

AUTUMN 2018

Sept—Dec Edition



ABOUT US

The Ely Centre is a registered charity specialising in the provision of multi-disciplinary support services for civilians, security force personnel and their families, who have experienced bereavement and injury as a result of the 'Troubles' in Fermanagh and Tyrone.

We address issues of declining physical and psychological health, as well as social and financial difficulties which have arisen as a result of the "Troubles".

CENTRE UPDATE

Brooke House Project: This new project, funded by the UK Chancellor using HM Treasury funds is now under-way. A phased recruitment strategy has begun with a number of posts scheduled to be in place by September with service delivery ready to commence in Autumn 2018. This project will provide health and well being services to RUC and Armed Forces veterans post 2008. We are delighted to announce we have now appointed Mrs. Joan Clements to lead up the implementation of the project. Joan will commence employment in late September.

Memorial Update: The Ely Centre along with the Enniskillen Families are currently engaged in a structured mediation process with key stakeholders. All parties anticipate a positive outcome at the end of this process and we thank you all for your continued support and encouragement through what has been a traumatic time for many of the families.

South Armagh/Monaghan Outreach: We have received further VSS funding to continue the expansion of our welfare and health & wellbeing services in this underserved target area. With a project base now established in Markethill we are currently in the process of expanding this team to service the essential needs of innocent victims along the border area. This project is already exceeding targets in the short time it has been established which is reflective of the need within this area which like ourselves has suffered so severely as a result of terrorism.

CONTACT US

The Ely Centre
52 & 60 Forthill Street
Enniskillen, Co. Fermanagh
BT74 6AJ
Office No: 028 66320977
www.elycentre.com
www.facebook.com/elycentre.com

OFFICE OPENING HOURS

Monday-Thursday 9.30am-5pm
Fridays 9.30am-2pm
Closed for Lunch 1-2pm

OFFICE CLOSURE DATES

Office will be closed for the Christmas holidays from Mon 24th Dec 2018 to Mon 8th Jan 2019.

SERVICES ELIGIBILITY

To be eligible to avail of our services you must be classified as a Victim of the 'Troubles' according to the NI Victims & Survivors Order 2006. You must fall under one of the following categories -

- Bereaved,
- Physically Injured,
- Psychologically injured, or be
- A Carer for someone who has been directly affected.



Going forward, the Ely Centre is planning on increasingly communicating with members via email. If you have an email address, please ensure that we have it and that you check it regularly.



ONGOING SERVICES



SERVICE	DESCRIPTION	COST	AVAILABILITY
PSYCHOLOGICAL THERAPY We provide various methods of talking therapy such as Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation Reprocessing' Therapy (EMDR) along with general counselling.	Ely endeavours to support those who have been bereaved, injured or traumatised as a result of the "Troubles" in Northern Ireland. We have a team of qualified counsellors available for one to one appointments.	N/A, however attendance and notice of cancellations is vital	The counselling service can be accessed by making an initial appointment with the Ely Centre Health and Well-being Officer, Mrs Sharon Breen to discuss your needs. You will then be referred on to your qualified therapist who will arrange appointments at a time convenient to you.
COMPLEMENTARY THERAPIES Include Aroma Touch, Reflexology and several types of Massage	Those availing of therapies will receive 4 one hour appointments to use between Sept 2018-31 st March 2019 in the Therapy room based in the Ely Centre.	£5 per session. Sessions are non-transferable and attendance and notice of cancellations is vital. <u>Less than 24 hours' notice will result in losing one of your sessions.</u>	An initial appointment with our health and wellbeing officer to determine eligibility is necessary before any appointments can commence. Appointments available on Tuesdays, Wednesdays & Thursdays during office opening times.
WELFARE SERVICE Includes assistance with Veterans Hearing Fund, War Pensions, Social Security (PIP) and housing benefits.	We can provide Advice and information on the criteria for welfare benefits, practical help to complete forms, help writing letters and assistance with benefit reviews.	N/A, however attendance of appointments and notice of cancellations is vital.	Available by appointment only with Mrs Mabel Black or Mr Ben Higgins on Tues days, Wednesdays, & Thursdays
BEFRIENDING SERVICE Offering home visits and transportation to hospital appointments and important events.	Offers one to one support and transportation service to those people who have become socially isolated due to bereavement, injury, trauma or ill health.	N/A	Available by contacting the Befriending Co-ordinator Mrs Mabel Black to arrange transportation or one to one House visits by one of our fully trained volunteers who will be specifically matched to you to suit your requirements.
EMBROIDERY SERVICE Providing personalised baby comforters, blankets, teddy bears, dressing gowns for bridal parties etc	We are able to produce all logo and embroidery work onto a range of materials as well personalisation of items such as tea towels, aprons etc	Items priced individually at very keen rates	Call in Tuesday or Wednesday to speak to Mrs Mabel black about your requirements and to see examples of work produced.



September Coffee Morning – Wed 5th Sept @ 10.30am

The coffee morning will take place in the Ely Centre (old building). The guest speaker will be Mr. Rodney Connor from Air Ambulance Northern Ireland. Donations to this cause would be much appreciated on the day.



The Role of Faith in our lives Coffee Morning Series



Faith
It makes things
possible, not easy

Harvest Coffee Evening – Tue 23rd October @ 8pm

The coffee evening will take place in the Ely Centre (old building). The guest speaker will be Mr. Sammy Heenan who will speak on the role of the Christian faith in dealing with trauma for the 'troubles'. Apple tart and cream will be served.

November Coffee Morning – Wed 28th Nov @ 10.30am

The coffee morning will take place in the Ely Centre (old building). The guest speaker will be a representative from SANDES – The Soldiers and Airmen's Centre. This promises to be a very interesting talk about how members of her HM Forces are nurtured and supported in their Christian faith.

Christmas



Christmas Coffee Morning Wed 12th December @ 10.30am

The coffee morning will take place in the Ely Centre (old building). This year we are delighted to bring you Aunt Sandra's Chocolate Roadshow. We will be visited by Willy Wonka's Chocolate Factory and everyone will meet Willy Wonka's cousin and have the opportunity to make and sample some Christmas treats. Due to room set up requirements we request that those attending do not arrive until 10.30am. Booking for this event is essential on this occasion. Please note the winner of the Gladys Edmondson Bear will also be announced at this event. (see further details overleaf).



AUNT SANDRA'S
HANDMADE CANDY CHOCOLATE & FUDGE
SINCE 1953





Cider Making at Colebrooke Estate – Thu 11th Oct – 10.15am

A great opportunity to learn how to make your own cider. If you have any spare apples from a tree at home please bring them along. Following the workshop the group will go to Fivemiletown for lunch (at your own cost). Transport from the Ely Centre will depart at 10.15am and will return at approximately 2.15pm.



Woodturning – Mon 19th November in Ely Centre, old building, 10am – 5pm (includes light lunch)

Back by popular demand is our one day workshop, where participants will get to make gorgeous 'smoking snowman'. Great for a Christmas gift or as a decoration for your own home. Cost is £20 person and maximum 14 people. High demand for this one day course so book early!!

Water Aerobics – Mon 17th Sept – Mon 15th Oct, 8pm – 8.45pm each night

Five week course of water based fitness activity suitable for all abilities will take place at the Share Centre, Lisnaskea. Cost – £10 for full six weeks.



DIY -Home and Car maintenance Course – 4 weeks – Tue 18th Sept –Tue 9th Oct, 7pm–8.15pm each week

This course has been designed to help those who want to become better equipped to undertake general DIY tasks around the home but currently lack the skills and confidence. The first 2 weeks will concentrate on home maintenance and will cover things such as wiring plugs, picture hanging, using a drill, bleeding a radiator, advice on painting and decorating, putting up curtain poles etc. Weeks 3 and 4 will cover car maintenance and will take in things such as changing a tyre, checking tyre pressure, checking oil levels, replacing water and antifreeze, changing windscreen wipers etc. A really good opportunity to learn new things so book early. Cost – £20 per person and max of 14 participants.

Up-cycling of Old Furniture – 4 weeks – Mon 15th Oct – Mon 5th Nov, 10.30am – 12 noon each week

Do you have a small piece of furniture lying around the house such as a small table / chair or a lamp base? Do you fancy redecorating it and giving it a new lease of life. Why not come along to our 4 week course where you will have a chance to use Annie Sloan paints and learn new creative techniques. A really good opportunity whether you are an experienced up-cycler or if you have never tried this before. Cost – £20 per person and max of 12 participants.





Health and Wellbeing Event	Date	Time & Cost	Description
WRAP Mental Health Course 	Wed 10th & Wed 17th Oct 2018	9.30–3.30pm each day £10pp for full course (Includes lunch both days)	The WRAP course is focused on creating an individual Wellness Recovery Action Plan (WRAP) that will help you to feel better, manage medical challenges, decrease and prevent intrusive or troubling feelings and behaviors, control and improve the quality of your own life as well as planning and achieving your life goals and dreams. The course will be facilitated by John O'Grady who has over 30 years' experience working in the mental health field. This is an excellent course that Ely staff have previously attended and highly recommend. A maximum of 16 places available, booking essential.
Health Fest 	Wed 31st Oct Call in any time between 10.30am–1pm	Appointments for individual health checks including blood pressure monitoring, BMI, cholesterol and diabetic screening available. Please contact us to book a FREE appointment.	We are delighted to announce that we will be hosting a Health & Wellbeing Fair featuring a number of agencies and local groups offering advice and information on various aspects of health and wellbeing. As well as keeping you up to date with new information, you will also have an opportunity to avail of some on the spot health checks as well as pain management and skin care advice.
Essential Oils & Wellness Workshop 	Tue 30th Oct	11.30am – 1pm (includes lunch) £5 per person	Come along and discover a wide range of essential oils and learn about their properties. This will be a very informative workshop delivered by Sarah Jane Wilson and there will be chance to see how each one can be used to improve your health and wellbeing .



Have a
Great Day!



Cultural Tour of Londonderry – Thursday 20th Sept (Departing 8.30am)

This one day trip will include a guided tour of the Siege Museum, Apprentice Boys Memorial Hall & the City Walls. We will make a coffee stop at the Sion Stables Restaurant for morning coffee as well as a 3 course evening meal at the Mellon Country Inn, Omagh on the way home. In addition, there will also be some free time to do some shopping or further sight-seeing during the afternoon. £22 per person.

Christmas at the Poor House, Belfast Continental Markets & Festive Evening Meal – Thursday 6th Dec (Departing 8am)

This one day festive trip will begin with a stop off at the popular Alana Interiors, Lurgan for morning coffee and a chance to shop and view their festive displays. Following this we will enjoy a guided tour of Clifton House, Belfast where you will experience 'Christmas at the Poor House' and hear about its famous history and what Christmas was like for the poverty stricken who sought sanctuary in this institution. The afternoon will provide an opportunity for shopping in the city centre and a visit to the Continental Markets. On the way home we will enjoy a festive evening meal at Viscounts Restaurant, Dungannon. Cost – £28 per person. Transport provided on the day.



CARERS EVENTS (Due to funding regulations these are exclusively organised for those who are caring for someone who has been directly affected/injured during the troubles). The following event is now open for registration.

Carers visit to Florencecourt House & Tully Mill

Thursday 6th Sept, 10.45am – 2.30pm approx.

Enjoy a guided tour of Florencecourt House followed by lunch at the beautiful Tully Mill Restaurant which is situated close by. Maximum 16 people and Cost – £10 per person. Transport provided on the day.





OTHER NEWS

Guess the Name of the Bear!

In memory of **Mrs. Gladys Edmondson** (former Ely board member) we have a beautiful teddy bear which has been specially made by Coyagh Bears and worth £120. The bear has been made from a fur coat that Gladys owned so it is a beautiful piece. Please help us to raise as much funds as possible for both the Air Ambulance NI and Ely Centre Counselling service by guessing the bear's name. One guess for £2 and three guesses for £5.

The bear is located in the Ely Centre reception area so please give us any support you can. The Bear's name and the winner will be announced at the Christmas coffee morning.



VERY IMPORTANT

#110540822

To help us confirm we have your correct contact details and to ensure you are on our membership database please call in during our open week from Monday 8th October – Friday 12th Oct or give us a call anytime.

London Festival of Remembrance Trip



If you are joining us for the 2018 London Festival of Remembrance Weekend from 9-12 Nov please join us for a Pre-departure briefing meeting on Thursday 28th Sept at 11.30am in our old building beside Kingston carpets.



Addressing the Legacy of Northern Ireland's Past' Consultation Document

We encourage all our members to respond to the on-going NIO Legacy Consultation. This will decide how the troubles will be recorded in history and to ensure the impact of terrorism on innocent victims is never forgotten, your opinions really do matter. Please contact the office if you require any assistance in this matter.

Poppy's & Pins Craft group.

Delighted to welcome new and existing members back for the Autumn. The group will recommence on Wednesday 19th Sept. from 10.30-12noon (please note slightly later start time). Join us to enjoy a cuppa and a variety of crafts.

ELY STAFF MEMBERS

Lee McDowell-	Chief Executive
Sharon Breen –	Health & Wellbeing Officer (Co. Fermanagh)
Wendy Patton –	Finance Officer
Karen Clyde –	Receptionist
Shirley Ebbitt –	Family Support Officer
Yvonne Breen –	Development & Funding Officer
Ben Higgins –	Outreach Welfare Officer
Mabel Black-	Welfare Officer
Glenda Milligan –	Health & Wellbeing Officer (South Armagh & Monaghan)

BOARD OF DIRECTORS

Mr Jim Dixon-	Director
Mrs Anna Dixon-	Director
Mrs Esdille Lappin-	Director
Mrs Rosemary Barton-	Director
Mr William Wallace-	Director
Mr James Mullan-	Director
Mr Owen Wilson-	Director
Mr Andrew Coulter-	Director

ELY TEXT MESSAGES

Please check with us that we have your correct mobile number so that we can alert you if necessary about a particular event via our texting service. PLEASE NOTE when replying to an Ely text include your name and be aware that we cannot make individual replies due to the limitations of our system. Should you have a query you need to phone the Centre. Thank you.

BROOKE HOUSE SUB-COMMITTEE

Mr Doug Beattie MC. MLA
Mr Ben Higgins BEM
Mr Errol McDowell
Mr Roy Crawford
Mr Jeff Smith
Mrs Ann McCormac
Mr David McFarland
Mrs Florence Ferry
Mr Eddie Parks

HELP US TO HELP YOU!!

All events and activities which we organise need to be booked in advance with our tutors and caterers etc. Please help us by marking dates in your diary or calendar of any events that you have registered for so that we can ensure that all classes / trips are filled to the maximum and to avoid unnecessary costs being incurred by the Ely Centre.

When registering for any of our events or activities (which require payment) we request that payment is made in full when booking. This is necessary in order to secure your place.

CHARITABLE GIVING—KEEP US IN MIND

The Ely Centre is a small charity and increasingly we are over subscribed with requests for our services and in particular demand for counselling is very high. We do our utmost with the budget we have to accommodate as many people as possible however more financial support is required to keep up with demand going forward.

We greatly appreciate the support of all our members and would ask that you keep us in mind if you are thinking about making a donation to a local charity either personally or within the context of other groups you may be involved with.