



SUPPORTING YOUR JOURNEY



The untold stories of Relatives, Victims and Survivors

Introduction

Relatives for Justice Family Support Services provide emotional and practical support for individuals and families who have been directly bereaved or injured as a result of the conflict.

Relatives for Justice provide a range of services which we have developed through working with families who have experienced conflict-related trauma.

We provide a place of safety which begins with understanding the unique needs of all victims and survivors. We are committed to meeting the needs of families and assisting them overcome the various challenges they face on a daily basis.

Relatives for Justice offer a wide range of support services from our offices in Belfast and Dungannon and our outreach centres across Belfast, South Derry, North Armagh, South Armagh and County Down.

These services include: *Complementary Therapies, Family Drop-In, Welfare and Benefits Advice, Memorial Fund Support, Home Visit Scheme, the Remembering Quilt Project, Listening Ear Service, Counselling and Family Therapy, Literacy & Numeracy tutoring, and Legal and Advocacy work.*

Please see individual information provided.

FAMILY Support

Family Support is provided in different ways according to the circumstances and needs of the person. All of this work is confidential and totally non-judgemental.



We provide **telephone support**, offering confidential advice and information or just someone to listen over the phone. This is to provide contact for people who cannot access the centre or perhaps where an emergency arises or a crisis develops.

Home visits can provide information and support and advice to those who are unable to access our offices. A professional and confidential visit can be arranged by ringing the offices in either Belfast or Dungannon.

Drop in to our offices - our offices are safe spaces where you can bring your experiences and worries. Our trained professional staff will sign post you to the right service or member of staff who will support you.



Families organise **activities** where they can meet with each other and participate in activities safe in the knowledge that everyone else has similar experiences and no one will judge.

All members of the family are welcome in Relatives For Justice.

The REMEMBERING Quilt

The Relatives for Justice Remembering Quilt is a project designed by families who wish to remember their loved ones lost through the conflict.

To date we have nine quilts, each made up of 49 squares. The quilt is open to all families whose loved ones were killed as a result of the conflict irrespective of their experience or background.

Each square is lovingly created by the families who dedicate the squares to their loved ones. The squares are designed to remember loved ones in creative and positive way. The squares represent the enormity of loss and enduring pain felt by families but also celebrate the lives of those who have died.

Although the Remembering Quilt is for public viewing, the intimacy and privacy of how loved ones designed their square remains with individual families. A qualified tutor is on hand to offer assistance and support to families who feel they cannot sew or represent their feelings adequately.

Each completed square is a loving testimony to the memory of the loved one lost.



Counselling

Experiencing a traumatic event and the subsequent consequences of that can have lasting effects on both the individual and family members. Sometimes it is years later that we realise how this event has impacted on us and our relationships.

Support to individuals of all ages and families can be delivered by Relatives for Justice through our non-judgemental Counselling Service. This service is available for everyone, including our younger members where needed.

Fully qualified and accredited Trauma Counsellors can be accessed at our centres and outreach locations.

Should you feel you could benefit from this service, please do not hesitate to contact us to discuss any issue.



LEGAL and Advocacy Work

This area of work in Relatives for Justice supports families with outstanding issues of truth, justice and acknowledgement.

For many families and individuals bereaved and injured by our conflict this is a vital part of recovering health and well being.

For some, they have to engage with inquests, investigations or bodies not by choice. We provide advice, guidance, and sign posting to relevant agencies.

These often difficult processes are supported with emotional and practical support from Family Support so that this journey is eased and can contribute to healing.



Current Activities

These classes and courses change and adapt according to demand and needs. But this gives an idea of the type of activities that our members are currently participating in.

- Art and Painting
- Creative Writing
- Pottery
- Walking
- Computer Classes
- Trips
- Quilting
- Youth Programme
- Self Development
- Training in Complementary Therapies
- Trauma Training
- History
- Story Telling
- Flower Arranging



Classes and activities are open to those who have been directly bereaved or injured or care for someone who was injured as a result of our conflict.



Memorial Fund Advice

The Memorial Fund is available to some people who have been bereaved and injured as a result of the conflict.

It is an assessed process, with some schemes being means tested. Those entitled are as follows:

Bereaved: If you have lost Husband/ Wife/ Partner/Parent/Child/brother/ sister/ Grandparent.

Injured

Primary carer: Have become a primary carer for an immediate family member who has been physically injured in a conflict related incident and his/her injury is ongoing.

Non-Means Tested Schemes

Education and Training: Financial help towards education, training and personal development.

Over 60s Support

Care for Carers

Chronic Pain & Disability Aids

Means Tested

Short Breaks

Back to School

Financial Help

Do not be put off in applying for what you are rightly entitled to – we will give advice and assistance with the application process

If you need assistance from Relatives for Justice please phone Relatives for Justice Belfast on 028 90220100 or Dungannon on 028 87751697.

Memorial Fund Contact Details:

Unit 1

Massey Avenue

Belfast

BT4 2JT

Welfare and Benefits Advice

Relatives for Justice offers support regarding Welfare Rights or Benefits entitlement with experienced and qualified welfare and benefits advisors.

We can also carry out a benefits check either at our offices or if you are unable to attend our office a home visit can be arranged.

To arrange an appointment with our welfare rights advisor please contact the Belfast office on:

028 9022 0100

or Dungannon on:

028 8775 1697

This is a totally confidential service.

