



Mid Ulster Victims' Empowerment

support
services

Users of the service will receive a consultation prior to any treatment commencing ensuring that..

- The treatment is most appropriate for the physical or psychological needs of the individual victim/survivor.
- That there is no health condition/concern which would debar someone from availing of a particular therapy.

Cost: Recommended donation of £25 for 5 sessions of treatment which will help cover the costs of the shortfall between funding.

advocacy support

This service provides innocent victims with support with advocacy related issues, relating to their justice, truth and accountability needs. These include support to engage with the PSNI's legacy unit, Police Ombudsman for NI, Coroner's Office and support with having their experiences of the Troubles' recorded.

health & well-being services

VSS deliver funding and support to victims and survivors of the 'Troubles'. This support is delivered through the Individual Needs Programme [INP] which includes frameworks for the following.

- ✓ Persistent pain
- ✓ Education and training
- ✓ Disability aids
- ✓ Trauma focused physical activity.
- ✓ Psychological therapies
- ✓ Volunteering
- ✓ Social isolation

A Health & Well-Being Caseworker is allocated to MUVE to assist members with the INP frameworks and the completion of any applications to VSS.

welfare support

Supporting our members that requires support or help with completing welfare forms such as:

- ✓ PIP [Personal Independence Payment]
- ✓ Carers Allowance
- ✓ Attendance Allowance
- ✓ ESA [Employment Support Allowance]
- ✓ Blue badge applications
- ✓ Universal Credit
- ✓ War pension applications

If you would like a benefit's check to make sure you are getting the right entitlements. Appointments can be arranged by contacting the MUVE office. This service is **FREE** and be assured is also confidential as no information is ever passed on without a member' permission.

appeals & tribunal representation

The SEFF welfare officers are qualified to represent claimants should they have unsuccessful applications. They can guide and advice of the process from start to finish as appropriate i.e. mandatory reconsiderations or form appeal.

We advise individuals to contact the MUVE office upon receipt of the initial application form [and to NOT complete or advance the process themselves] to contact the Appeals Officer. If following this guidance, they are better placed to avoid the need for mandatory reconsiderations and/or appeals.



To avail of any of the above services please contact the MUVE office directly.

34 Fairhill Road
Cookstown
Co. Tyrone
BT80 8AG

Telephone: 028 8676 3349
Mobile: 0770 2902 823
Email: muveproject@yahoo.co.uk

This publication has received funding from the Victims Survivors programme [2020-22] for groups working with Victims and Survivors, which is administered by VSS on behalf of the Northern Ireland Executive Office. The views do not necessarily reflect those of the Victims and Survivors Service.



MUVE was set up in 2012 by a dedicated group of volunteers in the Mid-Ulster area whose aim was to provide help and support to innocent victims affected by the Troubles within this geographical area. This help was to include services, advice, and support to individuals, families, and groups to promote well-being.

MUVE has now established itself strongly as a group made up of people who have similar backgrounds and interests and has created a common area where all can feel relaxed, welcome and at ease. Our emphasis is on the family unit with many trans-generational events taking place.

Our services include directly or indirectly (e.g. via another similar group), welfare, advocacy, complementary therapies, counselling, recreational activities (art and crafts), excursions, respite breaks, adventure weekends and more.

MUVE Membership is open to...

- ✔ Any innocent victim of the Troubles (compliant with the 2006 Victims and Survivors Order). This can cover bereavement, physical injury, psychological injury, carers of those affected by the Troubles, ex-services etc
- ✔ Anyone who has an interest in or wants to contribute to the development of the group.

respite / day trips

MUVE offers its members a range of respite and day trips. Recent trips have included day trips to the Ulster American Folk Park, Belfast Tattoo, Belfast Circus and many others, and respite trips to Fermanagh, Dublin and Jersey to mention but a few.

social events

Another aspect of our work is providing social outlets for our members. These include events such as a Burns Night, an evening to the theatre and storytelling events. There is currently walking and fishing groups.

As a transgenerational group we provide a range of activities for the children and young people. These range from a weekend away to such places as the Share Centre in Fermanagh to Rathlin Island for a weekend of out-door activities and fun!!

remembrance

We believe it is important to remember the past and keep the memories of our loved ones alive. We have organised trips to memorial gardens, services and more recently a number of families were involved in creating the MUVE memory quilt, which would hope to add to over the coming years.

chatterbox club

We realise the importance of providing an outlet for those members that live alone and are socially isolated. This new service 'the chatterbox club' has a very simple purpose, come in and chat with like-minded victims and make new friendships or renew old friendships, and of course the kettle is always at the boil!! If members don't have transportation let us know and we will happily get one of our volunteers to bring them to MUVE to our new enhanced facilities. Every month there is a coffee morning and a talk on something topical.

hens and mens sheds

MUVE has been fortunate to secure funding the Armed Forces Covenant Trust Fund to establish new arts and craft facilities. These facilities will be used for formal and informal crafting activities, such as woodturning, ceramic, flower arranging, sewing, 'up cycling', garden furniture, etc. We provide a choice so that there is something for everyone.

check in & chat telephone support / prescription delivery services

These new services were established during Covid-19 when those most vulnerable and socially isolated were shut off from the outside world. This is a free telephone support service where you will receive a phone call once a week from one of our trained volunteers.

These volunteers can also assist with referrals into other MUVE services such as the chatterbox club, arts and crafts, counselling & complementary therapy services, etc.

For those members that require prescriptions to be collected and delivered our volunteers are on hand, please contact the office.

MUVE provides several services through a partnership arrangement with South East Fermanagh Foundation [SEFF], funded by Victims & survivors Services [VSS]. All services are delivered at our offices in Cookstown.

counselling therapies

SEFF has a team of Counsellors who are best placed to deal with the diverse yet specific needs of victims and survivors of 'the Troubles'.

The Counselling offered is an integrative approach and is based upon the principle of working with the individual and developing a process that best meets their needs.

Counsellors are competent in approaches such as, CBT (Cognitive Behavioural Therapy) EMDR (Eye movement desensitisation and reprocessing) Person centred and many others, utilised as per the needs of the individual. Appointments are offered on a weekly basis initially for up to 12 sessions and may be extended up to 18 sessions if required. Typically, Appointments will last 50 minutes.

An example of areas the Counsellor can provide support:

- ✔ Trauma related to the Northern Ireland Troubles
- ✔ Relationship problems
- ✔ Unemployment
- ✔ Domestic violence
- ✔ Bereavement
- ✔ Addiction

complementary therapies

These are designed to contribute to improving the physical and emotional health and wellbeing of our members and service users.

We have in place a therapist who has skills-sets which mean that they are competent to best work with and support victims and survivors.

Therapies offered include:

- ✔ Aromatherapy & Indian Head Massage
- ✔ Reflexology
- ✔ Swedish Massage
- ✔ Hopi Ear Candle
- ✔ Health Kinesiology
- ✔ Physiotherapy
- ✔ Foot Therapy and Reflexology