

The Ely Centre

1987- 2014

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”.

Organisation Background



The Poppy Day Bomb,
One of darkest days of the Troubles



Mr Jim Dixon, Ely Centre Chairperson,
being rescued from the Enniskillen
Bomb

The Ely Centre was formed by individuals and family members of the bereaved and injured of the 1987 Enniskillen Remembrance Day Bomb which claimed the lives of 12 innocent people and injured over 70 men, women and children.

The Poppy Day massacre took place on 8 November 1987. An (IRA) bomb exploded near the town's war memorial (cenotaph) during the annual Remembrance Sunday ceremony, which was being held to commemorate the dead of both World Wars, all killed were civilians.

Since establishment in 1988, The Ely Centre has offered support to over 5,000 individuals; a cross-section of adults, young people and children with over 1400 clients currently engaged in support provision annually. Typically, over 200 new referrals are received across the organisation each year from across Northern Ireland.

The Ely Centre is a proven Centre of Excellence in the community in bridge building. Its aim is to build upon its past experiences of engaging minds, experiences and aspirations for a peaceful community.(SEUPB,2013)

Organisational Profile

Our Mission Statement

- * The Ely Centre is committed to supporting the bereaved and injured victims, survivors of terrorism, their families and carers by providing evidenced based treatment, prevention and support services that address issues of declining psychological, physical health, social and financial difficulties which have arisen as a result of the “troubles”.
- * **Current Funding** In April 2013 the Ely Centre was successful in obtaining a two year grant award totalling £385,000 from the Victims Support Programme. A fund administered by the Victims and Survivors Service on behalf of the Office of the First and Deputy First Ministers for groups working with Victims and Survivors. This funding award has enabled the continuation/enrichment and implementation of increased services/programmes and activities for an even greater and broader selection of our membership
- * **Current Service Users:** 2,300 Registered service users from April 2013
- * **Current Staff :** 2 full time staff, 3 part time staff and sessional staff

The Troubles in County Fermanagh

During the “Troubles” approximately **125 persons** were killed as a result of the troubles throughout Fermanagh.

Republican Paramilitaries were responsible for the murder of over 115 persons including

- 33 innocent civilians
- 38 officers of the Royal Ulster Constabulary
- 25 Ulster Defence Regiment personnel
- 21 British Army Service personnel

8 members of the IRA were killed by **Security Force personnel**.

Loyalist Paramilitaries murdered 5 persons.

1000's more suffered & continue to suffer from the physical and psychologically injuries resulting from the troubles.

The largest number of fatalities occurred at the Remembrance “Poppy Day” Massacre in 1987 in Enniskillen.



Organisational Services

The Services the Ely Centre provide can be categorised as follows :



■ Health & Well being ,

■ Social Support

■ Welfare Rights & Advice

■ Truth Justice and
Acknowledgement

■ Transgenerational/ Youth

Health and Well Being Service

The Ely Centre HWB services since 2013 have been operating from our new treatment centre called Forthill House

Forthill House is committed to serving the local community by providing evidenced based psychological and complementary therapies and prevention services that facilitate individuals' life goals and enhance their personal growth and physical and emotional well-being.

Our Aims

- Every Individual shall receive a tailored approach to treatment taking into consideration each person's individual needs and goals, delivered by a therapist deemed to have the most suitable experience and expertise for each client.
- Every Individual shall be provided with the information required to help them feel comfortable about what psychological & Complementary Therapy services entail, what they might expect, the referral and treatment process and information regarding the team members.



FORTHILL HOUSE
THERAPY THAT PLACES YOU AT THE CENTRE OF CARE

Forthill House is the name ascribed to area specialising in the delivery of Health and Well Being Services provided by the Ely Centre Ltd.

Our Aims

Every individual will receive a tailored approach to treatment taking into consideration each person's individual needs and goals, delivered by a therapist deemed to have the most suitable experience and expertise for each client. Every individual will be provided with the information required to help them feel comfortable about what psychological & Complementary Therapy services entail, what they might expect, the referral and treatment process and information regarding the team members.

Our Values

SAFETY: Providing the physical and emotional well-being of the community, providing an open and accessible environment in which clients can explore their concerns in a professional, ethical & confidential environment.

HONESTY: Providing a culture of authenticity that fosters personal growth and development.

CONNECTION: Encouraging genuine connections for the support of clients and the community.

LEARNING: Encouraging the development of awareness, knowledge, and skills as a lifelong process.

EMPOWERMENT: Offering individuals information, support, and support to enable them to actively engage in their lives and the community.

CHALLENGE: Encouraging the development of personal and ethical growth and providing ongoing support in the field of mental health in the community.

COMMUNITY: Promoting ongoing connection and collaboration, and continuously striving to engage, support and advance the community.

Our History

In 2013, the Ely Centre Ltd. was established as a not-for-profit organization with the aim of providing a safe and accessible environment for the community. The Ely Centre Ltd. was established as a not-for-profit organization with the aim of providing a safe and accessible environment for the community. The Ely Centre Ltd. was established as a not-for-profit organization with the aim of providing a safe and accessible environment for the community.

What to Do Now

If you, or an individual you are concerned about, would like to contact us, please contact us at the address below. Forthill House is a private office and is not open to the public.

The Ely Centre Ltd.
60 Forthill Street,
Enniskillen, Co Fermanagh, BT74 6AJ.
Tel: 028 6632 0977
Email: info@victimsurvivor.com

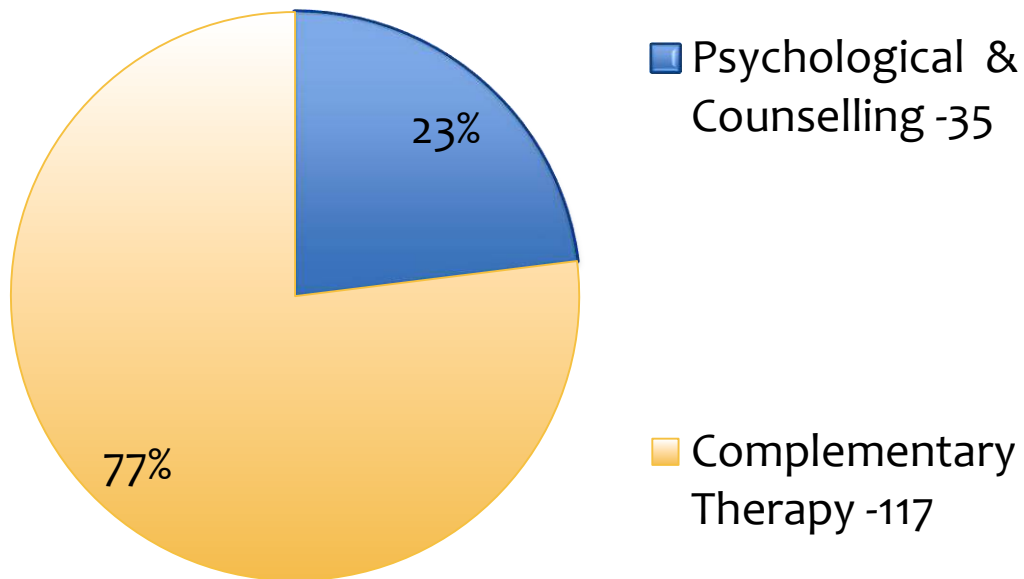
Forthill House is a branch of the Ely Centre Ltd. which is committed to serving the local community by providing evidenced based psychological and complementary therapies and prevention services that facilitate individuals' life goals and enhance their personal growth and physical and emotional well-being.

60 Forthill Street, Enniskillen, Co Fermanagh, BT74 6AJ
Tel: 028 6632 0977
Fax: 028 6632 0988
Email: info@victimsurvivor.com

Organisational Services

Health & Well Being Services

Services are delivered in our new treatment Centre,
Forthill House , established in 2013



Treatments Offered

Following Clinical Assessment the following services are available

- Cognitive Behavioural Therapy
- Eye Movement Desensitisation Therapy
- Family Therapy
- Schema-focused Therapy
- Person-centred Therapy
- Cognitive Analytic Therapy
- Psychotherapy &
- Creative arts therapy

Organisational Services HWB Psy Service

Service Users

Referrals for clients range from 11 Years of Age up to 70 years of Age, Typical service users are male and females in their 50s and 60s requiring between 8-16 sessions. In recent times there has been great demand for Family therapy, highlighting the impact of trauma across the generations

Referral Networks

The Ely Centre has established a very effective Referral Network with relevant organisations to ensure maximum service uptake is obtained

Presenting Issue (s)

- **Post Traumatic Street Disorder (Increasingly Prevalent)**
 - Depression
 - Anxiety issues
 - Bereavement/ Loss
- **Personality Disorders – borderline personality disorder**
 - Suicidal Ideation (Increasingly prevalent)
 - Self Harm (Increasingly prevalent)
 - Drug/Alcohol Addiction (significant high levels)
- **Interpersonal relationships – intergenerational trauma**

Service Limitations

Funding for this most essential service is £6,000 P/A (An amount similar to bursary received to take our group over here today) This amount enables service provision for a maximum for 35 clients per annum. Service demand and referral far exceeds service capability. At present 6 months into this current financial year, our budget is fully allocated, New referrals are being added to an ever increasing waiting list should funding become available.

Health & Well Being Complementary & Holistic Therapies

Service Users

Referrals for clients range from 16 Years

Each can receive 4 – 6 one hour sessions per year

Referral Networks

Countywide Referral Network with relevant organisations to ensure maximum service uptake

Reason for Referral

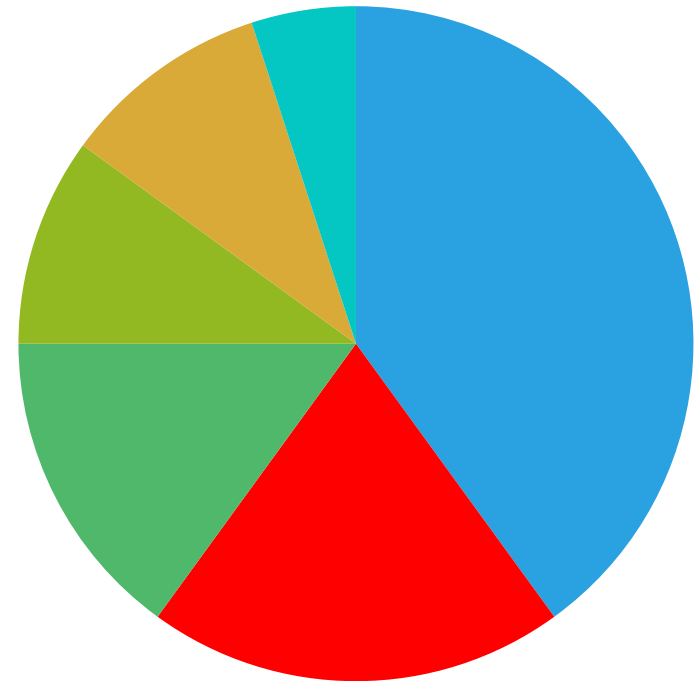
- Pain Management
- Supporting self-help strategies in coping with health problems and the practicalities of life Stress Management
- Promotion of relaxation
- Depression
- Promoting better sleeping patterns
- Integrated into part of individuals treatment plan

Service Limitations

Funding is 12,000 P/A

This amount enables service provision for a maximum of only 117 clients per annum.

Service demand and referral far exceeds service capability.



- | | |
|---------------------|----------------------|
| ■ Full Body Massage | ■ Reflexology |
| ■ Back Massage | ■ Acupuncture |
| ■ Hot Stone Massage | ■ Hopi Ear Treatment |

Organisational Services – Social Support

Aims of the Social Support Programme

To support and maintain the resilience of Victims and Survivors

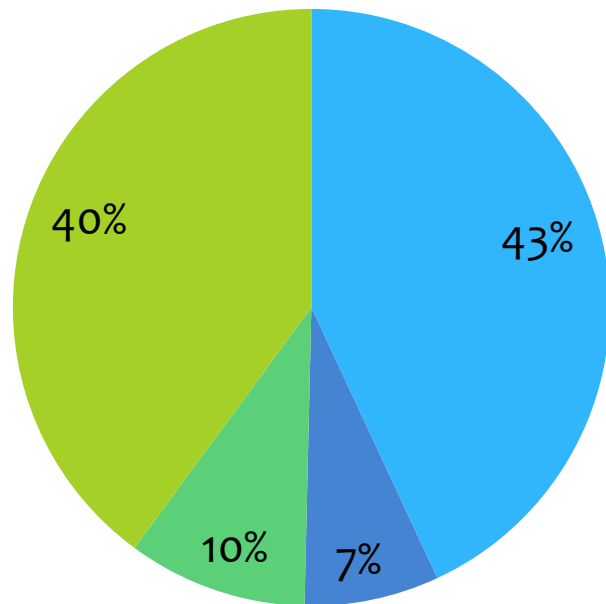
To assist Victims and Survivors in addressing the legacy of the past

Address issues of marginalization, exclusion & lack of recognition

To provide opportunities to increase access to practical skills, training, and support designed to enhance re-integration of victims and survivors

To provide training for Carers/Befrienders and other personnel on the needs of those directly affected by the legacy of the conflict

To assist Victims and Survivors in building a shared and better future



■ Respite Programme-177

■ Community Befriending Programme-30

■ Carers Development Programme-40

■ Personal/Professional Training Development Programme-164

Social Support Service

Total Service Users – 411

Outcomes of Social Support Programme

- **Improved mental & emotional well being** of victims/survivors and their carers
- **Improving** levels of **social support** for victims/ carers
- **Reduction in** perceived levels of **loneliness**
- **Increase in levels of cross community and cross border contact**
- **Reduction in** perceived level of **stress and anxiety**
- **Companionship** with persons who have suffered and experienced similar trauma – creating the foundation for opening up, discussing with companions and gaining social support
- **Essential Respite** opportunities for Carers
- **Improved Carer Confidence** in Delivery of carer support
- Opportunities established for **reconnecting and strengthening the family bond**
- Improved confidence through new **skill acquisition**

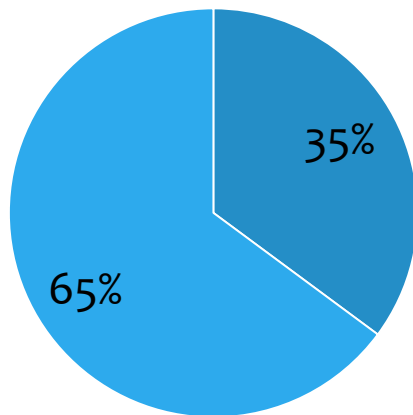
Welfare Rights & Advice

Aims of Service

To Addressing declining economic and welfare benefit need of victims/survivors and their families
To Improve economic support for victims and survivors , ex service personnel and their carers by application for increased entitlements, and providing welfare information advice and assistance

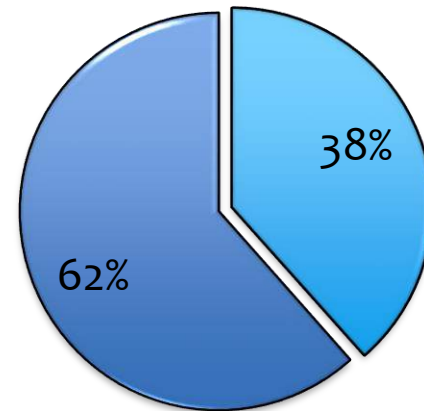
Service User 2013-2014

- Estimate 260 Users
- Actual 428 Users



£ Welfare Increase For Users

- Estimate -100k
- Actual -160k



Truth , Justice & Acknowledgement

Aims of The Service

- To provide advice, guidance and emotional support for family members of the bereaved currently engaged in the criminal justice system or alternative truth recovery mechanisms
- To digitally archive the impact of terrorism on victims lives to produce educational resources for young persons to demonstrate the devastating impact of terrorism on families and the community.

Access to Truth, Access to Justice

- Ongoing Establishment of referral networks for Individual Clients to Specialist Victims Advocacy Organisations
- Human Rights and Victims Rights Training Workshops
- Production of Digital Victim Impact Statements

Memorialisation & Acknowledgement

- Ongoing Memorial Creation to the Victims of the Enniskillen Poppy Day Bomb
- Research , Development and Publication of the [1st Co Fermanagh Roll of Honour](#)
- DVD Production “ The Forgotten Truth” outlining the impact of terrorism on Victims/ Survivors & their families
- DVD Production “ The Troubles with the Troubles” outlining the impact of intergenerational trauma on the children of bereaved and injured
- Lobbying for the creation of a national remembrance garden for the families of the bereaved of terrorism

Trans (inter) generational Service

Miss Shirley Ann Ebbitt
will present on the needs of Young people and the impact of
Transgenerational Trauma at the end of the panel discussion

An Overview of the Northern Ireland Troubles



The Victims of The Troubles

The Scale

. The Northern Ireland Statistical Research Agency (NISRA) estimate that the Troubles resulted in 500,000 'victims' in Northern Ireland alone. This estimate is endorsed by the Commission for Victims & Survivors. The CVSNI defines 'victims' as those who are directly affected by 'bereavement', 'physical or psychological injury' or 'trauma' as a result of the “troubles”

The Bereaved

Between 1969 and 2001, Approximately 3,600* people were killed as a result of the “Troubles “ (*Brendan O’Leary and John McGarry. 2002*)

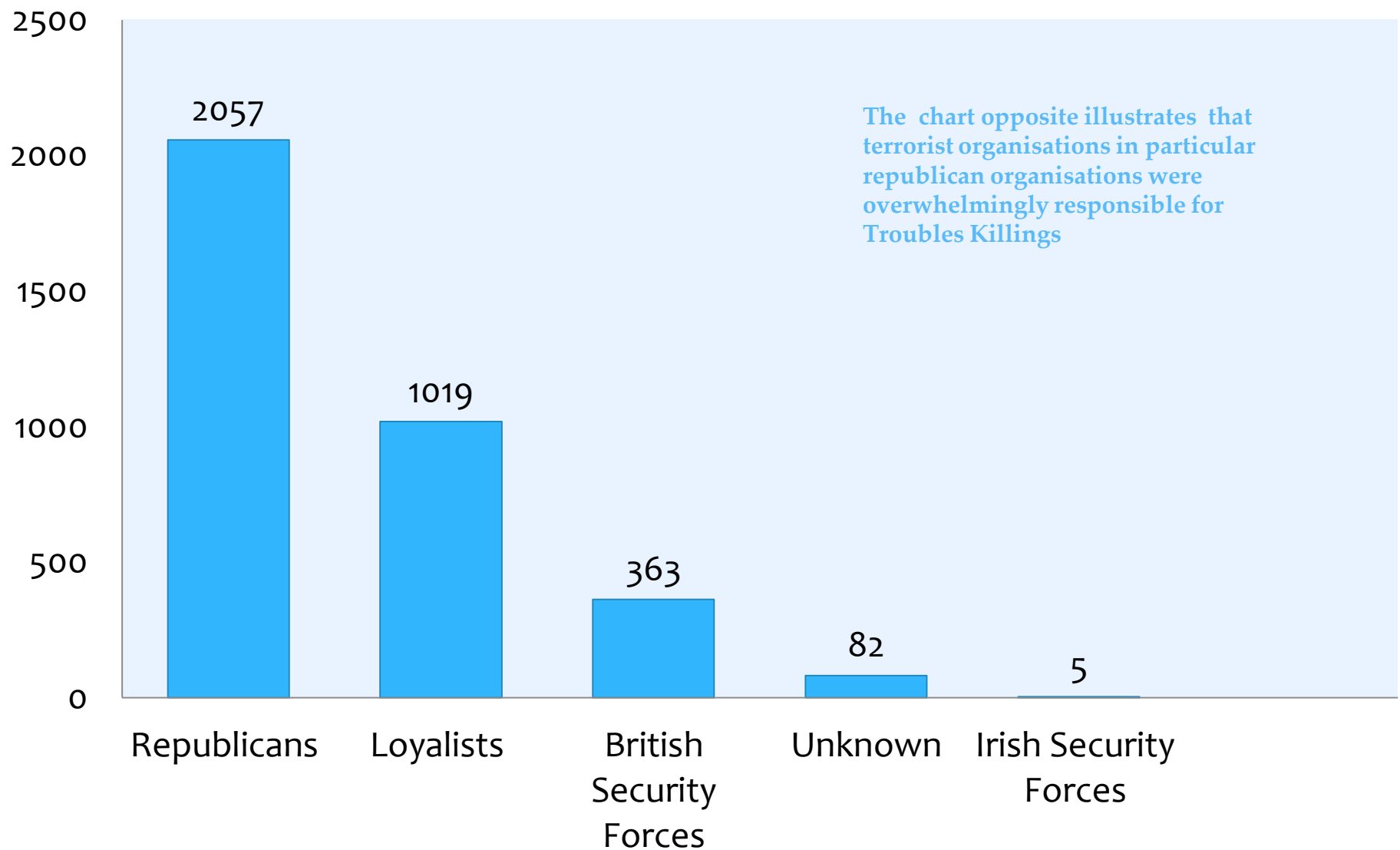
Approximately **57%** of the dead were killed by Republican Paramilitaries

28% by Loyalist Paramilitaries

10% by the Security Forces.

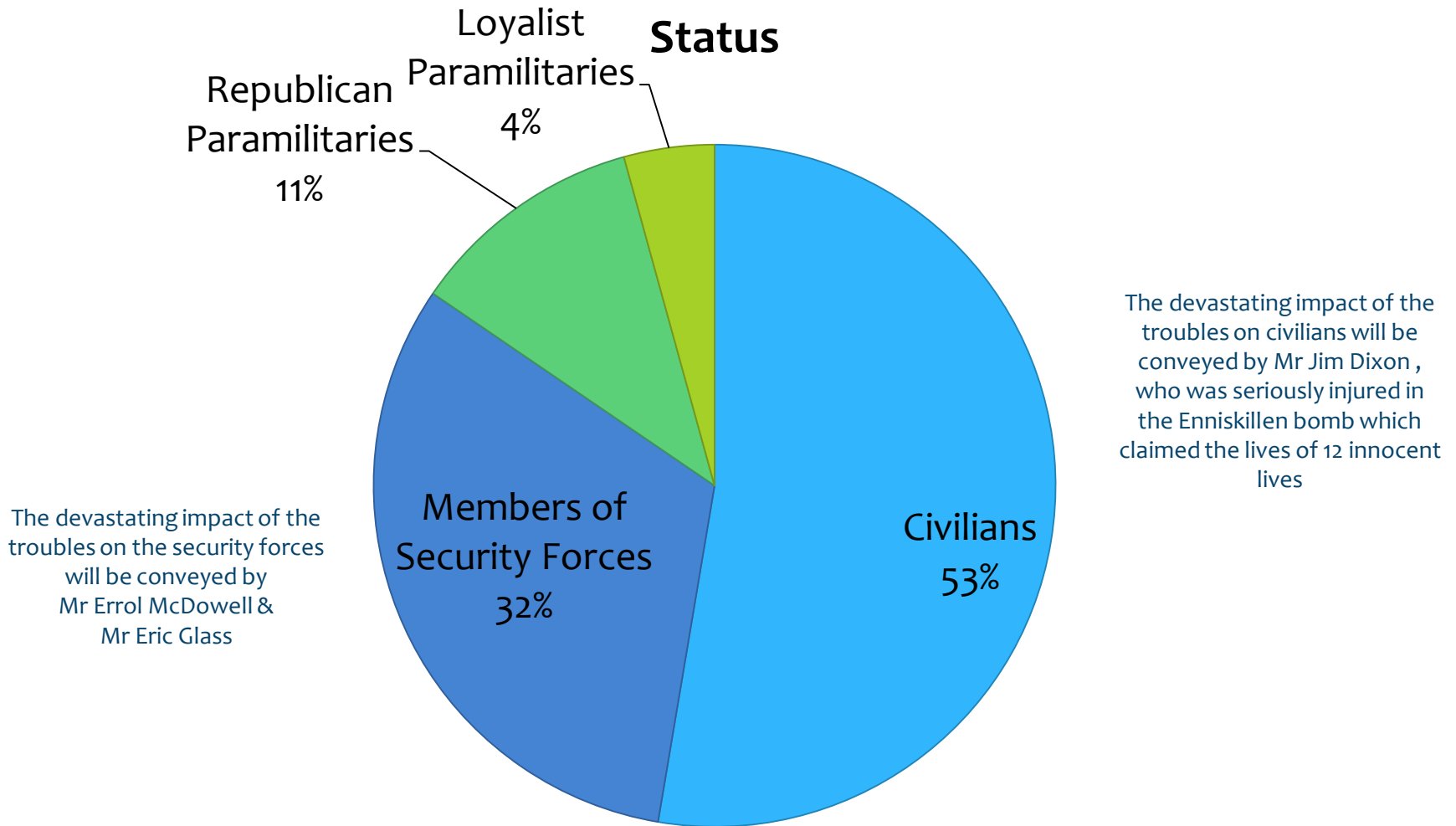
5% Irish Security Forces & Unknown

Responsibility for Killing (CAIN- UU)



Status of Victim

Most of those killed were civilians or members of the security forces, with smaller groups of identified with republican and loyalist paramilitary groups



Physically Injured

No Comprehensive census of the physically injured population is available; calculations are estimated, not definitive.

The **Police Service Of Northern Ireland** (2003) statistics claim that **43,000** persons were physically injured during the troubles , in contrast the **Northern Ireland Omnibus Survey (2010)** state that **107,000** people in Northern Ireland suffered some physical injury as a result of the “Troubles”

This variation in figures have mainly arose due to disparities in defining “injury”, and changing practices in record keeping which has included the destruction of some records. Therefore the total size is still a matter of estimation rather than calculation.

Despite the numerical variation, what is accepted is that the most significant proportion of injured people are in their late fifties, sixties and seventies (CVSNI, 2011)

Physically Injured

The majority of people injured in the troubles, are now experiencing deteriorating health and increased dependency due to the combination of ageing and the limitations placed on them by their injuries

The relationship between physical injury, psychological state and functional capacity is complex and mutually dependent. This relationship which increases with age leaves many with feeling of immense anxiety about how and if their future health care need will be met as they and their carers get older.

Despite advances, injured people express concern about

- 1: A lack of access to services for emotional support for them and their families and
- 2: Accessing effective pain management medication and service.

Psychologically Injured

Scale :

No definitive calculation exists as to the size of this group of victims. Due to recording difficulties arising due to the delayed onset of trauma related injuries and lack of psychological support to victims throughout the troubles .

Most researchers however cite Psychological injuries effect between **20-40% of the population**

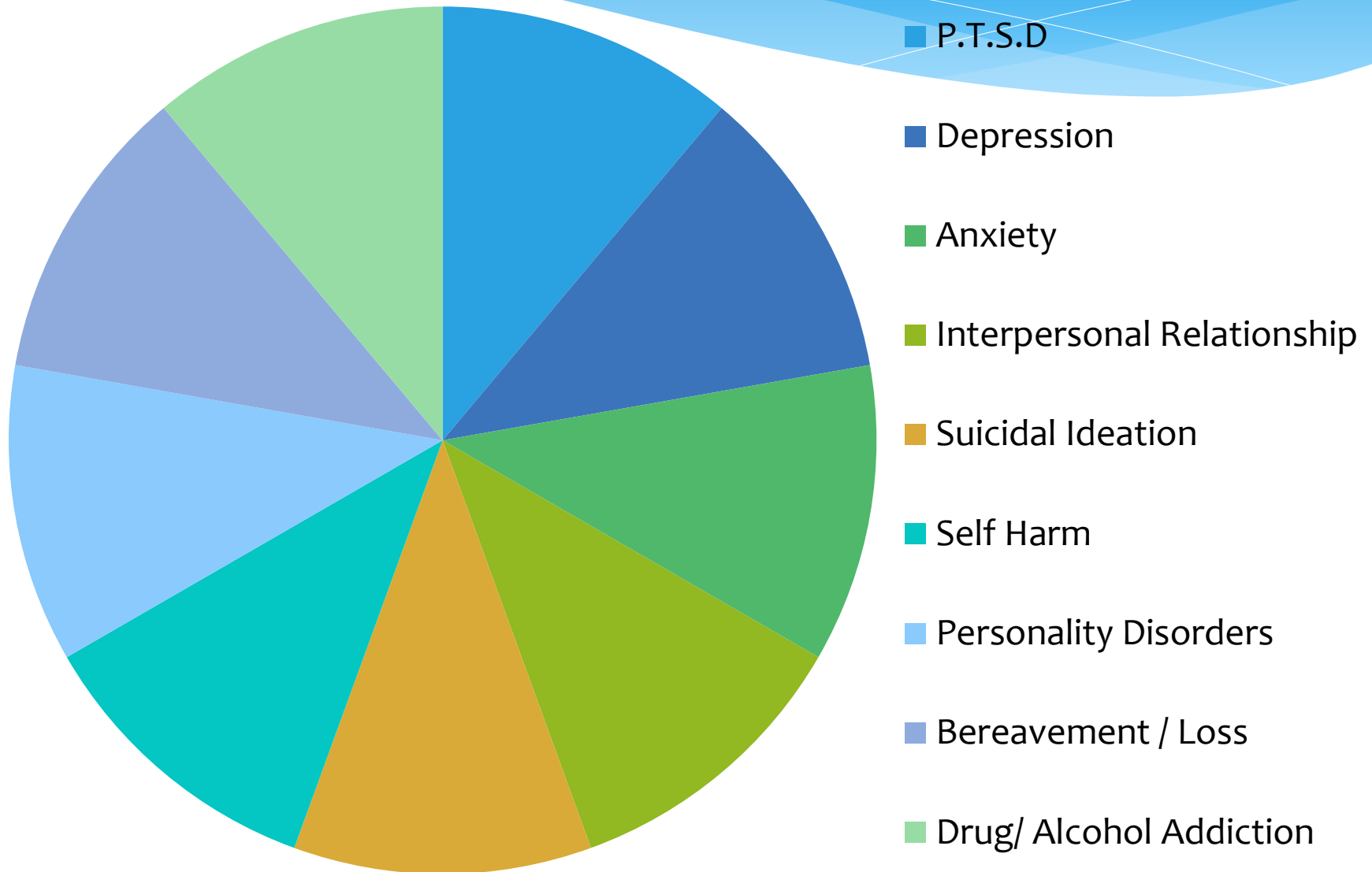
A study conducted by The University for Ulster in Partnership with the Northern Ireland Centre for Trauma & Transformation and the Commission for Victims and Survivors in 2011 cite the NI Study for Health and Stress which found that 23% of the NI Population met the criteria for a mental health disorder

Psychologically Injured

More recently according to a 2013 report compiled by the University of Ulster regarding the impact of the troubles on mental health in Northern Ireland, 39% of the study population had experienced a conflict-related traumatic event; 5.1% of the population have met the criteria for Post Traumatic Stress Disorder (PTSD) related to the troubles in the previous 12 months.

The different ways the troubles have impacted individuals and our communities are broad, varied and complex. So many people have experienced direct violent, and literally explosive trauma, whether that be someone who has been physically injured, has witnessed an event, lost a family member in a traumatic way, or have been involved in rescuing and caring for others (both professionals and civilians). Due to this it has been claimed that Northern Ireland has the highest rate of post-traumatic stress disorder in the world (CVSNI, 2011)

Prevalent Psychological Issues



A Troubling Legacy

Unacceptable levels of sectarian crime

Largely divided society - 50% live in segregated communities within NI

Only 6% of children in NI are educated together with children from a different community background

Lack of shared space

High number of victims and survivors

Underdeveloped economy as a result of the Troubles i.e. a lack of large firms

Under representation of high value sectors and over reliance on public sector

High level of economic inactivity & low labour market participation rates

Employment levels in NI (67%) the lowest in the UK

Significant increase in unemployment (Border region 17.5%)

High levels of NEETs - people Not in Employment, Education or Training

* How the European Union Peace Programme has impacted Northern Ireland

There is a general consensus that the PEACE and INTERREG funds **have made a positive impact, but there remains further opportunities to maximise in their effects**

The Peace Programme has **nurtured cross community relations** in Northern Ireland and **enabled the provision of opportunities for the peace process to successfully embed itself into the fabric of Northern Irish Society**

Positive cross community experiences brought about by the fund have allowed for **better ways of dealing with the past, along with more positive strategies for dealing with the future.**

The Programme's **focus on poverty, economic development and social inclusion** (issues that can perpetuate violence) **empowered the grassroots** to be involved in the transformation of Northern Irish society

Along with other conflict resolution processes, external economic aid, properly administered, has **contributed to the de-escalation of conflict within Northern Ireland**

Evidence of **significantly improved relations between Protestants and Catholics in NI** as per Life and Times Survey results

Recognised that Victims /Survivors require additional support and has provided funding to ensure they receive support they need

Impact of Peace 3 Programme on The Ely Centre Project Elohim – Budget 300k

From 2009-2012 This very successful project delivered support to approx 750 young people (16-25) over three years and provided a series of courses, programmes and events to promote participation of marginalized and minority groups as well as promotion of active citizenship in Fermanagh.

The Project built and extended upon the previous very successful Peace 2 BASE Project which was awarded 2nd place in Northern Ireland in the best youth project category

Project Elohim widened project parameters to incorporate and integrate second generation victims/survivors, young parents & toddlers. The Project promoted through cross community training and social programmes of training, a lasting legacy of peace and reconciliation in a divided community.

Peace 4 Priorities for Victims and Survivors

Addressing Mental Health Needs of Victims and Survivors

The scale of this significant legacy was mentioned previously. The PEACE 4 Programme has the opportunity to add to the significant contribution that PEACE Programmes have made to the victims sector over the years by investing in the continuing development of psychological and counselling services to victims and organisations providing professional support to the bereaved and injured of the troubles.

Addressing Early Years and Young People

Over one third of the population in Northern Ireland is under the age of 25 years and therefore has had no direct experience of the major civil unrest and violent conflict of the recent past. Despite this, the underlying issues of intergenerational trauma, segregation and exclusion are still prevalent in this generation and need addressed.

The PEACE Programme presents an opportunity to work with disengaged young men and women to provide them with a sense of belonging, reduce the appeal of partaking in street violence and open up opportunities for them to engage in education and training to increase their employability and sense of citizenship.

Ten Prevalent Needs of Victims

A Summary of Experience & Research

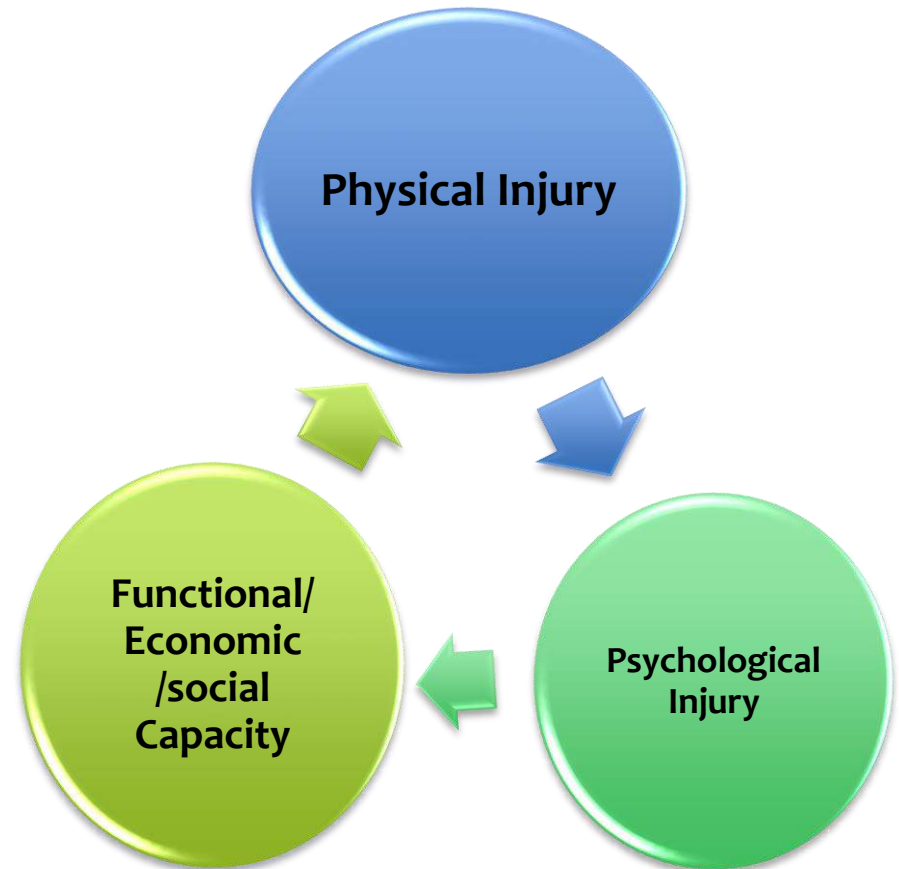
1. Complexity of Need

The Physical Injury- Psychological State - Functional /Economic/Social Capacity Relationship is complex and mutually interdependent.

2. Deteriorating Physical and Psychological Health

Increasing Mental Health care needs
Increasing Physical health care needs

3. Access to Pain management / Pain reduction support services.



Needs Continued

4. **Increasing Economic and Financial Worries** – Almost a universal benefit dependency upon those injured in the troubles Insufficient compensation for those injured in the 70's and 80's
5. **Living in a divided Society**- Feelings of continuing fear, distrust, resentment, bitterness and lack of regret or in some cases evident triumphalism on the part of the perpetrators
6. **Increasing Family / Carer and Trans(inter)generational Issues**
7. **Absence of Justice/ Truth Recovery** - In most cases no prosecution or convictions
8. **Lack of Acknowledgement** - Feelings of being totally “forgotten about”
9. **Victims needs Victims Support Groups** – The short term nature of funding contracts for support organisations increasingly threaten the sustainability of effective and enriched service provision
10. **Social Support** – Increasing need to address issues of Isolation of victims living particularly from rural areas.

The prevalent needs of Victims of The Troubles

■ Social Support

■ Physical/Psychological Health

■ Accessing oversubscribed pain management services

■ Economic/Financial

■ Divided Society

■ Family/Intergenerational

■ Lack of Justice

■ Lack of Acknowledgement

■ Victims need Victims Groups

■ complexity of need

