



**SEFF**  
SOUTH EAST FERMANAGH  
FOUNDATION

# NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award  
for Voluntary Service

Dear Member,

As I write this piece for the Newsletter it is 9pm on the night of Good Friday - 21 years ago a Peace Agreement was signed which was supposedly about bringing to an end terrorism in our wee Country and yet less than 24 hours ago a young journalist (Lyra McKee) aged just 29 years was the latest innocent to be stolen through the ravages of terrorism.

We are in the most important period of the Christian calendar and never more do we require to pray for our Country, for its' people and indeed for all of humankind who continue to self destruct with actions which are reckless, unjustifiable and indeed evil.

Within the AfIV Project Newsletter you will note a farewell message from Rachel Glover (our Dutch-Fermanagh convert) I want to personally thank Rachel for her service within SEFF and the very positive outlook she has on life, Rachel has a very positive future ahead of her and we wish her every success professionally and personally.

I also must advise that John Blair recently finished up at SEFF to take up a new post in London, again we wish John well and we hope in the coming days to confirm his replacement in a newly configured role - Monitoring and Admin Support Officer (20hrs)

As part of our commitment to improving communication within our outreach areas; Rathfriland, Newtown Stewart and Great Britain (and we hope Republic of Ireland will soon follow) we are incorporating a section within each monthly Newsletter which allows for specific activities being hosted in those areas to be promoted. We strongly encourage new members attached to SEFF within these areas to use our various services and importantly to encourage others to register with SEFF.

At the point of reading this Newsletter Easter will have passed but as I write it is my wish that each and every SEFF family (in whatever shape, size or form it takes) will have had a blessed Easter where a sense of HOPE would prevail.

Kenny



SEFF Community  
SEFF Victims and  
Survivors

**SEFF April  
Monthly  
Member's  
Meeting  
Is on  
Wed 24th April  
2019 at 7.30pm.  
SEFF's Main  
Office  
Lisnaskea**

**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

## SEFF Penny Raffle Fundraiser Evening

**Come Join Us for Rickety Wheel fundraising event  
& DRAW of the Penny Raffle Tickets**

In Fivemiletown RBL o:

Saturday 11th May 2019 @ 8.30pm

1st Prize £500, 2nd Prize £200, & 3 £100 for 3rd Prize

(prizes donated for the Rickety Wheel would be most appreciated, please drop into the office in advance)



## Upcoming Cultural Seminars & Guest Speakers

DATE	VENUE	SPEAKER
<b>Wednesday 8th May 2019 7.30pm</b>	SEFF Offices, Lisnaskea	Phil Cowen from Glasgow Rangers Football Club will be present to talk about the history of the Club and its' role within the community in advancing education and reconciliation.
<b>Wed 22nd May 2019 7.30pm</b>	SEFF Offices, Lisnaskea	Colin McCurdy will be present from Combat Stress to provide an overview of the group's remit and support service post recent changes within the organisation.
<b>Wed 19th June 2019 7.30pm</b>	Newtownstewart 2000 Centre	Combined West Tyrone & Fermanagh member's meeting. Speaker(s) VSS Board Representative + possibly Margaret Bateson, CEO)  We will run a bus from SEFF to this meeting departing from the offices in Lisnaskea at 6pm with pick ups on route, please phone the office on 028 677 23884 to register your interest
		Just a reminder that there will be no July Member's Meeting in any location across SEFF's service provision.



### Complementary Therapies

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

**£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**

**1 Manderwood Park,**

**1 Nutfield Road,  
Lisnaskea**

**Co Fermanagh  
BT92 0FP**

**Phone:**

**028 677 23884/**

**E-mail:**

**info@seff.org.uk**

**Website:**

**www.seff.org.uk**

## ACTIVITIES & RESPITES



### **South Armagh - Day Respite**

**Saturday 8th June 2019**

Bus departs from SEFF Offices, Lisnaskea at 9am (with pick ups on route) travelling to South Armagh for Border Trail taking in Tullyvallen Orange Hall, Darkley, Kingsmills and other incidents.

Light lunch will be provided in Creggan Church of Ireland followed by a walk in Slieve Gullion and a meal on the way home.

Trail guide will be our own Kenny (Donaldson)

**Cost is £20 per person, please phone the office on 028 677 23884 to register your interest.**



## **SEFF Ulster Scots Summer Schools 2019 & call for leaders**

We are currently working on funding applications to run three Ulster Scots Summer Schools this year, if successful with our bids the Summer Schools would be as follows:

1. Ulster Scots Standard 5 day Summer School in Lisnaskea from Monday 22nd - Friday 26th July 2019 10am - 3.30pm daily in the Archdale Centre, Lisnaskea.
2. Ulster Scots Standard 5 day Summer School in Rathfriland from Monday 5th - 9th August 2019 10am - 3.30pm daily in Rathfriland High School.
3. Ulster Scots Residential Summer School for 2 nights in August 2019 (dates and venue to be confirmed)

### **Leaders Needed!**

As part of the delivery of the above Summer Schools as with previous years we require people who are willing and available to work as leaders at the events.

The Ulster Scots Agency provides remuneration of £180 per leader (for the full 5 days week) and £130 for the residential event.

If you would be interested in helping out or you know someone who is free over the summer and would be keen please do let us know ASAP.

All leaders will require an ACCESS NI check (enhanced check including a check of the barred list for working with children). To complete this mandatory check we will need leaders to complete the enhanced Access NI form and we will also be required to carry out a full identity check - more information on this can be provided.

Previous experience working with youth is not essential but would be advantageous.

If interested please contact Joy on 028 677 23884 for more information.

## **SEFF's WALKERS & TALKERS**

Walking is a fantastic way to keep active and maintain a healthy heart as it is fun, flexible and free. You might not know this but May is National Walking Month and so we thought this might be an appropriate time to relaunch our walking group!

Our first walk of the season takes place on **Wednesday 22nd May at Castlecoole**. Please could all walkers meet at the tearooms carpark for **11am**. We ask that anyone who is a member of the National Trust please bring your membership card.

Hopefully this walk will whet your appetite and you'll be looking forward to seeing news of our June walks which will be published in our next Newsletter.

Looking forward to seeing you all there!



## Murder of Lyra McKee is the work of 'Republican' fascists

The recent riots and street disorder in Londonderry/Derry controlled by 'Republican' terrorists and which saw the murder of a 29-year old female Journalist Lyra McKee was the work of fascists.

Our prayers are with Lyra's family and her partner. This is the theft of a young life just beginning - a mere 29 years old.

It is miraculous that no Police Officer was murdered or seriously injured tonight .. But the violence and murder of a young woman will leave its' toll upon many".

How many people over the years of Terrorism were denied the right to come home from their place of work due to the actions of fascists?

Trouble has been simmering for a considerable period of time within the city, and it's decision time for the leadership of The Provisional Movement (Inclusive of Sinn Fein)

Do you wish to eradicate this terrorism or do you wish to continue to stoke up tension through your actions and/or actions politically?

We will not use the term 'dissident republican' in respect of this mayhem. It is quite simply 'Republican' Terrorism - which was wrong tonight as it was in every other instance over the last half a century and before.

In the immediate times that follow focus should and must be on the murder of a young woman and the loss this is to her family, partner and the community but beyond this there are BIG questions for others to answer.

The cycle of violence can only be broken through an honest acceptance of the illegitimacy of the use of terrorism and/or criminal violence in the pursuance of a political objective.



## M o r n i n g S E F F C a l l i n g

It's hard to believe that Easter is here already. It seems no time ago that it was Christmas. I do not know if time seems to go by faster as we get older, or because our lives have become so busy that the days appear to fly by. I believe it is the latter. Our lives today appear to be a lot easier now with all the "labour saving devices" we own, supposedly taking all the hard work out of doing tasks our parents and grandparents would have taken several days to complete. The upshot being that we should have more leisure time to spend with our families. Sadly the opposite is true. We are slaves to consumerism.

The reality is in order to have these labour saving devices we need to work harder to buy them, which inevitably points to less time with family and more pressure and stress in our lives. Stress I believe is now the number one cause of premature death among adults. Unable to keep up with life in the fast lane, we become "burnt out".

Each day, we promise ourselves that we will cut down on our work etc. spend more quality time with family. But, we don't. Something comes up and before we know it, life has past us by, the children have left the nest and Christmas has just gone and like now Easter is upon us.

If you find that your life seems to be on a conveyor belt and life in general has become so hectic, take a step back, and look at ways you may be able to step into the slow lane and enjoy quality time with your family before it passes you by.

At **Morning SEFF Calling** we are available to give you a phone call on either a Monday or Thursday morning each week, just to say, "how are you, how is everything with you". If you think you might benefit from this service, please phone either Joy or Mandy at the SEFF office and we will arrange a day and time to get in touch.

Enjoy the Easter break and take care.

**Ann (with Rita's support) ~ MSC**



## BEFRIENDING April 2019 Update



Hi All,

Now that we are at the beginning of our new financial year maybe things will settle down and we can start planning the year ahead. We are continuing to organise coffee mornings and help those in need via our Befriending service.

The Luncheon Club for our less socially active members will be ongoing throughout the coming year and we will be contacting those within the SEFF membership who are eligible to avail of this, we plan to organise lunches every two months in different areas around Fermanagh and Tyrone to facilitate those local to the area we are targeting.

The dates of the next 3 Luncheon Clubs are below - please note we are not taking names for these events the Befriending Co-ordinators will be in touch with people are eligible to join in:

Friday 31st May 2019 - Location in Lisnaskea, County Fermanagh (TBC)

Friday 2nd August 2019 - Aghnacloy Golf Club, County Tyrone

Friday 27th September 2019 - Mahon's Hotel, Irvinestown, County Fermanagh

Apologies for the recent mix up with March coffee mornings, we were let down by speakers at the last minute. We are working on setting a number of themed speakers in the coming months that will hopefully go without a hitch so keep an eye out in future newsletters for dates.

We plan to hold a May Coffee Morning which we will send out more info about via our text messaging service. On Thursday 18th April 2019 we had a great crowd in the office to hear the experiences of two of our young members in Kenya last summer where they went out for 2 weeks with Jengana, we often forget how well off we are in this wee country. They had a wonderful but very humbling experience and they hope to go back out again in the future, thank you very much to Alex & Emily for coming along and giving such an informative account of their time away.

Unfortunately we are still having to be extremely careful with our Befriending budget due to the success of the service. We are constantly over budget and we cannot sustain this so are having to make some very difficult decisions when asked for help. The organised fundraising to help alleviate our overspend and help sustain the service for the years to come is going well so please give your support generously to our "Penny Raffle", tickets are still available in the office. Can we ask our ticket sellers to please bring their sold ticket stubs into the office in the next week or so to allow us to organise the raffle. Don't forget to come along to the Fivemiletown British Legion on Saturday 11<sup>th</sup> May 2019 at 9pm where we will draw the winner at our Ricketty Wheel Event, the top prize is £500 along with many more prizes on the night so it will be well worth taking part.

Regards,

The Befriending Team

### **Bereavement Support Sessions**

SEFF's Bereavement Support sessions are recommencing on Wednesday 8th May 2019 (times to be confirmed), lunch will be provided each week (the new course will run for 12 weeks)

The sessions will be facilitated by Holly Reid (who has previously delivered sessions within the SEFF Offices, Lisnaskea. Some of those who participated in the previous course will continue with this new course but we are also seeking to recruit new people.

We have had some very positive feedback from those who took part in the last series. Some of those individuals who are not coming along to the new facilitated course will instead meet in a more informal capacity as a 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!**

## [SEFF's 2019/2020 Overnight Respite Opportunities](#)

As mentioned in last month's newsletter we are currently putting plans in place for this year's overnight respite breaks, please see detail below. If you are interested in attending any of these respites we ask that you first of all **register your interest** by phoning the office on 028 677 23884 by **1pm on Friday 7th June 2019**. Please note registering your interest DOES NOT guarantee your space.

We ask that where possible you do not put your name down for any of the respites unless you are committing yourself to attend and you are available to travel on the dates as proposed.

Once expressions of interest have been considered we will be in touch with everyone as promptly as we possibly can in order to confirm places and to provide further information reference deposits etc.

**The Torquay respite has well over 50 members having confirmed an interest, places will now be offered over the coming week but there is now further time to express your interest in our other respites (see below)**

### **FAMILY (with Young children) RESPITE TO KILKENNY**

Friday 9th - Monday 12th August 2019 (3 nights)

Staying in the Kilkenny area (hotel to be confirmed) - taking in a day to Castlecomer Discovery Park as well as other fun **family** friendly activities.

This respite is open to families within SEFF's membership and is particularly geared at those families who would find it difficult to go on a family financed holiday.

Cost is £50 per adult and £30 per child (aged 12 and under) and includes the following:

- Transport to and from the hotel and throughout the respite
- Accommodation (on a dinner, bed and breakfast basis)
- Entrance fees to Castlecomer Activity Centre.



### **NATIONAL ARBORETUM & LONGLEAT**

Tuesday 13th - Friday 16th August 2019 (3 nights)

Hotel to be confirmed.

This event will include a visit to the National Memorial Arboretum in Lichfield where a commemorative event will take place on Wednesday 14th August 2019 on the 50th anniversary of Operation Banner when British troops were deployed to operations in Northern Ireland. It will also involve a visit to Longleat House & Gardens.

Cost will be circa £225-£250 per person sharing with a single person supplement (TBC) and includes the following:

- Return transport to hotel base along with transport throughout the respite
- Entrance into Longleat House & Grounds & Arboretum
- Accommodation (on a dinner, bed and breakfast basis)



Please note the above respite (ARBORETUM & LONGLEAT) is funded under SEFF's truth, justice and acknowledgment budget heading and so priority will be given to members who are engaged in the Advocacy Service (Advocacy for Innocent Victims) however this does not mean that it will be solely available to these individuals and so if you are interested in attending this event we would encourage you to register your interest.

You may put your name down for more than one of these respite opportunities but when places are allocated you will be offered no more than one respite opportunity ensuring that we reach and service the maximum number of members possible.

*\*\*Management have the discretion to reduce or waive costs of respite opportunities in cases of extreme financial hardship.*



### SEFF GB BRANCH: THE LIVES PROJECT

The **LIVES PROJECT** (Liberating Innocent Victims, Empowering them to Succeed) is the Great Britain Branch of SEFF. Our GB team works across England, Scotland and Wales supporting innocent victims and survivors of the "Northern Ireland Troubles" and associated terror attacks who are based in GB.

Last month we organised our first GB based respite event of 2019. It took place at the Cresta Court Hotel in Altrincham (Greater Manchester). This initiative is the first out of 4 that are going to take place during 2019. The 2nd event/members meeting will be during the summer in the Newcastle/Leeds area, the 3rd will be in London at fall, and the 4th will be a Christmas lunch in London as well.

The main goal of this type of event is to unite individuals who have gone through similar experiences in life, and create a sense of community, a sense of family. Especially in Great Britain, people feel like nobody understands them or what they have gone through, therefore these events are vital for our local GB based victims and survivors to feel that they are not alone, and to create a community of support with other victims and survivors. The added value of the respite events is that it allows members who are new to SEFF to meet with others who have been with us for years.

Kenny provided a detailed overview on SEFF to the group and as a team we facilitated a strategic planning workshop which sought to garner input from our GB members on the future direction they would wish to see the service take. We also had a representative from the Citizen Advice Bureau present to give a presentation about the support they provide, especially with issues regarding the Disability Living Allowance and the Personal Independence Payment. Also, a psychotherapist from a local trauma focused service "Safe Haven" delivered a very interesting and dynamic presentation about the long-lasting impact of trauma and steps to wellbeing. One of the lessons we learned that day is that MOST PEOPLE can recover from physiological trauma. Some processes are longer than others, and it may seem very difficult, but that there is real HOPE for all who suffer psychological trauma. On the following day we made a trip to the Stockport Raid Air Shelters, where we learned some history while we admired the tunnels and enjoyed our time there.

We also organised the first "Coffee Morning" in Manchester city. "Coffee Mornings" provide a means for victims and survivors to meet up and have a relaxed conversation over a coffee. The turnout of the last "Coffee Morning" was quite low, but that is only a sign of the need that GB based victims and survivors have to connect with each other. We will continue making the necessary arrangements to host "Coffee Mornings" monthly, and we are very hopeful that our members will use this space as an outlet where they can freely express their feelings and connect with each other. **It is important that we build a strong sense of family within our GB Support Service.**



## The Pat Finucane Centre and Rewriting history

This is the Tweet placed on The Pat Finucane centre Twitter page on 17th April 2019

**For one night only! "The Rock Bar", Granmore (near Keady) is transformed into a cinema and could have sold out twice. The bar survived an RUC bomb and gun attack on 5 June 1976. [@glenannefilm](#)**

IVU's response to PFC's attempts to demonise the Royal Ulster Constabulary

Kenny Donaldson, Spokesman for Innocent Victims United stated: "The Pat Finucane Centre posting and event branding is deeply concerning, it is raw revisionist propaganda at its' absolute ugliest. The attack on the Rock Bar at Granmore near Keady was carried out by terrorists and no-one else".

"Let us be clear; IVU's position on terrorism and criminal violence is consistent - whether the agitator(s) were republican or loyalist terrorists or individual members of the security forces who dishonoured the code and engaged in criminal based activity, our stance has never and will never change - all criminal violence in the context of 'The Troubles' was wrong and without justification".

"Our organisation has gone on public record many times to acknowledge that Pat Finucane was murdered and that this was without justification. If Spokespersons for PFC were asked the question; do you acknowledge that the murder of law lecturer Edgar Graham was wrong and without justification, or the murder of Judge Billy Doyle, or the murder of Mary Travers and the attempted murder of her parents Judge Tom Travers and his wife Joan listen for the response .. there will be nothing other than diversion tactics employed".

"Neither the RUC nor UDR planted bombs, nor did they corporately carry out shooting attacks, a small number of individuals infiltrated the Police and Army and followed their own ideological agendas contrary to the wishes of their colleagues and with no legitimacy".

"We stand by the tens of thousands of men and women who put a uniform on their back and prevented this place from transcending into a civil war situation, they are the heroes and martyrs within our Society. Where criminal wrongdoing occurred then it should be accounted for whether those perpetrating the activities are terrorists or members of the State's security forces".

"But no-one with an ounce of reason should fall foul of naked ideological-based propaganda nor take lectures from an organisation which is choice about the violence it condemns and for which it seeks account and that for which there remains a stony silence," concluded Mr Donaldson.

## **SEFF's West Tyrone Gateway Service**

### **SEFF West Tyrone Gateway Service Member's Meeting**

We had a very successful members meeting in Newtownstewart on Wed 27th March 2019, at this meeting the possibility of holding a monthly members' meeting was discussed and we are going to try this model out.



At these meetings we will have a guest speaker but we will also provide an update on the work of the organisation (inclusive of the West Tyrone Gateway Service area) Dates for the next few meetings are as follows:

Wednesday 15th May 2019, 7.30pm, Newtownstewart 2000 Centre

**SPEAKER: Representative from WHSCT (Health Matters)**

Wednesday 19th June 2019 (Combined SEFF Member's meeting), 7.30pm, Newtownstewart 2000 Centre.

**SPEAKER: (VSS Board Representative + possibly Margaret Bateson, CEO)**

### **Action Cancer Big Bus & Bowel Screening**

As you all know the West Tyrone Gateway Service hosted the Action Cancer Big Bus on Wed 17th April 2019, we would like to thank all those who attended appointments on the Big Bus and who also came along to the Bowel Screening talk as in all the day was a good success and we will consider running something similar again in the future.

Also thank you to those who baked goodies and brought them along for the morning refreshments.

## **SEFF's South Down Gateway Service**

### **Complementary Therapies**

We are currently taking names for Complementary Therapies for 2019-2020, 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.

### **Potential Ulster Scots Summer School in Rathfriland and South Down area**

We are exploring the possibility of running a 5 day standard Ulster Scots Summer School in Rathfriland High School from Monday 5th - Friday 9th August 2019.

The Summer School would 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 would also factor in some fun activities at Share Discovery Village and have an opportunity for the young people to meet with your Fermanagh counterparts.

At present we are putting together a funding application and if successful we would really hope to have the backing and support from our South Down members and their families.

With this in mind we need people 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.

If you would be keen to help out or you know of someone who would have a few hours to spare over the course of the week please do let us know ASAP and we can provide further info. Please phone the office on 028 677 23884. 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 APRIL 2019 UPDATE

As we write our article April is beginning to make an appearance and we will all welcome the first signs of Spring.

Our final newsletters have been distributed and we have been exceptionally busy dealing with registering interests for all the different events.

Letters are now out for the first two trips and we are hoping that folk return their expression of interest as soon as possible as we have already a substantial list of interest.

All classes are at maximum capacity and we are hoping to extend some of them to where there is a need. The Celebratory Lunches planned for September across both counties have already attracted large numbers for both venues.

Closing date for expression of interest can still be taken **until the 31st May 2019.**

**If you know of anyone who has assisted or volunteered in any way please contact us on 028 677 22615.**

We currently have the services of a Videographer who will assemble footage gathered over the lifetime of the project and also to film events yet to be held for the purpose of producing a final project DVD. When it is completed we will communicate with our members to let them know how they might go about obtaining a copy.

Please keep us in your thoughts and prayers in the coming months as we wind down The FACT Project...

Regards Jenny & Gladys  
FACT Tel: 028 677 22615

### Enriched by our past History Project



A great time was had by all at the first of our Peace IV and Fermanagh and Omagh District Council funded Good Relations Workshops at the Castle Park Centre in Lisnaskea on the 11th April. Based on the theme of The Great Famine, our facilitator Frank McHugh broke out some ice breakers and fun games for everyone to get to know each other before talking through some fascinating information on The Great Famine, its history and its particular effects on Co. Fermanagh. He focused on how it affected young people and children, what the future held for those in the Workhouse plus the health and lifestyle challenges faced by living in such awful conditions. Frank then had all the project attendees form groups to create and perform a piece of drama and 'human imagery' depicting their ideas on how it may have felt to live through the eyes of a child in the Workhouse. We finished up with a 'Conscience Courtroom' with Frank as the Judge, masquerading as adults who had to explain how they'd ended up as a victim of the Famine and how this disaster would negatively now impact their life. A lot was certainly packed into 2 hours!!



The Intergenerational part of our Great Famine workshops takes place on the **2nd and 9th May 2019 from 6-8pm at the Castle Park Centre, Lisnaskea with a day trip to the Ulster American Folk Park on Sunday 5th May 2019.**

If interested in becoming involved, please contact Carrie on Wednesdays at the office on: 028 677 23884 or email: [carrie.benn@seff.org.uk](mailto:carrie.benn@seff.org.uk).



**COFFEE MORNING**

**Saturday 25th May 2019**

**The Archdale Hall**

**Lisnaskea**

**10am -12.30pm**




Please come and support our teens before they head off this summer on the Ulster Project Peace trip to the USA.

**Everyone Welcome**

### SEFF Book Shelf

**\*\*Calling all avid readers\*\***

We are starting a new fundraising idea in SEFF which came about after we put a shout out for books to sell in the Tesco Book Stall recently. We now have two Book shelves crammed with all kinds of books in Unit 2 (just through the kitchen) so next time you are in the office why not take a few minutes to browse through the shelves and see what suits, all we ask is that you leave a donation in the bucket provided. Also if you have any books at home that you are finished with then we would be happy to take them off your hands and add them to our book shelf.




**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.

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

**Call Lifeline on:  
0808 808 8000**

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



### Cruse Bereavement Support Group Training

Cruse Bereavement have developed a training package which they deliver to group members to help them run bereavement groups themselves.

The training entails one-day Bereavement Awareness Training, one-day Bereavement Skills training and two days Group Work training.

It will take place in The Valley Hotel, Fivemiletown from 9.30 am - 4.30 pm each day on the following dates:

- Tuesday, 7 May 2019
- Wednesday, 8 May 2019
- Tuesday, 14 May 2019
- Wednesday, 15 May 2019

Refreshments and lunch will be provided. If interested in taking part in this training please contact the office on 028677 23884.