



BEFRIENDING AND SEFF CALLING SERVICES

Our Services provide:

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

We are seeking new volunteer befrienders to enable us to extend our service across the full Region of northern Ireland and beyond.

VOLUNTEERS:

Aside from Befriending and SEFF Calling services, SEFF offers opportunities across the following areas:

- Admin support roles
- Board membership
- Charity Shop
- Community Allotments
- Legacy Trail Guides
- Newsletter distribution team
- Oversight committees

We offer a wide range of personal development and training opportunities to those who volunteer with SEFF.

Join us, and be part of a cause worth fighting for!

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



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:

Web: www.seff.org.uk
Email: info@seff.org.uk

Legacy Trails:

For Android devices:
Search for "SEFF Trails" on Google Play.

For Apple devices:
Search for "SEFF Victims Troubles Trail"

Social Media:

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



Governance Status

SEFF welcomes any charitable donations which helps the group to fulfil its' purpose.



SEFF's Victim and Survivors Services



Supporting Victims And Survivors, Strengthening Communities.

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



The Head Office of SEFF is Lisnaskea, south Fermanagh but the organisation has sub-Regional services delivered from Fivemiletown, Newtownstewart, Richhill, Rathfriland and Lisburn. Further outreach services are provided by staff and volunteers based in the North/North West Region of Northern Ireland, 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)*
- *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 within beneficiaries own home.

We can support with the completion of DHSS forms such as PIP, (Personal Independence Payment) ESA, (Employment Support Allowance) War Pension or Injury on Duty documentation.

Through a team of dedicated Welfare Officers we also support those wishing to engage with The Troubles Permanent Disablement Scheme (aka Victims Pension)

All our Welfare services are free to those engaging, and are fully confidential.

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 any 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.

SEFF is a BACP (British Association of Counselling Practitioners) accredited organisation. SEFF also sits on the Partnership board for the Regional Trauma Network.



COMPLEMENTARY THERAPIES

SEFF offers the following complementary therapies: Massage, Aromatherapy, Reflexology.

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.'