## Counselling therapies

Our GB clients have access to fully qualified and competent counsellors who are supported by SEFF to provide a variety of psychotherapy sessions suited to your individual needs.

If you feel you would benefit from some counselling therapy, any of our GB personnel can refer you to our Clinical Team, who will resource a counsellor and set up an appointment time that is convenient for you. Local counsellors can be sought in your area.

## Complementary therapies

Complementary therapies aim to bring physical and emotional relief for persistent pain and help you to relax.

Our Health & Wellbeing Caseworker can help you find services in your area, including complementary therapies in aromatherapy, reflexology, and massage.

## SEFF Calling

SEFF's Calling Services is a free telephone support service where you will receive a phone call once a week from one of our trained volunteers. We currently have volunteers based across Northern Ireland and Great Britain.

You will be rung at a time that suits you. Our volunteers can also assist with referrals into other SEFF services, or just call to have a chat.

## How to access SEFF's services:

If you, or someone you know, has been impacted by the Northern Ireland Troubles and would benefit from counselling, complementary therapies, general health and wellbeing support, welfare advice, or advocacy support, please contact;

**Advocacy Support Worker**
07860 850017
GBadvocacy@seff.org.uk

**Health & Wellbeing Caseworker**
07718 488383
GBhealthandwellbeing@seff.org.uk

**Welfare Officer**
07593 447181
welfare@seff.org.uk

For other enquiries, please contact the main office on 028 677 23884 (option 1), or info@seff.org.uk.

### 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.

Contact Details:
1 Manderwood Park,
1 Nutfield Road,
Lisnaskea.
County Fermanagh.
BT92 0FP
Tel: 028 677 23884
Email: info@seff.org.uk
Website: www.seff.org.uk

Social Media:

SEFF Victims and Survivors

SEFF Lisnaskea (Community)

@SEFFLisnaskea

# SEFF's Great Britain Services

Supporting innocent victims and survivors of the Northern Ireland "Troubles", whether victimised in Great Britain or elsewhere.

## SEFF's GB Services

We aim to support innocent victims and survivors of the Northern Ireland Troubles, and associated terror attacks, who live in England, Scotland and Wales.

Services offered to GB clients:

- Access to counselling support, complementary therapies & physiotherapy
- Advocacy services
- Access to a Health and Wellbeing Caseworker
- Respite & social support events
- Personal development opportunities
- Assistance with accessing the Bereavement Support Scheme
- SEFF Calling (Weekly telephone support service)

## Our Service Model

Our Advocacy, Health & Wellbeing and Welfare personnel can provide you with support on a one-to-one basis within your home/locality or remotely via telephone/weblink. Our personnel are currently based in the Midlands, but work across the length and breadth of Great Britain.

We also hold regular respite based events in various locations where victims/survivors come together to engage with our personnel, and also to build supportive relationships with one another.

## Advocacy Service

Our Advocacy Support Worker can provide practical support to innocent victims and survivors of the Northern Ireland Troubles. They will work with you to attain truth, justice and acknowledgment.
SEFF's Advocacy service has partnerships with organisations across Northern Ireland, the Republic of Ireland, and Great Britain, maintaining our core ethos that terrorism has no borders.

**Our service offers;**

- Confidentiality and empathy
- Support to engage with any other legacy structure established to pursue justice, truth, and accountability
- Lobbying on behalf of victims and survivors
- Networking with other groups and individuals who are innocent victims/survivors of the Troubles
- Research into finding more information about a particular incident
- Facilitate Northern Irish visits for victims/survivors wishing to address issues connect with past experences
- Signposting and onward Referrals

## Welfare Service

Our Welfare Officer can assist with applications for the Troubles Permanent Disablement Payment Scheme (TPDPS), as well as support with benefits, including PIP and Universal Credit.

The TPDPS is administered by the Victim's Payment Board and overseen by the Department of Justice. It has been developed to support those who sustained permanent physical and/or psychological injuries as a result of a Troubles related incident.

An application can also be made on behalf of an individual who was severely injured in a Troublesrelated incident and has since passed away on or after 23rd December 2004.

For further information, please contact our GB Welfare Officer using the contact details overleaf.

## Health & Wellbeing

Our Health & Wellbeing service aims to provide the best support tailored to your needs, including support to receive disability aids, access to physical and social support, and support towards costs of psychological therapies.

Our Caseworker will work with you to complete an individual needs assessment, to determine the most suitable support for you. Together you will agree an action plan, collate necessary documentation, and to gather evidence related to an incident, including medical or associated information.

An application will then be made to the necessary agency. Your caseworker will also consult with service providers on your behalf, where needed.