbi) Burns Day to be acknowledged virtually by SEFF on this page @ 7.30pm on Monday 25th January 2021.

Annually for each of the last five years SEFF has acknowledged Robert Burns Day (25th January) which celebrates one of the most famous and infamous Scotsmen.

We do so in acknowledgment of the rich heritage and culture which links Ulster and Scotland and which is known as the Ulster Scots culture and influence.

In previous years we have held Burns Supper nights in collaboration with Fivemiletown RBL where anywhere between 50-80 people came together for a night of cultural celebration, having a haggis dinner, washed down by a wee dram by some, music and poetry recitals.

Regrettably due to the COVID pandemic we cannot gather together collectively this year. But we are not prepared to allow the date to pass without recognising it.

Therefore as a result of £2,500 funding obtained via Fermanagh and Omagh District Council we are able to offer the following programme on Burns Day (Monday 25th January)



1. 50 members of the public will receive a Haggis dinner and traditional Ulster Scots dessert, Cranachan.
2. 150 people (80 x adults, 30 x 11-18 yr-olds and 40 x under 11's) will receive Ulster Scots books and other literature which promotes all aspects of the culture.
3. On the night of Monday 25th January 2021 @ 7.30pm we will be broadcasting an Ulster Scots Show in collaboration with Rocky Top Productions, Ballinamallard (Trevor Kirkpatrick) on this page.

The Show (circa 80mins of length) will be a feast of Ulster Scots Culture; music, poetry, toasting the Haggis and much more.

There'll also be references to Robert Burns, his life and legacy and we will be examining the Ulster Scots connections with Fermanagh.

Please do tune in to this show from the comfort of your own home.

And if you would wish to be considered for the literature and you live within the Fermanagh and Omagh District Council area then please do contact the SEFF office on: 028 677 23884. Meals have been allocated at this point.

SEFF is committed to encouraging the positive celebration and marking of key cultural and heritage based events and figures and we will be again doing so for St Patrick's Day.

## **Food Hampers & Lunch Deliveries**

We will be continuing with our food hampers and lunch deliveries over the next number of months as a response to the current lockdown and restrictions that are in place.

We would like to reach victims & survivors who are in need:

- Those who have lost their job and income as a result of coronavirus
- Those who are requiring to shield due to the COVID pandemic
- Those who are on low income/benefits
- Those who are socially isolated and have little family support nearby
- The elderly and vulnerable
- People with other exceptional circumstances

If you or someone you know is in need please do not hesitate to contact us on: 028 677 23884 (option 1 for Lisnaskea) All information will be treated in the strictest confidence. We can only work off the information we possess so please do work with us on this important issue.



# BEFRIENDING

Hi All

Welcome to 2021 and Happy New Year to you all, well, as happy as we can be under the circumstances. We hope Christmas passed ok for everyone and that you are all keeping as well as you can.



We are happy to see the Covid-19 vaccines being delivered to our community and The Befriending Service would like to offer its' help to anyone unable to travel to their vaccine delivery points. If you need transport, please do not be stuck, give the SEFF Office a ring and they will pass your details on to us and hopefully we will have someone free and willing to take you to your appointment, you do not have to be already receiving our befriending service, we are offering this particular and additional support to try and reduce the potential of people being missed.

As always, the Befriending Team have been kept busy in the background helping those in need during this unusual time and huge thanks must go to our volunteers who selflessly give so much of their care and time to help others. We have continued to provide transport for the most essential hospital appointments, by kind permission from our funders, VSS, but under very strict regulations. We continue to help our Befriendees with essential shopping and prescriptions, but we are unfortunately still restricted from visiting people in their homes, which has always been such a big part of our service.

Our merry band of volunteers were also busy last year helping deliver food packages and lunches to members in need and will be continuing to do this as well as deliver breakfasts for as long as current restrictions are in place.



SEFF's ethos of helping is strongly ingrained in the Befriending Service and we are lucky to have such a broad range of services within SEFF to rely on and signpost people to, the services do mostly continue, although in a different way sometimes, even with COVID, so never be afraid to ask for help for yourself or someone you know.

Sending you all Healthy and Good Wishes for 2021.

The Befriending Team

## Complementary Therapies

Due to previous and current COVID restrictions we will be seeking to deliver Q3 and Q4 targets over the period; **January - March 2021.**

**We are currently taking names against treatments.**

**Remember: Physiotherapy can still be offered now, the other treatments are postponed.**

**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 / Foot Care** (Therapist: Ruth Watson)
- **Physiotherapy** (Therapist: Nicola McCullagh-Daley)
- **Health Kinesiology** (Therapist: Marilyn Robinson)



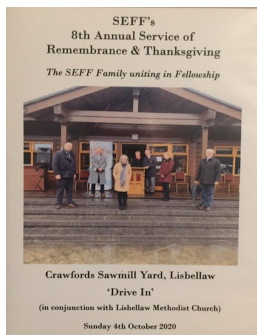
## NEW METHOD of ALLOCATING TREATMENTS

We have changed how we allocate complementary therapy sessions. 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 of your needs and suitability for treatments before then allocating places. Our newly appointed Clinical Coordinator (Jenny Ferguson) will also have a role in the monitoring and evaluation of treatments)

**Please contact the office to register your interest on 028 677 23884 & ask for a Health & Wellbeing Caseworker or Jenny Ferguson**

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

# New SEFF DVDs for SALE



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



## Shout out for volunteers

Good afternoon everyone - we are looking for a couple of willing volunteers, and if you have an interest in finances or fundraising then we would love to hear from you to help us with a couple of projects. The volunteer/s must be good with technology, and able to use excel and word, and someone with an interest in finances, or practical experience would be ideal.

There are two projects that we would love your help with:

- Gift Aid Project - To assist us to recoup Gift Aid from our donations - short term project for 1x month @ 2 days per week
- Xero Project -To assist our Finance Officer with uploading documents & data input - long-term volunteer role @ 1-2 day/s per week

If you think that either of these roles would suit you then please do not hesitate to get in touch with us for more information or to discuss. Call the SEFF office on: 028 677 23884, selecting option 1

## 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

