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WAVE would like to acknowledge the work that went in to producing this publication. First of all, to all those that contributed articles and photographs. Also to Alan McBride (editor), Kevin Cooper (pictures editor) and proof readers Andrew Sutherland, Sandra Peake and Dennis Godfrey. Any feedback or comments email to Alan McBride a.mcbride@wavetrauma.org

DISCLAIMER : The WAVE Trauma Centre is a diverse cross community organisation that brings together victims and survivors of the ‘Troubles’ in Northern Ireland from a wide variety of backgrounds, often with differing views and opinions. WAVE cannot accept responsibility for the accuracy of contributed articles or statements appearing in the newsletter and any views and opinions expressed are not necessarily those of the Management Board, staff or volunteers of WAVE Trauma Centre, save where otherwise indicated. No responsibility for loss or distress occasioned to any person acting or refraining from acting as a result of the material in this publication can be accepted by the authors, contributors, editor or publisher.
This is my first editorial as the new Chair of the WAVE Board. I was elected in October 2013 and am greatly honoured and privileged to hold the position. Let me take this opportunity to thank Damien McNally the outgoing Chair who has served the Board with distinction and dedication. I am delighted Damien is continuing his Board membership and his important work on the research subgroup and the study of intergenerational trauma. Mark Kelly, a long standing Board member and past Treasurer was elected Vice Chair and so I look forward to working with him and all the other hard working Board members.

I have been involved with WAVE since becoming a Patron in 1996. At that time I was Professor and Head of the School of Nursing and Midwifery at Queens University Belfast. I first met Sandra Peake when she undertook the Masters in Nursing at Queens. When Sandra joined WAVE and later became Chief Executive Officer she approached me to be a Patron and as you know she is one hard lady to turn down!

As Patron I accompanied WAVE staff and members to lobby on behalf of victims and survivors in Stormont, Dublin, Washington and Boston. My role was to support and help in any way I could and I was delighted to host evenings for volunteers, fund raisers, students of WAVE courses, the injured group and attend events for the families of the Disappeared. The School had yearly pantomimes to raise money for local charities, including WAVE, and overseas charities. Alan McBride got the young people in WAVE involved and discovered remarkable talent in acting, singing and stage craft. Alan was quite a thespian himself. The highlight was the Oscar night to celebrate the success of the pantomime. The young people dressed up to the hilt and raised funds to hire a stretch limo. How cool was that!

Currently this is a challenging time for WAVE. We met Dr Richard Haass and Professor Meghan O Sullivan in November. We discussed WAVE’s submission with the team, taking the opportunity to share the unique, extensive and cross community experience of our members and staff across our five centres. As the largest voluntary sector provider we were able to speak with authority and evidence on the issues.

Our paper covered the important issues for the Victims and Survivors such as who is a victim, recognition, acknowledgment and information recovery, and the needs of the injured. We look at a way forward by suggesting a proper and respectful debate on the proposed Legacy Commission. Dennis Godfrey another Board member will discuss this in more detail later on in the newsletter.

Mark Kelly and I have visited the five WAVE Centres from October to December. It was great to meet staff and put names to faces and to see and hear the wonderful work being done. We were very taken with the creative work produced by the members, the dedication and enthusiasm of the staff was clearly evident and most impressive. The increasing numbers of new referrals shows the growing demand. Some of those coming forward are doing so after 20 or 30 years of silence. Their action is sometimes triggered by an anniversary or a bereavement of a family member.

Another challenge is the need for advocacy and welfare advice as the changes brought about by the welfare reforms take hold. Annette and the Welfare Team are doing sterling work helping claimants to obtain their rights. In the year 12/13 the welfare team worked on 1467 issues with clients which resulted in income maximisation of £312,157.72 based on lump payments, backdated benefits, and awards. Out of 28 appeals there was a high rate of success at 96%. That is an impressive result and the team are to be congratulated.

The staff in all centres stressed the importance of the social contact which clients greatly value. This is one area which is not seen as a high priority within the VSS. Their model appears to be more of a medicalised approach, not the holistic approach of WAVE which is tried and tested.

I look forward to meeting many of you during the year.

Warm regards Jean Orr
What WAVE told Haass...

After six months of consultations, reading over 600 submissions, long hours of face to face negotiations with the five main parties Dr Richard Haass and Professor Meghan O’Sullivan produced the ‘Draft Agreement of 31 December 2013’.

In November representatives of the Board of WAVE lead by Professor Jean Orr and CEO Sandra Peake spent nearly two hours with Haass and O’Sullivan going through our submission the key elements of which are set out here for the record.

The WAVE submission covered the range of issues you would expect: proposed changes to the definition of a ‘victim’, the impact of the Victims Support Service as presently constituted, recognition and acknowledgement for victims and survivors, information recovery for the injured as well as the bereaved and where do we go from here in terms of developing a comprehensive mechanism for dealing with the Past.

At the core of all of this is the central and immovable insistence that whatever the processes or mechanisms that politicians come up with, the needs of victims and survivors must be at the beginning, the middle and the end of them.

**Anything less will not do.**

On proposed changes to the definition of a victim contained in a Bill before Parliament introduced by Jeffrey Donaldson MP, WAVE has made it clear that while any change to the legislation would be a matter for politicians there would be a serious concern if it would have the effect - intended or not - of denying individuals access to the services that WAVE currently provides for victims and survivors regardless of their particular circumstances.

WAVE is firmly of the view that those who continue to bare the impact of the Troubles and crucially their families should not be prevented from accessing the services that they need to help them move on even if those wounds, mental and physical are seen by many to be self inflicted.
What WAVE told Haass

That must be a red line.

To access those services and to receive financial assistance, OFMDFM created the Victims and Survivors Service (VSS).

What was a sound idea on paper has become a sorry mess in practice.

The overriding perception of victims and survivors who have engaged with VSS is of an organisation that is almost completely process driven obsessed with bureaucratic form filling, which seeks to medicalise them, lacks respect understanding and basic competence.

Victims and survivors have faced extensive assessments, long delays and unnecessary requests for evidence of their loved ones death or injury, which has already been provided in the past.

Nothing short of urgent root and branch reform is required and that is what WAVE told Haass and O’Sullivan.

What is fundamentally lacking in VSS and elsewhere is a recognition of the hurt and pain suffered by victims and survivors.

Today there remains a widespread feeling, frequently expressed at WAVE, that the individual and collective pain and trauma caused to victims and survivors is rarely acknowledged and often when it is only for the perceived political advantage of one party over another.

The WAVE submission identified a number of ways that recognition and acknowledgement could be put back on the table; story telling, the formal designation of a Day of Reflection, a statement of acknowledgment as an integral part of proceedings at the Assembly and at Council meetings to acknowledge loss of life and injury with an explicit commitment to ensure that the disastrous mistakes of the past will not be repeated.

Specifically Haass and O’Sullivan were asked to consider the establishment of a special pension for the severely injured to be included in their recommendations to the parties.

A key part of recognition and acknowledgement is information recovery, the right to know what happened.

As things stand information recovery processes are at best piecemeal and reactive.

Apart from any other consideration the existing mechanisms of inquiries, inquests, the Police Ombudsman and the Historical Enquiries Team focus almost exclusively on fatalities.

The injured also have the right to information.

But in wrestling with all these issues Haass and the political parties didn’t have to reinvent the wheel.

There is a mechanism already in place - the Independent Commission for the Location of Victims’ Remains- in relation to the Disappeared and the Consultative Group on the Past, commonly referred to as the Eames/Bradley report, has been the best attempt to date to develop a consensus on these issues and try to find a holistic and inclusive way of addressing the Past.

Of course it had its shortcomings but the consultation and effort that was put into the report by the authors, civic society and victims/ survivors to discuss painful issues could be overcome and an ethically sound, victim/ survivor focused information recovery mechanism could emerge from the proposals.

The lack of attention to the issues of Memorialisation given the events at Castlederg and Ardoyne around the Shankill Bomb anniversary also highlights the need for this important issue to be reconsidered.

And there also needs to be a proper and respectful debate about the merits and potential problems of the proposed Legacy Commission and how it could be developed.

But however it’s done the legacy of the Troubles must be addressed in order that the next and subsequent generations Troubles must be addressed in order that the next and subsequent generations.

Eames/Bradley is still the best starting point.

Richard Haass and Megan O’Sullivan were set a massive task of huge complexity.

Along with our politicians and the two governments they had to come with something that was well beyond a political fix.

They had to get it right...

...No pressure then.

Obituary

Jack Dempsey was truly a friend of WAVE for more than a decade. We first came in contact with Jack through his daughter Jennifer Dempsey who lead circus skills workshops at WAVE for many years. Some of you may recall the ‘WAVE troop’ that under Jennifer’s guidance undertook circus skills performances at feile’s and events throughout Belfast. Jennifer introduced us to her dad Jack and he like Jennifer developed a strong interest and commitment to supporting the work of WAVE in whatever way possible.

Jack was former general counsel for AFSCME in Washington- one of the largest public health union’s in the United States. He was also heavily involved in DC Friends of Ireland which supported WAVE for many years and he had a strong commitment to Irish American organisations. Jack was deeply interested and committed to the peace process and his care and commitment to support those most directly affected by the Troubles, in particular young people was unswerving.

Our thoughts are with Jennifer and her siblings, Jack’s wife Joanna, his sister, brother and grandchildren following Jack’s sudden death on the 10th January 2014. Many organisations, both here and in the States have lost a true friend and his legacy is clear in all those projects and initiatives that he assisted over many years.
What we do know is that when Dr. Haass and Professor O’Sullivan went home there was no deal to show for their efforts.

Dr Haass has barely hidden his irritation and frustration but he has tried to put a positive spin on the negotiations when he suggested that ‘significant progress’ had been made and that the latest draft represented the ‘basis for change’.

Before the process started the received wisdom was that a deal could be reached on flags and parades but the Past was unlikely to respond to treatment.

There is a fair chance that is what Haass and O’Sullivan were lead to believe before the negotiations got down to business. But if there’s one thing we’re good at, it’s giving ‘received wisdom’ the elbow.

The final draft devoted four pages to flags, 11 to parades and 21 to dealing with the Past.

Within those pages there is some new thinking and some rebranding of the Eames-Bradley proposals.

Will it work for everyone?

Absolutely not but then there isn’t a post conflict process from anywhere in the world that has.

The question has to be ‘do the proposals represent a basis for change and are they better than the mechanisms that are currently in place’?

The answer to that must be ‘yes’.

The proposals have at least the potential to bring about some redress for victims and survivors and make a contribution to the understanding of conflict and its impact on society.

There is welcome evidence that the Haass team did take on board some of the concerns of those impacted by the violence, most notably with regard to the treatment many victims experience when accessing help through the Victims and Survivors Service (VSS).

The final document acknowledges the central importance of the Victims Commissioner’s Review of VSS and implicitly its need for real reform.

Crucially, as WAVE argued for in its submission to Haass, the ‘Injured’ are specifically included in the draft proposals.

This was the one big omission from the Eames-Bradley proposals and so their inclusion in this document is very much welcomed.

Special consideration is to be given to those who have been out of work for years due to severe mental or physical trauma as a result of the ‘Troubles’.

Whilst it is not specified what is meant by ‘special consideration’ the WAVE Injured Group in partnership with the Victims Commission have been lobbying politicians for an ‘injured pension’ for the severely disabled.

If that comes about it would be a major break through.

For those who have suffered psychological injury the establishment of a comprehensive Mental Trauma Service is mentioned.

It is not absolutely clear what this would look like in practice and the reference to ‘an unmet need’ suggests that those around the table were not familiar with what WAVE has been doing for years.

If it means further support for the work that is to be welcomed but WAVE would be seriously concerned if psychological services were to be centralised.

Experience has taught us that those suffering psychological trauma prefer to be treated in a place where they can be anonymous and by people they trust, and so the principle of choice is important here – a centralised Mental Trauma Unit set up at the expense of those offering a community based service would be a bad move.

Apart from that experience at WAVE confirms that many of those attending for psychological support have also benefited from social support programmes on offer. This could be lost if the service was centralised.

On the contentious issues of ‘truth’ and ‘justice’ the new body set up to replace the work of the Historical Enquiries Team and that aspect of Police Ombudsman’s work that looks at historical cases is much as Eames/Bradley recommended.

The Historical Investigations Unit will have greater powers than the HET allowing it to carry out investigations. The document is clear that there would be no amnesty for those found guilty of breaking the law.

If, however, the only way that families could get to the truth was by making the information shared inadmissible in any criminal proceedings then this should be facilitated in the interests of bringing closure to families through the Independent Commission for Information Retrieval much as the Independent Commission for the Location of Victims Remains has been doing with some success for many years.

The proposals also included an ambitious archiving project for story telling.

Whether or not anything comes of all this is in the hands of our politicians.

They tell everyone who will listen that they will put the needs of victims and survivors at the core of any process to deal with the Past.

We should hold them to that.
Bobby Clarke at the Holy Land

Bobby Clarke was shot and injured by the British Army in west Belfast in 1971. He has been an active member of the WAVE Injured group for the past three years. A lifelong ambition for Bobby has been to visit the Holy Land, last year Bobby's dream came true, he tells the WAVE Newsletter all about it...

26th October
Panic at Dublin Airport as I discover that my passport is not valid for 6 months. Touch and go about getting to Israel but things worked out and I got through immigration. I finally got to the hotel in Bethlehem at 1.30am on Sunday.

27th October
I went to the Church of the Nativity and saw St Catherine's church at the same place. I saw the cave where St Jerome worked for 45 years translating the Bible into Latin. Below the cave was where some of the holy innocents are buried. I also visited the Cave of the Angel, where the angel told St Joseph to flee with the Holy Child and his Mother.

After a long wait we saw the cave where the Holy Child was born. Close by was the spot where the manger once stood and I got to touch the spot where the holy birth took place. After this it was off to the Shepherds Field for Mass – this was the place where the angel first appeared to the shepherds and told about the birth of Jesus.

28th October
Today it was off to Jerusalem, to the site of Jesus ascension into heaven. I got to see the stone with a footprint in it, said to have been made by our Lord. We then went to the church of Pater Noster where Jesus taught the disciples to pray the ‘Our Father’, just before his ascension. After this it was off to another mass in a church at the site where Jesus wept over Jerusalem. From here it was on to the Garden of Gethsemane and to the rock where our Lord suffered his agony. In the afternoon I got to see the church at the site where Peter denied the Lord before the cock crowed and the dungeon where Jesus was held on Holy Thursday Night.

29th October
This morning I had to be up at 5am to drive back to Jerusalem. I attended mass at the Church of the Faggelation, and walked the Via Dolorosa (way of the cross) to the Church of the Holy Sepulchre and the Rock of Calvary. I carried the cross part of the way which was a huge honour for me. After this I visited the Wailing Wall and got to walk on Mount Zion to visit the Church of Dormation, tomb of David and the room where Jesus had the last supper.

At the site of the crucifixion I placed my arm into the hole where was the cross was placed. I saw the tomb of Christ and the ante room where the body was prepared.

30th October
Today I had mass at the church of St Lazarus in Bethany. After this it was off to the Dead Sea, via the Inn of the Good Samaritan. I managed a dip in the Dead Sea and got to see the place where the Dead Sea Scrolls were found. It was then on to Jericho to see the Mount of Temptation and the site of the Sycamore tree that Zacchaeus climbed to see Jesus.

1st November
I enjoyed the drive to Nazareth and the visit to the Basilica of the Annunciation. I also got to visit the cave home of the holy family, St Joseph’s workshop and Mary’s Well. After lunch it was off to Cana, to the church at the site where Jesus performed his first miracle.

2nd November
Last day and it was off to Mount Tabor for mass at the Church of Transfiguration. I got to see the valley of Armageddon as we continued on to the Yardinet Baptismal site on the River Jordan to renew our baptismal vows. Then it was back to the sea of Galilee for that boat trip that was cancelled.

Back to the hotel and start packing ahead of a 3.30am call to get ready for the 4.30am journey to the airport at Tel Aviv.

I had no idea what to expect when I booked this trip but it was more than I ever dreamed of — the trip of a life time and something I would very much like to do again, only this time I would try to see more of the old city of Jerusalem.
Early last year, it struck us that nearly 15 years had passed since the signing of the Belfast/Good Friday Agreement. We decided to spend time examining efforts in Northern Ireland to deal with the past, and to what extent victims of human rights violations and abuses had been able to get truth, justice and reparation. Northern Ireland’s peace has often been portrayed overseas as a “success” which has moved society on by drawing a line under three decades of serious political violence; but speaking to almost anyone bereaved or injured during ‘the Troubles’, it was clear that painting such a simple picture was hurtful and insulting to them, and risked doing a disservice to society more generally.

Over the next 18 months, we travelled back and forth from our base in London to Northern Ireland – driving furiously from one meeting to another across the counties – and spoke with victims of human rights violations and abuses, NGOs, lawyers, government officials, statutory bodies, and others, about the search for truth about the past in Northern Ireland. What informed our approach above all were the voices and views of the victims, both bereaved and injured, who agreed to speak with us via NGOs, like WAVE Trauma Centre, and lawyers working to assist them. Some of our conversations were recorded, and some remain confidential; some people were happy to allow us to mention their names, other asked to remain anonymous; some of the cases feature in our final report, and many do not – but what they all had in common was that they informed the central approach we took to producing our research report. We developed our narrative about the many gaps in addressing the legacy of the past through the voices and stories of those who suffered loss or injury, rather than just through a strict legal analysis of the existing mechanisms. We heard the stories over cups of tea in various WAVE offices, standing huddled with the smokers by the WAVE Belfast kitchen door, and in some of your homes.

In September 2013, we launched our report “Northern Ireland: Time to deal with the past” in Belfast at the Metropolitan Arts Centre, and were joined on the panel by victims from across communities. The report argued that the prevailing narrative of “success” has been used by politicians – in both Belfast and London – to obscure and ignore the need to confront the legacy of the past and the demands of victims and their families. Several mechanisms do exist to examine various violations and abuses during the ‘Troubles’: the Historical Enquiries Team, the Police Ombudsman, coroner’s inquests, some public inquiries, and investigations by the PSNI. In limited instances, some victims told us they had received a degree of closure from these mechanisms. But generally, we heard that their work has been piecemeal, fragmented and beset by delays; their reports often highlight gaps and raise unanswered questions, instead of getting to the truth about the human rights violations and abuses that took place.
Our report argues for establishing a single comprehensive mechanism to deal with the past in Northern Ireland. Such a mechanism should provide victims and society as a whole with the truth to the fullest extent possible about violations and abuses committed by all sides and contribute to ensuring justice.

It should be victim-focused and be able to, among other things, investigate all outstanding cases and patterns of abuses and violations, have powers to compel witnesses and documents and be able to develop recommendations aimed at securing full reparation for victims and helping to bring an end to violence and division.

There have been many obstacles to laying bare the truth about the past in Northern Ireland. Since the brokering of the Agreement, the UK and Irish government have failed to make dealing with the past a priority. Politicians in Northern Ireland likewise have so far failed conspicuously to come together and agree how to effectively address the legacy of the past. The inter-party talks chaired by the American ex-diplomat Richard Haass were a golden opportunity for changing that. We launched an online action targeting those involved in the Haass talks: http://www.amnesty.org.uk/ni. Join us in telling political leaders that now is the time to come together and address the legacy of the past.

Our next step with our research is to take it forward in the political and public arena, in Belfast, London, Dublin, and fingers crossed, Washington DC. We’re working to bring pressure to bear on decision-makers so they hear directly from victims about the ongoing impact on their lives and wider society of failing to deal with the legacy of the past, and from us and other experts on the international legal obligations to get to the truth and deliver justice wherever possible. Since our Belfast launch, we have organized events in Stormont and Westminster; each one of these has featured representatives of WAVE’s injured group and others supported by WAVE. We hope very much to continue in this spirit of engagement with the broader WAVE community, as we take our work forward, and welcome your support, as well as any challenges and questions you have for us. We’ve left boxes of copies of our report in the WAVE Belfast office. Please help yourself to a copy; we can send more if you run out. We can be reached by email at UK-SHR@amnesty.org; if you’re not on email or want to meet with us, please ask Mary McCallan to find out when we’re next over.

Finally, we should express our thanks and admiration for the WAVE staff who have helped us immeasurably in conducting this research: Alan McBride, Sandra Peake, and in particular, Mary McCallan, for their commitment to assisting families looking for accountability, truth, justice and remedy in the hope that those processes help, over time, with the broader need for healing and reconciliation. Above all though, we express our gratitude to those of you who agreed to speak with us, and trusted us with your stories, knowing that not every story could be told in our report.

Alice Wyss in a Researcher in the European Union team, based at Amnesty’s International Secretariat in London. Alice is the lead author of the report "Northern Ireland: Time to deal with the past.

American ex-diplomat Richard Haass were a golden opportunity for changing that. We launched an online action targeting those involved in the Haass talks: http://www.amnesty.org.uk/ni. Join us in telling political leaders that now is the time to
There has been an increase in intimidation cases referred into WAVE in the past year. The majority of those have come from Loyalist areas where UVF paramilitaries still exercise control over local residents. Almost twenty years on from the ceasefires of 1994, Brian Rowan shines a light on the UVF and asks the question 'why haven’t they left the stage’?

There are still too many reminders of past threats. And, almost twenty years after the ceasefires of 1994, the ‘peace’ remains imperfect, incomplete and unfinished. You hear it on the news; read it in the headlines and, in some places, still see it painted on the walls. It is there to be seen.

Some of the organisations that promised to go away - to civilianise - have not kept their word; words written and read from statements that at the time were seen as significant contributions on a journey out of conflict. But the meaning of those words have been sullied by the actions of some who have made a mockery of the statements; ignored the orders and directions given by others.

You see it in east Belfast where some walls are being used as a type of canvas to paint reminders of the past and to emphasise a presence in the here and now.

Not just a presence, but a dominance, a threat and control.

There has been a focus on the UVF - particularly in that part of the city. The murals painted are of masked gunmen, but the activities of this faction of the loyalist organisation can in no way be presented as some defence of Ulster or the community.

Indeed, the opposite is the case. The masks, their balaclavas, more accurately represent the disguise from behind which their criminality, including involvement in drugs, is performed. Their guns have also been heard, including in the brutal wounding of a young woman.

The suggestion is that a part of the UVF organisation is 'out of control'. It is an excuse. An excuse which means the central leadership of the UVF washes its hands of responsibility and looks the other way. No one is suggesting that the methods of old - guns and feuding - should have any part in dealing with this. But that central leadership has done nothing to distance itself from the criminals in its organisation and done nothing to disown those figures, some of whom hold senior rank in the UVF. Is it unable or unwilling?

All of loyalism needs to disown the criminals and the police need to deal with it as they would in any other city in any other part of the UK. But the UVF - and not just in east Belfast - remains part of the problem. The things it said it would do in 2007, including ending recruitment, have not been done. This organisation has not gone away, and it needs to explain why, why it still feels its presence is necessary.

Is it about protecting the communities in which it exists, or is it about self-interest and holding onto some inflated rank and status? Who are you - what are you - if you are not a member of a so-called ‘brigade staff’? Is this what part of the problem is?

There are those who are trying to re-build a political project within loyalism and there is a choice to be made between that and the old ways. It can’t be both. Why are we still talking about the UVF - or parts of it - in 2014? Why is it still part of the stage?

It needs to go away and in a credible and convincing way. It cannot use the dissident republican threat as some excuse for its continued presence. Its leaders have said before that that threat is a matter for governments and for those involved in security and intelligence.

It is also a matter for the nationalist and republican communities - part of the unfinished business of the peace process. The different communities - all the communities - need to find ways to live in peace, and that means addressing all their fears.

In 2014 - one year away from the 20th anniversaries of the ceasefires - parts of the UVF as much as the different dissident republican factions, remain a cause of that fear. They need to go away - need to do what they said they would do in that statement read by Gusty Spence in May 2007.

Brian Rowan is a journalist, author and broadcaster.
In a break from our usual format we spent less time – actually, no time at all! – handing out bits of paper, which gave us more time to appreciate all the people who worked hard to achieve their Open College Network (OCN) certificates, our facilitators, all the groups and organisations we work with, the students and trainers who contribute to the BSc Psychological Trauma Studies and the professional development strands of our work.

The chair of the WAVE Board, Prof. Jean Orr opened and closed the event, which began with the recognition of the achievements of the 500 students, and more, who took part in the 44 courses that The WAVE Trauma Training team have delivered in the last 12 months.

We were pleased to welcome Lorraine McCourt from the Special European Union Programmes Body (SEUPB) as our keynote speaker, who reflected on the positive impact of Peace III funded projects and the future of Peace funding. Helen Torr, from Women’s Aid, spoke about the necessity for her colleagues to not only be trained how to appropriately acknowledge and respond to conflict and trauma related issues with their service users, but also how to look after themselves whilst they do that difficult work.

Hedley Abernethy and Mary McCallan introduced two new OCN accredited courses currently being rolled out. Level 4 Psychological Trauma aims to inform about what trauma is, available treatment approaches and the impact of trauma on individuals, communities, societies and generations. Level 3 Human Rights Advocacy addresses the role of advocacy, the skills necessary to be an effective advocate, accessing information specific to Human Rights cases and techniques for raising awareness of Human Rights issues.

Dawn Love presented a summary of the work the Trauma Training Team has been delivering in Bosnia Herzegovina for the last 2 years, where over 50 healthcare and NGO staff in Tuzla and Sarajevo have achieved OCN certificates in several OCN accredited courses.

Two of our BSc students, Pauline Fitzpatrick and Don French, discussed their experiences of studying on the Psychological Trauma programme and the benefits to their personal and professional development.

We were also very lucky to have Joby Fox entertain us with two songs during the evening, including his re-released single ‘Belfast’, which is available for download for a contribution, some of which will be donated to WAVE. [http://www.jobyfox.com/bignews/belfast-rereleased-sales-donated-to-charity/](http://www.jobyfox.com/bignews/belfast-rereleased-sales-donated-to-charity/)

The Trauma Training team would like to thank everyone who came along and contributed to another great event.
Chosen glories and chosen traumas – competing memories and cooperation for the future

On this day of private reflection many people have paused to remember the past. In our own internal lives memories compete with each other to make us who we are today. The memory we have as the day begins can set us up for the day and determine our mood. Competing memories bid to dominate us and whichever gains the upper hand makes us who we are. At times there seems to be little control over those competing memories, the painful memories tend to dominate as they resonate with the pain that is in our bodies as well as in our souls.

What happens to us in our own private lives is a reflection of what is going on in the world around us too, for all around us memories of things that happened in the years of the Troubles compete to make us who we are as a community. If it isn’t wall murals that remind us it is the telling of an event from the past which either sits comfortably with us or annoys us deeply because that isn’t the way we saw things. We struggle through daily accounts, media reflections and political wranglings.

Memories can set the community we live in on parallel and competing tracks or they can offer another possibility, one that breaks free of those competing tracks and gives hope for something better, something different, something that means we will never have to, face what was faced in the past. So we try to navigate our way through competing memories and to help us find our way we often take the hands of our children, our grandchildren, our nephews and nieces. And we do that because they remind us that how we live today makes their future just as how those who lived in the past made us who we are.

Margaret Mead, the sociologist, wrote, ‘the solution to adult problems tomorrow depends in large measure upon how our children grow up today’. We become concerned to make memories for the next generation which will mean their lives are different to how ours have been. We want to place into their minds and hearts strong memories which will compete with the kinds of memories that we know can almost break a person or limit their lives leaving them without hope or ambition. But it is a struggle when it comes to competing memories for some are so strong, so dominant that we can hardly find our way to other memories.

Vamik Volkan has written about this. Volkan was born in Nicosia, Cyprus to Turkish parents. His country lived through division, violence and the experience of many who remain disappeared. Volkan has been involved in bringing together ethnic groups in conflicted areas of the world, particularly in the Middle East and the former Soviet Union. He writes about how different groups have ‘chosen glories’ and ‘chosen traumas’ which make them who they are.

By chosen glories Volkan means those things that a group chooses to remember to make it feel good about itself. They bring glory to the group. It could be a victorious battle or a great leader, a reformer, a change-maker or a martyr. These memories, these chosen glories, give a sense of pride to the group, bolstering self-esteem. In this country we see our chosen glories displayed in flags and painted kerbstones, in murals and acts of commemoration whether it be the commemoration of Wolfe Tone or King Billy. We hear those chosen glories in our songs and in our poetry which uphold our heroes and the glorious events, as we see them, of the past.
None of us are complete in ourselves and we do nothing that does not have some effect on others. When we compete, what we do and how we aim for what we want, has an equal impact on others, on those who have memories which compete with our memories. Competition can only take us so far, give a certain degree of satisfaction. At some point, and today is possibly one of those days, we stop and wonder how to go on in light of the memories, competing memories which have made us what we are and have constructed the museums of our individual and community lives. We stop and we wonder how to go on and wonder too what is the right way to go about things. That wondering leads us to consider co-operation instead of competition, listening alongside speaking.

Co-operation with each other does not mean that all competition will be gone. In fact, co-operation requires that we begin by laying the competition out on the table – our chosen glories alongside their chosen glories, our chosen traumas alongside their chosen traumas. For none of us exists without each other – every ‘them’ needs an ‘us’ and every ‘us’ needs a ‘them’. What they did to me makes my chosen trauma and what I did to them makes my chosen glories. What people from my side of the community did to their side of the community makes my history of chosen glories and what their side of the community did to my side of the community makes my history of chosen traumas. Co-operation requires that we hear these things from one another and facing that takes courage.

Maya Angelou was born in 1928 in St Louis Missouri and she was raised in Arkansas where, as a black woman, she experienced the brutality of racial discrimination coupled with discrimination and brutality against her as a woman. The brutality experienced in her life and in the lives of those around her is reflected in her writing. Today she is a celebrated poet, novelist, actress and civil rights activist. Angelou has written, ‘history, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again’.

She does not write lightly about courage and she is astutely aware that history does not change and that the wrenching pain remains. But she speaks of courage, the kind of courage it takes to grasp hold of the hands of the generations ahead of us in order that we can co-operate, even with our competing histories, co-operate to make better museums for those future generations to tear through.

Angelou also acknowledges the importance of being heard. In setting out our competing stories, our chosen glories and traumas, for each other, we want to tell how it has been, we want to tell what has been done to us, we want to tell about the loss and the ongoing suffering and we want to speak about what was changed for ever in our lives. We want to speak but perhaps more importantly we want to be heard. Angelou writes, ‘there is no greater agony than bearing an untold story in you’.

An untold story is one that is not heard when we both want and need that story to be heard. We are saying to each other – How can I co-operate with you if you do not see and hear what you have done to me? And even as we say that to each other we begin to make the courageous journey from competition to co-operation for a better future.

Our individual and private memories – we pause with them today and we tear through our own private museums. We honour those who have gone ahead of us for we love them. We honour ourselves as we recall what we have survived. Our private reflections are reflected in our society too – a place where memories compete. Those competing memories need to be checked by the will to co-operate and by our taking the hands of future generations.

On every Day of Reflection we face the choice of how to go on and our private rememberings make us bold to call again for the leadership and action at every level of society that will make different memories for our children and for our children’s children. On this day, as on every day, we stand facing two roads ahead and on both roads we will bring our memories with us. But they are nevertheless two different roads – on one we choose only to compete with each other and to bring our memories to support our competition. On the other we bring our memories to enlighten us to free our children from the dark museums of the past into a place where new memories are made beyond our chosen traumas and beyond our chosen glories. We cannot travel both roads. The road we choose as we remember today can make all the difference.
GLOBAL PEACE BUILDING

Increasingly the work of WAVE is becoming recognised in other areas of conflict from around the world. This is evidenced by the number of foreign delegations that visit the centre. Last year alone WAVE hosted delegations from Sri Lanka, Bahrain, Palestine, Israel and Columbia. In addition to this WAVE has continued to work in Bosnia Herzegovina and has made presentations to visiting Universities specialising in peace building.

In mid-August, WAVE Trauma Centre shared its experience of working with victims of the conflict in Northern Ireland with three delegations visiting Belfast from the Middle East: two Israeli-Palestinian delegations and a Bahraini delegation. The members of one Israeli-Palestinian delegation were negotiators, hoping to improve their negotiation skills. The members of the other Israeli-Palestinian delegation and the Bahraini delegation were directors and members of various organisations, think tanks and youth groups, media movements and a film maker, university professors and researchers, all actively committed to peace in Israel, Palestine and Bahrain. The latter two delegations came to WAVE to learn about the organisation’s activities and hear about its experience in dealing with the human, psychological and traumatic consequences of the Northern Ireland conflict on its victims.

WAVE shared different experiences with the three delegations, as the Israeli-Palestinian conflict is very different from the present social unrest in Bahrain. In the Israeli-Palestinian conflict, there is economic, social, ethnic and religious polarisation. Muslim Palestinians do not recognise the ‘Jewish homeland in Palestine’ that became the state of Israel in 1948. Salient issues include the right of return of all Palestinian refugees, Israeli settlements in the West Bank, and the ‘contest’ for Jerusalem. In the kingdom of Bahrain, where there is a political crisis since February 2011, the Chiite community is demanding political reforms and more rights from the Sunni government. Confrontations between the Chittes and Sunni police are regular. There is sectarianism, social unrest and violence. Members of the Bahraini delegation visiting WAVE compared the present violence in Bahrain to that of the 1960s in Northern Ireland. Therefore, the talks with the Israeli-Palestinian delegations touched on conflict resolution and societal reconciliation whereas the emphasis was placed solely on societal reconciliation with the Bahraini delegation.

Three main points emerged from the discussions with the Israeli-Palestinian delegations. A first lesson from Northern Ireland to Israel and Palestine would be to accept the release of political prisoners, as this is often a pre-requisite for a peace agreement. The 1998 Good Friday Agreement stated: “Prisoners affiliated to organizations which have not established or are not maintaining a complete and unequivocal ceasefire will not benefit from the arrangements [their release from prison, the protection of their individual rights under national and international law]”. Northern Ireland has experienced that releasing political prisoners means including everyone in peace negotiations and giving them a voice, thus rendering a peace agreement possible. Based on WAVE Trauma Centre’s experience with the victims of the conflict in Northern Ireland and their families, the release of political prisoners is certainly the most challenging phase of the implementation of the peace process, at the level of the individual. Allowing the victims to voice these particular frustrations and helping them to overcome them through personalised therapy is also a part of WAVE’s raison d’être. The Israeli-Palestinian delegation visiting WAVE recognised this activity as a very important one in the reconciliation process and identified themselves very strongly with the problem posed by the issue of releasing political prisoners, as it is one of the most salient in the ongoing Israeli-Palestinian conflict.

A second lesson Israel and Palestine could learn from the Northern Ireland peace process is the effort to address the issue of complexity in their conflict, that is to say, overcoming the tendency to blame the ‘Other’, which increases polarisation. This issue was jointly raised by Avila Kilmurry, director of the Community Foundation for Northern Ireland and Mary Lynch, executive director of Mediation Northern Ireland, during a round table discussion with the delegation of Israeli and Palestinian negotiators in the Skainos Square (inner East Belfast) in mid-August. The difficulty in accepting complexity in a conflict is still true in today’s post Good Friday Agreement Northern Ireland. WAVE Trauma Centre addresses this issue in discussions with the victims and their families or through storytelling activities, art or drama for example. All WAVE activities are on a cross-community basis, which offers a climax encouraging those difficult discussions, when the victims exchange among themselves and feel they are ready to have them. This advice from Northern Ireland to Israel and Paris...
Palestine can also apply to the Chites and Sunnis of Bahrain, and more particularly, to the Chite citizens and Sunni police that confront each other regularly.

Finally, the most important lesson to Israel and Palestine from Northern Ireland’s experience of the peace process is perhaps not that an agreement is not perfect. Belfast WAVE Trauma Centre coordinator Alan McBride points out that fifteen years after the Good Friday Agreement, Northern Ireland still does not have the society that was promised in 1998. However, the fact that agreement exists remains a victory in itself. His personal conclusion is: “We [Northern Ireland] have an Agreement, but not peace. We are a long way from it, but we are not going back to war”.

Nevertheless, all three delegations acknowledged the progress Northern Ireland has made since the violence of the 1960s, through the implementation of the peace agreement and the peace process which is still a work in progress. The Israelis, Palestinians and Bahrainis identified themselves very strongly with Northern Ireland’s narrative through the core issues that were raised and the solutions WAVE has brought and is continuing to bring to them today, through the centre’s work with the victims. The delegations expressed great interest in WAVE’s activities and acknowledged their key role in societal reconciliation, while continuing to honour the legacy of the victims and even the perpetrators of that violence, in the past. The Israeli-Palestinian and Bahraini delegations that visited the centre felt that work similar to WAVE’s was needed in Israel, Palestine and Bahrain.

In coming to Belfast, the three delegations saw it was possible to put an end to the violence that seemed endless to citizens, victims and even the perpetrators of that violence, in the past. Several members of the Bahraini delegation in particular, expressed similar feelings about the present societal violence and disorder in Bahrain. The three delegations left Belfast full of high hopes for peace in Israel, Palestine and Bahrain.
Hedley Abernethy and Alex Bunting participated in a field trip to Gernika in the Basque region of Spain. The trip was organised by the dealing with the past think tank ‘Healing Through Remembering’.

Hedley writes...

The author and academic Vamik Volkan has spent much of his working life exploring the notion that a large group can be traumatised by an act or acts of violence inflicted upon it or indeed acts of violence carried out in its name. Coining two phrases – Chosen Glories and Chosen Traumas – he suggests that there are incidents in the life of a community when it tasted victory over an enemy or felt the pain of violence against it. Throughout history we have many reminders of both Chosen Glories and indeed Chosen Traumas. It is no surprise that one person’s Chosen Glory may be another’s Chosen Trauma.

I was reminded of the latter when Alex Bunting and I visited the Basque region as part of a delegation from Healing through Remembering. To many outside of the region, the name Guernica (or Gernika to give the town its Basque spelling) is synonymous with a single act, namely the aerial bombardment of the town during the terrible days of the Spanish Civil War. On 26 April 1937, German and Italian planes dropped bombs on the town, the horror of this night captured as visitors sit in a mock up of Begoña’s dining room in the Gernika Peace Museum.

That night lives long and lives hard in the memories of Basques. Perhaps what was most galling was the denial of Franco of his regime’s involvement in the bombardment of the town, choosing instead to blame Republican forces who were fleeing the city.

Of course this is not new nor is it unusual. What we have learned in the context of the violence that has marked the conflict in and about Northern Ireland is that trauma inflicted upon a community runs deep through its psyche. What we also know is that trauma that is never spoken of is rarely resolved.

To make comparisons with the Irish conflict and the struggle of the Basque separatist movement can be unhelpful. But perhaps there is a sense that people from both regions can walk together to heal its respective traumas.
Dusk was falling on Sarajevo as Dado Dzinivic and I drove to the hills surrounding the capital city of Bosnia i Herzegovina (BiH). Dado, who has worked for many years driving for the Sisters of the Cross and Passion, wanted to show me these hills, hills from which Serb forces laid siege to Sarajevo for nearly three years. Dense vegetation covers those hills making artillery largely invisible. Snipers lay in wait as frightened citizens of the city scampered across the streets especially in the notorious “sniper alley.” Dado pointed out the local brewery, still producing both beer and water called Sarajevska. During the war, the brewery was one of the few places from which beleaguered citizens could acquire any fresh water, all the while undergoing the gauntlet of sniper fire and shelling as they fended for their families.

Some 18 years after the end of the war, scars still mark the city of Sarajevo. Whether it is the buildings pock-marked from shrapnel, or the stories of survivors of the war that lasted from 1992 to 1995, those scars exist. Quite how many people died during the war is contested with the International Criminal Tribunal for the Former Yugoslavia (ICTY) suggesting that 102,000 people were killed during the war with up to 40,000 people “disappeared.” Of that figure, the remains of a possible 10,000 people are still missing. In a country so riven with conflict and violence, how do you talk about transitioning from that conflict?

Of course I wanted to make comparisons with our own conflict and of course there are no comparisons and wanting to make those comparisons is inappropriate. However, I would not be doing my job if I were not to get a sense of what we can bring to and from post-conflict Bosnia.

I got a sense of unease while I was in BiH. The creation of the Republika Srpska in Bosnia is a move by Bosnian Serbs to be part of the republic of Serbia and away from the rest of the Bosnian federation. Bosnians, Croats and Serbs live uneasily with each other. There are families that still search for their loved ones remains and the inability to provide burial for those killed runs like a sore through Bosnian life.

On the final day of the Transition from Conflict course I asked the group a question. It was not a question related to the course material, simply a personal interest question. I asked them how they felt about the international response – or perhaps lack of response – during the war. I felt the energy rise in the room as the participants wrote down their answers. Some people stated that this was the first time anyone had asked the question. People spoke about the international community having an obligation to defend those who could not defend themselves. They lamented the fact that international observers thought this was a civil war in which outsiders had no right to intervene. I reminded them of the words of then US Secretary of State, James Baker who when asked about the conflict in Yugoslavia said “we got no dog in this fight.” The lack of early intervention still rankles in BiH today.

As part of our Facing History course, I use the quote from Edmund Burke “All that is necessary for the triumph of evil is that good men do nothing.” While comparisons between Bosnia and the conflict in and about Northern Ireland may be unhelpful, the possible correlation between the two is that doing nothing to end violence and injustice should never be an option.
That week in October 93

Most people remember the Shankill bomb and the attack on the Rising Sun pub in Greysteel, but sandwiched between these two atrocities were several other murders. In total twenty people lost their lives that week in October 1993, making it the biggest loss of life in a single week since the bad days of the ‘Troubles’ in 1972.

Mark Rogers was six years old when his father was murdered at the council depot in Kennedy Way. The murder was claimed to be in retaliation for the bomb at Frizell’s fish shop on the Shankill Road, Mark writes...

Hello, I like many others am a victim of the troubles...I was only six years old when my father was murdered. I didn’t know why or what exactly had happened, but I knew something was very wrong. It was very early in the day and my house had dozens of people in it, so much so that a queue had formed of people trying to get in to pay their respects. These people were from all sides of the community and they were there to share our pain. That was 20 years ago but the time has flown in and I had to grow up fast.

Looking back my life has been a rollercoaster. There have been happy times mixed in with the sad, and a huge gap where my father should have been and that makes me sad. I am grateful, especially to my mother, to have been educated in the correct way. She taught me to respect people and the world around me, but as I got older I had questions about why my father died and when I went in search of answers I discovered that other people are just as hurt as us and we share the same level of grief.

Our tragedy was caught between the atrocities at Shankill and Greysteel on the 26th October 1993. I can understand why people don’t remember all the deaths that occurred that week, as they were very much overshadowed by these greater disasters. To be honest I am not really bothered by the fact that not everyone knows my fathers name – we as a family know and we will never forget.

What does bother me is that more than 20 people lost their lives that week in a spree of murder and rage, as revenge was sought in the names of those who were killed. Well these were not carried out in my name or the name of my father – they were committed by men, blinded by the ultimate hate of one side for another. The events from Shankill to Greysteel were brutal and the national identity of a person or their faith should never have been used as an excuse for such mayhem.

The whole week brought the country back to the bad old days of the ‘Troubles’, and if something wasn’t done the whole nation was on a knife edge and more people were going to die. Thankfully it also focused minds and a series of initiatives was put in place that finally resulted in the Good Friday Agreement. This doesn’t take the pain away but at least it meant that it wasn’t all for nothing. Politics was the only choice there was and although it was a long process it has meant that we are not going back to those dark days.

We are all caught up in the peace process in every way, people who don’t even know it. We, who as victims suffered in many horrific ways, are now just little branches that together with others, form a huge tree of the past that needs nurture and care. The only way forward is together and in my opinion, that horrible week in October 1993, not just the atrocities at Shankill and Greysteel, but all the killings that week, served to drive the peace process forward as it was only going to get worse and no-one wanted that.

I view the past as a big jig saw piece, but victims getting their voices heard can help to fix it. When you have been so low in life the only way is up, so you have to keep your head up high and stay strong.

Roisin Cairns was celebrating her eleventh birthday when Loyalist gunmen burst into the family home in Bleary, Co Armagh on the 29th October 1993, killing her two brothers Rory and Gerard. Roisin penned this poem, asking the question ‘where to now twenty years on’?

Twenty Years On

Twenty Years on

Where to now twenty years on?
Well she threw the pills into the fire
Thus began our journey.
You look and plummet into that deep pit of despair.
It is also that place where hands appear
helping, supporting, loving hands.
Your hands, that brought us warmth
and light in out of the cold.

Where to now 20 years on?
But there is no word that describes
a parents loss to describe
the murder of their two sons.
To speak?
What would be the point!
For a devoted mother,
a grief so wide a grief so deep
There is no end
to her sorrowful mystery.
To speak!
There is no point.
Not to speak!
For there is no peace
to a father who lived for us.
A pain that will rage for millennia
His only relief,
will be his last breath.

So where to now twenty years on?
With dignity
a youngest brother
carries his cross
And he will not set it down
It keeps Gerard and Rory close
Sure who could blame him!
The oldest sister there remains
A sacred place
She holds for them and only for them
No one is invited
it is their sacred place together
For them forever.

But Twenty years on and where to now?
Gerard loving protector to his sisters
Mentor to his brothers
The pillar of strength
for mum and dad to rest upon.
Rory the jovial
His fathers rebel and mothers pet
His craic brought people around him
and lifted our spirits.
At their deepest roots
the sturdy oak and bonny rowan
pure of heart to all
whom lives they touched.

But the question remains
Twenty years on and where to now?
It should not have been them!
And I still feel the Gerard and Rory shaped
presence missing at the dinner table.
However I look back upon my childhood
and think,
“Them days where great”
Happy and playful.
But their hands are upon my shoulders now
And I ask,
What should I do?
THE MAKING OF THE FILM THE DISAPPEARED

by Alison Millar

I remember as a child being at a local agricultural fair with my farming family. It was an annual event that we all looked forward to in my rural town. Between the latest tractor and cutting edge dung spreader here were stalls selling novelty jewellery and we were always given by granny a bit of pocket money to spend on a treat. This particular year I knew exactly what I wanted - an ‘Elvis’ necklace and I had the money ready for it. In my excitement to get the necklace I ran ahead but in the busy crowds I lost my mum.

It felt like an eternity before an announcement went out and my mum came to find me in the security hut. I have never been so happy to see my her in my life and I remember hating the necklace because of the trauma it caused me.

Way before this film began I saw the footage of the McConville children appealing for their mum to come home. It broke my heart. Then myself and my colleague Rachel Hooper met with the families of the Disappeared and we listened to one tragic tale after another. Years of silence inflicted on them by the fear of the IRA had caused a pain that was as raw as the memories of the last time they saw their loved ones alive. I had not long finished making the Shame of the Catholic Church with Darragh Macintyre and not long after I had met the families I approached him. Together we then spent almost a year getting to know the families and very gently over many cups of tea planned the film.

I see the film as an anti-war film. The pain and suffering that a conflict causes not only to families such as those of the Disappeared but to all the walking wounded from this terrible time in our land should never be allowed to happen again.

I saw a profound sadness in the eyes of those families who are waiting for their loved ones remains to be found. A crucial part of the grieving process had been removed from them and an emptiness will always be in their hearts until they can bury them properly. Seven that we know of remain missing – there may be more.

I hope this film will remind all of us of the terrible past and help prevent history repeating itself ever again.
Business in the Community’s Cares team has worked alongside Wave Trauma Centre on a number of volunteering projects throughout the year, engaging organisations including the Department of Justice (Youth Justice Agency), Allstate, Northern Ireland Housing Executive and Land and Property Services to carry out essential projects. A charity such as WAVE depends on motivated volunteers to do all the bits and pieces WAVE staff can’t cover because of time constraints or a lack of skills. Volunteers add another dimension to the organisation. While WAVE has a team of regular volunteers helping in different areas such as admin, kitchen, trauma training, gardening or youth, we also benefit from volunteer groups that are coming at certain occasions, for example from Volunteer Now or Business in the Community.

In recent years WAVE in Belfast received great support from Business in the Community (BiC), which encourages companies to allow their employees on certain days to volunteer for charities instead of coming to their regular work. Dedicated to corporate responsibility, according to the BiC statement the purpose is “to mobilise business as a force for good in society”. BiC has a good network of companies and businesses that want to demonstrate their social responsibility by encouraging staff to participate in volunteer activities. It really seems to be a win-win situation: for the employees who agree to volunteer their work time for a charity, it often is an enjoyable day with a team of colleagues, doing a meaningful task together. And obviously the charity benefits from the extra hands and skills provided.

Projects have included working in the garden, or helping with other necessary maintenance such as painting and cleaning-up work. It is amazing how much work gets done when a group of five to ten volunteers work together. A big thanks to Business in the Community.

Business in the Community’s Cares team works throughout Northern Ireland, encouraging businesses to empower and support their employees to volunteer during work time and tackle projects based in the community, for the benefit of the community.

In 2012, Cares mobilised over 4,000 business volunteers to do just that in more than 200 schools, charities and community organisations.

Whilst practical challenges for the core of the work Cares does and this type of volunteering provides a triple win - the community has a practical project completed, users of the facilities have a nicer environment in which to meet and businesses benefit through team building during the day and, at times, the revelation of new employee skills which come to light during the challenges such as project management and planning.

For further information on this challenge of any aspect of volunteering through Business in the Community, please e-mail hilary.hanberry@bitcni.org.uk
Day Trip to Derry Londonderry

Derry Londonderry is the only remaining completely walled city in Ireland and one of the finest examples of walled cities in Europe. A walk around the walls reveals a splendid city crammed full of history, heritage, interest and a vibrant cultural scene, and for these reasons alone the trip was worthwhile. Local guide Sean McGillan took us on an extremely informative walk and talk giving us background information that would be unknown to the casual visitor to the city.

Following the walk we had an enjoyable visit and lunch in the Londonderry WAVE centre to warm us all up before enjoying a spot of retail therapy, or for the men a coffee and bun.

Spooky Halloween Trip to Haunted House

Nasty witches, a good fairy and many strange creatures – WAVE families had a great day out at the spooky Hezlett Haunted House in Castlerock. Run by the National Trust, a variety of different actors on site created a great show and made the experience a fearsome treat; although child friendly and not too scary, many visitors got a shiver listening to the horrible stories or being followed by one of the dreadful green creatures. Afterwards everybody went for a nice lunch at the sea side. The family day out was organised by WAVE Outreach Worker Johann Coyle.

Storytelling Residential

WAVE Ballymoney members enjoyed a residential in the beautiful surroundings of Moville. The course was facilitated by Dr Bob Curran who had completed a six week storytelling course at the centre. Dr Bob Curran spent time with individuals at the residential allowing them to share their experiences and difficulties in a safe environment and the idea was to proffer individuals a chance to come together and to impart of their experiences or simply to have a bit of craic! A worthwhile weekend that was enjoyed by all.

The Team @ Ballymoney

There have been a few additions to the WAVE staff team at Ballymoney, Sonja Tammen has been appointed Project Manager, Brenda Watson takes up the post of Youth Worker and Mandy Deans is the new Welfare Rights Worker. This is the largest team ever assembled at the Ballymoney Centre, with the new additions joining the existing team of Colin, Johann, Velma and Pamela. ‘These are exciting times for the Ballymoney Centre, if you’re passing why not pop in and say hello, a warm welcome awaits’.

Sonja Tammen
Project Manager
Mandy Deans
Welfare Rights Worker
Brenda Watson
Youth Worker
Colin Gibson
Outreach Worker
Pamela Dowey
Administration
Johann Coyle
Outreach Worker
Velma Irvine
Outreach Worker
What’s going on in Armagh...

To say the Armagh centre and Newry satellite has been a hive of activity since we last went to print would be an understatement. Our weekly peer support programme now has something for everyone, including; A Men’s group, Craft group, Art group, Walking group, Member’s Support group and Injured group. Various activities, including; pottery, archery, bowling, fishing, flower arranging, arts and crafts and day trips have been organised and enjoyed by the groups. If you would like to join in the activities contact the Armagh centre and ask for Betty or Margaret.

**Mayor of Armagh recognises WAVE’s Volunteers**

The outgoing Mayor of Armagh, Councillor Sharon Haughey, joined with us in hosting our annual volunteer appreciation event in the Golf Club Armagh. In recognising the ongoing voluntary contribution of some very special individuals who make up our team of volunteers, the mayor presented certificates of appreciation to individuals who regularly give of their time and talents to the staff and members of WAVE. The volunteers enjoyed a night of music and delicious food with the now customary battle of intellects in the ‘Brain of Armagh’ Quiz. A wonderful night was had by all and plans are already under way for the coming event in March 2014.

**The Men’s Group**

This past year has seen participation in bog oak carving, anxiety management training, anger management, archery, bowling and fishing outings, group discussion and an eight week mental health & wellbeing course. The group has progressed over time to enable participants to develop, design and set the agenda for their own programme of activities. This past year has seen participation in bog oak carving, anxiety management training, anger management, archery, bowling and fishing outings, group discussion and an eight week mental health & wellbeing course. The Men’s Group has been meeting for many years and provides a forum for men from various backgrounds and cultures based around discussion, social activities and training opportunities. The group has progressed over time to enable participants to develop, design and set the agenda for their own programme of activities.

Martin Oliver, a long time member of the group talked to WAVE about his experience of participating in the many activities over the years.

I initially joined the men’s group a few years ago when it was first getting up and running. At the time I was both curious and a little bit sceptical as to the benefits of such a group. I hoped it wasn’t just going to be another talking shop about past events. Dredging up the past had never really appealed to me and I think most men would agree with that sentiment. So my expectations were low but curiosity got me there.

In the last year we have begun to explore some life issues which seem to be common for many of us, like anger management, anxiety, social isolation and general health and wellbeing. We participated in a Men’s Health and Wellbeing course run by WAVE in the early part of the year which was themed around physical and emotional health. This was a big step for many of us as the prospect of sharing on a more personal level was somewhat daunting.

However, as the group developed, a noticeable shift was experienced by individuals as we began to communicate with each other – even when we didn’t agree with what was being said. I learned that we each have a story that is unique to us, yet as men we also had much in common. My experience of participating has been positive and at times humbling and my assumptions about myself and others have been challenged and changed for the better. I have made some great friends and in the process learnt a lot about myself and others. I will continue to attend and would encourage other men to join us in our monthly meetings – you never know what you might be able to contribute to others.”

**New Complementary Therapist**

We extend a warm welcome to Margaret Short our latest recruit to our team of complementary therapists. Margaret will be working from the Armagh centre every Friday and from her own premises in Tassagh during the rest of the week. Margaret has long experience of providing a wide range of complementary therapies to the local community. She specialises in Indian Head Massage, Reflexology and Aromatherapy massage. If you would like to see Margaret or any of our other therapists please contact our outreach workers Margaret or Betty for a referral.
Drug/Alcohol Misuse

‘In this short course I began with educating the group about substance misuse and abuse and the difference between them. I introduced the group to all drugs - both the legal (Alcohol) and illegal (Cannabis, Ecstasy, Cocaine, etc.), the four main categories of drugs, stimulants, depressants, hallucinogens and opiates. Stages of drug use (focusing mainly on alcohol) - experimental, recreational, functional use and problematic misuse, explaining that problems can occur at any stage.

We explored attitudes, morals and values in relation to substance abuse that covered individual, family, community and societies. I would say that the group were very motivated and fully engaged in the discussions and group activities.

We looked at reasons why people would self-medicate. It was evident from the group that people self-medicated to alleviate symptoms of trauma. In my professional opinion this is when the group changed to a therapeutic group and began to share personal stories around their experiences of trauma. Participants became emotional and described symptoms of trauma that are associated with PTSD. They want to numb the pain, they want to forget so they use drugs and prescribed medication to escape their inner turmoil. Group sharing provided an additional platform to suggest alternative methods for dealing with long term pain. Group sharing provided an additional platform to suggest alternative methods for dealing with long term pain. The group provided a space for sharing and learning for everyone and I was privileged to facilitate a new understanding around substance misuse whilst providing a range of healthier options for managing the inevitable turmoil which so often accompanies trauma’.

New Trauma Counsellor

We would like to extend a warm welcome to Clare Love who has recently come on board to deliver trauma counselling. Clare has been an accredited counsellor for over 10 years with a strong background within the peace and conflict sector. She has previously provided counselling for the Aisling Centre and we are pleased to welcome her on board as a welcome addition to our counselling team. Clare will be working from the Armagh centre every Tuesday. If you would like to make an appointment with any of our counsellors, please contact the centre and ask to speak to one of our outreach support workers - Margaret or Betty.

Psychoeducational programme

Charo delivered a six-week Psychoeducational programme using a talking therapy approach. This method assisted members with personal problem management, and changing the way they think and behave. Members learned how to care for and respect themselves through learning to view their problems in a more positive way, and through a guided journey of self-discovery, in which members explored their own personal resources and strengths.

As an ice breaker, members participated in tossing several balls around the room to identify each person’s name, creating a more informal, and comfortable environment. This environment enabled members to adapt and learn about each other’s personal experiences, facilitating collective learning.

The sessions encouraged members to examine how their actions can affect how they think and feel. Talking assisted members in changing their behaviour- to change how they think (cognitive) and what they do (behaviour). This method improved members’ outlook on life, by giving them the tools to reduce negativity. Members have survived traumatic experiences, some of which have never left them, hence the reason these skills that Charo has equipped members with are so vital. Members can continue to practice these skills, and relate what was learned to their day to day life. This practice allows members to view their life, actions and choices in a more positive way, meanwhile contributing to personal growth.

American Intern

The Derry Londonderry centre recently welcomed an American undergraduate student into its office for a community placement. Lauren Mirzakhahli is a student from Swarthmore College participating in a Semester Abroad NI Peace & Conflict Studies program. The program combines service learning, in the form of a community placement, with academic study at the Irish School of Ecumenics in Belfast.

At Swarthmore College, a private liberal arts college outside of Philadelphia, Lauren is pursuing a major in Psychology and two minors - Peace and Conflict Studies and Educational Studies. Lauren plans to pursue a career in child therapy. Before coming to WAVE, Lauren worked in summer camp settings with bereaved children and children with special needs. Since coming to WAVE, Lauren has been participating in WAVE’s psychoeducational course as well as working on providing members with updates and putting together articles for the newsletter.
DAY TRIPS
During the course of the summer and early autumn the Derry/Londonderry Centre aimed to focus on social isolation and the health & well being of its members, culminating in a number of daytrips, each of which it has to be said transpired to be an overwhelming experience, both for staff and those who participated. The first trip to the tranquil setting of Portbraddon on the glorious North East Coast involved a walk from Dunseverick Harbour around the coastal path to see arguably Ireland’s smallest church along with its ancient salmon fishing station at Portbradden. This trip was followed up by a return to the North Coast exploring the coastal route between Magilligan and Portrush before having a well deserved barbecue. Later trips focused on the beautiful landscapes of Donegal, members visited amongst other beauty spots Rathmullan, Shrove Beach, Kinnego and Moville.

Each of the daytrips facilitated space, creating an opportunity for members to connect with others similarly traumatised during the course of the conflict. Members have openly engaged with one another about their own experiences and positively related to one another. Staff encouraged the benefits of social contact and exercise in assisting to alleviate stress. These trips were clear in their value and the positive feedback from those who attended reflected this. It is aimed to progress this experience for members within the centre, with planned up and coming trips to Omagh and Belfast. Both Berkman & Breslow (1983) and the National Alliance on Mental Illness have argued that the involvement with social ties is associated with more positive health behaviours following trauma, and that it is common to cope by reducing contact with the outside world and withdrawing from social interactions. However, social support and friendship are vital to recovery.

Some of our members who participated had not ventured beyond Derry Londonderry in many years if at all. For many members who had not met one another before or had little social contact whatsoever, friendships have now begun. The trips have motivated some to participate in other events, exercises and courses, including those at WAVE.

We would encourage others who have not attended to get involved.

CERAMIC POTS
The Ladies Lunch Club have continued to work with ceramics, however, rather than producing an art work for the centre they have decided to make something for themselves. Ceramic artist Dominic Donnelly facilitated a number of workshops where the ladies learnt how to make a range of clay pots. The pots were launched at a special meeting of the lunch club in October. All of those who took part thoroughly enjoyed the experience and they are now taking orders for next Christmas – only kidding.

WAVES Got Talent 4
(just when you thought it was safe to return to the theatre)
A special WAVE’s Got Talent has been organised at North Belfast’s latest arts centre. The state of the art theatre and exhibition space will play host to a number of local bands and performers, including a special guest appearance from the WAVE Choir and WAVE’s very own boy band Wrong Direction. Tickets are priced at £5 and are available at the door or from WAVE.

To reserve a place call Sarah on 09779922 or email adminhq@wavetrauma.org

When Friday 21st March 2014, doors open at 7.30pm
Where Duncairn Centre for Culture, Arts and Heritage, Antrim Road, Belfast
Produced by Green Shoot Productions, Martin Lynch’s new play MEETING AT MENIN GATE was performed at The MAC, Belfast from the 3rd – 22nd September 2013.

The play is based on the true story, of a policeman’s daughter and an ex-IRA man who meet on a cross-community trip to the battle sites and graveyards of Belgium and engage in a romance. Later when the daughter discovers her lover may have been involved in her father’s murder in the 1980’s, the scene is set for some serious talking. After opening a bottle of wine in a hotel bedroom we begin to see the connections between the pair, which brings the past right into the present.

“Is it a two-person Truth Commission or simply raw, naked revenge?”

To complement the Play, Green Shoot Productions implemented an extensive Education & Outreach Programme across the City working with a variety of groups including WAVE Belfast, the Skainos Centre, The Falls Women’s Centre and The Shankill Women’s Centre.

The programme included
- A series of workshops for victims and survivors enabling them to tell their stories
- A series of Oral Archives capturing a number of key stories from victims and survivors
- A series of playwrighting workshops in the communities, given by Martin Lynch, Marie Jones and others.

The workshops encouraged participants to tell their stories and create a piece of writing inspired by their stories. Some of the stories were told verbally, while others preferred to have them written. Some of the stories were also recorded.

At the end and in addition to the workshop process, professional actors and directors were hired to rehearse and perform a selection of the completed works at a special event open to the public at the Dark Horse.

This is the first time the Belfast Centre has got involved in storytelling through drama – a short play written by Peter Heathwood and Aidan Short about their experiences in Musgrave Park Hospital was performed on the night. The play was one of three that was chosen and was performed to much acclaim to a full house.
What’s going on in Omagh...

Children’s Accelerated Trauma Treatment

Julie Murphy writes...

Children’s Accelerated Trauma Treatment (CAIT) is a new technique for treating trauma and Post Traumatic Stress Disorder (PTSD), based on a merging of arts/play based methods and an adaptation of the ‘rewind technique’. It was originally designed to suit children and young people of all ages and to assist them in the recovery from PTSD symptoms, flashbacks, nightmares and anxiety. It has also been used very successfully with adults as it is a very practical and cognitively based technique which makes use of current research in neuroscience.

In July of this year I travelled to West Sussex to complete the Level 3 training in (CAIT) alongside healthcare professionals and therapists from around the world including Uganda, South Africa and Malaysia. I completed Level 2 in July 2011 and Level 3 completion now enables me to train others in the technique. As part of my training I will volunteer for a week within the next few months to train psychologists who are working with refugees from Syria in the use of the technique through the Luna Childrens Charity founded by Carly Raby in 2009. (www.lunachildren.org)

The process was developed by Carly Raby in 2003 and between 2005 and 2007 this training spread across the UK and included services such as the Police, Special Schools, Specialist Projects, Social Services and National Charities. The feedback was overwhelmingly positive, as were the results of people using it to help children who had been affected by traumatic experiences.

CAIT is a structured 12 step protocol which makes use of a creative approach to working with trauma, based on sound knowledge of the effect of trauma on people of all ages as well as current medical expertise on how the brain processes information. Participants are guided through the process which begins with creating a place of safety and an assessment of current needs. It then moves on to teach the person about the effects of trauma and how the treatment works in an age appropriate way. A recognised assessment tool is also used to measure the impact of the traumatic event on the person and to assess the extent to which PTSD is present.

The process itself includes creating aspects of the story and using simple art materials to represent characters which can be used to move backwards and forwards through the difficult parts of the event but always returning to a safe anchor point. This enables the traumatic memories to be processed and to be stored as more ‘ordinary’ bad memories which are still difficult but the most debilitating symptoms of PTSD such as flashbacks and hyper arousal are much alleviated.

Based on the success of the technique, in 2008, Carly was invited to Rwanda to train NGO staff and local community leaders in CAIT, to ensure that they could effectively treat children and young people suffering from PTSD symptoms as a result of the genocide. Again, the technique was successful in its treatment of people suffering from PTSD symptoms and Carly was invited back again in 2009 to train at the National Trauma Centre in Rwanda (ARCT).

Rigorous independent research is currently being undertaken to investigate the effectiveness of this innovative technique and there have been two publications this year (one in South Africa, and one in the UK) in relation to its success.

Julie Murphy is a psychotherapist working at the WAVE Trauma Centre, Omagh.

Thursday Morning Craft Group

The craft group meets weekly at the Omagh Centre to crochet and knit and everyone who wishes to get involved will receive a very warm welcome. Helen, a long standing volunteer with WAVE Omagh who facilitates the groups says... “We have made throws and cushion covers for the centre and intend to make warm hats for use by premature babies. Additional colourful throws will be donated to local hospital baby units and nursing homes. The work is enjoyable and benefits others and we look forward to meeting each week to create new items while enjoying a cup of tea and chat.”
Weave of Light and Life (Rejuvenated)

Thanks to Jean’s skills and creativity the projects display frame that had become unusable has been replaced and transformed into a glorious new wall hanging to the approval of the participants.

The project ran over a twelve week course, each participant used materials they chose to make a unique wall hanging. Each piece incorporated the personal thoughts and feelings of the individual and allowed them to express something about themselves. We used materials such as wool, felt, fabrics, woods and metals, as well as found objects from nature and personal items each person chose themselves. Using ancient weaving techniques with a modern twist, this project allowed all involved to use art in its many forms.

Facilitation at WAVE Omagh

Bernadette Effergan writes...

When I came back to Northern Ireland in 2001 after having worked in Spain, Israel, London, and Bristol, the plan was to take it easy. However, I decided in 2003 that I needed to do something useful and challenging, and I applied for the role as facilitator with WAVE. I had a wonderful teacher and mentor in Margaret Riddels who got me up and running. Then I got to know Gordon and the team in Omagh and have never looked back .... I think I will be here for another 10 years! Since 2003 I have been facilitating the Grief Trauma and Helping Relationship course, and the Compassion Fatigue course in Cookstown, Enniskillen, Omagh, Strabane, Dungannon, and Armagh.

The course participants come from a wide range of caring professions, nurses including Macmillan & Marie Curie, Fire & Rescue personnel, social workers, police officers, complementary therapists, counsellors, and many more from the public and voluntary community sectors. Many of them have suffered from trauma themselves, however they now work and support people who have had traumatic events in their lives. Many survivors of trauma can suffer from substance use, physical and mental health problems and I feel inspired and humbled by the work participants in the courses do. I have learned a lot from these people and they are always willing to share their skills, knowledge and experiences with each other. The OCN accredited courses extends their knowledge in the field of trauma and enhances their service provision to those in need.

WAVE Omagh are truly wonderful people who work so hard to provide support and services and build bridges within our community, developing a number of projects such as creative storytelling, stained glass project, which encourages people to express their experiences and share their stories in a safe environment.

In the Omagh office, social events are arranged that gives us all the opportunity to relax for a time, All-in-all a great place to work!

Who’d a thought!

When the garden of ‘Reflection and Growth’ was designed and constructed by staff and clients at the WAVE Trauma Centre, Omagh in June 2012, we did not anticipate that a small garden in a built up area would be utilised as a sanctuary for bird spotting in a joint project by Omagh District Council (ODC) and the British Trust for Ornithology (BTO). Julie Corry, Omagh Biodiversity Officer with Omagh District Council, who organised the event writes ... Bird lovers of all ages flocked to Omagh WAVE Trauma Centre on Saturday 16th November 2013 to learn about the easy and rewarding BTO Garden Bird Watch Survey. The ‘How and Why’ workshop on taking part in the survey was very interesting and participants were entertained with wonderful stories of garden birds by expert Pat Flowerday from the British Trust for Ornithology.

The WAVE Trauma Centre proved an excellent location for bird watching, right in the heart of Omagh town. Some of the birds identified included the chaffinch, solored dove, great tit, blue tit, robin and black bird. WAVE Trauma Centre received a generous donation for use of the premises for this event and the money will be included in the centre’s ongoing fund raising drive and will go towards the provision of support and services to those bereaved, injured and traumatised by the ‘troubles.’

3 year old Chloe uses binoculars to get a ‘bird’s eye’ view during the bird watching event
Habitat for Humanity Romania

Jamie Plant writes

WAVE young people have been on a long journey since January 2012, when the idea of doing a Habitat for Humanity team in Romania was first formed. The young people have experienced fundraising successes and failures, friends joining and leaving the project and being overwhelmed by people’s generosity and belief in their potential. On 13th September 2013, the moment had finally arrived. Simon, myself and 7 young people embarked on our Romanian adventure by catching a flight to Budapest and spending four long hours in a minibus to Beius; a town in the heart of Bihor County, Romania.

“We realised how culture can be directly influenced by poverty... the fact that simple, everyday occurrences that happen in Belfast like someone dyeing their hair or getting a tattoo was so unknown to them.”

Our work on the building site began with a teambuilding activity when our host drove the minibus into a hole in the ground and we had to work together to push it out! We spent 4 days on the building site doing various jobs between two houses; one for an older couple and one for a young woman and her daughter. We created a cement pathway, steps and a patio, painted the interior of another house and learnt how to lay tile flooring. We helped get the site ready for the winter months and worked on the fencing around the perimeter of the building site. Habitat for Humanity believes and strives towards creating a world where everyone has a decent place to live and WAVE Trauma Centre had the privilege of helping them reach their goal. When those families are having a BBQ on the patio in the summer or the children are sitting on the floor playing with their toys; that will be because of the work we did. We also had the opportunity to travel to the Habitat site in Oradea, the capital city of Bihor county. We were struck by the contrast in this vibrant and modern city only an hour away... it even had a McDonalds! On this site, we worked on plastering and insulating an apartment building. Thankfully no one injured themselves on the scaffolding!

“A fantastic experience I will never forget and would love to do it again in a heartbeat.”

The team enjoyed learning about a new culture and it took a while for us to get used to the language, music, fashion trends, and driving on the opposite side of the road... even the toilet paper was different! The wealth and success of a Romanian person is demonstrated by the size of their house, however this doesn’t mean that their houses are built well. It was not unusual to see a huge house with holes in the walls or unfinished roofs. We visited a Roma community and were struck by the poverty and deprivation in these areas. This provided the motivation we needed to put all our energy into building. We also had the opportunity to visit a Romanian orphanage and took the young girls out for dinner. The girls were so confident and cheerful and revelled in the opportunity to make new friends... and get treated to pizza of course!

The trip wasn’t all work and no play... we were able to see the sights at the Aparsee Mountains, visit the Bear Caves and see one of the oldest wooden churches in the country which is also home to the first translation of the Bible into Romanian.

Joe, Niamh and Liam

“We realised how culture can be directly influenced by poverty... the fact that simple, everyday occurrences that happen in Belfast like someone dyeing their hair or getting a tattoo was so unknown to them.”

Jamie Plant writes
“An unforgettable week... one to tick off the bucket list.”

It was great to work together as a team, build friendships and watch individuals exceed what they thought they were capable of.

Each person was changed by the experience, new friendships were made and existing relationships were strengthened. The young people learnt new skills through the trip itself and also through the whole fundraising experience. The team learned how to work together and members developed leadership skills as they took responsibility for fundraising events or for jobs on the building site. They left with more confidence and self esteem as they realised what they could achieve when they set their minds to it and were willing to put in the work. They learnt about determination and dedication to a goal and felt a sense of achievement that we succeeded and we got there, despite the obstacles we all had to overcome.

Individuals and organisations showered us with kindness by sponsoring members and donating, participating in the Belfast marathon on our behalf, providing items for our Sports Auction and Car boot sale, offering services for our pamper evening and donating the proceeds of fundraisers to this worthy cause. We would like to express our gratitude to these people, to our friends and family, members and staff of WAVE Trauma Centre, Global Village bursary fund and European Union’s Peace III programme for supporting this project.
August 2013 saw the return of WAVE Summer Scheme. The scheme was split into three weeks – one for the Wee WAVEs (5-11’s), one for the Bigger WAVEs (12-16’s) and one for both groups together. It was also a chance to ease the transition of the Wee WAVEs who were moving into the older group in September and help them begin to make friends. Wee WAVEs had the chance to go to Delamont Country Park, Cavehill, National Play Day at Lady Dixon Park, the cinema, and bowling at Dundonald Ice Bowl. Many braved the ‘freefall’ in Indianaland and battled with the WAVE machine in Shankill Leisure Centre swimming pool. Bigger WAVEs got into the ‘urban street style’ with graffiti art workshops, bmxing, parkour and hip hop dancing. They took surfing lessons in Portrush and visited Northern Ireland’s biggest and best theme park... Barrys! They donned their onesies and took over the WAVE house for a ‘stay-awake’ where they watched movies, played games, did a nightline around the grounds and ate lots of junk food (while raising some money for the Habitat group). On the final week, the Wee WAVEs got the chance to spend some time with the older young people as they helped each other conquer bouldering at Bloody Bridge in Newcastle, pushed and pulled each other up the massive hill that is Belfast Zoo and went zorbing, go karting and played on the jumping pillow at Clementsmount Fun Farm. It was a great time for all involved and I would like to thank the volunteers who made this project possible, along with Belfast City Council and the Irish Government Department of Foreign Affairs for their financial support.
From February to June, the Bigger WAVEs (12-16's) have been working with Youth Action in their Creative Legacies programme. WAVE was one of four organisations working with Youth Action to develop drama pieces around community relations, acknowledging the legacy of the past and giving a voice to young people to explore issues they are passionate about.

In the past, WAVE Youth have performed emotional pieces about their stories from the ‘troubles’ but this year they wanted to do something completely different. The young people developed a comedic drama piece about racism and cultural diversity amidst the controversy and media coverage about the Muslim community.

They based it on the popular television show ‘Wife Swap’ where the wife from a Muslim family swapped homes with the wife from a Belfast family. The young people explored the different cultural traditions of both families and some of the scenarios that could arise when two cultures clash. They focused on the importance of getting to know a person as an individual rather than an entity and the challenges of stereotyping a community. Some hilarious characters emerged as the confidence of young people improved and the play was entertaining yet also very hard hitting and culturally relevant.

Performances took place over a three-day festival in Rainbow Factory theatre. Young people participated in drama workshops including stage makeup where they learnt how to apply cuts and bruises with makeup, along with stage combat where they learnt to make a fight look realistic without ever touching the other person.

Some young people went for a walk around Belfast city centre with their fake cuts and bruises and many concerned strangers stopped and asked if they needed help! They performed their play alongside Upper Springfield Development Trust, Greater Village Regeneration project and Olympia youth centre and the audience was impressed with the talent and creativity of all groups involved.
STAR is an educational programme originating from Eastern Mennonite University in Virginia and it stands for ‘Strategies for Trauma Awareness and Resilience.’ It was created in response to the events of 9/11 and is now being run all over the world. WAVE had the privilege of hosting the creator of STAR, Elaine Zook Barge and her colleague, Daniel Malec for a week in Belfast. They facilitated training at Level II for facilitators of STAR and the group included WAVE staff, sessional facilitators and volunteers amongst individuals from other organisations. This group are the only people in the UK who are trained to facilitate this kind of trauma awareness programme with the focus on young people and those working with youth.

The programme teaches young people to recognise effects of trauma and the different responses to a traumatic event while also giving them a Level II or Level III accreditation. It promotes self-care and helps young people to identify ways of building resilience whilst giving them practical tools for mental health first aid. Elaine and Daniel got the full ‘Norn Irish’ experience when they got caught in traffic jams because of security threats, hunted for the Irish News in the heart of East Belfast and of course... went on a mural tour! STAR has recently been completed with young people from Falls Women’s Centre and will be launched with CYM youth work students and The Youth Justice Agency.

G8 OBAMA’S SPEECH

On 17th June, 2013, President Barack Obama and First Lady Michelle Obama delivered their opening remarks to the G8 conference in Waterfront Hall and WAVE young people had the opportunity to be on the guest list for this memorable event. We waited for three hours in queues but felt very privileged to be present at this moment in history.
The Wave United football project has been going since November 2012 and has proved to be a very successful initiative that has proved invaluable to everyone involved. Two men on opposite sides of the religious divide got together to start up a football team as a diversionary activity for local young men who had been affected by ‘the Troubles’ in Northern Ireland.

The initial plan was to play a few friendly matches, enter a few tournaments and see where that takes us. For their first match they scraped together a team of inexperienced young men who had never trained together before, let alone played a match, the result, 8-0 to World United. Not to be disheartened, Billy McConville (Manager) and Dave Fittis (Coach), started putting together a plan of action to improve the project in all areas. They set up a training night so the team could work on their fitness, and organised friendly matches to give the young men a run out. They also organised a fundraising event to procure a kit and training accessories. This was very successful and the hallowed kit was purchased in June 2013, the result of a lot of hard work. In the meantime the numbers of young men on the project had nearly doubled to 30, a mix of people from both sides of the community with various issues related to the ‘Troubles’, many of whom live on interface areas.

Recently the opportunity arose to get the team into a league, which was certainly the long term plan, but the concern was that this was too soon for them and they needed to have been playing longer as a team. We made the decision to join the Old Boys League and this created a buzz around the team and everyone connected with the team. We also joined the Belfast Street League and through this we got our first trophy in the cabinet. An achievement we were all extremely proud of. So far the team have been able to hold their own in the league and even went on a 3 game unbeaten run.

So to date we have 35 WAVE United members, 1 trophy and a very positive future. Recently we played World United again and beat them 3-2, if this isn’t an indication of the progress of the Wave United project, I don’t know what is. If you know anyone who would be willing to support the football project please get in touch with Simon Taylor at the WAVE Belfast office or call 07841776614.
Alan McBride writes...

The Good Friday Agreement came on the back of almost 30 years of armed conflict that left over 3,500 people dead and a further 40,000 injured, yet, surprisingly in my view, it had very little to say about victims and survivors. Essentially it came down to a couple of rather vague commitments, to first of all, acknowledge and address the suffering of victims, and secondly, to provide services that are sensitive to their needs. It also included the noble aspiration to build a peaceful and just society as a true memorial to the victims of violence. Fifteen years on and much progress has been made. I have estimated that over 1 billion pounds has been spent on victims services and dealing with the past. This figure includes huge amounts of money paid out on legal fees for public inquiries, the setting up and running of the Historical Enquiries Team and funding for victims organisations, the Northern Ireland Memorial Fund, The Victims Commission and the new Victims Service.

Whilst not wanting to detract from any of that, one could be forgiven for thinking that it was all sorted, yet this could not be further from the truth. It is true that government have spent a lot of money and come up with a lot of initiatives but the approach adopted has been piecemeal, in the sense that it has worked for some but not others. Take public inquiries as a case in point, there are only a few select cases that were offered a public inquiry and where inquiries were held, the findings were often disappointing to the families. This is also true of the work of the Historical Enquiries Team, although the HET are committed to looking at all murders carried out between 1969 and 1998, they do not look at cases resulting in injury only, and of the cases they have looked at, there have been mixed feelings amongst families about how good the experience has been. The recent report by Her Majesties Inspectorate of Constabulary has
highlighted a number of serious concerns within the structure of the HET that has left a question mark over its future.

Remarkably, one key issue missing from the process that produced the Good Friday Agreement was a discussion on how to effectively deal with the legacy of the conflict. In my opinion this issue continues to cast a shadow over the progress that was made. There is hardly a week that goes by when some issue relating to the past does not make it onto our newspapers or other media outlets, be it the controversial appointment of former prisoners as special advisors, or the fallout over plans to build a peace centre on the site of the Maze / Long Kesh. There have been several initiatives that have suggested a way forward, some from community organisations such as Healing Through Remembering and some on behalf of the State, for example the Eames Bradley report. Sadly, all have met the same fate – the lack of political will in the Assembly. The decision to bring in the leading U.S diplomat, Dr Richard Haass, in a latest attempt at coming up with a solution would suggest that the issue is beyond the capability of our politicians.

Another key issue missing from the GFA was any sort of joined up thinking on how to build a shared society. The fact that this was missing from the Agreement back then is hardly surprising, given that we were just emerging from generations of conflict. However, after 15 years one would have thought that more progress should have been made and in my view the failure to do so is reprehensible. The latest attempt to come up with a blueprint for a Shared Future ahead of the G8 summit in Fermanagh suggested a certain degree of desperation. This initiative entitled ‘Together Building A United Community’ was described by the First Minister as the ‘most ambitious ever to be brought forward on the issue’, which perhaps reflects how poor previous initiatives have been. Essentially, it amounts to a parking of the most contentious issues, with little that is new to report. The 10,000 young people given a year’s work reminds me of the Ace Scheme that was running when I left school, and the 100 cross community summer schemes, whilst welcome, hardly represents new and imaginative thinking.

The removal of all peace walls by 2023 is indeed ambitious but I will wait to see how they intend to do it before getting excited. All of that said, perhaps the greatest indictment of all concerning the initiative is not with regard to what’s in it, but in relation to the credibility of those who wrote it. The recent antics of Sinn Fein and the DUP surrounding the peace centre at Maze Long Kesh, the Republican commemorative march at Castlederg and a DUP MLA who thought that it was perfectly ok for the Irish Flag to be burnt on Loyalist bonfires, would suggest that these two parties have a long way to go before they can accept each other, and are probably not best placed to lecture the rest of us on how we should live together.

At best the Good Friday Agreement has been something of a mixed bag for victims and survivors. If Northern Ireland is to continue to make the transition from violent conflict and sectarian mistrust to peaceful democracy these issues need to be addressed with a certain amount of urgency. Perhaps if we ever arrive at that place, the society then will indeed be a true memorial to the victims of violence.
Hit single ‘Belfast’ released in aid of WAVE

Local singer songwriter Joby Fox has re-released the hit single ‘Belfast’ at an event at the Strand Picture House in East Belfast. The event was part of the East Belfast Arts Festival and the proceeds of the song are being divided between WAVE and cancer charity Clic Sargent. Joby explains his thinking behind the song...

My world was west Belfast. I lived with my family of five brothers and four sisters. The Troubles were raging and the British army was on the streets. Day in, day out there were killings and bombings. My world was brutal but full of love and support. It was 1979 – I was a 17-year-old corner boy but I was also a bass player in a ‘New Wave’ band called ‘The Bankrobbers’.

As a fledgling song writer – a particular melody had taken up residence in my brain and every time I was alone this melody came to visit. One night on my way home from my girlfriend’s, I passed a recently dispersed riot. The smoke of sulphur from the rubber bullets was hanging in the air. Still elevated by the feeling of young love I thought – Belfast you are like heaven, you are like hell. I got home and sat down and wrote ‘Belfast.’

Ten years later ‘Belfast’ got to number 48 in the British charts and number 1 in the Irish charts with my band – ‘Energy Orchard’. Looking back to the 17 year old Joby Fox and reflecting on my journey and that of my city – I recall meeting the son of a Reverend from the Shankill Road through the local music scene – we formed a friendship that remains to this day.

Belfast was a polarised city – you were either ‘one or the other’ in those days. Today, thankfully, most people that I know have transcended the labels that they were given or had assumed. ‘We have come a long way together’ I thought when writing a third verse for a new revised and rerecorded version of ‘Belfast’ – 33 years later.

The ‘flag issue’ had just kicked off and it seemed that we needed to be reminded that we still have some way to go. ‘Hold my hand so both can be free from the trouble and the darkness’, I wrote. The only way we are going to find peace is together. We have shared the same dark space for so long and we alone know the blinding truth of what it takes to move on.

Belfast
For more information on Joby Fox please visit his website at: www.jobyfox.com