



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

NEWSLETTER



**The Queen's Award
for Voluntary Service**

Supporting Victims and Survivors, Strengthening Communities



**SEFF Community
SEFF Victims and
Survivors**

Dear Members,

Sadly this is a Newsletter of goodbyes. Two members of our staff are moving on to new employment opportunities; Martina Virtue (Health and Wellbeing Caseworker) and Wendy Stewart (Advocacy Support Worker) I want to thank both Martina and Wendy for the service they have given to SEFF over the last couple of years and we all wish them well with the new chapter each now opens within their lives. I want to reassure West Tyrone Gateway service members that contingency plans have been put in place to ensure that there will be other staff in place to cover the Newtownstewart office over the period of recruitment.

Over the last few months SEFF has been extremely busy and remains the group which fights for and delivers upon policy change for those issues which impact innocent victims and survivors of terrorism and other 'Troubles related violence.' We are currently involved in work which we hope will shape a Regional Trauma Network for Northern Ireland which we are determined MUST finally deliver for victims and survivors and others impacted by other forms of traumatic experience. In this regard there is currently a Public Consultation into the new RTN and we will be responding to that Consultation as a group.

Furthermore a meeting of IVU will be pulled together where the RTN Management team will come along to address groups and members. Details are: Thursday 8th August 2019 @ 7.30pm in the Royal hotel, Cookstown with a bus leaving SEFF @ 5.45pm with pick-ups available along the way. Please make every effort to attend, call the office to put your name down: 028 677 23884.

I want to thank all those who played a lead role (particularly Joy Aiken and Trevor Watson) with the recent SEFF Volunteers Acknowledgement event, this Was hugely successfully and will be an Annual event. We will continue to invest in our Volunteers who are the lifeblood of this organisation.

And good news to share; we have secured a further £33,000 which will enable us to invest in our Welfare outreach services in Newtownstewart, Omagh and Rathfriland.

Kenny

Membership Details update

We are approaching the time for SEFF membership renewal from the 1st July. With ever changing regulations we will be asking for your **GP's name and contact details** to add to our records should we ever need to call assistance from your GP if on a SEFF related activity.

With this in mind, you may remember we sent out GDPR forms to obtain your **GDPR consent**, under data protection legislation we are required to get your consent to hold your data on our systems.

Can you **remember** when sending your membership fee to us to **include** your GP's details and that you either give consent for SEFF to hold your information and if you give or **not** your consent for us to use any photos of you in publications.

**SEFF MAY Monthly
Member's Meeting**
Please note there is no
Members Meeting in
July. The next meeting
will be Wednesday
28th August 2019 at
7.30pm in SEFF
Offices, Lisnaskea.
**PLEASE NOTE the
office will be closed on
Friday 12th July 2019.**

Parking at SEFF, Lisnaskea

If attending a day or overnight respite and you are parking within Manderwood Estate (where SEFF is based) then please ensure that you park a minimum of **8 car parking places beyond** the SEFF entry tunnel either side. It is important that the area in front of the SEFF tunnel is kept free and available for those coming to the office throughout the day to have access

Upcoming Cultural Seminars & Guest Speakers

DATE	VENUE	SPEAKER
REMINDER		Just a reminder that there will be no July Member's Meeting in any location across SEFF's service provision.
Wed 21st August 2019 7.30pm	Newtownstewart 2000 Centre	Representatives from the Legacy Investigations Branch will attend this meeting to address the group. A short Member's Meeting will follow.
Wed 28th August 2019 7.30pm	SEFF Offices, Lisnaskea	SEFF's August Member's Meeting Speaker to be confirmed.



Complementary Therapies

We are now taking names for Q2 of this funding year 2019/2020 covering the **Aug - Sept 2019 period**.

The treatments on offer are as follows (5 sessions) of:

- Massage, Reflexology** (Therapist: Sandra Johnston)
- Aromatherapy** (Therapist: Gordon Hayhurst)
- **Reflexology** (Therapist: Gillian Johnston)
- **Physiotherapy** (Therapist: Nicola McCullagh-Daley) **

**Due to restricted funding for physiotherapy sessions through SEFF, a decision has been made that anyone who wishes to avail of this service must first complete an Individual Needs Consultation with a Health and Wellbeing Caseworker within SEFF.

We have a duty to direct resources to those most in need. The INC will allow us to assess options for the individual whereby we will try our best to ensure support is possible through our own internal resources, the Victims and Survivors Service support frameworks or external avenues.

- **Indian Head Massage** (Therapist: Gordon Hayhurst)
- **Hopi Ear Candle Therapy** (Therapist: Ruth Watson)
- **Health Kinesiology** (Therapist: Marilyn Robinson)

Please contact the office to register your interest on 028 677 23884.

£25 contribution for 5 sessions -

****WHEN TAKING UP ANY OF THESE SESSIONS YOU ARE REQUIRED TO COMPLETE THE MONITORING FORMS AND PAY THE MONIES BEFORE SESSIONS COMMENCE, OTHERWISE YOU WILL NOT BE ABLE TO AVAIL OF THESE TREATMENTS.**

The SEFF Office is open Monday -Friday, 9am - 5pm for general office business

If you require support or help with completing DHSS or other Welfare forms

Tina/Norman

will be available to assist with this service.

As much as is possible, Tina will be in the office on **Tuesdays**

from **10am - 5pm**.

However, if you require help outside these

times, please contact the office, leave your

name and number and someone will contact

you to arrange a suitable time.

Remember Norman Kirkpatrick is also

now available to assist you with

Appeals/Tribunal

Representation work.

SEFF

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**1 Nutfield Road,
Lisnaskea**

**Co Fermanagh
BT92 0FP**

Phone:

028 677 23884/

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ACTIVITIES & RESPITES

RENEWING SEFF Membership 2019/20

We are fast approaching the new membership year at SEFF; **1st July 2019**. We would like, where possible that as many of you renew your membership through a **Standing Order** process so that you don't need to be reminded each year to pay your fees and therefore you won't miss out on the chance of availing of our many services and activities if not up to date with your membership.

If you cannot do **STANDING ORDER** through your bank, we accept payments for subscriptions by either cheque or cash. *If you wish to set up a **standing order** please obtain a standing order mandate from your bank and then call the office and we will give you the required bank details for SEFF needed to complete the form. If in doubt on whether you have a standing order set up already, call the office and we can check for you.*

Regrettably we cannot do card payments over the phone or in the office.

Membership fees are as follows: £10 per adult Post primary school age (12 - 16 yrs old) is £5 each and under 11's are free.

August will be the last month that we will send out SEFF newsletters to all those current 2018/19 members before we implement the updated 2019/20 membership database

We would appreciate if you could pay membership fees before **31st July 2019** and if possible that you would also sign up for gift aid if you are paying tax on your income, if you have not already done so.

Your cooperation is much appreciated.

We are currently updating our membership forms to include members GP information, and with the GDPR introduction in May we will appreciate it if you let staff member's know this information and give consent that we can hold your information on our systems. Also if any of your other details have changed ie: marital status, address/mobile/phones/postcodes etc, please call the office to update these!



SEFF's ULSTER-SCOTS 5 DAY SUMMER SCHOOL (7-16 year olds)



ARCHDALE CENTRE, LISNASKEA
Monday 22nd – Friday 26th July 2019
10am – 3.30pm daily
(Pack lunch required each day)

SEFF's ULSTER-SCOTS RESIDENTIAL SUMMER SCHOOL (12-16 year olds)



ROSCOR YOUTH VILLAGE, BELLEEK
Friday 16th – Sunday 18th August 2019
The weekend will consist of water sports & other fun activities.

Activities during the above Summer Schools will include piping, drumming, dance, cookery, football, drama, archery, history & much more.

For enrolment on any of the above Summer Schemes please phone SEFF office ASAP on 028 677 23884 option 1.

*****Enrol early to avoid disappointment*****



FINAL FEW SPACES ON TORQUAY RESPITE



After the initial advertisement for this year's Overnight respite to Torquay we had allocated spaces and due to people having other commitments and circumstances we still have a few seats available.

The respite takes place from Thursday 5th - Monday 9th September 2019, cost is £275 per person or £330 for single room supplement.

If interested in going we ask that you **REGISTER YOUR INTEREST by 5pm on Wednesday 10th July 2019.**

Please note that those individuals who are attending other respites through SEFF (for example to Arboretum & Longleat or the Kilkenny Family Respite) will be given **less preference** as we want to maximise the number of people able to avail of respite through the organisation & so we would like to give others an opportunity to take part who are not already attending another overnight respite. To express an interest please call the office on 028 677 23884.

SEFF Welfare & Benefits Update

Hi All,

As everybody is aware SEFF has three welfare officers who cover a large portion of Northern Ireland in relation to Benefits. Anything from Blue Badges to the latest addition to the Benefits Portfolio Universal Credit. Unfortunately there are often challenging changes brought about by the Dept or the Appeal Service.



The latest change which you may have heard about is that “The Appeal Service” is no longer going to apply for medical records. The Appellant now has to apply for their own records and go through, the last 4 - 6 years of records to ascertain if there is anything of value in these records. This is distressing to the appellant as it brings up memories that perhaps they wish to forget or reminds them of other issues they may wish to forget. It also puts pressure on the Representative who also has to go through the records to make sure that there is nothing detrimental to the appellant. This eats greatly into the limited time the representatives have.

As this service is funded by the VSS it like any other body that gives out funding, it has to make sure that it is getting value for money otherwise they will remove the funding for that particular service. To this end we have to justify our existence and the only way this can be done is by spending valuable time completing more paperwork. We can only do this satisfactorily when the members we are assisting give us feedback regarding the progress and result of any application.

If you have been successful then let us know so that the result can be logged and consequently secure the continuance of the service into the future.

If we can be of assistance to anyone with Welfare Issues please do not hesitate to give us a call. Tina Grimsley, Norman Kirkpatrick (West Tyrone Gateway, Newtownstewart) and Ross Hussey (Omagh outreach)

Bereavement Support Sessions

We are hoping to start a further course of Bereavement Support sessions commencing in September on a Wednesday from 12.30pm - 2.30pm (start date to be confirmed) lunch will be provided each week.

The sessions will be facilitated by Holly Reid (who has previously delivered sessions within the SEFF Offices, Lisnaskea.)

We have had some very positive feedback from those who took part in the last series. So much so that these individuals have decided to continue to meet in a more informal capacity at a weekly peer support group.

We are now looking for individuals to take part in the next set of sessions, they are open to people who have been bereaved of a spouse/partner or family member, this can be recent (but not within the last 12 months) or the bereavement can be a number of years ago. If you feel like you could benefit from this type of support please get in touch and we will provide you with further information.

Do not suffer in silence!



BEFRIENDING May 2019 Update



Hi All,

Even though the weather doesn't show it, summertime is here.

Over the Summer months there isn't a lot going on but we would like to inform you of the next **Coffee Morning which will be on Thursday 4th July 2019 at 10.30am** where we will have an Independence Day theme as a fundraiser for this year's Project Common Bond (PCB) participants along with their chaperone, Doreen Mullan.

The morning will include a Coffee Morning & Cake Sale so please do come along and support the participants and if you fancy doing a bit of baking all produce would be gratefully received.

The next luncheon club will be in early Autumn and we'll be in touch with people closer to the time.

Befriending is continuing but still under a watchful eye as we stick strictly to our budget for this financial year. We are trying to help those in real need so bear with us as we monitor the situation.

We hope you will keep an eye on the newsletter and take any opportunity that you can to participate in all the activities on offer.

Regards,

The Befriending Team



PROJECT COMMON BOND 2019 Cuilcagh Climb on Sat 15th June 2019

Six young people took part in the climb to support Kelly Beacom and Ellen Loudon who will attend Project Common Bond International Peace Synopsis in Washington, USA at the end of July.

They were accompanied on the climb by Roderick Noble and Doreen Mullan, along with their guide Kevin Dockery, who has climbed it 567 times. To date the climb has raised £797, with some funds to yet come in.

Project Common Bond brings together young adults from around the world who have experienced the loss of a family member due to an act of terrorism, violent extremism, or war.

Doreen Mullan will accompany the girls and will support them along with Stefan Freeman (from Canada and whose Grandfather Cpl Stephen Smith was murdered by the Provisional IRA in Germany) and will take part in the Chaperone programme whilst there. They will continue to advocate for the work of PCB and in building a supportive arm for participants and others affected by the same trauma upon return to their community.

As above, there is a Coffee Morning & Cake Sale on Thursday 4th July 2019 at 10.30am in SEFF Offices, this will also be in aid of this year's Project Common Bond (PCB) trip. The coffee morning will be an Independence Day theme as it coincidentally falls on Independence Day (4th July).

We also have Quiz Sheets available for sale in order to raise money towards the associated costs of the young people attending this International Conference for young people effected by terrorism and can be obtained from the SEFF office, Lisnaskea.

Thank you all for your continued support.

Doreen Mullan



SEFF's South Down Gateway Service

Complementary Therapies

We are currently taking names for Complementary Therapies for 2019-2020. The sessions are due to commence in **SEPTEMBER**. If interested in availing of 5 sessions of treatments - Indian Head Massage, Back Massage, Aromatherapy or Reflexology please phone the office on 028 677 23884 to register your interest. Cost is £25 for the 5 sessions.

Ulster Scots Summer School in Rathfriland and South Down area

We have recently received notification from the Ulster Scots Agency that we have been successful with the funding application to run a 5 day standard Ulster Scots Summer School in Rathfriland High School from Monday 5th - Friday 9th August 2019.

The Summer School will run daily from 10am-3.30pm with a wide range of Ulster Scots themed workshops and activities to include Highland Dance, traditional Ulster Scots music (eg. Bagpipes, Accordion, Drums) along with Cookery, Football and lots of other fun activities.

As part of the week's events we would also have a day away where we propose running a visit to the Fermanagh Plantation Castles, we will also factor in some fun activities at Share Discovery Village and have an opportunity for the young people to meet with their Fermanagh counterparts.

We would like to make a further appeal to our members within the South Down area who could provide leadership throughout the week at the Summer School (leaders are remunerated by £180 for the full week), Access NI checks are required so if interested or if you know someone who would be interested please get in touch ASAP on 028 677 23884 option 1, you DO NOT need to be a member of SEFF to help out at this event.

We will be holding an Information Session for potential leaders on Thursday 4th July 2019 at 7.30pm in South Down Gateway Service Offices, Rathfriland - if interested please do get in touch and come along to this info session.



SEFF's ULSTER- SCOTS 5 DAY SUMMER SCHOOL

(7-16 year olds)

RATHFRILAND HIGH SCHOOL

Monday 5th – Friday 9th August 2019

10am – 3.30pm daily

(Pack lunch required each day)

Activities during the above Summer School will include piping, drumming, dance, cookery, football, drama, history & much more.

For enrolment on any of the above Summer Schemes please phone SEFF office ASAP on 028 677 23884 & select option 1.

Enrol early to avoid disappointment



Ulster Scots Summer School activities are open to the whole community and non members of SEFF.

Please also spread the word about the event amongst families and young people in your area, we have space to take 50 young people aged from 7-16 years old. The cost is £30 per person and we have a consent form that needs to be completed.

To express an interest in attending this event please phone the office on 028677 23884 option 1.

Other Services

A number of classes and other activities will be offered over the coming months (keep checking the Newsletter) Please remember that SEFF has an Advocacy Support Worker and Welfare Officer based in The South Down Gateway office so please contact us if you would wish to avail of either of these support services.



FACT FINAL PROJECT UPDATE

As we write this final piece it is with feelings of sadness that our days at FACT are almost over. We are happy that we have achieved as much as we did. The work that had been carried out before Gladys and I started in FACT, was a very sound basis to follow.

In the last two years we have been able too to look at evaluation sheets and to fulfil a lot of requests that our members made.

The Armagh folk enjoyed doing memory books, yoga, art and Table Top Gardening, to name but a few. These courses were filled to capacity and members were able to get into the fresh air to do walks in Loughgall and Tannaghmore Country Parks.

The Fermanagh folk also finished classes in Teemore, Belcoo and Derrygonnelly.

They also attended two different respite trips :

The first to **Down Royal Racecourse** when a full coach descended on Sally's Restaurant for a meal with some coaching from SEFF's Chairman Mr Eric Brown on how to put on their bets before proceeding to Down Royal for an amazing evening.

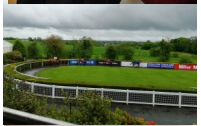
The second trip was a more calmer evening where we enjoyed a lovely meal in Saddlers and then went onto the Ardhowen theatre to listen to Donaghadee Male Voice Choir.

The final activity was **Gardening at Colebrooke** with a **BBQ** and homemade **Pizza, & desserts** where FACT members and Brookeborough Primary School pupils attended and enjoyed.



We leave you with some lovely memories of FACT and wish you all health and happiness and thank you for all your support over the last six years of the project.

An end of Project DVD which collates 6 years into approx 75mins - 90mins will be ready for purchasing soon. Keep in touch with the office as we are being retained at reduced hrs for the period; July - end September 2019.



Jenny, Gladys and Mandy

Family Day Respite Saturday 17th August 2019 to Slieve Gullion Forest Park Giant's Lair & Adventure Play park

Depart from SEFF Offices, Lisnaskea at 9am SHARP travelling to Slieve Gullion Forest Park. Enjoy time going around the Giant's Lair The Story Trail takes visitors on an unforgettable journey of intertwined fairy house and arts features creating a fantastical childhood land of mystery, dragons, giants, witches and fairies followed by some time in the adventure play park.

A small packed lunch will be required before leaving Slieve Gullion when we will travel to a local trampoline park/soft play area with a visit to McDonalds on the way home.

Cost is £10 per adult and £5 per child (under 12's) Adults may participate in the activities on offer.

Please phone the office to EXPRESS YOUR INTEREST by **5pm on Wednesday 10th July 2019**. We will then allocate spaces depending on numbers interested.



SEFF's West Tyrone Gateway Service

There continues to be good progress with our West Tyrone Gateway service which is delivered from outreach offices in Newtownstewart.

On Wednesday 26th June 2019 there will be a joint SEFF Member's meeting bringing together Fermanagh and Tyrone members. The meeting will be held in the Newtownstewart 2000 Centre and will commence @ 7.30pm. David Temple (brother of William Temple murdered as a result of The Claudy bombs) and Noel Downey, ex UDR and from Maguiresbridge (an injured survivor of an undercar booby-trap bomb on his car) will share testimony on the impact of their experiences.



There will be no July West Tyrone Gateway Service member meeting but other dates coming up include:

August Member's Meeting

Wednesday 21st August 2019 @ 7.30pm

Representatives from the Legacy Investigations Branch will attend this meeting to address the group. A short WT Gateway Service Member's Meeting will follow.

September Member's Meeting

Wednesday 21st August 2019 @ 7.30pm

Representatives from The WHSCT's Pathfinder Team will be present to speak of the outcome of the recent Consultation undertaken by the Trust concerning Health and Social Care provision across The Trust area.

Combat Stress Information Meeting

Wednesday 3rd July 2019 at 7pm in SEFF's West Tyrone Gateway Service Offices, Grange Court, Newtownstewart. Those who are former Army and who suffer anxiety, depression, PTSD (whether diagnosed or otherwise) or any other form of mental health difficulty/challenge should attend this meeting.

Over the coming weeks and months the following activities will proceed (check SEFF Newsletter for specifics) Memorial Quilt Project, craft classes, luncheon dinners, respite and we hope to commence a Befriending and Morning Calling Service. We remind members that SEFF delivers the following services from the Newtownstewart office; Advocacy, Benefits/Welfare Advice and Appeals Representation, Counselling, Complementary Therapies and Health and Wellbeing Caseworker's service. Please contact the office on: 028 677 23884 for further information.



Time to grab your walking shoes and umbrella and come out and join us for a leisurely walk and a chat with friends. Don't let the rain stop you - if you always wait for the sun to shine you'll be missing out.

All walks commence at 11am.

DATE	VENUE	MEETING POINT
03.07.19	Killyfole Lough	Carpark at roadside
10.07.19	Castle Archdale	Carpark at the Tea rooms
17.07.19	Ardhowen, Enniskillen	Carpark on left after entry
24.07.19	Round Lake, Fivemiletown	Carpark at entrance gate
31.07.19	Bellanaleck	Carpark at jetty/public toilets

Presentation on Post Traumatic Growth & Values in Northern Ireland takes place in SEFF presented by Thea Comeau



On Tuesday 11th June 2019 we had Canadian born Thea Comeau return to SEFF. Thea had been here some four years ago to interview victims/survivors of terrorism from the civilian population, the focus of her research was Posttraumatic Growth, the Research was seeking to establish and understand the linkages between exposure to trauma and altruistic acts of selflessness which those impacted then go on to complete.

Thea was given a hearty SEFF and Northern Ireland welcome and she provided a detailed presentation with slides to a packed room of members. Thea will be forwarding the full research findings to us over the coming months and her research will feature in an Academic Journal. It is her plan to return to Northern Ireland to engage with former members of security forces and their families.

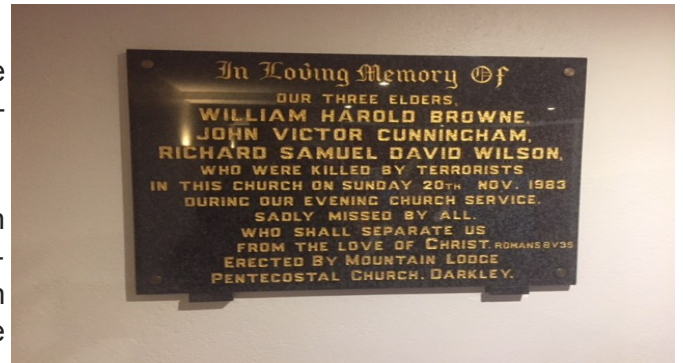
South Armagh Border Trail

South Armagh was privileged to host 47 SEFF members back on Saturday 8th June 2019 and I was privileged to be entrusted with taking the group around, explaining to them the legacy of terrorism within the area but also the very positive aspects to life in South Armagh.

South Armagh is not just a geographical location, it is a state of mind, a powerful brand and it denotes steely determination to succeed.

The day involved me first picking up the group in Armagh and travelling with them along the main Armagh-Newtownhamilton road until we were in the heart of south Armagh. The group were advised of different facts along the way and stories pertinent to the area, information was re-

layed upon the history of the Town of Newtownhamilton (which had suffered greatly over the years of 'The Troubles') We then arrived at Tullyvallen Orange Hall, the scene of a brutal sectarian-motivated atrocity which led to five innocents being murdered and many others injured (physically and mentally) next we had a stop at Mountain Lodge, Darkley where we were met by the current Pastor's wife and the organist (both of whom were present on that fateful night back in 1983) Also present within the SEFF group was Edith Howarth and her daughter (who were present on the night of the attack) along with Edith's son-in-law.



From Darkley we moved on to Crossmaglen, meandering through the narrow and narrower still South Armagh roads until we reached the Square. The group were advised of the terrible theft of lives within this area and I was able to share some of my own experiences as a child and teenager and my witness to that terrorism, We enjoyed dinner in the Cross Square Hotel and then moved on to Creggan Church of Ireland (my own wee Church which has circa 14 parishioners) SEFF members were advised of the work of the Parish and saw inside the Church and Creggan Parish Visitors Centre, the last stop of the day was at the Kingsmills Memorial where 10 innocent Protestant workmen were murdered in the most blatant case of sectarian fuelled murder of 'The Troubles.' Colin Whorton (brother of one of the victims - Kenneth Whorton) and his wife met with SEFF members and provided some comments on the families continued struggle for justice, truth and accountability.

Kenny

TEMPO WLOL 210

Coffee Morning

TEMPO PARISH HALL

Saturday

September 28th

10am - 12pm

ALL Proceeds to

DREW NELSON

Life & Legacy Project

ALL WELCOME



Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in N. Ireland, if you are or someone you know is in distress or despair, **Lifeline** is here to help.

People living in Northern Ireland can call **Lifeline** on 0808 808 8000. Deaf and hard of hearing Textphone users can call **Lifeline** on 18001 0808 808 8000. Calls to **Lifeline** are free to people living in NI who are calling from UK landlines and mobiles.

Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

Lifeline counsellors are experienced in working with trauma, suicide, self-harm, abuse, depression and anxiety. You will receive immediate help on the phone. Should you need further support we can provide a face-to-face counselling appointment in your local area within seven days.

Lifeline also provides support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy and communities. Remember, **Lifeline** is available 24 hours a day, seven days a week. Just call.

**Call Lifeline on:
0808 808 8000**

**Deaf and hard of hearing
Textphone users:
18001 0808 808 8000**

The **Lifeline** helpline is funded by the Department of Health.

W.L.O.L. 120 Daughters of William

are holding a

GRAND DRAW

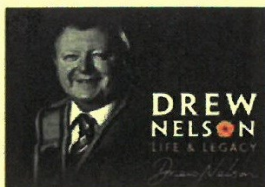


Prize £500



in aid of the

"Drew Nelson Life & Legacy Project"



Draw will take place on the
25th October 2019
at a Bazaar in the District Hall , Lisbellaw

Tickets £5.00 each

This is a voluntary subscription towards the above fund

NO: 75