



The Queen's Award
for Voluntary Service

SEFF NEWSLETTER

Supporting Victims & Survivors, Strengthening Communities

March 2021 Issue 175



Dear Members,

As we approach the end of the financial year I would ask that members would show some understanding of our finance and other core staff over the next 3 weeks as we strive to close off the books for 2020/2021. There is substantive bureaucracy associated in doing so, some staff will not be as accessible to members over this period.

I would like to also welcome David Hallawell to our staff team as a new Advocacy Support Worker, alongside Nevin Brown he will be covering the Western Region of Northern Ireland and Lisa Finnikin, our new Clinical Coordinator who will be based from Lisnaskea. **(Bios on page 3)**

The Troubles Permanent Disablement Scheme is unlikely to open until circa August 2021, further details will be printed within the April or May Newsletter, when we hope to have completed the recruitment process of new staff. **(Also see page 6)**

Kenny



SEFF Easter Closure

*Good Friday 2nd April,
And there will be a skeleton staff
working on Easter Monday 5th April
and Easter Tuesday 7th April 2021.*

RENEWING SEFF Membership 2021/22 DEADLINE - 1st April

1st April marks the START of the new membership period and runs to 31st March 2022. Please ensure you have paid your dues.

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.

M 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.**

N 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.

E 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.

R **Your cooperation is much appreciated.**

We have been updating our membership forms to include member's GP information, and your GDPR permission which is required for SEFF to hold your data on our systems. Also if any of your details have changed ie: marital status, address/mobile/postcodes etc, please call the office to update these!

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.



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SEFF Community
SEFF Victims
and Survivors

New SEFF Office to open in Lisburn over coming weeks



SEFF's Director of Services Kenny Donaldson explains the rationale for opening the Lisburn office:

"SEFF has a significant membership who live in the Greater Belfast area and the reality is that such individuals have not been fully able to engage in group based activities due to the geographical distance between where they live and where SEFF offices are based".

"There was a need for SEFF to have a base in the Eastern Region of Northern Ireland, Lisburn and the Lagan Valley constituency is without coverage for victims/survivors of 'The Troubles' so setting up here makes logistical sense and given the close proximity of our offices to the train station, we are ideally placed to serve the people of Lisburn, Belfast, wider County Antrim and North Down community".

"SEFF is a Northern Ireland-wide organisation but beyond this we also are the sole local group to have set up base in Great Britain in supporting innocent victims/survivors of terrorism there and we also provide out-reach services to victims/survivors in the Republic of Ireland".

"We call upon innocent victims/survivors to engage with our services which will now be operated from Lisburn, we have excellent office located at Graham Gardens and we will be taking up occupancy at the earliest opportunity post COVID lockdown".

"From this office we will have Advocacy staff located, health and well-being support including a Caseworker, counsellors, complementary therapists, welfare advice (including support to those engaging with The Troubles Permanent Disablement Scheme etc)

"We encourage innocents impacted by 'The Troubles' and interested in accessing our East Region service being operated from Lisburn to contact us on: 028 677 23884, selecting either option 1 (Lisnaskea) or option 5 (Lisburn) Come and join The SEFF Family," concluded Mr Donaldson.

Keep active, your mental health and wellbeing matters!

Gardening Packs...Spring is on its' way...

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 worry about those issues we have little control over.

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 need. We will try our best to facilitate all who express interest.

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.





SEFF WELCOMES NEW ADVOCACY SUPPORT WORKER DAVID HAL-LAWELL

I am a retired Police Officer with over 29 years' service in the Royal Ulster Constabulary and PSNI. Working mostly in the Fermanagh and Tyrone areas as well as a period on promotion to the Northwest of the province. Retiring as a Detective Sergeant in 2016.

As a native of Fermanagh, I spent my early life in Ballinamallard before my father's work as a Constable in the RUC took us to Londonderry.

After my father's murder on duty by the IRA in 1983 the family returned home to Ballinamallard where we still reside today. I had my secondary education at Enniskillen High School. I am a married man and my wife, and I are blessed with two grown up daughters.

My outside interests include fishing and Clay pigeon shooting.

I feel really privileged to commence this new and exciting challenge with SEFF and bring my experience as a police officer and as a bereaved victim of the troubles to my role as an advocacy support worker.

SEFF ALSO WELCOMES NEW CLINICAL COORDINATOR LISA FINNIKIN

My name is Lisa Finnikin and I am delighted to be joining the South East Fermanagh Foundation in the role of clinical coordinator. I grew up in a rural village in the Peak District, England and relocated to Northern Ireland in 2008 when I retrained as a counsellor. I have vast experience of working within different community-based settings across the whole of Northern Ireland and have specialist training and experience in working with psychological trauma.



My background as a counsellor means I'm able to quickly build relationships based on a foundation of warmth, understanding and genuine support. Many of my clients had multiple and complex needs which impacted on their daily life and I always aim to offer support in an empathic and non-judgmental manner where the client's wellbeing and rights are paramount.

I believe that I have the enthusiasm, dedication, and skills needed to be part of the SEFF team and I can't wait to get started in my new role.

No rest for SEFF's Volunteers during COVID ... At home with the Brown's

As you all know SEFF could not function without its' band of willing volunteers and COVID lockdown has brought out the best in many.

Pictured opposite are Eric Brown (Chairman of SEFF) and his wife Valerie who are working away preparing last month's newsletter for distribution.

We thank ALL our volunteers who continue to work away on behalf of the organisation during the pandemic, our team of befrienders who have delivered food packages amongst other duties, our Morning SEFF calling volunteers, Community Allotments Volunteers, newsletter volunteers and anyone else working away behind the scenes - our sincere thanks go to you all.



Working within the pharmaceutical industry I have been asked to pen a short article about the COVID-19 vaccines and will initially discuss the Pfizer BioNTech vaccine which was approved for use within the UK on 2nd December 2020.

Medicines administered to patients in the UK are required to be approved by the Medicines & Healthcare Products Regulatory Agency (MHRA), the regulatory body which is responsible for ensuring the safety, quality and effectiveness of medicines in the United Kingdom.

[\[https://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency\]](https://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency)

For a vaccine to be approved, it must first go through “Phases” to ensure the safety and efficacy of the drug:

Phase	Purpose of Phase	Potential No. of participants
1	Safety & Dosage	20-100
2	Efficacy & Side effects	100-300
3	Efficacy & Monitoring of Adverse Reactions	300-3000
Approval		
4	After a drug is approved, continued follow up safety & efficacy monitoring	3000+

How we were able to achieve a vaccine so quickly was due to how these Phases occurred. Typically, each Phase would not overlap but due to the urgent need to fight the virus, they were able to run at the same time with one another. Although this was the case, no corners were cut, and all phases were completed as robustly as any other clinical trial.

Similarly, there was also time saved in finding volunteers to take part in the trials due to the vast amount of people COVID-19 effects and this meant these volunteers were ready to go once the vaccine was available for human trial.

To put the Pfizer Phase 3 trial in perspective to the table above, there were over 44,000+ volunteers taking part across the world. This is a substantial number of participants for a Phase 3 trial.

How do the vaccines work?

How the vaccine works is that it triggers the body's natural production of antibodies and stimulates immune cells to protect against the COVID-19 virus.

The Pfizer vaccine uses a tiny fragment of the COVID-19 virus's genetic code. This starts making part of the virus inside the body, which our immune systems recognise as foreign and starts to attack. The AstraZeneca vaccine is different in that it is made from a weakened version of a common cold virus from chimpanzees. It has been modified to look more like the COVID-19 virus although it can't cause illness. Once injected, it teaches the body's immune system how to fight the real COVID-19 virus should it need to.

As with all vaccines and medicines, the safety of COVID-19 vaccines is being continuously monitored. At the time of writing, 25,273,226 people in the UK have received their first dose of vaccination. [\[https://coronavirus.data.gov.uk/details/vaccinations\]](https://coronavirus.data.gov.uk/details/vaccinations)

For those of us based within Northern Ireland currently eligible for the vaccination, you may receive a letter from your GP or can book your vaccination slot online. Please visit <https://www.nidirect.gov.uk/articles/get-covid-19-vaccination-northern-ireland> for more information.

Please note that I am not a doctor and that the above is not professional medical advice but is to simply give you my perspective from working within the industry.

If you would like further information, this can be found on government literature on web link below:

[https://www.publichealth.hscni.net/sites/default/files/2021-02/Job%204%20Covid-19 Guide for Adults DL leaflet 12pp 10 02 21.pdf](https://www.publichealth.hscni.net/sites/default/files/2021-02/Job%204%20Covid-19%20Guide%20for%20Adults%20DL%20leaflet%2012pp%2010%2002%2021.pdf)



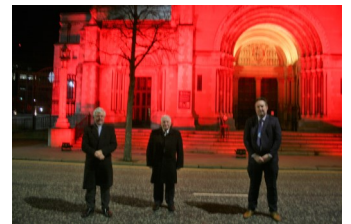
Kenny Donaldson, Director of Services for South East Fermanagh Foundation (SEFF) stated: "Innocent victims and survivors of terrorism were insulted and treated with contempt by the Assembly Commission, and specifically the Sinn Fein members blocking of our request to have Parliament Buildings illuminated red in marking European Day of Remembrance for Victims of Terrorism".

"We took many angry and hurt phone calls from victims and survivors, from across the community, those who have been impacted by both republican and loyalist terrorism. Innocent victims/survivors were just distraught that their own Assembly building would not permit such a basic gesture and recognition".

"Undeterred and on their behaves we approached a number of Councils directly seeking their support and solidarity for this special day, Derry and Strabane, Causeway, Coast and Glens, Antrim and Newtownabbey and our own local Council; Fermanagh and Omagh District Council have all responded positively, as has St Anne's Cathedral, Belfast. We would take this opportunity to thank the Chair of Fermanagh and Omagh District Council and fellow Councillors who have supported our request, in doing so they have sent out a positive civic message and we look forward to continued efforts in the months and years ahead from local Government to effectively connect with victims and survivors living throughout the District. Enniskillen Castle and The Strule Arts Centre are two wonderful civic amenities, and we are pleased to see them illuminated in honouring European Day of Remembrance for Victims of Terrorism".

"In marking European Victim's Day SEFF helped organise a virtual remembrance event facilitated by Jim Allister MLA (and with support from other MLA's across the political spectrum) and with participation from victims and survivors of both loyalist and republican terrorism. Edward O'Neill whose father was murdered in the Dublin bomb carried out by the UVF and who was himself seriously injured, Dr Andrea Nelson who was robbed of both parents through the La Mon attack and Judith Jenkins-Young (widow) and her daughter Sara-Jayne Young who had husband/father stolen from them as a consequence of The Hyde Park bombing. In both these latter incidents the Provisional IRA were responsible".

"SEFF re-asserts its' fundamental principle that all criminal violence was wrong in the context of 'The Troubles,' whether perpetrated by republican or loyalist terrorists or individual members of the security forces. It's this core value that unites people and this MUST be enshrined within ALL hearts," concluded Mr Donaldson.



Virtual Coffee Morning Series:

Inspirational Young People within the SEFF Family

In April we continue with our series of Coffee Mornings, the last in the series is on Thursday 8th April 2021 - see info below.



Thursday 8th April 2021 at 11am: Kyle Black

Kyle is a Cllr on Mid-Ulster District Council representing Carnogher DEA.

Kyle's father David Black (who was a Prison Officer) was murdered in 2012 when travelling to work, he was shot and murdered on the M1 motorway by so-called 'dissident' republican IRA terrorists.

Please contact the **SEFF office on: 028 677 23884, (selecting option 1)** if you'd like to enrol for these Coffee mornings. You will then be sent a Zoom link to which you would click on for the respective time/date.

This opportunity is open to ALL SEFF members irrespective of where you are based and also victims/survivors attached to partner groups who we deliver support services to.

Let's be proud of what many of our young people have become - Never allowing terrorism to defeat or define them.

SEFF Activities

We are really hoping that restrictions will begin to ease soon and we'll be able to resume some face to face activities.

In the mean time we will continue to connect with members via Zoom and similar platforms. We will continue to find creative ways in ensuring you can feel involved in the work of the group.

If you have any ideas on virtual activities /courses you would be interested in taking part in then please do let us know as we are open to suggestions.

Your suggestions would be most welcome so please lift the phone and speak to us.

Call us on: 028 677 23884, select option 1.

The CLEAR Project

We are delighted to again receive funding this financial year (2020/2021) from the CLEAR Project - the aim of the CLEAR Project is to develop healthy communities in terms of emotional wellbeing and mental health within the Western Trust area.

Unfortunately with Covid restrictions we have been unable to deliver the usual activities we run with this funding eg. classes/courses and social support events. This year we have had to be creative and think of alternative means to engage with people.

Collate your memories from 2020....

One of the projects within this will have a photography theme under the title **'Blessings from 2020, a year we're told to forget but which we should remember'**

This project will be encouraging members to put together a photo album of pictures that remind them of 2020 and in particular the positives that came from it for example these could include pictures of families spending quality time together, communities coming together weekly to clap for the NHS, the birth of a new baby or a wedding during COVID. Perhaps a beautiful landscape that provided some solace during this difficult time. Basically any photos that are unique to the year of 2020, the year where we had to stay at home and do things differently.



Each person will be provided with a photo album which will be entitled 'Blessings from 2020, a year we're told to forget but which we should remember' the album will also have space for an explanatory note to provide a descriptor around each picture.

Participants will be brought together virtually (via Zoom) to begin with in order to provide explanatory information, they will also come together at the end in order to showcase some of their pictures. It is envisaged that the first session will take place at the beginning of March and the final session towards the end of the month. We can provide further detail once we gauge interest levels.

This project will be an excellent way to capture your memories from 2020 and have them collated / documented for the generations to come. If you would be interested in taking part please contact the office on 028 677 23884 option 1 to register your interest.

Wheelchairs for loan

Again through the CLEAR project we are very pleased to be able to purchase a range of wheelchairs for use within the organisation, this will include transit wheelchairs, self propelling and bariatric. These chairs once purchased will be available to loan out to members as and when required so should you need to borrow a chair you can get in touch with us on 028 677 23884 option 1.



Update on Troubles Permanent Disablement Payment Scheme

I am aware that many of you are anxious concerning the new Troubles Permanent Disablement Payment Scheme (AKA the Victims Pension) and broken promises that have been a fixture of the scheme since it was first ever muted.

Recently Nevin Brown (Advocacy Support Worker) and Dr Philip McGarry (Chair of SEFF's Health and Wellbeing Oversight committee) and I met with the President of the Scheme's Payments Board - Justice Gerry McAlinden in the Royal Courts of Justice, Belfast.

It is clear following that session that considerable work still requires to be done pre any Scheme being opened.

We do not envisage the Scheme opening pre 2021 (and possibly not until the Summer) As disappointing as this will be for many we do understand Judge McAlinden's will to do things right and to avoid Judicial Review challenges.. There are substantive structures to be developed before applications could be considered by the new panel established.

I want to assure you all that SEFF is at the heart of the discussions and is pressing your needs throughout, we are currently recruiting 4 staff (2 N.I.-based and 2 p/time to be based in Great Britain) who will support anyone wishing to apply to the Scheme (right through to Appeal level)

If you have any queries at this point then please contact advocacy or welfare staff or myself, Kenny at SEFF.

"SEFF Calling"

Hello to SEFF members from the SEFF Calling Team.

I trust that all is well with our members as we approach the end of March 2021. At Patrick's Day has been and gone with out too many incidents of people breaking Covid restrictions as they were "drowning the shamrock". SEFF celebrated with a well put together live ensemble, celebrating the Patron saint and hosted by Kenny and Kesh's very own Gary Wilson. Judging by the comments posted from all over by people it was well enjoyed and appreciated. I am sure that by now most of you have had the initial Covid vaccine and maybe even the follow up one.

Although the weather has been cold of late there are very obvious signs that Spring is not too far away. That, and an easing of some of the Covid restrictions goes a little way in lifting our spirits after a long and lonely old winter. We, at MSC continue to offer our services to those members who would like to avail of a phone call on a weekly basis. So, if there is anyone else within the SEFF membership who would like to avail of this service, please do register your interest with the main office in Lisnaskea. Your interest will be then passed on to the Service Coordinator with whom a suitable Day and time will be arranged to suit.

So until next month and as the late Captain Tom said "tomorrow will be a good day"

Anna Rita and Marty - SEFF Calling

PS: We would welcome anyone who may be interested in volunteering with our SEFF Calling Service for a couple of hours per week to reach out and provide a wee chat to someone who is feeling lonely, has poor health which may prevent them from going out, especially since Covid restrictions have curtailed visiting or having visitors or they just might benefit from chatting to someone. Again just register your interest with either Mandy or Joy in the Lisnaskea office.



We really hope to be able to resume the delivery of complementary therapies as soon as possible and certainly within the second quarter of 2021 (all being well).

We are currently taking names against treatments, please see options below. 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 and Lisburn 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 Administrator (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.**

BEFRIENDING

Hi All

Spring is in the air and it is so lovely to see the daffodils and crocuses starting to bloom into life, we just need free to allow ourselves to be able to bloom too.



If you haven't had your Covid 19 Vaccines yet and are stuck for transport then remember The Befriending Service might be able to help with transport to your vaccine delivery points, just 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 services for this one, we are offering this separately so nobody is left unable to get their vaccine.

As always, the Befriending Volunteers 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 time and care 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 have also been busy helping deliver food packages and lunches to our members and will probably be continuing to do this if the current restrictions don't change.

SEFF's ethos of helping others is built into the core of the Befriending Service and we are lucky to have such a broad range of services within SEFF to rely on and signpost people to so never be afraid to ask for help for yourself or someone you know.

The Befriending Team

Complementary Therapies

SEFF welcomes reintroduction of Support Scheme for the Bereaved

SEFF's Director of Services Kenny Donaldson stated: "We are pleased to see the re-opening of The Bereaved Self-Directed Assistance Payments scheme; we had campaigned vigorously for the re-introduction of the Scheme and today's announcement by The Executive Office is to be welcomed".

"We have listened intently to the voices of innocents bereaved as a result of terrorism and who had missed applying to the Scheme prior to the previous March 2017 deadline. Many felt aggrieved by this, that somehow their loss was not able to be formally acknowledged by the structures of the State. The re-introduction of this scheme goes some way to dealing with this deficit".

"However, it is clear that going forward there is a need for a more sustainable package of support to be provided for the bereaved (particularly those first-generation victims/survivors who are aged) We along with others will be strongly pressing that the new Strategy for Victims and Survivors places the needs of the bereaved front and centre".

"SEFF personnel are at the ready to support anyone those who would require assistance in applying to the Scheme, please contact our offices on: 028 677 23884 at your earliest convenience, and we will respond as promptly, professionally and empathically as we possibly can".

"Finally, I conclude by commending those bereaved families and individuals who have spoken out in recent months pressing for the scheme to be re-opened. Today's announcement is an acknowledgement for their efforts and all others who will now benefit from the Scheme, administered by The Victims and Survivors Service - and who we recognise as having also pressed the need for the scheme to be re-opened," concluded Mr Donaldson.

Notes to Editors:

This scheme will be open to bereaved individuals who were not registered with VSS by 31 March 2017 and, therefore, are not already in receipt of this payment from VSS. The scheme applies to individuals **bereaved of a parent, spouse/partner, and/or a child**. These victims and survivors will now be eligible to receive a payment within the 2021/22 Financial Year (and any subsequent years subject to the scheme remaining operational and eligibility criteria unchanged). This is a new policy direction. Payments will therefore not be made retrospectively for previous financial years (2017-2020).

In line with the existing scheme, individuals **bereaved of a parent, spouse/partner, and/or child** will receive a payment of £500. Individuals bereaved of a **spouse/partner** or bereaved of **both parents** will receive an additional needs-based payment of £500.

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 1 month @ 2 days per week

Xero Project -To assist our Finance Officer with uploading documents - 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 be content 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