

Spring Newsletter

Feb-March 2020



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".

CONTACT US

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CENTRE UPDATE



This Autumn/ Christmas Period has proven to be one of the busiest periods for the Ely Centre in recent years and we have been delighted by the continued growth of the centre in Enniskillen and also with the opening of new Co Armagh office which has proven to be making a positive impact in the local community for victims and survivors. Across all our service areas the Ely Centre are achieving or have achieved the annual targets set particularly in relation to our HWB (talking therapies and complementary therapy) services and our very popular Respite and Social Support programmes.

New Appointments

We are delighted to have expanded our staffing team with the appointment of Mr Ivan Bingham (Welfare Support) and Mrs Christine Spence (Health and Well Being, Co Armagh) to these areas of increasing need. We wish them well in their new appointments.

The Ely Centre are delighted to have recorded an increase in the number of males presenting at the Ely Centre for support seeking talking therapies, welfare and befriending support in recent months. We have been actively targeting promotion of service activities for males as this hard to reach group had not been benefitting as much as we expected. Through outreach roadshows, these tailored programmes are now beginning to make a positive impact. We have been delighted by the male participation levels within our horticultural and talking therapy programmes, fathers and sons programmes and general social support and drop in levels.

Victims Pension Scheme and Legacy Consultations Concerns

The Ely Centre are extremely cautious about the introduction of the Victims Pension Scheme and the Legacy Institutions. We are continuing to meet with The Executive Office and our political representatives to share our consultation response in relation to these areas. In relation to the pension scheme we are extremely concerned about the management of expectations from within the victims community and furthermore we are extremely disappointed that the bereaved have been excluded from this payment scheme, Legacy will lead to increasing hurt and anxiety amongst the victim's community and as the genuine concerns of many victims have been excluded from the proposed institution this will lead to further anger amongst the membership. The Ely Centre firmly believe that if the roll out of these institutions and scheme is now managed effectively then the progress that has been made by many victims over the last number of years through the services we provide has the potential for severe setback amongst them.

Update on Enniskillen Memorial

With planning permission now obtained and almost 50% raised for the new target we are calling on all to continue to support this campaign to have a permanent memorial erected to the victims of the Enniskillen Bomb.

Finally It is with great sadness that The Ely Centre announce the passing of Pastor Cameron Crawford, A dearly beloved Director, Trustee and friend to all at The Ely Centre. Cameron had stepped down from this role in recent year due to ill health but was always available for pastoral care and support and will be greatly missed.

We would like to thank you all our members for your continued support throughout the Christmas period and I trust you will find many activities and events in this newsletter of benefit.

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 with one of our nominated suppliers. Details provided once eligibility has been determined.	£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 (Mrs S Breen) is necessary to determine eligibility before any appointments can commence.
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 Mr Ivan Bingham 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 Miss Shirley-Ann Ebbitt 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	If you are interested in this please speak to one of our staff members to arrange for your item(s) to be passed on to our former colleague Mrs. Mabel Black.



February Coffee Morning Wed 5th Feb @ 10.30am

Join us for the launch of our Spring newsletter where Yvonne & Shirley will be on hand to share details of the latest Ely programme of activities.



March Coffee Morning – Wed 11th March @ 10.30am Fermanagh Talking Newspaper

We are delighted to welcome Pat Hay from the Fermanagh Talking Newspaper to speak about the work of this group in recording and distributing information from the local newspapers for the benefit of those who are visually impaired within the county.

Easter Coffee Morning Tue 7th April with Ruth Hood @ 10.30am

Local florist Ruth Hood will be joining us to deliver an Easter floral demonstration and share some design tips for achieving the best arrangements. There will be an opportunity to win one of the finished pieces on the day which would make a great Easter gift or decoration for your own home.



Poppies & Pins – Wednesdays 10.30 – 12 noon in No.60

Poppies and Pins will resume in our No. 60 building on Wednesday 19th February at 10.30am. We look forward to welcoming the regular members back plus any new people that wish to join.

The group offers a chance to come together for a cuppa and a chat and to undertake various craft projects. There are various craft materials in the storage cabinets so members are free to avail of these each week to undertake any craft projects of their choice.

Please note Poppies and Pins does not run on coffee morning dates or during office closure periods.





Cookery Demonstration & Tasting workshops with Eileen McGovern from 'Im Nuts about Nutrition'

**Dates—Tue 3rd & Tue 10th March 2020—
2.00pm –4.00pm**

Venue—Ely Centre No 60



Join local Nutrition & Health coach Eileen McGovern for 2 health and nutrition workshops / cookery demos where you can watch her prepare a range of healthy dishes, get health and nutrition advice together with useful cookery and shopping tips. There will also be an opportunity for tasting the food each week. Cost— £5 per person . Booking essential.



FEET UnLimited

**Date—Thursday 26th March at 10.30am
Venue—Ely Centre No 60**

Ruth Watson from Feet Unlimited will be joining us to provide a useful talk on caring for your feet. There will also be an opportunity to ask questions .

Spring Walking club - 4 weeks - (meet at each location at 10.30am)

Please make your own way to each locations but if you need a lift give us a call.

Mon 24th Feb — Bellanaleck Loughshore Walk (MEET Sheelin carpark)

Mon 2nd March - Necarne Estate, Irvinestown (MEET at entrance gates on

Enniskillen—Irvinestown Rd)

Mon 9th March — Enniskillen Castle & town Walk (MEET—At Ely Centre)

**Mon 16th March — Ecclesville Park Walk (MEET—Equine Centre car park)
(followed by coffee in Jacks Coffee shop)**



**Pilates Class—5 weeks. Tue 18 & 25 Feb plus 3rd, 10th & 24th Mar
—10.30 –11.30am**

This course will be facilitated by Fiona Nelson and is suitable for beginners and intermediates. All ages and abilities welcome. Please bring your own yoga mat if you have one. Cost—£10 per person for full course. Maximum 15 people.



MENS OUTDOOR ACTIVITY COURSE



Dates—18th & 25th March, 10.30am—12.30pm

Venue—Safari Action

Enjoy two fun filled mornings with Ron Neilly owner of Safari Action, Lisnarick. Week one you will enjoy a session of Archery and on week two there will be a choice of doing either off road driving or clay pigeon shooting (depending on demand.) Pre booking essential and all attendees must make their own way to Safari Action premises at the address above. Maximum 10 participants and cost is £15 per person.



MONDAY- MOCKTAILS

Date—Mon 2nd March—2.30pm—4.15pm

Venue— Enniskillen Hotel

Join Enniskillen Hotel barman Boyd Carson and his colleagues to undertake your own mocktail making class. During the class you will make three different drinks using various fruit juices and non-alcoholic liqueurs. At the end of the class you can also enjoy some afternoon canapés with your freshly prepared drinks. A real treat and a great way to spend a Monday afternoon. Maximum 20 people. Cost £7 per person.

Wee Buns



Date— Thursday 5th March

Venue— Wee Buns Cookery School, Moy Co. Tyrone

Wee Buns Cookery School is nestled in beautiful countryside close to the village of Moy. Under the guidance of owner Mary Ann who has a passion for baking and using traditional recipes that are hard to beat, you will enjoy a cookery demo of spring bakes including Lemon Tart / Fairy Cakes / Scones and Creme Caramel. On the day you will also get to bake one item to take home. Beautiful tea coffee and refreshments will also be served during the workshop itself. Maximum 13 people, bus departs from Ely centre at 8.45am and Cost £20 per person and includes course fee and transport. Pre booking essential for this activity.



Afternoon of Ten Pin Bowling



Date—Tue 25th Feb, @ 3-4pm
Venue—Johnny Rockos, Irvinestown

Join us for some gentle exercise and fun at Fermanagh's only bowling alley. If you have never tried it before, why not come along and give it a go. Attendees to make their own way to the venue on the day. £4 pp

Social Dancing at the Forum

Dates— Wed 26th Feb & Wed 4th March @
2.00—3.30pm
Venue—Lakeland Forum

Get your dancing shoes on and join us at the Forum to enjoy two sessions of afternoon dancing. These events are FREE and tea and coffee provided on the day. A great way to meet your friends and socialise.



A wee bit o' Burns, Burns Night in Enniskillen

Dates— Thu 6th Feb @ 7.30-9.30pm
Venue—Fermanagh House

Every year around the 25 January, people all over the world celebrate the life and legacy of Scotland's Bard, the Ayrshire Ploughman Robert Burns. Come along to learn about his life and work, hear his poetry and songs, and find out about his relevance and connections to Ulster. Some of the traditions and formalities of a Burns Night supper will be demonstrated and explained. Featuring displays by local highland dancers, it's sure to be "a nicht o quare crack". This event is being organised by Fermanagh and Omagh District Council in association with Ulster Scots Community Network, and is FREE to attend. If you plan to attend please let Yvonne / Shirley know in advance.





LADS
AND
DADS

2020

ULSTER
TOYOTA CHEETAHS
SAT 22ND FEBRUARY
KINGSPAN STADIUM

Heineken CHAMPIONS CUP

ULSTER Rugby

Plus ONE night overnight stay in a twin room
with Bed, Breakfast and Evening Meal

In
The Crowne Plaza, Shawsbridge, Belfast

Coach transport throughout
Bus departing
Ely Centre Sat 22nd Feb at 2.15pm

Open to Fathers and
Sons of all ages

**Cost - £47.50 per
person**



NEW WELFARE SUPPORT APPOINTMENT

The Ely Centre is pleased to welcome Ivan Bingham to the team as Welfare Support Officer. Ivan is based at the Ely Centre at Enniskillen and will be supporting people in counties Fermanagh and Tyrone with welfare benefits queries, particularly those arising from the government Welfare Reform Programme. Ivan replaces Mabel Black, who, after many years of dedicated service, has taken well earned retirement.

As he settles into his role Ivan will continue to service existing clients and will be seeking to reach out to victims and survivors of the "Troubles", their family members and carers who have not yet accessed the services Ely provides. He is particularly keen reach out into the greater Enniskillen hinterland and county Tyrone.

Ivan's previous employments include supporting all age-groups in Further Education as well as supporting those with medical circumstances gain access to work and to sustain that employment. He would be delighted to speak with any individual or group about their benefits support needs, whether accessing the range of benefits available, completing applications, including appeals documentation, or, where necessary, accompanying clients for assessment. He can be contacted by telephone on the main Ely number 028 6632 0977, his mobile 07892711215 or email at ivan@elycentre.co.uk



IMPORTANT—ELY CENTRE MEMBERSHIP CRITERIA

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 .

The 2006 Order defines 'victims and survivors' as follows:

A) Someone who is or has been physically or psychologically injured as a result of or in

consequence of a troubles- related incident

B) Someone who provides a substantial amount of care on a regular basis for an individual

C) Someone who has been bereaved as a result of or in consequence of a troubles related incident

D) The 2006 Order also notes that an individual may be psychologically injured as a result of or in consequence of witnessing a troubles related incident or providing medical or other emergency assistance to an individual in connection with a troubles related incident.

Military Model Making Workshop

The Ely centre have partnered with National Military Charity—Models for Heroes to provide support to former and current Armed Forces and emergency service personnel within Co. Fermanagh to promote the use of model making as therapeutic, meaningful activity.



This innovative new men's course commenced on Wed 8th Jan 2020 with a group of approx. 10 men attending. The course is initially set to run for 10 weeks and it is hoped it will continue thereafter with more experienced members welcoming and mentoring new members into this craft.

It is important to emphasise that the key aim of the group is to let people feel supported and to know that they are not alone. Through providing a fun based group environment where they can come together, the idea is to undertake various model making projects and in the process provide support to one another.



Ely Centre—How it Works

After eligibility has been determined and an individual becomes a registered member of the Ely Centre he /she is entitled to receive a copy of our latest newsletter. We issue a newsletter 3 times per year and it is one of our main vehicles for communicating with our members. Please be aware that we do not have a budget to allow us to post copies out to members homes so individuals must call into the centre to collect a copy. Alternatively, our newsletter can be accessed electronically via our website www.elycentre.com or via facebook page on www.facebook/elycentre.com.

We also operate a group texting service where we occasionally issue reminders re certain activities and events. Please note this is largely only used if there is a change to a previously advertised activity. Members should not rely on this service to be reminded about every activity that we run. Instead please refer to your newsletter at all times.

THANK-YOU FOR YOUR SUPPORT

Since our last newsletter the Ely Centre has donated :

- £28.70 to the British Legion Poppy Appeal.
- £120 to Spud Bear Ministries.
- £64 to the Northern Ireland Chest Heart and Stroke Association

Ely Centre— Renovation & Refurbishment Project.

Work is continuing within the centre to update and improve our facilities in order to offer you our members a better experience when availing of our services. Our aim during 2020 is to paint and redecorate our sister building (No 60) which is used largely for coffee mornings and courses. We wish to make you aware that there may be slight disruption during the course of this year as a result of this work therefore we would appreciate your co-operation and understanding.

TRIPS & OUTINGS POLICY

It is with regret that we have to advise that we are experiencing a lot of last minute cancellations for trips and courses being delivered by the centre. We fully appreciate that circumstances can change for members due to health conditions etc.

However we are also aware that some people register for activities and withdraw for simple reasons. Going forward we kindly request that members only book for activities and trips that you are seriously planning to attend.

Please note bookings will now only be confirmed once payment has been received. If payment has not been made within 7 days of booking your place will no longer be held.

We thank-you for your understanding and co-operation .

ELY STAFF MEMBERS

Lee McDowell-	VSP Services Director
Wendy Patton –	Finance Officer
Sharon Breen –	Health & Wellbeing Officer (Co. Fermanagh)
Glenda Milligan –	Health & Wellbeing Officer (South Armagh & Monaghan)
Shirley Ebbitt –	Family Support Officer
Yvonne Breen –	Development & Funding Officer
Ben Higgins –	Outreach Welfare Officer
Ivan Bingham-	Welfare Officer

BROOKE HOUSE STEERING COMMITTEE

Mrs Frances Nolan—Chairperson
Mr Doug Beattie
Mr Ben Higgins
Mr Errol McDowell
Mr Roy Crawford
Mr Jeff Smith
Mrs Ann McCormac
Mr David McFarland
Mr Eddie Parks

BOARD OF DIRECTORS

Mr Jim Dixon-	Chairperson
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
Mrs Mabel Black-	Director
Mr Roy Crawford-	Director

OFFICE CLOSURE DATES

- Office closed St Patricks Day - Tuesday 17th March
- Easter holidays from Good Friday 10th April reopening Monday 20th April

OFFICE OPENING HOURS

Monday-Thursday 9.30am-5pm
Fridays 9.30am-2pm

Closed for Lunch 1-2pm

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.