SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities

The Queen's Award

Novembers MEMBER'S MEETING will take place on Wednesday 28th November 2018 at 7.30pm in SEFF Offices, Lisnaskea.



November 2018 - Issue 146

Dear Member,

The evenings are coming in much earlier as the Seasons change and at SEFF we're responding to this with a Winter Programme which we trust will give reason for members to want to come out and participate in the various programmes on offer.

I want to begin by congratulating and welcoming John Blair onboard The SEFF Team. John has been appointed SEFF's Monitoring and I.T Development Officer and we wish him well in his new role.

Of late SEFF has continued its' ongoing work of lobbying Government through holding meetings with the Minister of State for Northern Ireland, Shaleish Vara MP (who has resigned in recent days ref the ongoing BRexit saga) and Richard Benyon MP (who formerly served within the military in Northern Ireland) Our group recognises the importance of engagement with National political parties and ejected representatives and this work will continue in the coming months.

In recent times you will have noted developments in the double murder case of Jimmy Eames and Alfie Johnston and the decision taken by The PPS to prosecute John Downey for the crime. SEFF's thoughts and prayers are with the Eames and Johnston families and we commend their tenacity as well as the authorities and our own Advocacy efforts for the combined effort to date which has saw this progress within the case.

Remembrance was a particularly busy period for SEFF and you will see details enclosed which illustrate this. We were pleased to be able to involve victims/ survivors who had not previously been

involved in the actual content of such events.

Back in early November we launched our Gateway Service in South Down following on from previous developments in West Tyrone and Newtownstewart, we will work in partnership with local people, and organisations within those areas in a common effort to deliver upon the needs of innocent victims/survivors of terrorism within these areas.

Appeal for book shelving: If anyone has a decent quality book shelving which you no longer require then please contact the SEFF office as we may have a means to utilise the shelving for SEFF's new Library.

We encourage members to come along to the next monthly members meeting to be held on Wednesday 28th November 2018 where we will be discussing upcoming developments.

Lastly just to let you know you can expect to receive a Christmas themed Newsletter in December.

Yours, Kenny

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.

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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.

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Skeleton Staff ~ Monday 10th December 2018

Half Day Closing @ 1pm Friday 21st December 2018

Closed

SEFF's Children's Party

For 2 olds to P7 age ONLY ease ring SEFF Office with the name & age of your child/ hildren of grandshildren who ould like to attend.

Kids can enjoy time in the soft play stie greate some Christmas Craffs and of course a special visit from Santa Claus. Refreshments will be served.

> Saturday 1st December 2018 @ 2pm in Castle Park Centre

> > Lisnaskea

Register names by 5pm on Tuesday 27th November 2018 AT THE LATEST on Tel: 028 677 23884

SEFF Monday 24th 1 Manderwood Park, December 2018 1 Nutfield Road. Lisnaskea Reo Co Fermanagh 9 BT92 OFP We Phone: 028 677 23884/ 2nd 028 677 22242 20: E-mail: info@seff.org.uk Website: www.seff.org.uk

MEMBER'S CHRISTMAS PA

Monday 17th December

If you are interested in attending the SEFF members Christmas Party Night please call the office by 5pm on Friday 98h December to book your place. This is for catering purposes.

MUSIC BY: WEE TOM

Donations for a Raffle on the evening would be gratefully received and can be left into the office before the evening.

The Valley Hotel

Classes & Courses

COURSE	DATE / TIME	LOCATION	COST
Art Class Tutor: Ruth Elliott	Wednesday 9th January 2019 8-10pm 6 weeks	Garrison Church Hall	£20 per person
Sewing Class Tutor: Sonia Johnston	Monday 21st January 2019 7.30-9.30pm 6 weeks	SEFF Offices, Lisnaskea	£20 per person
Art Class Tutor: Ruth Elliott	Monday 21st January 2019 7.30-9.30pm 6 weeks	SEFF Offices, Lisnaskea	£20 per person
Yoga Tutor: Genny Brown	Tuesday 22nd January 2019 7-8.30pm 6 weeks	SEFF Offices, Lisnaskea	£20 per person



Good news for all you hungry men with big appetites....

SEFF's Men's Breakfasts have recommenced for the winter months.

The cost is £3 per person and the details are as follows....

DATE: Saturday 1st December 2018 @10am

VENUE: Miller's Coffee Shop, Lisnaskea.

Please come along, enjoy some social time and eat your fill!



Complementary Therapies

We are now taking names for Q1 of the new financial funding year covering the January—March 2019 period.

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

- Massage (Therapist: Sandra Johnston)
- Aromatherapy (Therapist: Gordon Hayhurst)
- Reflexology (Therapist: Gillian Johnston)
- Physiotherapy (Therapist: Nicola McCullagh-Daley)
- 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 or 677 22242.

£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.

REMEMBRANCE EVENTS IN SEFF. NOVEMBER 2018

Act of Remembrance (Lisnaskea)

On Friday 9th November 2018 SEFF service was held at SEFF's Memorial located in the grounds of Holy Trinity Church of Ireland, Lisnaskea.

Prayers were read by Hazel Little (widow of Const John McVitty) and the Bible Reading was read by Shelley Louden (Daughter of D/Const Norman Prue) Ken Funston also read a poem adopted recently by the War Widows and the SEFF wreath was laid by Sharon Clarke (Daughter of Private Jimmy Graham BEM)



held its' Annual Act of Remembrance. A short



The service including formal act was presided over by SEFF's Chairman Eric Brown.

Following the Act of Remembrance attended by well over 70 people, folks then went back to SEFF offices for refreshments and there then followed two very powerful testimonies contributed by Anne Graham (sister of Edgar Graham who was a senior Ulster Unionist and Law Lecturer at Queens University Belfast) and Wendy Gibson (widow of Ned Gibson, an off duty UDR soldier.

London Remembrance

Over the weekend of Friday 9th - Monday 12th November 2018, 55 members of SEFF gathered in London for National Remembrance events with a number attending The Royal British Legions Festival of Remembrance event held in The Royal Albert Hall, folks also attended Horse Guards Parade and visited the impressive lantern display at The Tower of London. The group also laid a wreath at the cenotaph (pictures opposite).

SEFF's thanks go to trip lead Jenny Ferguson for her efforts over the weekend.

Ballygawley and Clogher Valley Free Presbyterian Church Presentation

SEFF supported circa a dozen people associated with the Ballygawley Bus Bomb who were across from England and who attended the annual roadside service.

SEFF's four Memorial Quilts; Their Legacy Lives On, Terrorism knows NO Borders, A Patchwork of Innocents and Uniting Innocent Victims were displayed within Clogher Valley Presbyterian Church for its' Remembrance Service.

Kenny Donaldson (SEFF's Director of Services) contributed a talk within the Service on the importance of the Memorial Quilts as a means of Remembrance and Acknowledgement.





SEFF DECEMBER CULTURAL WORKSHOP

WEDNESDAY 5TH DECEMBER 2018 AT 7.30PM

R. Tim EASLEA MBE is originally from London, Tim enjoyed a thirty-year career of public service, in both the military and the police. Having joined the military in 1978, as an enlisted soldier in a county infantry regiment, Tim went on to serve in Northern Ireland, Germany, Kenya, the UK and in Cyprus, where he worked as part of a UN contingent.

After leaving the military he returned to Northern Ireland to join the Royal Ulster Constabulary (RUC), serving initially as a Re-

After leaving the military he returned to Northern Ireland to join the Royal Ulster Constabulary (RUC), serving initially as a Response Officer. Between 1988 and 2004 Tim worked as an operational Detective, recruiting and handling Covert Human Intelligence Sources (CHIS) in order to address the national security threat emanating from Irish Republican terrorist organisations, principally the Provisional IRA (PIRA). During these years, Tim was involved in a range of operations, designed to control and nullify the activities of terrorist criminals. In 2004 Tim joined the Police Service of Northern Ireland Special Operations Branch training team, to assess, select, develop and mentor personnel involved in high-risk CHIS activities. In 2005 he was awarded an MBE for his public service.

Tim will be in SEFF on Wednesday 5th December 2018 from 7.30pm to address SEFF Members on 'Special Branch; Myths and Realities of the Agent Handler's Existence' amongst other issues, Tim will reflect critically on his time as an agent handler in Belfast, his motivation for engaging with that particular role; the complexities attached to managing human sources in a conflict environment, and continuing attempts by the Irish Republican caucus to besmirch the name of the RUC (in general) and Special Branch in particular. Please do come along.

BEFRIENDING NOVEMBER

<u>UPDATE</u>

Hi All

We're beginning to hear a lot about Christmas already and with that in mind we would like to inform you all of this year's Christmas Craft Coffee Morning on Thursday 13th December 2018 at 10.30am, we will have Diane Lee present to help people create some Christmas crafts, we will also have some delightful Christmas treats and refreshments on offer, please do come along and join us.

We've held a number of Luncheon Clubs this year with a further one scheduled for Friday 30th November 2018 in Mahon's Hotel, Irvinestown. We will also arrange some dates for the New Year.

In January we will welcome the Action Cancer Big Bus ing.
back to SEFF on Thursday 24th January 2019. Please Joh
see details below on how to book your appointment.

Regards,

The Befriending Team



Action Cancer Big Bus returns to SEFF

The Action Cancer Big Bus is coming to SEFF on **Thursday 24th January 2019** from 10am -

3.30pm.

To Book your appointment you can do so using the online booking system at www.actioncancer.org or by phoning **028 90 803344** and quoting the code **IBW-3841**.

We will have tea, coffee and refreshments in the office for everyone to call in after their appointments so please do pop in if you have time.



SEFF's new

Monitoring & IT

Development

Officer: John Blair

John Blair has lived in Fermanagh for most of his life. He is currently studying Computer Science and Electronic Engineering at the University of Essex (on a part/time basis).

John will be starting his role as the Monitoring and IT
Development Officer in December and is looking forward to the challenge ahead. John has had a keen interest in the IT sector for many years and is looking forward to pursuing a career in IT.

Outside of work John has a keen interest in walking, gaming, IT hardware/software development and cooking.

John is the son of Sam and Ruth Blair. Ruth's parents William and Agnes Mullan were murdered in the Enniskillen Poppy Day Bomb.

SERVICE UPDATE



We are aware that a vast number of SEFF members who are in receipt of DLA (Disability Living Allowance) are still awaiting the transition to PIP (Personal Independ-

ence Payment).

Tina Grimsley (SEFF's Welfare Officer) along with Norman Kirkpatrick (SEFF's Appeals Officer) are available to meet with people and provide guidance around the various steps of the process and to ensure you have the information you need going forward. Please contact us before you start the process as this can have an adverse effect on your claim.

If you are told to change over to Universal Credit please contact SEFF's Welfare service on 028 677 23884 for assistance and make an appointment or if it just advice you wish feel free to speak to either Tina Grimsley (SEFF's Welfare Officer) or Norman Kirkpatrick (SEFF's Welfare Appeals Officer) in the near future we will also be confirming a new member to the team who will provide Welfare Advice via SEFF's West Tyrone Gateway Service.

Meeting with Minister of State for Northern Ireland

On Monday last a SEFF delegation met with The Minister of State for Northern Ireland Shaleish Vara (who has resigned in recent days ref the ongoing BRexit saga) in Stormont House to discuss a range of victim/survivor rejected legacy related issues as well as bring the Minister up to speed with the work of the group.

Issues discussed were:

- 1. The need for a new UK wide definition of victim of terrorism which would incorporate terrorism in the context of The Northern Ireland Troubles.
- 2. The need for the Army Widows Pensions for those so brutally treated, when upon remarrying they lost the Pension formerly connected with the murder of a previous husband.
- 3. SEFF's wider response to the NIO Legacy Consultation.

Minister Vara was invited to come to Fermanagh to meet with members in their own backyard.

The meeting was "courteous" but also "open and frank".

In attendance were:

Ann Travers and Wendy Stewart (SEFF Advocacy Support Workers - Ann is sister of Mary Travers murdered by PIRA)

Serena Hamilton (MUVE Project and daughter of murdered off duty UDR soldier David Graham)

Joe Ferguson (Vice Chair of SEFF's South Down Gateway Service subcommittee and brother of murdered RUC member; Michael Ferguson)

Anne Graham (sister of murdered Queens University Law lecturer and senior Ulster Unionist, Edgar Graham)



SEFF meet with Richard Benyon MP

On Monday last SEFF representatives met with Richard Benyon MP (ex military) at Westminster to discuss a range of issues affecting the ex military constituency and the broader constituency of victims/survivors.

Amongst issues discussed were:

- 1. UK wide definition of victim of terrorism.
- 2. SEFF concerns around a Statute of Limitations for ex military.
- 3. SEFF engagement with former Regular Army personnel and families in bringing them back to Northern Ireland and need for additional resources.
- 4. Need for restoration of Pension for cohort of War Widows.
- 5. Military Covenant and its restricted limitation in Northern Ireland.
- 6. SEFF's GB support service for innocent victims/survivors of terrorism.

Mr Benyon was invited to come to Northern Ireland to address a SEFF meeting and to meet with ex military personnel and other victims/survivors of terrorism.

The meeting was "constructive" and a "good start" in building a future relationship.

Pictured are left to right:

Ken Funston (Advocacy Service Manager)

Aileen Quinton (Volunteer for The Lives GB Project)

Aitor Martinez (GB Advocacy Support Worker)

Richard Benyon MP

Kenny Donaldson (Director of Services)



SEFF's South Down Gateway Service



On Wednesday 7th November 2018 a new support service for victims and survivors of terrorism was launched in Rathfriland.

The new initiative is the work of Lisnaskea-based South East Fermanagh Foundation (SEFF) who have worked in partnership with local people in recent months in an effort to see continuance of services post the dissolution of South Down Action for Healing Wounds.

An annual Act of Remembrance took place where local people alongside visitors met to remember the dead of two world wars as well as those killed in Wars and Conflict since.

Those murdered as a consequence of the terrorist campaign (in the Northern Ireland context) were also given prominent Remembrance with poppy crosses laid in acknowledgment of their sacrifices. The service was officiated by Rev Alan Irwin (of Colaghty, Lack Church of Ireland, County Fermanagh) There then followed the formal launch of SEFF's South Down Gateway Service. Speaking of the launch, Director of Services Kenny Donaldson stated:

"We were very encouraged by the large turnout for the launch. A very moving and fitting Act of Remembrance focusing on the legacy of terrorism in the context of The Northern Ireland Troubles but which also reflected upon the sacrifices of those killed in the Great War - 100 years on since the ending of that War, there then followed the formal launch of the new victim/survivor support initiative". "SEFF's Chairman Eric Brown, myself as Director of Services and Pete Murtagh, Advocacy Support Worker for the area gave addresses concerning the new service where we pointed to the need for partnership between our group and the local community of South Down and Lagan Valley in best delivering for victims/survivors. The Chairman and Vice-Chairman of the sub-committee, Fran Gilmore and

Joe Ferguson also leant their support and commitment to the new initiative".

"Among those attending were local elected representatives, local clergy and many innocent victims/survivors of terrorism from the local area and further afield".

"The most poignant part of the event was without doubt the contributions of Rev Alan Irwin whose father Thomas Irwin and Uncle Frederick Irwin were murdered in separate acts of terrorism and Michelle Williamson whose parents were also murdered by Provisional IRA terrorists - George and Gillian Wiliamson via the Shankill Bomb. Both testimonies were very powerful and painfully illustrated the legacy of terrorism, the ongoing destruction it causes. Both speakers did however signal messages of resilience and of hope - both determined that terrorism will not victor". On Remembrance Sunday, a poppy wreath was laid at the cenotaph on Rathfriland by a representative from SEFF's South Down Gateway Ser-

The new Gateway Service is now open and victims/survivors from throughout the South Down and Lagan Valley are encouraged to engage. They can do so via calling: 028 677 23884 where Rathfriland based staff will be available to provide assistance or alternatively people are encouraged to call into the offices located at 16a Downpatrick street, Rathfriland.



South

Down

Gateway

Service



SEFF offers services to the innocent victims and survivors of terrorism and 'other Troubles related criminal violence'

- · Drop-in centre
- Signposting services
- · Counselling support
- · Welfare and benefits advice
- · Respite
- · Volunteering opportunities
- · Personal development
- · Community outreach
- · Advocacy (Justice, Truth and Accountability)
- · Health and Wellbeing Caseworker service
- Morning SEFF South Down Calling Telephone Service

THE GROUP HAS OFFICES IN:

Lisnaskea (main), Newtownstewart, Rathfriland & London

16a Downpatrick Street, Rathfriland, County Down, BT34 5DG

OFFICE WILL BE MANNED FROM

9am - 5pm from Monday - Thursday and 9am - 1pm on Fridays

Email: info@seff.org.uk

Tel: 028 6772 3884

Website: www.seff.org.uk

Facebook: SEFF Victim and SEFF Lisnaskea





South Down Service Delivery

The first month of the new service has been and gone and members are beginning to realise that the Office is now open during the week, since the start of the month there has been an increase in people dropping in during the day for a chat and a cuppa.

We are hoping to hold a Coffee Morning in January 2019, this will be discussed at the next Sub-Committee meeting which till take place on Monday 3rd December 2018. We will also agree a new date for the day respite/ border tour to Fermanagh which will also now take place in the New Year.

Complementary Therapies are ongoing in the Rathfriland Office at present and will continue over the next number of weeks.

We would be very interested to hear of any ideas from members in relation to potential classes, courses and activities you would like to see run through this new service for example Craft, IT based learning or photography. If you have any suggestions please let us know, you can contact Pete on 07860 850004 or email

peter.murtagh.afiv@seff.org.uk

SEFF's West Tyrone Gateway Service

Christmas Coffee Morning

We will be holding a Christmas coffee morning in the 2000 Centre on Wednesday 5th December 2018. All donations of baked goods for the cake stall, and to enjoy with our coffee, will be most gratefully received. We would appreciate if you would donate something for the raffle which will be held on the day. All items can be left into the office prior to the coffee morning.

Christmas Lunch

Our Christmas lunch will be held on Tuesday 11th December 2018 in the Derg Arms, Castlederg at 1pm. To reserve your place and confirm your menu choice (Soup or Egg mayonnaise,

Turkey & Ham or Roast Beef and Pavlova or Christmas Pudding), please contact Wendy (07860 850008) or Martina (07860 850014).





Befriending Service

As a result of evident need, SEFF intends to develop a Befriending Service as part of our West Tyrone Gateway Service outreach. We would intend the service to go live on 1st April 2019 with training being provided to volunteers over the January - March 2019 period.

The service will seek to support those most vulnerable and isolated through home visits, accompanying to events, hospital transportation etc.

We are appealing for anyone willing to give 6-8 hours of voluntary time per week to contact our West Tyrone Gateway service on: 028 677 23884 or to speak to any of our staff who are base din Newtownstewart.

We are seeking to appoint a Coordinator who would have administrative responsibility for managing a team of 4-5 befrienders who would in turn support members/befriendees.

The person to be appointed as Coordinator should have a good understanding of administration and general policies and procedures concerning working with/supporting vulnerable people. Befrienders should have qualities such as empathetic, caring, confidential, have access to transport and most importantly, have good communicative skills

Expressions of interest are asked to be submitted by 5pm on Friday 14th December 2018 at the latest. SEFF's existing Befriending Service Coordinators will be involved in the selection and appointments process.



Morning SEFF Calling

We would also like to suggest that those members living within the West Tyrone area can avail of the Morning SEFF Calling service which will involve a weekly phone call (at a prearranged time that suits you) from one of our trained volunteers.

If interested in availing of this service please phone the office on 028677 23884.



FACT NOVEMBER 2018 UPDATE

All classes across both Counties are continuing and are fully subscribed, i.e. swimming, crafts, I Pad classes, exercise, gardening, etc.

Kenny, Jenny & Gladys will be involved in meetings in the coming weeks with different agencies to promote and continue our work with securing funding to continue the FACT Project in some form, when our funding finishes in July 2019. So far the meetings that have been attended have been positive, but we still have a lot of work to do.

The CDHN Community Partnership Programme has been completed by Armagh members. Certificates were presented) see photo opposite). This programme has been hugely successful and members-led. A wide range of relevant topics have been covered , such as The Use of Statins, The Need for Extra Supplements, To Get or Not to Get Flu Vaccines?, IpiPen Instructions, Keeping Medicine Details Safe for Emergency Services, Blood Pressure and Glucose Sugar Testing, Sleep (The Good Sleep Guide), etc. Aware NI was the community/ voluntary partner, and provided very useful information on how to recognise and cope with depression on an everyday level. Lots of questions were answered in a relaxed atmosphere.



Gladys has linked up with Wheelworks in Belfast and is hopeful of running an IT Intergenerational Project in Armagh in the New Year.

Jenny has attended the Train the Trainer Course for Action Mental Health and is qualified to deliver "Chronic Pain Clinics" and "Managing a Long-Term Condition" to Community groups within the Western Trust.

A day of celebration was recently held at Cleenish for all the ladies who completed the Managing the Challenge Course. Certificates were presented by Brenda Burns, Tutor, and local celebrity George Thornton. 25 ladies attended and enjoyed their "Graduation", with the usual cream teas served. (see photo opposite)

Gladys & Jenny have attended PCSP Conferences in both counties and felt that it was good for networking with other agencies.



We look forward to our Winter which is on 31st January 2019 in The Killyhevlin Hotel. The agenda for this will be a Fashion Show, Choir participation, and a Fire Safety brief. Wee Tom will also entertain.

We have made a combined decision not to commence classes until the end of January because of potential bad weather conditions.

FACT

Jenny & Gladys

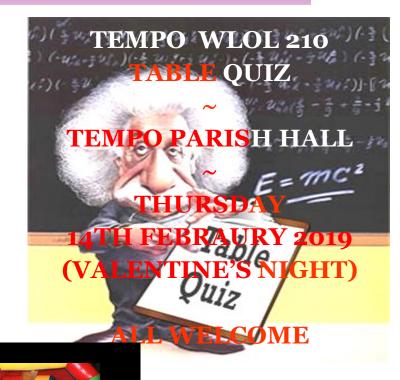
Contact info - Tel: 028 677 22615

Email-info@factni.com

Dates of Interest







SEFF Photos

ow are some pictures from SEFF's Annubeneral Meeting held on Tuesday 23rd ober 2018 in the Archdale Centre, Liskea. Joan Clements (formerly of VSS) the Guest Speaker and we also had agh Protestant Boys Flute Band to proe some entertainment.

are photos from SEFF's recent Hallown Community Festival held on Tuesday n October 2018 in the Archdale Centre, naskea.















