

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

At SEFF, we offer a professional and compassionate Talking Therapies service for individuals impacted by Northern Ireland Troubles. This includes those who have been bereaved, psychologically or physically injured, or are caring for a loved one affected by conflict-related trauma.

Our integrative counselling approach is tailored to meet the unique needs of each person. Following an individual assessment, our Clinical Team determines the most appropriate therapy to support you. Our range of therapies includes:

- Person-Centered Counselling
- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Trauma-Focused Therapy
- Systemic Therapy

Appointments are available weekly, for up to 12 sessions (with the possibility of extension), and are offered face-to-face, by telephone, or online. Support can also be arranged for those based in Great Britain or the Republic of Ireland.

All counsellors are professionally trained, undergo rigorous background checks, and adhere to the BACP Ethical Framework, ensuring safe, ethical, and confidential care.

Confidentiality is central to our service. However, if there is a risk of harm to you or others, or if certain serious legal matters are disclosed, SEFF may need to share relevant information with appropriate services to ensure safety and comply with Safeguarding Legislation.

In some cases, and with your consent, we may refer you to additional services, such as the Regional Trauma Network, to best meet your needs.

Complementary Therapies

SEFF offers a range of complementary therapies for our members to support their physical and mental wellbeing. These therapies are designed to promote relaxation, reduce stress, and enhance overall health.

Treatments include Massage Therapy, Aromatherapy Reflexology.

Therapies may take place at the premises of the therapist or within SEFF premises.

We are pleased to offer funding for five sessions per fully paid-up member each year. We kindly ask for a contribution, if it is affordable to you, to help us continue providing this support.

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 for therapies from VSS through the Individual Needs Framework or through another group.

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



SEFF - Supporting, Empowering, Fair and Focused

Formed in Fermanagh on 15th August 1998 (the day of the Omagh Bomb), SEFF is a charity working with and on 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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Social Media:



SEFF Victims and Survivors



SEFF Lisnaskea (Community)

@SEFFLisnaskea



counselling
changes lives



Regional
Trauma
Network



Victims & Survivors Service



Supported by the
Department of Justice
Northern Ireland



Accredited
Service



SEFF'S HEALTH AND WELLBEING SUPPORT SERVICES



Email: healthandwellbeingreferrals@seff.org.uk

SEFF is a Company Ltd by Guarantee (NI606566) and is also registered as a Charity (NIC100538)

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.		