



BEFRIENDING SERVICE

BEFRIENDING OFFERS SUPPORT TO THOSE UNDERGOING A DIFFICULT PERIOD IN THEIR LIFE.

OUR BEFRIENDERS IN SEFF WILL:

- Act in total confidence.
- Visit you irregularly in your own home at your request
- Accompany you on an outing, an activity, shopping trip or just for a cup of tea.
- Accompany you to a hospital appointment or to visit someone in hospital when possible.
- Meet up with you just for a chat when you need it.

BEFRIENDING SERVICE WILL COVER:

- Home Visits
- Transportation support (including medical)
- Coffee Mornings
- Luncheon Clubs
- SEFF Calling Services (weekly check in)

Denominational Religion and Politics have the potential to divide, it's our Values that Unite us



South East Fermanagh Foundation (SEFF)

Formed in Fermanagh on 15th August 1998 (the day of the Omagh Bomb), SEFF is a charity working with and behalf of innocent victims and survivors of terrorism and other Troubles-related violence irrespective of their denomination or ethnicity across Northern Ireland, Great Britain, and the Republic of Ireland.

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Social Media:

- SEFF Victims and Survivors
- SEFF Lisnaskea (Community)
- SEFF's Advocacy for Innocent Victims Project
- @SEFFLisnaskea



Governance Status

SEFF is a Company Ltd by Guarantee (NI606566) and is also registered as a Charity (NIC100538) and therefore welcomes any charitable donations which helps the group to fulfil its' purpose.



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

Supporting Victims And Survivors,

Strengthening Communities.





South East Fermanagh Foundation (SEFF) is based in the Manderwood Industrial Estate, Lisnaskea but has outreach services delivered to Newtownstewart, Rathfriland, Lisburn and Fivemiletown. SEFF also provides outreach services to innocent victims/survivors based across Republic of Ireland and Great Britain. SEFF offers the following services to the innocent victims and survivors of Terrorism and other Troubles related criminal violence.

- *Advocacy Services - supporting innocent victims of terrorism and other Troubles related criminal violence*
- *Befriending and SEFF Calling services - matching members with a volunteer support in person or on the phone*
- *Clinical counselling services - a team of counsellors best placed to meet the diverse needs of victims and survivors of the Troubles*
- *Health and Wellbeing Services - guiding members through holistic wellness by our Caseworkers*
- *Complementary Therapies - offering a range of therapies, best matched to meet the needs of each individual member*
- *Legacy Trails Education Project (covering Fermanagh, Castlederg and South Armagh)*
- *Welfare & Benefits service - supporting members with advice and support with welfare applications*
- *Troubles Permanent Disablement Payment Scheme (AKA Victims Pension) - supporting victims/survivors to access this newly opened scheme*
- *Youth & Trans-generational - supporting young people whose lives have been affected by the Troubles*
- *Other projects - supporting members through activities, respite trips, educational and health based learning, and peer supports e.g. SEFF Allotments*
- *Volunteering Opportunities*

WELFARE SERVICES

SEFF offers Welfare and Benefits advice complete with Tribunal Representation and this service can be provided within SEFF, in the premises of other groups we work in partnership with or through home visit.

Any member that requires support or help with completing DHSS forms such as PIP, which replaces DLA (Personal Independence Payment) ESA (Employment Support Allowance), or any other forms, including the new Troubles Permanent Disablement Payment Scheme, aka victims pension. SEFF is available to assist with this service. This service is free and be reassured is also confidential as no information is passed on without a member's permission.

ADVOCACY SERVICE

SEFF's Advocacy Service aims to support innocent victims and survivors of terrorism and 'other Troubles related criminal violence' (in the Northern Ireland context) with an advocacy related issue, particularly but not exclusively related to their justice, truth and accountability needs. Our advocacy service has established a delivery partnership with groups based across Northern Ireland, Republic of Ireland and Great Britain.

The Project has a team of case workers and volunteer advocates in place to support individual victims and survivors.

YOUTH/TRANSGENERATIONAL SUPPORT SERVICES

SEFF runs a range of programmes and activities designed to support younger members within the organisation but also in our efforts of outreach with other younger members within the community. Programmes include, personal development activities, cultural diversity initiatives and education-based programmes, particularly with relevance to examination of 'The Troubles' and its' continued legacy. SEFF will be further developing its' outreach work within schools/colleges/universities.

COUNSELLING SERVICES

There are different types of counselling. The counselling offered at SEFF is an integrative approach which combines a number of different ways of dealing with difficulties. (Person centred, CBT, EMDR and family systemic therapy are among the approaches available).

Appointments are offered on a weekly basis for whatever period support is required. Each appointment will last for approximately 50 minutes.

SEFF also offers group facilitation based peer to peer support sessions e.g. Fibromyalgia, Bereavement, Addictions, Healthy Living, Young Adults.

Individual Counselling and group-based support may be offered in SEFF premises throughout Northern Ireland, or in premises linked to partner groups. Other arrangements can be resolved for those based in Republic of Ireland or Great Britain



COMPLEMENTARY THERAPIES

SEFF offers the following complementary therapies: Massage, Aromatherapy, Reflexology, Kinesiology, Indian Head Massage, Hopi Ear Candle, Foot Care and we also offer Physiotherapy.

These therapies can be provided within SEFF's setaside treatment room, within premises of therapist providers or within the premises of partner groups.

All therapies are provided by competent practitioners who have experience in working with those who have suffered trauma as a result of a 'Troubles related incident.'