

## Other Health & Wellbeing Services

In addition to the support outlined overleaf, SEFF also offers the following interventions;

- Regular Health & Wellbeing themed activities, workshops and courses
- Ad hoc programmes in collaboration with local Gym and wellbeing providers
- Men's Health workshops, usually based at the SEFF Allotments
- Walkers & Talkers Group, who meet fortnightly on a Wednesday morning.

SEFF members will receive further information about these activities in their monthly newsletter.

## Counselling Services

The counselling offered at SEFF is an integrative approach which combines a number of different ways of dealing with difficulties. Our approaches available include; personcentred, CBT, EMDR, and family systemic therapy amongst others. Appointments are offered on a weekly basis for up to 12 sessions (with potential for extended sessions based on clinical need). Appointments may take place face-to-face within SEFF premises, a Counsellor's studio or premises linked to our partner groups, or remotely via telephone or weblink. Arrangements can also be resolved for those based in the Republic of Ireland or Great Britain.

Our counsellors are professionally trained and are subject to various background checks prior to commencing work with SEFF. All sessions are held in the strictest confidence.



## Complementary Therapies

SEFF offers complementary therapies for our members to support their physical and mental wellbeing. These include Massage Therapy, Reflexology, Footcare, Aromatherapy, Health Kinesiology and Physiotherapy, amongst others.

Therapies may take place at the premises of the therapist or within SEFF premises, and usually consist of a one-hour appointment allocated over a consecutive weekly period for a set period of time.

Please note, allocations are limited so you may not be eligible to receive complementary therapies through SEFF in the same financial year if you have already received an award from VSS awarded through the Individual Needs Framework outlined overleaf.

Please call our main office on 028 677 23884 (option 1) and ask to speak with our Clinical Administrator for more information.



## SEFF's Health and Wellbeing support services



[www.seff.org.uk](http://www.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:

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County Fermanagh.  
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Email: [info@seff.org.uk](mailto:info@seff.org.uk)  
Website: [www.seff.org.uk](http://www.seff.org.uk)


#### Social Media:


- SEFF Victims and Survivors
- SEFF Lisnaskea (Community)
- @SEFFLisnaskea





All SEFF members and those attached to our partner groups may access our Health and Wellbeing Service. We have Caseworkers who operate across Northern Ireland, Great Britain, and the Republic of Ireland who will guide you through the following pathway;


## GETTING SUPPORT


 We can make contact by telephone or arrange to meet you either at a centre, another public place or in your home.


 We will give you an overview of SEFF's range of services and of partner groups (where appropriate) signposting where relevant to your needs.

 Start the process of completing an individual needs assessment, to determine the most suitable support for you.

 Together we will agree an action plan, collate necessary documentation, gather evidence to an incident, medical or other associated information.

 An application will then be made to the necessary agency.

 We will continue to work with you until an award or suitable outcome has been achieved.

 Consult with services providers on your behalf.

## BEREAVED SELF-DIRECTED ASSISTANCE PAYMENTS

This scheme applies specifically to individuals bereaved of a parent, spouse/partner, and/or child as a result of a Troubles related incident, and who are currently in receipt of this type of payment from VSS;

- £500 to those bereaved of a parent, spouse/partner, and/or child;
- An additional needs based payment of £500 to those bereaved of a parent, spouse/partner, and/or child.



**Some Health & Wellbeing issues may be identified which necessitate a recommendation through Victims & Survivor Service, (VSS) Individual Needs Frameworks.**

This process will be facilitated through a number of supportive consultations which may include funding to support the identified needs. Each individual case will be submitted for assessment by a Health and Wellbeing manager.

## Support Available under Additional Needs Frameworks

Framework	Support available*	Key eligibility criteria
Disability Aids	Support towards the cost of disability aids.	Individuals who have been physically injured as a result of a Troubles-related incident, and meet the definition of a chronically sick/injured person under the Chronically Sick and Disabled Persons (Northern Ireland) Act 1978.
Persistent Pain Management	Support towards the cost of physical therapies (physio, complementary therapies) and/or home heating, specifically to manage persistent pain.	Individuals who have been physically and/or psychologically injured as a result of a specific Troubles-related incident and have been experiencing and reporting persistent pain as a consequence.
Psychological Therapies	Support towards the cost of psychological therapies.	Individuals who have been psychologically injured as a result of a Troubles-related incident and are unable to engage with psychological therapies funded by VSS or other community, voluntary and statutory providers.
Education & Training	Support towards the cost of training / education courses that provide a pathway to employment or improved employment opportunities.	Individuals whose education and development opportunities have been impacted by a Troubles-related incident(s).
	Support to access One-to-One Literacy and Numeracy Tutoring	
Trauma-Focused Physical Activity	Support towards the cost of accessing physical activities, and of relevant supporting resources, as recommended by a practitioner with whom you are engaged in a therapeutic process.	Individuals who have been physically and/or psychologically injured as a result of a specific Troubles-related incident, and are currently engaged in a therapeutic process with a registered practitioner who recommends specific physical activity to aid their engagement and support their management of symptoms.
Volunteering	Support towards the cost of resources required to enable access to/support specific volunteering activities demonstrated to benefit health and wellbeing, and that are not being supported by any other means. Requested items/costs will be considered on a case-by-case basis.	Individuals whose social and developmental opportunities have been limited as a result of specific Troubles related incidents, who are currently engaged in volunteering activities within a VSS funded organisation or who wish to explore other relevant volunteering opportunities.
Carers Respite	Respite breaks will be funded to Carers They can avail of a sitter service, support with housework, ironing, cleaning, gardening and other core maintenance issues etc to allow them some respite from their caring duties.	Provide a caring role for an individual for a minimum of 35hrs per week who has been physically and/or psychologically injured as a result of 'The Troubles' evidenced via a Carers Allowance letter from the Dept of Communities or GP confirmation letter.
Social Isolation (Phase 1)	Support towards the cost of recreational or community classes.	Individuals who have been physically and/or psychologically injured as a result of a specific Troubles-related incident and who are feeling lonely and are living in isolation.
Social Isolation (Phase 2)	Support towards the cost of Social Mobility Aids.	

**\* To avail of support under these frameworks a victim/survivor must be over the age of 18.**