

SEFF NEWSLETTER

Supporting Victims and Survivors, Strengthening Communities



The Queen's Award

January 2019 MEMBER'S MEETING will take place on Wednesday 23rd January 2019. See info below reference Member's Consultation also taking place from 6-8pm in SEFF Offices.

SEFF Offices, Lisnaskea, Guest Speaker will be Diane Holt from Tearfund & Thrive Ireland (speaking about the work of the organisation's in the context of Rwanda & other African mission work).



January 2019-
Issue 148

Dear Member,

A very Happy New Year to you all (mind you we're almost a month in so it's getting outdated)

We have a very packed Newsletter this month and we apologise that there is so much literature, but it nevertheless is necessary.

Within this correspondence you will find enclosed a Member questionnaire which we appeal with you to please take 15 minutes to complete. We are asking all members to do so - so one return per member, not per household. You will see within the cover page of the Questionnaire an internet address that you can go on and complete via that method if you wish (Survey Monkey)

It is essential that we have high level return rates to best inform the future direction of the organisation as we strategically plan for the next four years.

I wish to also advise that on Wednesday 23rd January 2019 we are holding a Member Consultation event in SEFF from 6pm - 8pm with our monthly meeting to then follow. We want to see the SEFF offices packed that night with members. The Consultant's (QE5) will be present to facilitate discussions around member's wishes for the future of the SEFF organisation.

Other developments:

We are very busy operationally at present, this is always the case in the last quarter of the financial year.

We appeal with you to support the various initiatives planned over the January -March 2019 period and to please continue to utilise our Counselling and Welfare services which have scope for further referrals.

In recent weeks SEFF has continued its' work in lobbying politicians and policymakers around issues pertinent to the SEFF membership - further meetings are scheduled in the days and weeks ahead; including with the Chief Constable, Secretary of State for Northern Ireland and Micheal Martin (leader of Fianna Fail)

I want to also draw your attention to the update from the Befriending Service team this month, please consider the point made concerning resources and prioritisation.

As always please contact SEFF if you have any feedback you'd wish to give us on any issue that concerns or interests

SEFF Members' Consultation Event

**Wednesday 23rd January 2019
from 6-8pm**

As part of SEFF's Strategic Plan we will be consulting with members and stakeholders on Wed 23rd January 2019 to discuss the future direction of the organisation we appeal to as many of our members as possible to attend this important meeting as SEFF if your organisation and you need to have your say.

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.

Appeal for Book Shelving

If any of our member's have unwanted book shelves or similar we are looking for some storage for books. We have a substantive number of books left over from the recent appeal, we want to display the books so members can come & take them for a small donation. If you have anything suitable please phone the office 028677 23884.



Seff Lisnaskea
Seff Victims

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

If you require support or help with completing DHSS or other Welfare forms Tina/Norman will be available to assist with this service.

As much as is possible, Tina will be in the office on **Tuesdays** from **10am - 5pm.**

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

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

SEFF

1 Manderwood Park,
1 Nutfield Road,
Lisnaskea
Co Fermanagh
BT92 0FP
Phone: 028 677 23884 /
028 677 22242
E-mail:
info@seff.org.uk
Website:
www.seff.org.uk



Complementary Therapies

We are now taking names for Q3 of the new financial funding year covering the **January - March 2019** period.

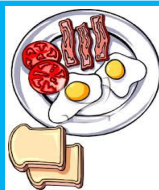
The treatments on offer are as follows (5 sessions) of:

- **Massage** (Therapist: Sandra Johnston)
- **Aromatherapy** (Therapist: Gordon Hayhurst)
- **Reflexology** (Therapist: Gillian Johnston)
- **Physiotherapy** (Therapist: Nicola McCullagh-Daley)
- **Indian Head Massage** (Therapist: Gordon Hayhurst)
- **Hopi Ear Candle Therapy** (Therapist: Ruth Watson)
- **Health Kinesiology** (Therapist: Marilyn Robinson)

Please contact the office to register your interest on 028 677 23884 or 677 22242.

£25 contribution for 5 sessions -

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



MEN'S BREAKFAST CLUB 2019: February

Good news for all you hungry men with big appetites.... SEFF's Men's Breakfasts have recommenced for the winter months.

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

DATE: Saturday 2nd February 2019 @ 10am

VENUE: Miller's Coffee Shop, Lisnaskea.

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






SEFF 2019 Calendar

SEFF has produced their first ever calendar, with pictures of events and activities from over the years. Also included are dates of planned activities taking place in SEFF throughout 2019.

If you wish to purchase a copy for yourself or family and friends they are on sale within SEFF offices for £5 each.

Classes & Courses

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

Enniskillen Poppy Day Bomb Massacre



In recent weeks and days you will have noticed increased Media interest in the Enniskillen Poppy Day Bomb massacre.

The conspiracy theorists have once again been at work and have sought to muddy the waters.

Let us all be clear that 11 people were murdered in that brutal act of sectarian motivated terrorism, with a twelfth dying of his injuries 13 years later, scores of others were injured due to the **actions of Provisional IRA terrorists** - Not the British State or its' Security Forces.

Failed Application for a new Inquest into the Massacre

SEFF advocates on behalf of the overwhelming majority of those bereaved by the Enniskillen Poppy Day Bomb and is neither party to nor privy to the Inquest Application. Neither we nor the overwhelming majority of the bereaved families had knowledge of this Application and we do not have associations with the law firm who are facilitating those who brought the application.

We met with bereaved families this week to discuss their perspective on recent developments, they are hurt, annoyed and deeply frustrated. We will seek to best represent and protect their interests going forward.

Request for Meetings

SEFF representatives will be meeting with the PSNI Chief Constable in the coming days to discuss these issues and we have also requested an early meeting with the Secretary of State.

It is time that the criminal justice system of this land did right by the Enniskillen families, doing nothing is not an option, it gives conspirators the fuel to feed their often self serving agendas which is certainly not in the interests of bereaved families.

Upcoming Cultural Seminars & Guest Speakers

DATE	Upcoming Cultural Seminars & Guest Speakers	
January Member's meeting Wed 23 rd Jan 2019 8pm (following SEFF's Member's Consultation event, 6pm - 8pm)	SEFF Offices, Lisnaskea	Diane Holt from Tearfund & Thrive Ireland will address our monthly member's meeting on the work of the organisations in the context of Rwanda & other African mission work (particularly those impacted by war / Civil Unrest / Terrorism)
Wed 13 th Feb 2019 7.30pm	SEFF Offices, Lisnaskea	Senior Representatives will be present from the Legacy Investigations Branch (LIB), PSNI
February Member's meeting Wed 27 th Feb 2019 7.30pm	SEFF Offices, Lisnaskea	CARSA (Christian Action for Reconciliation and Social Assistance) based in Rwanda
Wed 13 th Mar 2019 7.30pm	SEFF Offices, Lisnaskea	Brian Rea CBE (Ex Chairman of Royal Ulster Constabulary George Cross) Brian has a history of involvement with the Northern Ireland Policing Board over some of its' most turbulent years.
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.
Wed 10 th 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



SEFF'S WELFARE & BENEFITS SERVICE UPDATE:

UNIVERSAL CREDIT ROLLOUT DELAYED

FOR EXISTING CLAIMANTS IN NI UNTIL 2020

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

Our Welfare and Appeals Officers are available to meet with members and provide guidance around the various steps of the process and to ensure you have the information you need going forward. Please contact us before you start the process as not doing so could mean an adverse effect on your claim.

Universal Credit

Plans to move existing benefits claimants from the old system to universal credit have been postponed in NI for at least six months.

Stormont officials have confirmed that reforms that were due to begin in July have now been deferred until next year.

If you are advised to change over to Universal Credit please contact SEFF's Welfare service on 028 677 23884 or if you require assistance with any other Welfare related issue then free to speak to Tina Grimsley, Norman Kirkpatrick or Ross Hussey (who s SEFF's Welfare outreach Officer for the Omagh area and works out of Families Moving On offices).

BEFRIENDING January 2019 Update



Hi All,

Best Wishes for a Happy New Year from all within SEFF's Befriending Team.

We are working away in the background as usual, supporting as many of those in need of our help as we can but unfortunately due to that level of need we are very quickly running through our allocated budget. With this in mind we are having to strictly prioritise our work and only take on the most needy requests for help. The Service is intended for those most in need, who are isolated and who are without regular family support around them.

Within SEFF we request that those availing of our hospital transportations service would contribute a minimum of £10 towards costs of transport for each run outside of the County. If beneficiaries are in a position to contribute additional monies then we would welcome such generosity. Our Service is operating on a substantive funding deficit so it really is a case of every little helping.

To everyone that came to our Christmas Craft Morning in December, we hope you enjoyed it and made good use of the lovely crafts you made. We do hope to continue with coffee mornings and will be helping facilitate the Action Cancer Big Bus coming to SEFF on Thursday 24th January 2019.

A date for your diary is Thursday 18th April 2019 where we will welcome Alex Kernaghan (Tracey Kernaghan's daughter) to SEFF to speak of her experiences with the Missions.

Keep an eye out for further details in upcoming Editions of our Newsletter.

Regards,

The Befriending Team (with input from SEFF Management)

SEFF remembers 10 innocents slaughtered on a remote South Armagh road 43 years ago

On 5th January 1976 Provisional IRA terrorists carried out an act of gruesome genocide when they murdered 10 innocent Protestant civilians, and severely injured an eleventh who mercifully survived (Alan Black)

This heinous action has become known as the Kingsmill massacre.

On Saturday 5th January 2019 SEFF and Fermanagh/Clogher Valley victims/survivors travelled to Kingsmill to stand with the families and community of South Armagh for a short Christian service organised by FAIR at the site of the atrocity. Those in attendance came to remember their flesh and blood, cherished friends and valued neighbours.

It was humbling to once again witness the dignity yet steely determination of family members such as Bea Whorton (now in her 90's) and May Quinn (in her 80's) standing to remember a son and brother respectively.

These ladies epitomise the strength of borderland people.

Will they ever receive justice or obtain truth and accountability concerning the events of that fateful evening back in January 1976?



It is an indictment on our U.K. legal system and also the 'turn the blind eye locals' who refuse to provide information which could potentially see at least some of those responsible held accountable for their actions.

The thoughts and prayers of one border community to another are offered and may God continue to be present providing assurance that whatever humankind does or doesn't do to bring about justice that his perfect justice awaits when all will be judged for their actions in this life.

SEFF representatives Dianne Woods and Ernie Clarke laid a SEFF wreath at the Memorial.

SEFF's South Down Gateway Service

We are currently putting together a programme of activity for the January - end March 2019 period. See below provisional plans:

Saturday 16th February 2019 at 10.30am

Coffee Morning for members to come along and see the programme of activity via the Gateway service.

Wednesday 6th March 2019 x 6 weeks (7.30-9.30pm) (please note this is a provisional date) - Flower Arranging Course (Easter Theme) - the idea is that the class will then culminate in an **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.

Saturday 2nd - Sunday 3rd March 2019 - Respite break to Fermanagh (overnight) - more detail to be provided within the next SEFF Newsletter and at the February Coffee morning.

Wednesday 20th March 2019 - Cultural Event starting at 7.30pm 'The Life & Times of St. Patrick' presentation by Dr Tim Campbell. Irish Stew Supper and Sweet.

Respite Day

At present we are also making provisional enquiries into a joint respite between members of South Down Gateway service and West Tyrone Gateway service. Participants would travel to Dublin for a tour of Áras an Uachtaráin (the home of the President of the Republic of Ireland - Michael D Higgins) and also Farmleigh House (a Residence of the Guinness family and where diplomats stay when visiting the Republic, including Her Majesty the Queen) This event will take place towards the end of March and more details will follow in the February Newsletter. There will also be an opportunity for those in attendance to meet with innocent victims/survivors of Terrorism who live in the Republic of Ireland.

Morning SEFF Calling

Hello and a Happy New Year to all members of SEFF. This time of year can be sad and lonely for a lot of people and not the jolly happy time that is portrayed by the media. In fact it has become so commercialised that as soon as October comes the shops are selling Christmas merchandise. By the time the "big day" has arrived we are exhausted. However on the other hand, it is a magical time for children. This year some of my family decided to go abroad to the sun, but as one nephew declared, "It was just not like Christmas and I missed that atmosphere.". Apart from that, over the period there appeared to be a lot of severe colds and flu about which would have made those who were ill quite miserable and too sick to enjoy the festivities.

On a more positive note, the weather has not been too bad and daylight apparently is getting longer by two minutes each day. So goodbye long dark nights and hello Spring, I believe there are some snowdrops and daffodils beginning to appear already. Mind you the milder weather could be short lived as colder weather has been predicted for next week.

Again, at MSC we are appealing for someone with two to three hours to spare, (either in the morning or evening) to help us with calls. It would be very much appreciated and a good way to make new friends for a very worthy cause. Morning SEFF Calling (MSC) has proved to be positive and really welcomed service by those who avail of it.

Both Rita and myself again wish you a happy, safe and healthy 2019.



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

If interested in availing of this service please phone the SEFF office on 028 677 23884.

SEFF Representatives meet with Heather Humphreys TD

On Thursday 10th January 2019 a representation of SEFF members met with Heather Humphreys (A Fine Gael TD for Cavan-Monaghan) and who is also Minister for Business, Enterprise, and Innovation within the Government of the Republic of Ireland. The meeting took place in SEFF offices, Lisnaskea.

The purpose of the meeting was to engage with Mrs Humphreys around a range of pertinent victim/survivor related issues including;

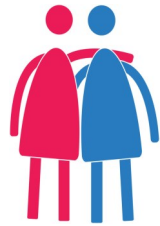
1. The need for additional investment to provide improved service for victims/survivors based in the Republic of Ireland.
2. The lack of commitment from the Republic of Ireland State to 'Legacy' issues as evidenced from the recent NIO legacy consultation process.
3. The need for a formal acknowledgement by the RoI State of its' failings over the years of 'the Troubles.'
4. The lack of attendance by senior RoI State reps at SEFF/IVU connected events, which has been the case for several years.

A robust but courteous dialogue took place in which several SEFF members spoke passionately of their perspective on these issues and what they would wish to see the RoI State doing to redress their needs around justice and truth but also other welfare and practical supports.

SEFF looks forward to future engagements with Mrs Humphreys in the times ahead. The group is also expected to meet with the Fianna Fail leader (Micheal Martin) in the coming weeks.



SEFF Carer's Group



We are currently exploring the idea of setting up a Carer's Group within SEFF. At present we have a number of carer's within our membership who occasionally avail of various support services but we would like to develop a more structured group who can provide support to each other as well as availing of services through the organisation.

With this in mind we are going to hold an Information Session for Carer's within our membership sometime in the early part of 2019 (date to be confirmed). Lunch will also be served.

Within this meeting we will explore the merits of developing a Carer's Group and look at potential ways in which SEFF can support carer's and provide much needed respite as well as other assistance.

If you are a carer and you'd be interested in getting involved in this initiative please phone the office on 028 677 23884 to register your interest, we will then get in touch to provide more information and confirmation of our initial information session / meeting.

European Day of

Remembrance for

Victims of Terrorism 2019



The 2019 European Day of Remembrance for Victims of Terrorism event will take place in The Senate Chamber in Parliament

Buildings, Stormont on **Monday 11th March 2019** (this is the actual date marked across Europe).

As per previous years three speakers will contribute testimony at the event.

Once again SEFF are working in partnership with Jim Allister's office in organising the speakers and arrangements for the day (more details to follow in next Newsletter). The event is co-sponsored and supported by other political parties.

A bus will leave SEFF offices at 8am and will return at around 4pm, you will have an opportunity to purchase Lunch in Stormont. The bus is free and pick-ups and drop-offs can be accommodated as required.

Please contact the SEFF office at your convenience to book your place(s) on the bus. We are asking for strong support for this year's event - never more has there been a need for innocent victims and survivors of terrorism to come together in a show of unity.

SEFF's West Tyrone Gateway Service

Happy New Year to all our members in the West Tyrone area. Hope you all had a peaceful and happy Christmas.

Our 'exercise classes' have restarted in Newtown Stewart and will run on Wednesday mornings at 11am. This year the group are trying out Boccia and Kurling (similar to bowling) and things are getting a bit more competitive.

If you would like to have a go then give Martina a call on 07860850014 to reserve your place.



West Tyrone Gateway Service Christmas Lunch

On Tuesday 11th December 2019 West Tyrone Gateway Service had their Christmas Lunch in the Derg Arms Hotel, Castlederg. There were 50 people in attendance, all of whom enjoyed a festive dinner.

Please see below for some photographs of the event.



Health Awareness Day

Plans are afoot at present to host a Health Awareness Day where we would have the Action Cancer Big Bus on site at the 2000 Centre on **Wednesday 17th April 2019**. We would also invite a number of health related speakers eg. Cancer Research to give brief details on their work and interventions.

Refreshments will be served, more detail to follow on how to book appointments etc in the next Newsletter.



SEFF are hosting a Gospel and Country music concert in the 2000 centre on Tuesday 9th April 2019 - starting at 8pm. Register your interest in attending by phoning the office and leaving your name.

RESPIRE DAY

At present we are also making provisional enquiries into a joint respite between members of South Down Gateway service and West Tyrone Gateway service. Participants would travel to Dublin for a tour of the Áras an Uachtaráin and Farnleigh House. This event will take place towards the end of March and more details will follow in the February Newsletter. There will also be an opportunity for those in attendance to meet with innocent victims of Terrorism who live in the Republic of Ireland.





FACT NOVEMBER 2018 UPDATE

We hope everyone enjoyed Christmas and we take this opportunity to wish all a very happy and peaceful New Year.

Thanks to all our members, and, in particular our willing volunteers who never cease to amaze us with their continued willingness to assist with circulating the Newsletters.

Our thanks to the Board and our line managers for their support throughout the busy year, enabling us to provide an efficient service to our members.

The Winter Newsletters have been circulated and we are being inundated with phone calls, emails and messages from members expressing interest in the exciting activities/events planned.

The Annual Winter Warmer event, which includes Fashion Shows and entertainment, is booking up fast.

Gardening will continue in Colebrooke with an exciting new dimension – Intergenerational – where local schools will partner with our members, commencing 12th March 2019. This is a great opportunity to get out into the fresh air and appreciate nature at its best, at a wonderful location.

Across Armagh the Wheelworks IT project in partnership with FACT will commence on Wednesday 17th January 2019, and will run for 10 weeks. A fact-finding trip to Belfast Linen Hall Library is included. Working with professional artists, members will learn new IT skills as well as skills in photo-editing, researching, creative writing, etc, and will take part in intergenerational sessions with young people from a local school.

Let's Lunch days are planned with Fermanagh offering Granny Annie's with a spot of retail therapy whilst Armagh is offering Lurgan Golf Club and Sinton's at the Bridge. At the Armagh events, the presentations will include Health & Well-being and PCSP offering advice on scams and staying safe.

The popular FACT choir will be preparing for the Winter Warmer event and practice sessions will take place on 16th and 23rd January in Manderwood, Lisnaskea.

In Fermanagh, Managing the Challenge and Chronic Pain Clinics continue and classes organised include sewing, exercises, art, and folk dancing (to loosen the muscles post-Christmas).

Armagh is offering Yoga, swimming, storytelling, poetry and wardrobe management.

We hope all our members will enjoy what we have to offer.

Jenny & Gladys

Contact info - Tel: 028 677 22615

Email- info@factni.com

SEFF calls for true cost of The Troubles to be acknowledged

There has existed a debate for many years concerning the death toll of 'The Troubles.' Over the years of devastation and since there have been individuals who died of broken hearts, who had fatal accidents connected with a Troubles related incident, who took their own lives and then there were many, many others who have died of broken hearts, cancer and other serious conditions brought on by the trauma and stress of what they were enduring.

We call for definitive research completed which would examine the true death toll of The Troubles, in one family - the Niedermayers there were three immediate suicides within the family connected with the murder of Thomas Niedermayer by the Provisional IRA.

Within our own membership many families impacted by terrorism have subsequently had loved ones stolen from them as a result of premature death. Just last week Ernie Wilson courageously spoke to the BBC concerning this very issue.

We are adamant that these individuals will not be forgotten and that those who inflicted the violence which brought about the associated chain reaction are held accountable for what they have done.

Dates of Interest

Friday 25th January 2019

Burns Night

FIVEMILETOWN RBL

Stew 'n' Haggis

Tickets £10

SEFF FUNDRAISER



Malcom Coulter
& Piper

GALLOON PARISH CHURCH
DANCE

THE CHURCH HALL
NEWTOWNBUTLER

Friday 25th January 2019

Dancing 10.00pm to 1.00am

Music by Livingstone Country Music
Raffle

Admission £5 including supper
Everyone Welcome

Proceeds in aid of Church Hall Funds



SEFF's Holiday Club Update

A decision has been made about the first holiday destination for SEFF's Holiday Club. Details below:

Krakow departing Tues 14th May 2019 Belfast to Krakow 10.20am. Returning Sun 19th May 2019 Krakow to Belfast 12.10pm. Hand Luggage only and does not include transfers.

Maksymillan Hotel B&B £295 per person, deposit £80 per person.

If interested contact Sally Haire by 5pm on Thursday 31st January 2019, contact number 07752233892.



West County Tyrone
Regimental Association of the
Ulster Defence Regiment Conspicuous Gallantry Cross

St Lucia Reunion 2019

Saturday 16th February 2019

Tickets £30 to include Dinner, Entertainment and a Prize Draw

Sparkling Wine Reception / 4 Course Dinner

(Soup – Roast Beef Main – Desert – Tea/Coffee with Mints)

(NB* Anyone with specific dietary requirements is requested to confirm prior to purchase of tickets!)

Mini Pipe Band Performance

Late Night-Early Morning Disco

Bar closes at 1:30am

(Suggested Dress Code: Ladies: cocktail/evening dresses – Gents: Suits with Regimental Ties)

Please ask your Representative in RBL for further details & Tickets

Reunion Dinner Tickets on sale from
15th October until 30 November 2018.

Tickets Available from Representatives
in following locations (Please ask in RBLs):
Castlederg, Clogher, Coleraine; Enniskillen;
Londonderry; and Omagh.

Alternatively you can pay by bank transfer in
advance and receive your tickets: at the venue
on the evening of the event; or in respective
RBLs (following Remembrance Day parades).

Please note ticket sales are non refundable
and will close on 30th November.



"All gave some, some gave all." "Garryowen – Faugh a Ballagh"

TEMPO WLOL 210 TABLE QUIZ

~
TEMPO PARISH HALL

~
THURSDAY
14TH FEBRUARY 2019
(VALENTINE'S NIGHT)

ALL WELCOME

