



SEFF
SOUTH EAST FERMANAGH
FOUNDATION

NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award
for Voluntary Service

Dear Member,

It's hard to believe that the clocks are about to go forward and Easter is just around the corner.

We've come through another particularly busy period within SEFF as we come up on the end of one financial year and commence another. Since the last Newsletter there have been further developments

The launch of our new Good Relations Project (Coordinated by Carrie Benn) involving both young and older people. I strongly encourage SEFF members to engage with this Project which builds on previous Good Relations programmes involving SEFF and Carrosyl, this time Ballinamallard young and older people will also be involved (See Programme write up enclosed on Page 5)

I want to gently encourage the membership to please give your support to SEFF when it is holding meetings and bringing along speakers of note. Recently we had Brian Rea (formerly Chairman of the N.I Policing Board and former Chairman of The RUC GC Foundation) and numbers were very poor. We ask for your interest in the wider workings of the organisation beyond merely accessing support services.

We also are losing a face within our SEFF staff team, John Blair is leaving us to take up a new position in London and we wish him every success. The post he filled is now being advertised, but slightly reconfigured in terms of the Job specification and emphasis - Monitoring and Admin Support Officer p/time 20hrs (and advertised on the SEFF website)

Media Skills Training

Many of you have courageously given interviews to the Media over the years concerning your experiences, dealing with the Media can seem daunting and many victims/survivors suffer from a lack of confidence that they may somehow not relay their thoughts as they would want to.

In other situations there can be fear as to how control of the message can best be retained. With this in mind SEFF are minded to offer dedicated Media Skills training to victims/survivors who would wish to improve their skills and/or build their confidence levels.

We will examine the best means of offering the Training, whether in a Media studio environment or within SEFF's own office base as those facilitating the Training can recreate a studio environment within SEFF.

Please contact Kenny on: 028 677 23884 if interested in this. Those availing of the Training should be those directly impacted by terrorism and/or other Troubles related criminal violence.

Easter is a special time within the Christian calendar, we think of the Hope and Renewal which surrounds Jesus being raised from the dead and we look to our World of today which is in need of such revival.

Kenny



Seff Lisnaskea
Seff Victims

**SEFF MARCH Monthly
Member's Meeting
Wed 27th March 2019
at 7.30pm.
SEFF's West
Tyrone Gateway
Service -
Newtownstewart
2000 Centre
(Bus leaving
SEFF @ 6pm)**

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



Complementary Therapies

We are now taking names for Q1 of the new financial funding year 2019/2020 covering the **April to June 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.**

Why are we Doing This?

Many of you may already purchased a 'Penny Raffle' ticket from a SEFF member and are aware why we are raising funds for the Befriending Service. The Befriending Service is SEFF's foundation service which is run entirely by a committed team of volunteers.

As a result of the growing demand on our Befriending Service we are endeavouring to meet the shortfall in funding to cover the costs it takes to run the much needed service. We ask for your support on this fundraiser and in doing so you will be supporting some of the most vulnerable and isolated within SEFF membership.

How it Works

Choose a blank white envelope, and open it. Inside you will see the ticket with a stub and a smaller brown envelope.

Check the number which is on both sides of the ticket and stub, eg: (circled below on a ticket). The number is what it is in pence for the cost of the ticket. Tickets start from 1 = 1p to 1000 = £10, or as below ticket shows 687 which cost £6.87.

Fill in your details on the stub, pop it into the brown envelope along with the money for the ticket and return it to your seller or to SEFF office.

The draw then takes place in the RBL in Fivemiletown on Saturday 11th May 2019 at 8.30pm, the Fundraising team will be holding a Rickety Wheel fundraising event (prizes donated would be most appreciated) so why not come along for the craic :)



South East Fermanagh Foundation
Penny Raffle 
 in aid of SEFF Befriending Service

1st Prize £500 2nd Prize £200 3rd Prize £100

Draw will take place at SEFF's Rickety Wheel Fundraiser in FMT Legion on **Saturday 11th May 2019 8:30pm**

Spot prizes on the night for special tickets so come along for a chance to win a prize.

NO: 687 = £6.87

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 Penny Raffle Fundraiser

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 Co Fermanagh
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 Phone:
 028 677 23884/
 E-mail:
 info@seff.org.uk
 Website:
 www.seff.org.uk

ACTIVITIES & RESPITES



Men's Breakfast & Allotments Tidy Up **Saturday 30th March 2019** **10am, Miller's Coffee Shop, Lisnaskea**

We are holding a final Men's Breakfast on Saturday 30th March 2019 at 10am. The breakfast will be free to those who attend but in return we ask that you please volunteer a couple of hours of your time afterwards to help with a tidy up at SEFF's allotments site on the Brookeborough Road, Lisnaskea. Please do come along and help us out on the day.



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's Management, Staff & Key Volunteers attend Strategic Planning Residential on the North Coast

As part of SEFF's strategic planning process, the organisation's management board, staff and key volunteers attended a residential event at the beginning of March in the Magherabuoy Hotel, Portrush.

The participants took part in workshops facilitated by Qe5 Ltd (who are developing the strategic plan), these workshops focused on various aspects of the organisation's work but in particular examined what the organisation needs to do in best positioning itself going forward in order to deliver upon the group's Mission Statement and core aims and objectives.

SEFF is an organisation with very strong grassroots input and we have our core presence in Fermanagh, but also across Northern Ireland, Republic of Ireland, Great Britain and even across in mainland Europe.

For two decades the group has stayed true to its' core reason for formation; to support the innocent victims/survivors of terrorism and other Troubles related criminal violence but has also evolved as per the needs of the membership served and the broader community. In the coming weeks SEFF Management will be signing off on the Strategic Plan which will cover the period; 2019-2023. This document will assist our efforts in securing the necessary resources to deliver upon the needs of our beneficiaries. SEFF will continue to be an outwards facing organisation and will lead by example.



Upcoming Cultural Seminars & Guest Speakers

DATE	VENUE	SPEAKER
March Member's meeting Wed 27 th Mar 2019 7.30pm	Newtownstewart 2000 Centre	SEFF March Monthly Member's Meeting will take place in the Newtownstewart 2000 Centre as part of SEFF's West Tyrone Gateway Service. We intend to hold our Monthly Member's meeting in Newtownstewart on occasion throughout the year in order to involve the West Tyrone members in the wider work of the organisation. 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 028677 23884 to register your interest in attending.
Wed 10th Apr 2019 7.30pm	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
Wed 24th Apr 2019 7.30pm	SEFF Offices, Lisnaskea	Colin McCurdy who is the Regional Co-ordinator of Combat Stress in Northern Ireland will be coming along to address members on the work of the organisation (please note this is rescheduled from the Coffee Morning which was previously cancelled)
Wed 22nd May 2019 7.30pm	SEFF Offices, Lisnaskea	Speaker to be confirmed.



Easter Youth Event Border Trail & Roscor Youth Village Friday 26th April 2019



The event will begin at 9.30am in SEFF Offices, the morning part of the day will take the form of a *North Fermanagh Border Trail* where participants will travel via bus to North Fermanagh to learn about the various incidents that took place in the area over the course of the 'Troubles'.

Ken Funston (SEFF's Advocacy Manager) will be taking the tour which will be geared at a younger audience. The event is available to young people aged 12 years old and above, we will have a number of youth leaders in attendance but we would encourage parents to accompany younger children (12-13 year olds) if possible.

In the afternoon the group will then travel to Roscor Youth Village for some outdoor water activities including water trampolining, canoeing and speed boating.

Lunch is provided (please advise of any dietary requirements). We also require a parental consent form to be completed for each attendee.

Cost is FREE.

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



BEFRIENDING March 2019 Update

Hi All

We hope everyone is enjoying the brighter mornings and the stretch in the evenings, don't forget to Spring your clocks forward on 30th/31st March and enjoy the longer evenings.

We continue to help those in need via our Befriending service but as funds get tighter we **unfortunately have to put limits** on our service, help with hospital transport takes a lot of our budget so this is an area we are having to particularly limit, those already in the Befriending service should, where possible, continue as normal **but any new referrals will have to be scrutinised carefully** before being taken on.

In April we have two **Coffee Mornings** as follows:

Thursday 18th April 2019 at 10.30am in SEFF Offices, Lisnaskea where we will welcome Alex Kernaghan (Tracey Kernaghan's daughter) along to speak about her experiences with the missionaries.

Thursday 25th April 2019 at 10.30am in SEFF Offices, Lisnaskea Rev. Alastair Donaldson will be coming along to speak about the Easter Story as well as sharing a little about his own background.

Luncheon Clubs are ongoing and we will be contacting those within the SEFF membership who are eligible to avail of this service.

Don't forget if you are in the office then please give your support generously to our new fundraiser "The Penny Raffle" tickets will be available in the office or we have targeted sellers in various locations in the area, come along to the Fivemiletown British Legion on Saturday 11th May 2019 for a night's craic where we will draw the winner at our Rickety Wheel Event, the top prize is £500 along with many more prizes so it will be well worth taking part.



Regards

The Befriending Team

A Future Enriched by our Past History

A great night was had at the launch of our new Peace IV funded Good Relations project 'A future enriched by our past history' on the 21st March at the Castle Park Centre in Lisnaskea with members and friends attending from the three project partners: SEFF, Fermanagh Sports and Cultural Awareness Association in Ballinamallard and Lisnaskea's Carrosyl Community Association. The project is funded by Fermanagh and Omagh District Council under the 2019 Small Grants Scheme until the end of October and aims to bring together 45 young people aged 11-17 from the three partner groups to better understand and respect each other's differences while jointly exploring different cultural themes via a series of workshops on The Great Famine, Multiculturalism and Historical & Cultural Music.

The first wave of the scheme will be kicking off on Thursday 11th April with our good friend, Monea man and local historian, Frank McHugh. Frank will be facilitating fun history sessions with our Good Relations Youth Group before taking us on a guided tour of Enniskillen Castle Museum's 'Famine Exhibition' and a day trip to the Ulster American Folk Park.

There is an intergenerational element to this project aimed at giving our youth group an interested audience to feedback their learning and understanding of the three topics. There are a few places left at these events and if anyone is interested in finding out more please contact our Good Relations officer Carrie on the details below.

Members are also invited to attend our showcase event on Thursday 9th May 2019 at 6pm in the Castle Park Centre, Lisnaskea. This will be a chance for our youth group to display their work and thoughts on the project so far with a special Famine Q & A by Frank McHugh. Hot food and refreshments will be served on arrival. If you'd like to attend please contact Carrie Benn at the office or drop an email to carrie.benn@seff.org.uk.
Carrie



European Day for Victims of Terrorism, Parliament Buildings, Stormont

Monday 11th March 2019

Kenny Donaldson reflects "SEFF were privileged to have been once again involved in coordinating events marking European Day for Remembrance of Victims of Terrorism".

"Due to the large attendance levels at this year's Stormont event (exceeding 300 people) two seminars had to be held with five victims/survivors of loyalist and Republican Terrorism sharing their experiences of terrorism".

"We are proud of those individuals who courageously shared their testimony, Jennifer Jordan, Claire Monteith, Seamus McDonald, Mervyn Lewers and Geraldine Ferguson. They all spoke so powerfully and intimately of the events that have forever shaped their lives and others around them, within all five speakers there was a steely determination present and the dignity with which they relayed their painful messages was inspirational and a privilege for all present".

"SEFF requested of The Assembly Commission that Parliament Buildings be lit up red in recognition of victims of terrorism, this took place over the evening and night of 11th/12th March. It is extremely symbolic that this happened, the voices and legitimate needs of innocent victims/survivors of terrorism must be responded to by Government and all others".

And turning to the controversy of the non-attendance at the event by the Victims Commissioner, Mr Donaldson added:

"Many feel disappointment that the Commissioner was not able to show some humility when asked about her non attendance at this year's Annual European Day for Remembrance of Victims of Terrorism. There have been many questions posed to me by individual victims/survivors which cannot be answered. Questions like; did the Commissioner knowingly organise another event on the date of the Stormont event? If she had another important engagement to deal with then why could her office not have been represented? And failing this, why was there not a statement of support and solidarity sent for those participating yesterday and also those in attendance?"

"The European Victims Day event is attended by innocent victims/survivors of terrorism from across Northern Ireland, Republic of Ireland, there have often been representatives attend from Great Britain and even mainland Europe. Annually the event has representation from those who define as Unionist or Nationalist and others who define as neither. They all come together in a display of unity and solidarity with one another".

"There is a strong belief held by very many within the innocent victims and survivors of terrorism constituency, particularly but not exclusively innocents of Republican terrorism that the Victims Commission does not adequately represent or reflect their needs. The inclusion of convicted terrorists on a Victims Forum, the attachment by the Victims Commissioner to the narrative that it's Stormont House Agreement at all costs despite the huge reservations held by many against the structures as currently proposed and the general lack of public comment from the Commissioner at points when innocent victims/survivors of terrorism are hurting badly ie the conferring of a posthumous award upon the late Martin McGuinness for his "military service" leads many innocent victims/survivors of terrorism to feel abandoned, unrepresented and uncared for".

"There are real issues of confidence which haven't just appeared overnight, we have repeatedly advised the Victims Commission around this deficit of representation but to date there has been a distinct lack of action or redress. We again call on the Commissioner to please realise the chasm that exists, two dozen members meeting on a Victims Forum from diverse backgrounds does not qualify as sectoral buy in, as well intentioned as many of these individuals are," concluded Mr Donaldson.

As part of the day the SEFF attendees also visited the former Bayardo Pub site where 5 innocent victims were murdered by the provisional IRA in 1975.



To the left is a collage of images from the day. Right: Jennifer Jordan & Claire Monteith (who both shared their testimonies at the event) are pictured with Jim Allister MLA.



SEFF's 2019/2020 Overnight Respite Opportunities

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 19th April 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.

FAMILY 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)



TORQUAY

3 nights in September (Friday - Monday) - dates to be confirmed in next Newsletter as well as hotel (probably first week of September 2019)

Cost is £250 per person sharing or £330 single person supplement and includes the following:

- Transport to and from the airport
- Return Flights
- Accommodation (on a dinner, bed and breakfast basis)
- 1 day of organised activities (taking in tours of the local area - details to be confirmed)



We have a restricted number of places available on each respite opportunity, if in the event a respite is oversubscribed we will allocate places in a way which is fair but which is also needs driven.

If interested in attending any of the above respites we ask that you register your interest by **1pm on Friday 19th April 2019** by phoning the office on 028 677 23884.

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's West Tyrone Gateway Service

The **Action Cancer Big Bus** is coming to the 2000 Centre in Newtownstewart on Wednesday 17th April from 9.30am. Initially appointments are only available to SEFF members so please avail of this opportunity.

Breast screening appointments are available for ladies from ages 40-49 and 70+ who are not showing any symptoms and who have not have a mammogram done within the last 2 years.

MOT health checks are available for males and females from the age of 16 upwards.

To make an appointment either call 028 90 803344 and select option 1 OR book online at www.actioncancer.org/appointments.

Please quote reference - FNM-4512 when booking so that the Action Cancer staff know you're with SEFF.



ANYONE FOR COFFEE?

In conjunction with the Big Bus being on site we will have the WRDA with us in the 2000 centre at 11am for a coffee morning and discussion. A rep will provide information and training on Bowel Screening, the process and signs and symptoms. To register your interest in attending this event please contact the office - the WRDA are funded through the PHA and would like to have an idea of numbers who will be present on the day - so thank you in advance for letting us know you'll be there!

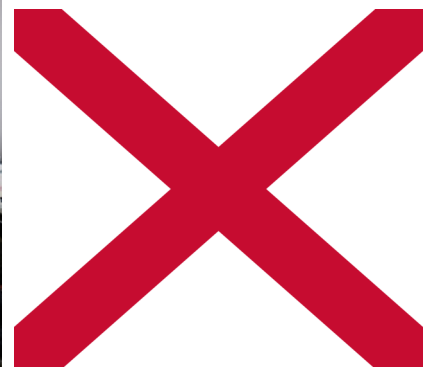


St. Patrick's Themed Coffee Morning in West Tyrone



On Thursday 14th March 2019 we held a St. Patrick's themed Coffee Morning for our West Tyrone Gateway service members in the Newtownstewart 2000 Centre, we had Dr Tim Campbell present to give a talk about the life and time of St. Patrick. He gave a presentation followed by a Q & A session. Dr Campbell is the Director of the St. Patrick's Centre in Downpatrick, he is a wealth of knowledge and provided some humour as well.

He helped to bust some long standing myths connected to St. Patrick. The morning finished off with some traditional Irish Stew, thank you to all who attended and we hope you enjoyed the event.





FACT MARCH 2019 UPDATE

FACT classes across the counties are all at different stages at the moment with some finishing and some just beginning. It gives the membership a chance to attend as many as possible.

The presentation of a very healthy cheque of £1100.00 of FACT members donations, to Air Ambulance NI took place at the last SEFF members meeting in February where Helen Hill, coordinator of the Big Lottery was in attendance. We were very grateful to everyone who donated to this worthy cause.



Rodney Connors accepting the cheque from FACT members donations, on behalf of Air Ambulance NI.

Fermanagh members alongside pupils from Brookeborough PS had a great morning out at Colebrook planting seeds. This has been followed up with a walk in Colebrook Estate. This intergenerational project has been very successful and has been enjoyed by all participants.



Armagh members have completed the WheelWorks initiative and feedback is very positive. Members took a trip to The Linen Hall Library for research purposes, which they thoroughly enjoyed. An exhibition of this work will be showcased in Celebration of Arts & Age on 11th April.

Mandy and Gladys have completed their Trauma & Addiction course in Dungannon and all their homework has been handed in and they are awaiting results later in the year.

The Lets Lunches in both counties were well attended and thoroughly enjoyed by all.

Gladys and I are now in the process of putting together our last programme of events and activities for Spring 2019 which will be our last every for the FACT project.



Regards Jenny & Gladys
FACT Tel: 028 677 22615

SEFF's South Down Gateway Service

Easter Themed Coffee morning which will take place on **Saturday 13th April 2019 at 10.30am** which will include a display of floral art via the Flower Arranging classes, there will also be Easter Eggs for the children and some brief comments from local clergy.

Complementary Therapies

We are now 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.

Down High School

SEFF had been contacted by a number of families and other local victims/survivors concerning the Current Affairs Society within Down High School. Some concerns had been expressed about previous speakers. SEFF requested the opportunity to address the Society and to advise young people of the message of innocent victims/survivors of terrorism and other Troubles related criminal violence.

The request has been granted by the School and on 11th November 2019 SEFF representatives will be present to engage with pupils and we will also be displaying our four Memorial Quilts which include a number of patches to local people murdered within the South Down area through terrorism.

Other News

We would remind South Down Gateway Service members as we do West Tyrone Gateway service members that you are entitled to avail of any service/activity provided by the core SEFF organisation, we want to see you present at events which seek to further the cause of our constituency. Please also utilise the services on offer to you via the Rathfriland office; Welfare/Benefits advice, Counselling, Complementary Therapies, Advocacy and so much more ...

We would like to thank those who recently engaged in a Strategic Planning exercise which provided an opportunity for local members to engage with what priorities and programmes they would wish to see SEFF deliver over the coming months.

**Colaghty Parish Church, Lack
Sunday 7th April 2019 at 7pm**

There will be an evening of worship on Sunday 7th April 2019 at 7.00pm DV, with Sammy Heenan from Rathfriland who will share some of his lived experiences with being orphaned as a boy when terrorists murdered his father and of God's grace and mercy at work in his life as he shares his testimony.

Please add the date in you diary, tell your family and friends and plan to be present.

Light refreshments will be served in the hall afterwards.

Call to Veterans

SEFF are currently examining the potential of developing a new Project which would seek to connect veterans (Military, Police and Prison Service) with younger people within the organisation.

Whilst in service many of our veterans acquired a broad range of skills and knowledge (ie mechanical understanding, horticulture/gardening, painting and decorating, welding, teamwork activities & much more) which we believe could form the basis of a mentoring style approach with our younger members.

We are holding a meeting on Wednesday 27th April 2019 from 6pm-7.30pm at SEFF where we are inviting veterans to come along who might be interested in being involved in an Intergenerational skills transfer project.

Please contact Kenny or joy for further info.

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 2 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.



Are you interested in having an Allotment & growing your own produce?

Plot per year is £30 with a reduction should someone wish to take two plots- the cost will then be £25 per plot

- ✓ Three polytunnels
- ✓ Tool shed complete with equipment
- ✓ Garden bench
- ✓ Picnic table
- ✓ Rotavator

Potential opportunities for training programmes and partnership with other garden/allotment sites



Thirty-one plots and a double compost plot

Tangible economic, social and health-based therapeutic benefits

Further information?

Contact the SEFF Office ASAP on 02867723884 or 02867722242 or info@seff.org.uk

Community Allotments site on the Brookeborough Road, Lisnaskea

