

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award
for Voluntary Service



AUGUST MEMBER'S MEETING

WEDNESDAY 22nd August 2018 at 7.30pm

Project Common Bond participants will speak of their experiences.

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

1 Manderwood Park,
1 Nutfield Road,
Lisnaskea
Co Fermanagh
BT92 0FP
Phone: 028 677
23884 /
028 677 22242

E-mail: info@seff.org.uk
Website: www.seff.org.uk



Dear Member,

Arguably this has been the busiest month within SEFF for many years, we celebrated our 20th Anniversary recently, we coordinated the events of The Ballygawley 30th Anniversary, we concluded our consultation events concerning the proposed new legacy structures contained within the NIO Public Consultation and associated Bill.

I want to take this opportunity to thank all staff and volunteers who have worked tirelessly in ensuring that these events went off successfully and I trust that victims/survivors received some form of comfort and acknowledgement through those efforts.

In the coming days we will also say a sad farewell to Yasmin Wright (GB Advocacy Support Worker) who is moving to The Netherlands. We thank her for her contribution since coming into the role.

The last month has also several new individuals join the SEFF team - Rodney Sharpe and Raymond Farrell (Counselling) Ross Hussey (Welfare) and Norman Kirkpatrick widening his Welfare remit.

We also welcome Spanish born Aitor Martinez (Spanish born) to the role of GB Advocacy support worker (replacing Yasmin) and Rachel Glover as Research and Admin Officer for the Advocacy Service (ironically Rachel is Dutch born)

SEFF Holiday Closure
Monday 27th August
2018

NIO Legacy Consultation

The deadline is fast approaching - 10th September 2018 and SEFF will be submitting a group response, as will IVU. However we implore you as members to also submit individual responses.

Wendy Stewart (Advocacy Support Worker based in SEFF) is available to assist you in completing a return over the next number of weeks. Please contact Wendy to arrange an Appointment, a number of group-based surgery days will also be offered at SEFF which you can join with.

Launch of West Tyrone Gateway Service

On Wednesday 12th September 2018 there will be a special launch event for the new service taking place in The Newtown Stewart 2000 Centre from 7.30pm onwards and we will be running a bus from Lisnaskea to Newtown Stewart on that night.

Please do come along and encourage those who are now joining our fold and make them feel welcome as fellow innocent victims/survivors of terrorism.




The next monthly member's meeting will take place on Wednesday 26th September 2018 @ 7.30pm in SEFF offices with our AGM then being held on Wednesday 24th October 2018 in The Archdale Hall, Lisnaskea.,

Finally we hold in our thoughts and prayers the Taylor family at this time following the tragic death of Clive (Willie's son)

Kenny

August 2018 - Issue 143

Classes & Courses

COURSE	DATE / TIME	LOCATION	COST
First Aid (Accredited) Tutor: David Watson	Wednesday 3rd, 17th & 24th October 2018 3 weeks	SEFF Offices	£15 / person 
Art Tutor: Ruth Elliott	Tuesday 9 th October 2018 6 weeks Oil painting including a Christmas Scene to then be developed into a card.	SEFF Offices	£20 / person 
Yoga Tutor: Genny Brown	Tuesday 9 th October 2018 6 weeks	SEFF Offices	£20 / person 

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FINAL REMINDER RE: RENEWING SEFF Membership 2018/19

2018/2019 Membership Fees were due on 31st July 2018, although fees are still being paid thick and fast we would like to remind you that they are now overdue. We would kindly ask you to pay your fees ASAP as this will be the last Newsletter we will issue to all existing members for the 2017/2018 year.

The next issue will only be sent out to paid up members.

We remind you that you can call into the office to pay, forward a cheque or postal order or alternatively we strongly encourage members to set up a standing order which means the money will automatically be deducted from your account on an annual basis. Regrettably we cannot do card payments over the phone or in the office.

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

Your cooperation is much appreciated.

For standing orders to be set up: SEFF General Acc. Sort code 95-03-98. Bank Acc no: 31075985. And for the reference please add your Name and SEFF membership



Complementary Therapies

We are now taking names for Q1 of the new

financial funding year covering the

September—October 2018 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.**

FESTIVAL OF

REMEMBRANCE 2018

Saturday 3rd November 2018

Bus departs from SEFF at 2.30pm, pick ups on route.

Stopping for a 2 course meal.

Attending the Royal British Legion Festival of Remembrance in the Waterfront Hall.



Cost is £25 per person—includes transport, meal and ticket to the festival of remembrance.

If interested in attending please phone the office on 028677 23884 to **register your interest.**

SEFF's West Tyrone Gateway Service Update



On Saturday last well over 30 West Tyrone members connected with SEFF's new Gateway service for that area availed of a day's respite. The group relaxed in a boat on Lough Erne and also visited Cavan County Museum (many doing so for the first time) A thoroughly enjoyable day was said to have been had by all concerned and we thank Marian and Woodrow Wilson for offering their support to ensure everything ran smoothly on the day.

This is the first significant group-based activity that SEFF has provided for its' new West Tyrone members since formalising its' presence in the

Newtownstewart area. Over the coming weeks and months this will strengthen considerably.

SEFF offers the following services on an on-going basis from the Newtownstewart outreach office; counselling, complementary therapies, advocacy, welfare and benefits advice, the health and wellbeing caseworker service and the office is manned throughout the week.

On Wednesday 12th September 2018 from 7.30pm onwards SEFF will be holding an Information event in the Newtownstewart 2000 Centre, we appeal for victims/survivors from the West Tyrone area and beyond to attend this event so as to fully be briefed on what SEFF can offer - please understand and be assured that you are now part of the SEFF Family and we wish to involve you in the future development of the group and the services we offer.

MORNING SEFF CALLING



The end of the school holidays is upon us and that mad dash to the shops to buy uniforms, school stationary etc. takes over. Some children are just starting out into a whole new world of learning that will be part of their lives for the next twelve years at least. Others are heading into second and third level education where hopefully at the end a job is secured. However, not everything goes to plan, they may need to leave the security of their parents and friends to get into the workforce.

Leaving the family is nothing new, but more and more of our younger generation are finding it the norm to go further afield for work. This in itself can bring problems for our aging population. Where as just a couple of generations ago, our parents were secure in the knowledge that in their retirement there were members of their family living in close proximity and that they could depend on them for help when needs be.

This in itself was taken for granted, that someone would be there to take care of them in the autumn of their lives. The sad reality is that this type of care can no longer be offered. Instead after having worked and paid into the NHS during their working lives it is now not enough. With no sons and daughters living nearby and able to help, the Nursing Home beckons. Savings and homes that they had planned to pass on to the next generation has to now finance their care in the nursing home. The children have moved away for work and a lonely uncertain old age ensues.

That is where we at Morning SEFF Calling strive to make a little bit of a difference. A weekly call from us can help make a dent in this circle of loneliness. By phoning you we offer our friendship, a listening ear, a simple "how are you" can help alleviate some of this emptiness. It may be daunting at first to speak to a stranger, however we endeavour to treat you with respect, offer confidentiality and become a small beacon of light in your life.

So why hesitate, if you or someone you know can welcome this small intrusion into your life then contact the SEFF office and ask for that call. I should point out that you need to be, or become a member of SEFF to avail of this offer by them.

Best wishes, Ann and Rita (MSC)

BEFRIENDING AUGUST UPDATE

Hi All,

We have quite a few interesting coffee mornings coming up after our summer break so get your pen out and mark the following

Dates for your Diary:

Thursday 27th September 2018 - 10:30am - 12:30pm - Breast Awareness and Cervical Screening - this involves a practical demonstration of how to self-examine the breast, discussion around smear tests and signs and symptoms of cervical cancer. This will be very beneficial for our female members so ladies, please make an effort to attend.

Thursday 11th October 2018 - 10:30am to 12:30pm - Macmillan Biggest Coffee Morning - a few weeks later than usual but we are hosting our annual fundraising coffee morning for Macmillan so any members who bake, please feel free to contribute to our cake sale and if you don't bake then come along and buy some lovely home-made goodies and support this very worthy charity.

Thursday 25th October 2018 - 10:30am - 12:30pm - Male Domestic Abuse - where someone will come along to talk about Male Domestic Abuse that is unfortunately prevalent in today's society. In the past we mostly thought of Domestic Abuse as happening to the female population but statistics show many men coming forward to report instances of abuse they have suffered.

Regards, The Befriending Team

SEFF's Walkers & Talkers



Please see below upcoming walking dates for SEFF's Walkers & Talkers. Please do feel free to come along and join us on our weekly walks which take place across County Fermanagh and Tyrone every Wednesday morning at 11am.

DATE	TIME	DESTINATION	MEETING POINT
WED 05 TH SEPT	11AM	KILLYFOLE	PARK BESIDE LAKE *JOINING FACT*
WED 12 TH SEPT	11AM	TULLY CASTLE	PARK BESIDE THE CASTLE
WED 19 TH SEPT	11AM	ROUND LAKE, FIVEM-ILETOWN	CAR PARK
WED 26 TH SEPT	11AM	TEA ROOMS CAR PK	CASTLE ARCHDALE



Over the week of Monday 13th - Thursday 16th August 2018 SEFF held a very special series of events within the parameters of a rolling Exhibition. The purpose of the Exhibition was to mark the 20th Anniversary since the group's formation on 15th August 1998. Over the week members of the public were able to come to the Archdale Hall, Lisnaskea to engage with staff and volunteers and to learn more about the work of the SEFF organisation.

On Tuesday 14th August 2018 we held a special Service of Thanksgiving which was co-facilitated by Rev Alan Capper and Rev Alan Irwin (Chairman of SEFF's Advocacy Service oversight committee) The evening was very special with a short film of photographs down the years shown as a way of reminding folk of the humble beginnings from which we have come and whereby we are now an International Family of people.

As part of the week we also offered members of the public the opportunity to attend a Border Trail of South Fermanagh which was taken up by well over 30 people who came from across Northern Ireland and indeed Great Britain.

The Exhibition ended on Thursday in customary Norn Iron fashion - with a good cup of tea and plenty to eat. We held a Tea Dace via The FACT Project under the banner of - A Day to celebrate Community.

A further series of events are planned this year to mark the Anniversary including; a trip to Brussels and launch of a quilt depicting innocents of both ETA and PIRA terrorism, and launch of associated publication. We will also have a special Dinner in The Killyhevlin Hotel on Friday 5th October 2018 (tickets will be available soon) and there will also be a 2019 SEFF calendar. developed by our young people.

SEFF's 20th Anniversary Celebrations

Recent Additions to the SEFF Team



RODNEY SHARPE - COUNSELLOR IN THE MUVE PROJECT, COOKSTOWN

My name is Rodney Sharpe, my journey into the counseling profession started as a client, who needed over four years of therapy to help me with my complex P.T.S.D.

Through my new found empowerment, I needed to understand the how's and why's behind my illness, and this took me into the classroom where I studied different types/ modalities of counseling and became a volunteer therapist for over 10 years, to help others find the hope and positive life changes I was able to find.

Over the years my placements have included; Sister Consilios in Newry, a G.P. surgery and F.A.S.A in Belfast and I now work through S.E.F.F. in Mid-Ulster with M.U.V.E. to help fellow

victims and survivors of the troubles.

My areas of expertise within counseling are trauma and addiction, and which usually have co-morbid issues, which can include; O.C.D. anxiety, depression, anger issues, complex grief and self-harming to name a few.

RAYMOND FARRELL - COUNSELLOR. OUT OF THE SHADOWS, RICHHILL & FERMANAGH

Raymond is an experienced mental health counsellor with over 30 years experiences in various settings and strands of mental health. In his previous role prior to retirement from the Western Health Trust, he was involved in the care and welfare of staff in the Trust and has vast experience in the treatment of stress, depression and PTSD amongst other conditions in the region. A registered Cognitive Behaviour Therapist, Raymond has met with and treated many victims of terrorism in the rural west and recognises the impact the terrorist campaign has played in terms of mental illness across the community. He currently works within the victims sector in the Armagh and Fermanagh area and is keen to use his wealth of experience in supporting all sectors and sections of the community.

In his spare time, Raymond is a keen football fan and spent many years in youth coaching at his local club Ballinamallard United. He has also travelled to England and Scotland where he has spoken to players and teams of professional clubs doing motivational counselling. He also travels widely in Northern Ireland speaking at mental health and well being conferences and at local community events. He is married to Linda and has three daughters.



RUSS HUSSEY- WELFARE OFFICER, OMAGH AREA

My background is from a family with strong security force connections ranging from RN, USC, UDR and RUC. I worked for Pearl Assurance for 26 years and served as a part time RUC reservist for over 25 years until an injury on duty caused my early retirement. I was involved in politics for 12 years being a Councillor and an MLA but my health deteriorated to point I had to retire from full time employment in 2017. I have completed many courses over the years associated with working with victims and survivors which I have done in a voluntary capacity with local RUCGC Association of which I am currently Chair.

Several courses are high on my personal list of achievements the first being my degree from the Open University, followed by my 'Fellowship of Messiness' and finally my NVQ IV in working with victims and survivors.

I have been a collector of military badges et al since I was 13 my first badge being that of the 16/5 Lancers, then police badges I have the complete cap set of RUC and PSNI and finally I collect Masonic jewels.

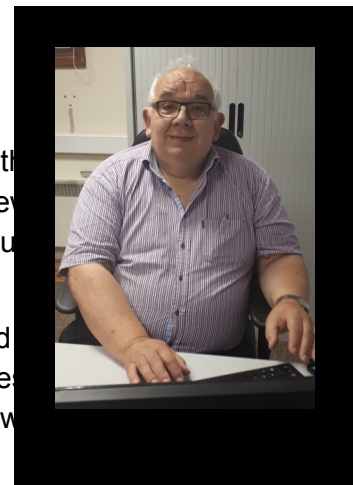
I have worked on welfare issues for over 15 years and every day brings a 'new' problem to overcome!

NORMAN KIRKPATRICK - WELFARE OFFICER SEFF'S WEST TYRONE

GATEWAY SERVICE (BASED IN NEWTOWNSTEWART)

Norman is from Maguiresbridge, County Fermanagh and has recently been appointed as the Welfare Officer in SEFF's West Tyrone Gateway Service operating out of offices in Newtown Stewart. Norman's background is in Health & Safety specialising in the construction industry, he also owned his own business working with and maintaining power towels.

In 2013 Norman undertook training to become a Welfare Advisor, in 2014 he completed a course in tribunal representation and is currently SEFF's Appeals Officer with a 100% success rate to date. Norman has now taken on the role of Welfare Officer in Newtown Stewart and will spend one day a week providing advice to members in that area.



SEFF's Welfare & Benefits 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 Independence 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.

Are you currently in receipt of any of the following:-

JSA Income Based, ESA Income Based, Income Support, Working Tax Credit, Child Tax Credit, Housing Benefit (Rental)

Universal Credit has been rolled out in Fermanagh and this will affect you. It will see a number of people lose their benefits or have their benefits capped.

It has to be realised that Universal Credit works differently from the benefits it replaces. Before making your claim you need to know:

Universal Credit will be paid twice a month, although you may request a monthly payment. You will be expected to make your claim online with your own personal email account.

You will receive a single payment for your household if your Universal Credit includes an amount for rent, it will be paid directly to your landlord - however, subject to certain conditions, you will be able to opt out of direct payments and arrange to pay your landlord yourself. The application has to be completed in one step it can't be saved to finish at a later time.

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

Bereavement Support Sessions

SEFF's Bereavement Support sessions are recommencing on Thursday 13th September 2018 at 12.30pm - beginning with hot food.

The sessions will be facilitated by Rodney Sharpe (who provides counselling within our partner organisation, MUVE in Cookstown) and will take a different format to the last set of sessions. They will be very informal and will function as more of a 'drop in' service for people who have had loved ones pass away. It will give people an opportunity to come together with others who have been through similar experiences and allow them to find some comfort in sharing these experiences. **Do not suffer in silence!**

If interested in attending please phone the office on 028 677 23884.



Coffee & Chat

Ballygawley Bus Bomb 30th Anniversary

SEFF's Director of Services Kenny Donaldson stated: "Our organisation were once again privileged to work collaboratively with residents of the Ballygawley road in enabling the 30th Anniversary of the Ballygawley Bus Bomb to be marked appropriately".

"There was an extremely large attendance at the roadside this year and the largest contingent of 1st Light Infantry former personnel and families returning to Omagh and Ballygawley".

"It was especially encouraging to witness many have the strength to speak out this year in offering public interviews. Over the course of the weekend it became clear that many of those returning do have a deep interest in Northern Ireland related matters, in how the past is being represented and moreover what needs doing to improve support services in Great Britain for those suffering as a result of The Northern Ireland Troubles".

"The weekend also brought home once again the heavy emotional and psychological price paid by those who came upon the aftermath of the atrocity - Omagh Protestant Boys and Star of the Valley, Londonderry, the military who policing response, the local Community and the medical profession. Trauma based support was not available at that time and many have carried on down the years without having dealt with the issues haunting their minds, we will be redoubling our efforts as an organisation in getting the necessary support put in place for surgery individuals".

"The Ballygawley Road bombing was a cowardly act perpetrated by terrorists of the Provisional IRA, there was no justification and there was no honour in what was done. 8 young men in their prime were cut down and 28 others physically and scarred for life with many dying prematurely".

"None of us can undo what has been done but we can but hope and pray that our efforts along with The Ballygawley Road residents will bring some comfort and recognition to those who lost much as a result of our 'Troubles'."

"Let it be understood that those murdered were innocents, they were legitimate soldiers, they did not conceal their identity with balaclavas, they were here to do a job, to protect the community - The FULL Community and many people are determined that this will never be diminished or forgotten," concluded Mr Donaldson.





FACT AUGUST 2018 UPDATE

During the summer months we were blessed with good sunny weather whilst enjoying our outdoor activities.

As our emphasis is to enjoy the outdoors and improve health & well-being, especially during the summer months, our members enjoyed our various walks which were organised across both Fermanagh and Armagh, and they are looking forward to the upcoming ones.

The Enniskillen Show was another enjoyable event which culminated in a beautiful meal in The Killyhevlin Hotel, whilst we enjoyed drinking in the views of lovely Lough Erne.

On Thursday 16th August a bus load of Armagh members descended upon The Archdale Hall, Lisnaskea, to join the Fermanagh folk to celebrate SEFF 20th Anniversary Celebrations. Our FACT Choir, accompanied by Lynda Lindsay serenaded the large audience, to great acclaim. Marie Phelan led the folk dancing enthusiastically. Our grateful thanks to these two ladies and to all who supported the event.

The Tea Dance in Armagh City Hotel on 18th September is attracting a lot of interest – only a few spaces left!!!

FACT members can still avail of our FREE wallets and purses. Please call in at office or contact Jenny or Gladys.

All classes are continuing i.e. Ipad, art, crafts, bowling, etc .

We are now busy planning our Autumn programme and hope to meet our members needs/requests in the coming weeks.

Jenny & Gladys

Contact info - Tel: 028 677 22615

Email - info@factni.com



Ulster Scots Summer Schools 2018



Over the July - August period we have delivered four Ulster Scots Summer Schools, a week long Summer School in the Archdale Hall, Lisnaskea, a Junior Drama Summer School in Brookeborough Primary School, a Senior Drama Summer School in Fermanagh House and lastly a Residential Summer School at Share Discovery Village.



All events were well attending and included a variety of Ulster Scots workshops - dance, music, cookery, football and at the week long Summer School the participants enjoyed a day away to Sloan's House in Loughgall (with the obligatory stop at McDonalds on the way home).

We thank all participants from coming along to the events, all the tutors and leaders who helped out and made sure that each event was a success.



Topics & Dates of Interest

County Fermanagh Grand Orange Lodge Annual Murdered Brethren Parade

RESCHEDULED to Sunday 2nd September 2018

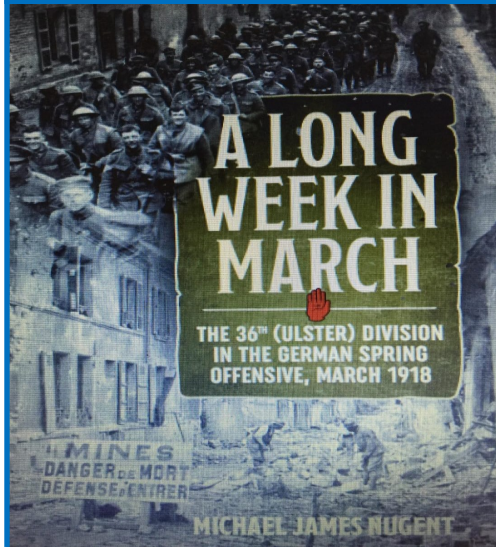
St. Macartan's Cathedral, Enniskillen

The preacher will be The Revd Chris Macbruthin, Curate Assistant.

The parade will form up at 6pm at Derrycharra Link, ready to step off at 6.15pm.

All Brethren, Juniors, and Sisters, are encouraged to attend, and Fermanagh GOLI would also ask that families and friends come along and watch the parade, and if possible

attend the
Memorial Service.



A talk by Michael Nugent about the launch of his book 'A Long Week in March' by the 36th Ulster Division in the German Spring offensive March 1918.
Monday 10th September from 8pm in Lisbellaw Methodist Hall.
Everyone welcome.
Contact Doreen Mullan Secretary for more details 07951538621

Colebrooke Garden Open Day -

Linked to Lisbellaw South Fermanagh WW1 Society.

Event will take place in the Walled garden, entrance via Health Club building, and not the main house entrance.

Starts at 10am with some WW1 display items,
11am Act of remembrance, refreshments served after.

Ends at 2pm.

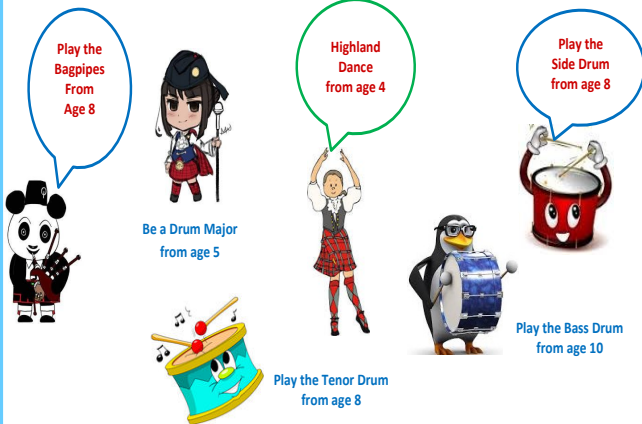
Wear period dress if available, suitable clothing for outdoors. The Society will be digging up some of the produce planted earlier in the year.

For further details contact
Tony Watson 07748114001

NORTHERN IRELAND
PIPING &
DRUMMING
SCHOOL



Boys & Girls Learn To



Starts 22nd September 2018

- Classes run on a Saturday morning 10.00am to 12.30pm (9.30am First Morning)
- Enrolment ongoing
- In Enniskillen Royal Grammar School, 1 Lough Shore Road, Enniskillen BT74 7HA
- All Tutors are experienced have Access NI & have completed a Child Protection Course
- We teach Grades 1 – 8 in Practical & Theory
- For Individuals or Band Members young or old (Discounts for Families, Groups & Bands)
- All band members are very welcome. Including Drummers & Drum Majors from Accordion, Flute, Silver & Brass bands

If Interested, please

Contact Gloria - Enniskillen Administrator 07752217418

NI Piping & Drumming School
City East Business Centre, 67/72 Newtownards Road, BELFAST BT4 1GW
Telephone: 02890 941659 Email: info@nipds.org Website: www.nipds.org



Friday 5th October

Timings and costs to be confirmed in upcoming newsletters.

THIS IS NOT A BLACK TIE EVENT!

Music by ~ ADDICTION

If you wish to attend this ticketed event please call the office and let us know

028 677 23884