

Spring 2019

Jan—March
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 social and financial difficulties which have arisen as a result of the "Troubles".

CENTRE UPDATE

Happy New to all our members and welcome to the latest edition of our newsletter. As we start another year we continue to work for the betterment of victims and survivors and their families, accessing new funding streams to ensure the progression and sustainability of the Ely Centre.

Our company motto "let each of us look out not only for his own interests but also the interests of others" has been visibly displayed by all the Board of Directors and the staff of the Ely Centre within the last year and serves well for the future development of the organisation. We are delighted with the impact that the new Brooke House project is making upon the lives of our retired service personnel and I encourage you all to keep updated on this project as it develops. Similarly we are very encouraged by with the work being done along the South Armagh border by our staff in our Markethill office.

New projects such as our research partnership with Queens University Belfast demonstrates that the services provided to our membership will continue to be of the highest quality integrating the latest learning in the field of victim support.

The Ely Centre would like to take this opportunity to pay tribute to our team of volunteer befrienders who have provided essential transport to many members to hospital appointments etc. throughout the winter period. This voluntary service is an essential lifeline for many of our members and we thank all our volunteers for giving of their time so generously.

Finally and with regret I would like to wish Mrs Mabel Black every blessing in her upcoming retirement from the Ely Centre. Mabel has been a fantastic source of support and encouragement to me and all our staff and members throughout her years of employment in the Centre. Mabel is planning to retire at the end of March 2019 and all the team at the Ely Centre would like to thank her for her years of service in supporting victims and survivors and their families and we wisher and her family every blessing for the future.

CONTACT US

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Office No: 028 66320977
www.elycentre.com
[www.facebook/elycentre.com](https://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

St Patricks' holiday: Mon 18th
March
Easter: Closed Fri 19th April.

SERVICES ELLIGIBILITY

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 Re-processing 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 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	Call in Tuesday or Wednesday to speak to Mrs Mabel black about your requirements and to see examples of work produced.



Update from the Markethill Office

Our Ely Centre staff in the Markethill office continue to offer and provide advice to the increasing numbers using it. We've been encouraged by the good attendances at our Roadshow Events which have helped highlight our work and we are pleased with the response from the local South Armagh community. Further events are planned in the coming weeks for County Monaghan and the Richhill/ Hamiltonsbawn area and we're hopeful of a good response in both these places. Lesley and Christine continue to provide advice on Health and Well Being issues and are kept busy meeting new clients and arranging appointments.

Meanwhile, Danny and David offer help and advice on welfare and benefits to their many clients. Please keep this in mind when you're talking to relatives or friends in the South Armagh or County Monaghan area and encourage them to avail of the services offered. Our staff will be very pleased to help in any way they can.

The telephone number for the Markethill office is 028 3755 2447.



(Left -Right) SAMBA Project Staff-
David Taylor, Christine Spence &
Danny Kennedy



Ely Befriending Service

Our befriending service is continuing to be in high demand and we are delighted to have been able to assist quite a few of our members over the last number of months. It has been a particularly busy year due to the high demand for long distance hospital transportation and home visits. Unfortunately, as we approach the end of this financial year we have to temporarily halt the provision of this service until April 2019 when our new round of funding is received. If you have any queries please contact Shirley anytime.

BROOKE HOUSE
VETERANS' HEALTH & WELLBEING CENTRE



**Joan Clements,
Brooke House,
Project Director**

The Brooke House Health and Wellbeing Centre –is now taking referrals. This Ely Centre project, funded by H.M Treasury through the Armed Forces Covenant (LIBOR) Fund, seeks to improve the physical and mental health of former Royal Ulster Constabulary Officers who reside in or have served in the Counties of Armagh, Fermanagh or Tyrone, and Military Veterans from the three services, post 2008 who reside in Northern Ireland.

Police and military veterans and their families who meet the eligibility criteria may avail of the following multi-disciplinary support services: trauma focused psychological therapy, physiotherapy, complementary therapy, 5 -day structured retreat programmes, respite weekends, and activity days for groups. All services provided are aimed at improving physical and mental health, family well-being and to help address social isolation.

Brooke House is located within the grounds of Colebrooke Park, the private residence of Viscount and Viscountess Brookeborough. Project Director Joan Clements is leading the development and implementation of the Brooke House project, supported by her newly-appointed team, all of whom are now in post: David Hutton (Clinical Lead); Lisa Ewing (Health and Wellbeing Coordinator); Andrea Webb (Respite and Retreat Coordinator); Jackie Wilson (Administrative Officer); and Wendy Patton (Finance Officer).

Miss Clements stated: "I am delighted to welcome my new staff members on board –dedicated, hardworking and talented individuals whose attributes and varied skill set complement each other to form a multi-disciplinary team capable of delivering a truly visionary service through Brooke House. My team and I will strive to ensure that Brooke House Health and Wellbeing Centre becomes a centre of excellence providing support services to those who have been affected by trauma."

The Brooke House project will collaborate with existing police and military support agencies and charities to ensure that clients have access to the most appropriate and effective local support.

For further information on the project or to request a referral form please contact any member of the Brooke House team directly by telephoning 028 8953 1223 or by email:

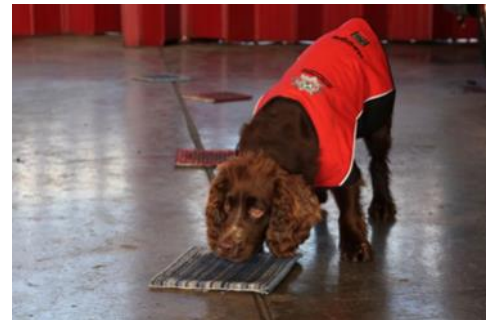
info@brookehouse.co.uk.





January Coffee Morning – Wed 30th Jan @ 10.30am

We are delighted to welcome Mr Tim Richmond and Reggie the Fire Dog. Reggie is a specially trained fire dog and he is the only one in Ireland. He will join us to demonstrate his unique ability to detect the source of fires, & Tim will be giving some practical fire safety tips. Come along to what promises to be a very informative and fun filled morning.



February Coffee Evening Wed 13th Feb @ 7.30pm

Wendy Watson from the Fermanagh Sarcoidosis Support Group will be attending to share her knowledge and experience of this little known condition. Come along and learn something new. To get you all in a romantic mood we'll also have some valentines treats available on the night.

March Coffee Morning—Wed 13th March @ 10.30am



This month we will be joined by Mark Ewing from Action on Hearing Loss NI who will be talking about the challenges of dealing with hearing loss as well as carrying out some practical hearing checks on the day. Tinnitus support information and sign-posting advice will also be available.

April Easter Coffee Morning—Wed 10th April @ 10.30am



To celebrate Easter we will be hosting a gardening demonstration with Gladys Fyffe from Craigville Garden Centre. Gladys will be making up some beautiful window boxes and hanging baskets. These will be up for raffle on the day so come along and enjoy what promises to be an excellent morning. Easter fayre served on the day.





Art – 4 weeks Thu 31st Jan 10.30am – 12.30pm (Final week on location at Lough Erne Resort Hotel)

This course will be facilitated by Ruth Elliott and is suitable for all abilities. Beginners especially welcome, so if you have never tried your hand at Art before, now is your chance to do so. The course will take place in the Ely Centre old building and all materials will be provided. The last week of the course will involve a trip out to Lough Erne Resort to undertake a class in the Loughside Suite. The final class will also be followed by a light lunch. Cost—£20 per person for full course (includes lunch on last day). Maximum 12 people.

Lough Erne cupcakes – Thursday 28th Feb, 11am—12.30pm



This morning class will see the group meet at Lough Erne Cakes on the Sligo road, and decorate 4 cupcakes for taking home. Learn how to pipe buttercream, roll sugar paste, use flower cutters and sprinkles to create beautiful buns. Refreshments included. £6 per person. Spaces limited.

Spring Walking club – Mon 25th Feb— Tue 19th March

We are delighted to announce the return of our popular walking programme. Locations and times below. We are unable to provide transport for this activity so we recommend that members make their own way to each location, however, if an individual requires transport please contact Yvonne or Shirley who may be able to assist you. **MEETING TIME AT EACH LOCATION IS 10.30am.**



Mon 25th Feb— Lough Erne Golf Resort **MEET—Front entrance of Hotel**

(opportunity for tea/ coffee in hotel if desired, following the walk)

Mon 4th March—Cladagh Glen Walk, Marble Arch **MEET—Carpark at Marlbank**

(opportunity for tea/ coffee at Marble Arch Caves visitors Centre, if desired)

Mon 11th March—Slieve Russell Golf course, Ballyconnell **MEET—Front entrance of Hotel**

(opportunity for tea/ coffee in Slieve Russell Hotel, if desired)

Mon 25th March—Topped Mountain, Lisbellaw **MEET—Designated carpark at Topped Mountain just off the Tempo Rd)** (due to location there will be no coffee stop on this date))



Pilates Class—5 weeks— Tue 19th Feb—Tue 19th Mar 2019 —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.





*Have a
Great Day!*

Belfast
**COOKERY
SCHOOL**

Make Your own 3 course Gourmet Meal at Belfast Cookery School – Tuesday 26th March

This is an excellent opportunity for anyone interested in developing their culinary skills. Departing at 9am from the Ely Centre we will make a stop off at the Linen Green, Dungannon for 1 hour before proceeding to the Belfast Cookery school in Belfast city centre. On arrival you will be greeted with refreshments and will be introduced to your chef for the day. You will create a beautiful 3 course meal which you will get to enjoy after your hard work. Following departure from this activity you can enjoy some free time in the city centre before leaving for home at 6pm. Price £28 per person. Maximum 15 people.

Day Away to Co. Down Tuesday 2nd April

This one day trip will include a guided walk along the Scarva towpath, Co. Down followed by a leisurely lunch in Sintons at the Bridge, Scarva. In the afternoon we will travel onwards to Newry where there will be an opportunity to do some shopping or sight-seeing around the city. This trip is non funded therefore lunch in the restaurant will be at your own expense on the day. Varied menu available to suit all budgets. Cost will be £15 per person to cover coach expenses and departure time from Ely is 9am.



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.

Safety in the Home Awareness Session Thursday 7th March @ 11.30am

Join other carers for an informative talk about home safety followed by Lunch. This event takes place in the Ely Centre from 11.30am and includes a hearty lunch from a local establishment.



Fathers and Sons 2019

Pleased to announce details of the 2019 Fathers and sons one night

Residential. This year the details are as follows

Friday 1st March

1pm Depart Ely centre to make Way to Belfast city

3pm Check in at the 4* Hilton Hotel Belfast City Centre

3-7pm Free Time

7pm—Tickets to see the Famous Red Hot Chilli Pipers live at the SSE arena on their world tour (arena within walking distance from hotel)

After the show free time to explore Belfasts attractions from our conviently located hotel

Saturday 2nd March

Full Breakfast Served in the hotel

Followed by a visit the historic Hilden Brewery Lisburn for a guided tour and sampling followed by a lunch made from their famous beers. Before making our way home.

Cost: £ 75pp. Includes one night stay at the Hilton in a twin room, Full breakfast, tickets to Red hot chilli pipers, Transport to and from Belfast , Guided tour at Hilden brewery, samplings & lunch

Open to fathers and sons of any age (both father and son (x1) must be available to go to avail of this trip.





OTHER NEWS

THANK-YOU FOR YOUR GENEROSITY

Recently the Ely Centre from the help of our members has contributed the following amounts to charity and good causes.

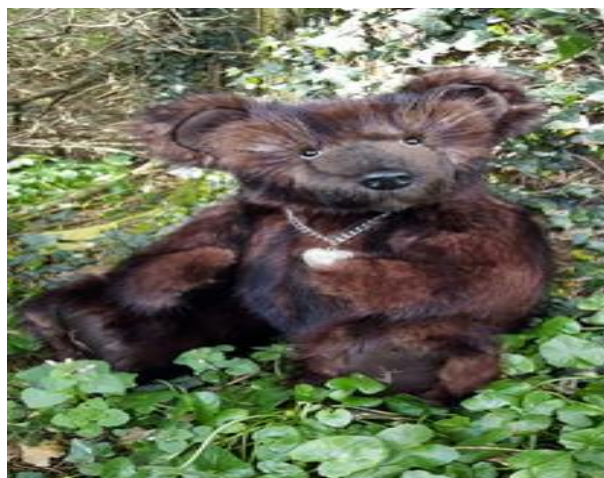
£1170 to Marie Curie in Memory of Mrs Gladys Edmondson .

£80 to The Faith Mission

£124.85 to Sandes Christion military charity.

£48.47 The British Legion Poppy Appeal .

£664 from the proceeds of the Guess the name of Bear competition which was donated to Air Ambulance N.I and the Ely Centre counselling service.



The Beautiful bear was won by Mrs Linda Saunders on who correctly guessed the bears name as Betty. The bear was presented to Linda at our Christmas Coffee morning and the bear is settling well in its New home.



Prague Trip : Tuesday 5th— Saturday 9th March 2019

If you are registered to take part in our Prague trip, please be aware that we will be issuing boarding passes and further information concerning this trip in mid February. If you have any queries please contact Yvonne.



VERY IMPORTANT

To help us confirm we have your correct contact details and to ensure you are on our membership database give us a call anytime. Or call in . Thank-you

#110540822



Poppies & Pins Craft group.

As always we are delighted to welcome new and existing members back for our Spring craft activity programme. This group meets every Wednesday morning from 10.30-12 noon (apart from the monthly coffee mornings).

Join us to enjoy a cuppa good fun 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)
Danny Kennedy -	Welfare & Advice Officer
David Taylor -	Welfare & Advice Officer
Christine Spence-	Health & Wellbeing Case Worker
Lesley Hutton—	Health & wellbeing Case Worker

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

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
Mr Eddie Parks
Lord Maurice Morrow

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

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.