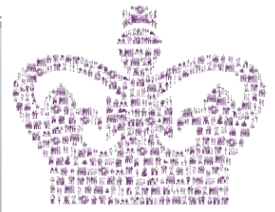




SEFF
SOUTH EAST FERMANAGH
FOUNDATION

NEWSLETTER



The Queen's Award
for Voluntary Service

Supporting Victims and Survivors, Strengthening Communities

Dear Members,

Space is at a premium this month so my introduction is shorter than usual. I want to on your behalves congratulate those individuals who have taken up new roles within SEFF. You will all know Pete Murtagh from the Advocacy Service where he previously held the role of Support Worker and you'll also know Rachel from the SEFF office who formerly worked in a not dissimilar role to that which she has now been appointed. We also welcome Anna Waterworth to our team who will be providing a counselling service within the South Down/South Armagh areas to our members and referrals from those areas.

You will have noted that the organisation has been very public in recent weeks in its' call for the Victims Commissioner not to be re-appointed for a further term of office, by Friday we will know whether or not the Secretary of State is prepared to heed the wishes of 27 groups, the DUP, UUP and TUV plus Orange Order and countless individual victims/survivors from across the community or if he instead ducks his first big challenge.

Kenny



SEFF Community
SEFF Victims and
Survivors

**SEFF August
Monthly Member's
Meeting
will be Wednesday
28th August 2019
at 7.30pm in SEFF
Offices, Lisnaskea.
Guest Speakers
PCB
representatives
and Esther Hurst—
SEFF's new H&W
Officer**

SEFF - SOUTH EAST FERMANAGH FOUNDATION GRAND COUNTRY CONCERT

Starring:

White Lightning, TR Dallas, Curtis Magee, Boxcar Brian,
Donna Duffin & Sharon Callaghan



in



Newtownstewart 2000 Centre

on

Tuesday 17th September 2019

Doors open: 7.15pm Curtain: 8.00pm sharp

Admission: £10.00 - All proceeds to above fund

SEFF are running a bus from Lisnaskea to Newtownstewart departing from SEFF Offices Lisnaskea at 5.30pm.

Pick ups can be arranged as required. If interested in attending please contact the office on 028 677 23884.

Tickets are also available from our Newtownstewart Office.

Membership Details update

REMINDER - If you have not done so already, it's time for your SEFF membership renewal. This is the last reminder & the last time we'll automatically send the Newsletter to 2018-2019 Membership.

With ever changing regulations we will be asking for your **GP's name and contact details** to add to your records. Also we require your **GDPR consent**, under data protection legislation we are required to get your consent to hold your data on our systems; we can take your verbal confirmation over the phone. Please call the office and update this information if you have not already done so.

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

Thank you for your cooperation.

Parking at SEFF, Lisnaskea

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

Upcoming Cultural Seminars & Guest Speakers

DATE	VENUE	SPEAKER
Wed 28th August 2019 7.30pm	SEFF Offices, Lisnaskea	SEFF's August Member's Meeting Project Common Bond representatives and new Health & Wellbeing Caseworker Esther Hurst
Wed 25th September 2019 7.30pm	SEFF Offices, Lisnaskea	Guest speaker will be confirmed in September N'letter.
Wed 23rd October 2019 @7pm	Archdale Hall, Lisnaskea	SEFF AGM meeting. Guest Speaker TBC
Sunday 6th October 2019 @ 3pm	Church Of Ireland Pettigo	SEFF Annual Service of Remembrance With Rev's Charles Eames & Ngozi Njoku



Complementary Therapies

We are now taking names for Q3 of this funding year
2019/2020 covering the **Nov - Dec 2019 period.**

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

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

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

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

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

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

£25 contribution for 5 sessions -

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

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

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

Tina/Norman

will be available to assist with this service. As much as is possible, Tina will be in the office on **Tuesdays**

from **10am - 5pm.**

However, if you require help outside these times, please contact the office, leave your name and number and someone will contact you to arrange a suitable time.

Remember Norman Kirkpatrick is also now available to assist you with Appeals/Tribunal Representation work.

SEFF

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

Inaugural Ulster Scots Summer School - A resounding success

This Summer marked the inaugural SEFF Ulster Scots Summer School for the Rathfriland and wider South Down area. Well over 40 children aged 7 - 13 years were present to engage with a week-long Summer School promoting Ulster Scots culture and heritage.

The Summer School was held within the buildings and grounds of Rathfriland High School.

Speaking in the aftermath of The Summer School SEFF's Director of Services Kenny Donaldson stated: "We are absolutely delighted at how the first Ulster Scots Summer School within the Rathfriland area has gone. The diverse programme offered connected with the young people and their engagement levels were very strong".

"Activities included within the programme included tuition in various musical instruments, dancing, arts and crafts based activities, an Ulster Scots themed quiz, cookery session, football and other sports and there was a day out to Fermanagh which included a tour of the Plantation castles, Inniskillings Museum and social downtime".

Mr Donaldson continued: "We also facilitated a SEFF victims-themed workshop for the young people attending introducing them to the roots of SEFF and also relating the experiences of the local Rathfriland and wider South Down community and then the pinnacle of the week was the Friday when the young people participated in Highland Games trying out many of the old traditional sports such as; welly throwing, tossing the caber, tug 'o' war etc. The young people who had been divided into four clans engaged competitively together to win the coveted crown - winning clan".

"We are pleased that the Summer School has aided us to reach out to the community. We are committed to making the Summer School an annual event and of cementing our position and relevance within the local community".

"I conclude by thanking Rathfriland School for allowing us to use their resource and we are also very appreciative of the wonderful committed team of leaders who enabled the Summer School to be delivered. Finally we recognise and are grateful for the funding provided to enable the event to take place, principally The Ulster Scots Agency but also Armagh City, Banbridge and Craigavon Borough Council".



Moving events to acknowledge sacrifices of Op Banner veterans

Lisnaskea-based South East Fermanagh Foundation (SEFF) were present at the official marking of 50 years since the commencement of Operation Banner.

The National Memorial Arboretum, Lichfield was the backdrop for an event of acknowledgement attended by large numbers of former veterans and their families.

In a statement SEFF's Director of Services Kenny Donaldson stated: "40 SEFF members were present at yesterday's event in a show of solidarity with those who served in Northern Ireland over the period referred to as; Operation Banner".

"The Arboretum event was extremely moving with testimony from all ranks of former security force personnel including a brother of a young soldier of The Coldstream Guards who was murdered in south Armagh".

"300,000 men and women plus their associated families have connection to The Northern Ireland Troubles through their service within the Regular Army Regiments, a very heavy price was paid and continues to be paid. We acknowledge the sacrifices of all those who served over the period of Operation Banner".

"Unlike sections of The Establishment we will not shun our veterans, we will not airbrush their contribution in thwarting the onslaught of civil war".

"Yes wrongs, misjudgements and mistakes were made over the years of Operation Banner and we believe such should be accounted for. But we will also continue to stand for and by the overwhelming majority of veterans who served with courage, professionalism and unparalleled restraint".

"Others will continue to try to pull our veterans down into the mire in which they themselves are rooted, we will continue along with others to do our best to further lift you up".

And referring to the Drum Head Lisburn Parade held on Saturday 17th August 2019 and organised by NIVA, Kenny added: "A strong SEFF contingent were present in Lisburn for the event organised by NIVA (Northern Ireland Veterans Association) Our own Ken Funston was part of the organising committee.

"We commend the efforts of all those involved for what was a dignified Service and Parade".



Omagh Protestant Boys were one of the bands on Parade. The band has a very close connection to The Troubles c/o the Ballygawley Bus Bomb when band members cared for the dying and injured in the immediate aftermath of the explosion.



Ken Funston pictured with Charlie Lawson (Patron) - aka Jim McDonald off Coronation street



Kenny Donaldson, Alan Lewis, Pete Murtagh and Ian Irwin pictured at the SEFF stand where we engaged with those in attendance at the event.

BEFRIENDING JULY 2019 Update



Hi All,

Hope you are making the most of the last few days of summer and looking forward to whatever Autumn brings.

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. We are trying to find other sources of funding to help us help you so watch out for updates.

The Luncheon Club for our less socially active members is ongoing and we will be contacting those within the SEFF membership who are eligible to avail of this Service. Lunches usually happen every two months in different areas around Fermanagh and Tyrone and we target those local to that area.

Note for all book lovers: next time you are in the office, don't forget to check out our SEFF Book Shelf in Unit 2 (out through the kitchen) where you can browse the selection and leave a small donation in the bucket provided. The shelves are continually being refreshed so keep an eye out for some good reading material, there is a wide range of books to choose from.

*****Change of Date*** Thursday 3rd October 2019** - Macmillan Biggest Coffee Morning and Cake Sale. We usually get a good attendance and raise hundreds of pounds for this extremely worthwhile charity so please come along and if you are a baker then feel free to bring a contribution to the cake sale.

Regards,

The Befriending Team

MORNING SEFF CALLING SERVICE UPDATE

The service continues to develop with further members requesting the support. We are also hoping to commence services from Newtown Stewart and Rathfriland in due course.



We would like to appeal to our members: Could you or someone known to you could spare a few hours on a weekly basis, to give someone who is lonely or isolated a phone call just to let them know they have not been forgotten and at **Morning SEFF Calling** we care?

Please call the SEFF office on: 028 677 23884 if interested in receiving the service or if you wish to volunteer your time at any of the outreach offices where we aim to provide the service from.

Ann and Rita (MSC)

New Roles in SEFF with New Staff

Advocacy Support Manager

Hi there,

I am Pete Murtagh, 54 years of age married with 3 grown up children and more recently a grandchild. I was born in Belfast, brought up in Nottingham from the age of 4 till I was 18, hence my slight English twang. I returned to Northern Ireland in 1985 with the Army. I joined the RUC in 1988. I have served in many areas of Northern Ireland; including Armagh, Newry, Belfast and Omagh. In the RUC I attended numerous scenes of terrorist attacks resulting in serious injury and death. I have seen first-hand the devastation that loss causes to families, not just at the time but for the remaining lifetime of the bereaved; my brother in law was a serving member of the RUC murdered in 1994. In 1999 I was one of the first phase of Police Officers to go to Kosovo, where I spent a year helping to establish a Police Service in a post war divided country. Within the Police I was trained as a Peer Support Officer to help colleagues who had to respond to traumatic events. Over the last 2 years I have been working as Advocacy Support Worker with SEFF. I am very much looking forward to continuing this work within SEFF, be it in a slightly different role, helping to evolve our Advocacy service to help Victims bring about the Truth, Justice and Recognition they deserve and have a right to expect.



AfIV Admin & Research Officer

Hello everyone,

It is good to be back. I am happy to fulfil the role of Research and Admin Officer to Advocacy for Innocent Victims AfIV once more. I am originally from the Netherlands. I used to live in Amsterdam, where I met my husband David Glover, for whom I emigrated to Northern Ireland only 2 years ago. Now we have a beautiful baby girl of 15 months and live in Sidare, Ballinamallard. In my spare time I love to cook and bake and go for walks. Before I came over I worked as a manager in a big hostel as well as a Legal Assistant in a Family & Employment law firm. I graduated from the Amsterdam University of Applied Sciences in May '18 for my Bachelor of Law. During my final year I was lucky enough to do my internship at SEFF and wrote a Research Report on the definition of a victim. During my time as a Research/Admin Officer I hope to conduct more research that will benefit SEFF and its members. I will be working from the main office twice a week and Armagh one day a week. Looking forward to seeing everyone again.

Rachel Glover



South Down/South Armagh Counsellor

My name is Anna Waterworth and I am 39 years old, I have been practicing as a counsellor for over 5 years. The main model of counselling I draw upon when working with my clients is an integrative approach, this approach is based on person-centred counselling and also draws on the psychodynamic approach.

I also incorporate numerous self-healing practices combined with my core theoretical model when working with clients, such as grounding techniques and body awareness. These techniques are excellent for helping clients to manage/reduce high levels of anxiety and to bring their awareness into the counselling room so that they can be present in the here and now.

During my time as a counsellor I have worked in a range of counselling settings, including working with children within the school environment. I am currently employed with Relate Counselling agency and I have worked in MYMY charity counselling agency for over 4 years. During my time in MYMY, I have worked with a range of clients presenting with various mental health problems, including depression, anxiety, compulsive disorder, generalised anxiety disorder, post-traumatic stress disorder, social anxiety and bereavement. I also provide crisis intervention to clients presenting with immediate risk, this requires close liaison with GPs and other external agencies.





Project Common Bond

tuesday's children



Project COMMON BOND is a programme organised by Tuesday's Children in USA. It brings together young adults, aged 15-20, from around the world, who share a 'common bond' - the loss of a family member due to an act of terrorism, violent extremism, or war. It was launched in 2008 and since then has created an international community of 800+ youths from 28 countries. PCB participants engage in a dialogue of healing and community-building activities that enhance interpersonal communication and conflict negotiation skills, promote dignity, and empower them as agents for positive change in their own lives and the communities in which they live.

This summer SEFF supported 3 young participants and a chaperone to attend a summer symposium focused on global leadership activities, peace-building and negotiation, skill-building, and collaborative and therapeutic arts-music, drama, movement and sports. They were joined with 3 participants and a chaperone from the MUVE group in Mid-Ulster.

The programme took place in Washington D.C. and we stayed on the Catholic University of America's campus where we engaged with representatives from USA, Belgium, Norway, Macedonia, France, Lebanon, India, Congo, Nigeria, and Palestine. Alongside the young people's programme the chaperones engaged in group sessions on the Long-Term Healing Model. Chaperones from SEFF & MUVE presented a session on memorial quilts and took part in an evening of Around the World for participants to allow them to understand the country and its issues. Being fully engaged in the programme allows chaperones to bond with the participants in a meaningful and lasting way.

To try and put into words what the week entails would possibly be doing the programme an injustice. Everyone starts out not knowing a lot about each other and ends up with a bond which is represented in the title 'COMMON BOND'. An amazing experience and well worth all the fundraising, plans and the cramming of my Health & Wellbeing work into 3 weeks to enable me to take part. - **Doreen Mullan, Chaperone**



I was not sure what to expect when I arrived at PCB. I was out of my comfort zone, as I did not expect PCB to be as exhilarating as it was, and I had a brilliant time there, as it gave me and others a place to talk and express our emotions. I made so many friends in such a short space of time. I would love to attend PCB again, as it shows that no one is alone, and there are amazing supports. I enjoyed everything about PCB. It was an amazing experience I will not soon forget.

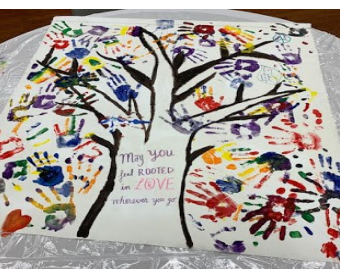
By Stefan Freeman (Grandson of Cpl Stephen Smith remembered on SEFF's 'Uniting Innocent Victims 'Quilt')

What I gained from Project Common bond was becoming more confident by Stepping out of my comfort zone within a safe and inclusive community. I was also able to meet other like minded people from around the world who were open, caring and understanding to one another. I also got to learn more about each culture throughout the week at Project Common Bond, through communicating with the others and through the evening activities. Overall, I really enjoyed my experience and am glad I was given the opportunity to participate in this amazing program and represent SEFF throughout the week.

By Kelly Beacom (Granddaughter of Albert Beacom, remembered on SEFF's 'Your Legacy lives on...' Quilt.)

As I'm not the most outgoing person, I was a bit nervous about going to PCB and I wasn't really sure how things were going to turn out. It turned out that I had nothing to worry about and I actually found a bit of confidence that week. I met lots of amazing new people and was able to share my experiences in a way I haven't been able to do before and I also had lots of fun! I think I surprised myself in how much I came out of my comfort zone but it was definitely worth it.

By Ellen Loudon (Granddaughter of D/Const Norman Prue, remembered on SEFF's 'A Patchwork



The participants, leaders and chaperones had a day off campus to go into Washington D.C.

They stayed in their small groups and took part in a Treasure Hunt, had time to visit some of the more well known sites, such as Capital Hill, the White House and Museums, followed by some free time before the PCB Talent Show.

SEFF's South Down Gateway Service

SEFF continues to offer a diverse programme of support within the South Down area through its' Gateway service delivered from Rathfriland. Victims and survivors have access to advocacy, complementary therapies and health and well-being casework support services with personnel able to see you within the Rathfriland office. And just recently we have recruited a Counsellor (Anna Waterworth) who is available NOW to deliver the service from the Rathfriland office. Meanwhile we are in the midst of recruiting a Welfare/Benefits Advisor who will be facilitating the needs of local people.

We held our first monthly member meeting on Monday 19th August with Lord Empey speaking on 'Pension for the seriously injured.' A good exchange of views took place following his opening remarks.

Upcoming meetings as follows (and we appeal for good attendances) All starting at 7.30pm

Monday 16th September 2019 (Presentation from SEFF's Advocacy team - Pete Murtagh and Alan Lewis + Q & A)

Monday 21st October 2019 (PSNI's Legacy Investigations Branch with its' two senior personnel - D/Superintendent Wright and D/Chief Superintendent Singleton) This is the current body/section investigating 'Troubles related' murders/deaths

Wednesday 6th November 2019 (Act of Remembrance Service) A minibus will be run from Lisnaskea, Fermanagh (those interested in going should contact the SEFF office. Bus will leave at 5.30pm)

Complementary Therapies starting Friday 4th October 2019 and running for 5 consecutive weekly sessions (10am, 11am, 12pm, 2pm, 3pm, 4.30pm and 5.30pm Appts) Cost - £25 contribution for the full 5 sessions.

Cookery classes starting Saturday 5th October 2019 (10.30am - 12.30pm) and running for 6 weekly sessions. Cost £15 for the full course. **Please contact SEFF offices on 028 677 23884 if interested in any of these services/activities.**

SEFF's West Tyrone Gateway Service

The August monthly member's meeting was attended by well over 40 members with the PSNI's Legacy Investigations Branch engaging with members around their concerns with matters connected with legacy cases.

September Member's Meeting

Wednesday 18th September 2019 @ 7.30pm

Representatives from The WHSCT's Pathfinder Team will be present to speak of the outcome of the recent Consultation undertaken by the Trust concerning Health and Social Care provision across The Trust area. Esther Hurst (who replaces Martina Virtue as SEFF's Western Region Health and Wellbeing Caseworker will also be present to introduce herself to the membership)

We remind members that SEFF delivers the following services from the Newtown Stewart office; Advocacy, Benefits/Welfare Advice and Appeals Representation, Counselling, Complementary Therapies and Health and Wellbeing Caseworker's service. From the first week of September the office will be manned 5 days per week. Please contact us on: 028 677 23884 for further information.

Complementary Therapies starting on Friday 8th November 2019 and running for 5 consecutive weekly sessions (10am, 11am, 12pm, 2pm, 3pm, 4.30pm and 5.30pm Appts) Cost - £25 contribution for the full 5 sessions.

Please keep an eye on the next N'letter where details will be included concerning the commencement of craft classes with the end outcome being the development of a Memorial Quilt for the Castlederg and District area, a second quilt will then be produced for the wider West Tyrone area. We will also begin work on the development of a Castlederg Border Trail, working in partnership with the UDR Association and other interested local people.

Note upcoming fundraising concert (see front page) Monies raised will be re-invested in the West Tyrone Gateway Service.



In the next N'letter we will also be carrying a South Armagh Gateway Service supplement which will detail how members in that area can become involved in SEFF services including Counselling and Complementary Therapies. We encourage members to call in to our new offices located in the old Town Hall, Bessbrook.

Save the Date!

**Royal British
Legion ~
Castlederg Branch**

**FESTIVAL of
REMEMBRANCE**

1st Castlederg Church Hall
Garveyagh
Friday 25th Oct 8pm

All Welcome

ALL WELCOME

6 UDR Regimental Association/Castlederg

Are holding a

MONTAGE LAUNCH

**(CONTAINING 6 UDR
MEMBERS MURDERED
THROUGHOUT TERRORISM)**

*Friday 18th October 2019
Bridgetown Orange Hall
Castlederg.*

(SEFF's MAEMORIAL Quilts will be displayed)

IF SUFFICIENT INTEREST THEN WE WILL RUN A SMALL BUS FROM SEFF

Please call the office: 028 677 23884

SEFF's

**Remembrance &
Thanksgiving Service Sunday 6th
October 2019 at 3pm
In Church of Ireland, Pettigo.**

*With Rev. Charles Eames
&
Rev Ngozi Njoku*

*The service will include the
dedication of
additional patches to the
Terrorism Knows No Borders
Memorial Quilt honouring
innocent victims.*

*Light refreshments will be served
afterwards within the Church hall.
We call upon the SEFF
Membership to get
behind this initiative.*

REMEMBERING

The 47th Claudy
Anniversary (31st
July)

Marked
by the
Temple and
Miller families
(bereaved) along

with Mary Hamilton (injured in the bomb) and
Rev Ernest McCay.



TEMPO WLOL 210

Coffee Morning

TEMPO PARISH HALL

**Saturday
September 28th**

10am - 12pm

ALL Proceeds to

DREW NELSON

Life & Legacy Project

ALL WELCOME

SATURDAY, 28th SEPTEMBER
ROYAL BRITISH LEGION, FIVEMILETOWN
@7.30PM



MEMORIAL

BINGO

NIGHT & RAFFLE

in Memory of
Claire Wilson

BINGO BOOKS £10
(For this date only)

Take Your Pick

on the Night
Prizes to be won behind every Box
Watch out for booby prizes!!
£100 must be won

RAFFLE on the Night
MANY GREAT PRIZES

Tickets on sale now
£1.00 each or book of 6 for £5.00

£300
JACKPOT
GAME
(45 numbers or less)

Last Jackpot Game -
minimum prize
£100

**Chest
Heart &
Stroke**

Proceeds in aid of

For more info, contact
Iain Lendrum or Lorraine Wilson
078665 11961 or **07889 428797**
or find us on Facebook

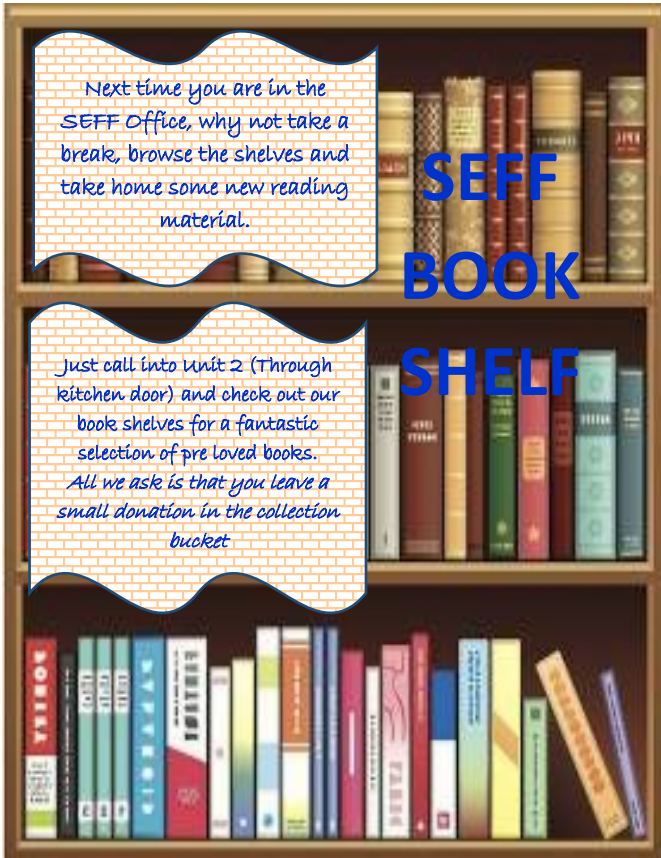


Charity Reg No.
NIC103593

SEFF Book Shelf

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

We have started a new fundraising idea in SEFF which came about after we put a shout out for books to sell in the Tesco Book Stall. We now have many 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.



Next time you are in the SEFF Office, why not take a break, browse the shelves and take home some new reading material.

Just call into Unit 2 (Through kitchen door) and check out our book shelves for a fantastic selection of pre loved books. All we ask is that you leave a small donation in the collection bucket

**SEFF
BOOK
SHELF**