



BULLETIN

FEBRUARY 2014 • ISSUE 1 • www.tccabulletin.org

FREE

**Health
Screening**

Luncheon Club

HEMECARE

Assessment

Zumba

Advice

Room Bookings

**Legal
Advice**

Gentle Exercise

Taekwondo

Bulletin

Intern Program

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GENTLE EXERCISE *For the elderly or disabled*

INTERNS



An opportunity to work for charity and develop skills that will help in their future aspirations



HEALTH SCREENING



Health screening event organised throughout the year keep an eye out for future dates.

GET TO KNOW OUR STAFF

THIS MONTH

Welcome to TCCA News Bulletin, the magazine that keeps you informed about the services we offer and provides information that makes your life easier.

TCCA Bulletin is a monthly free magazine that is currently funded by Awards for All UK. Each month we collate pieces of information which may be of use and try to promote activities that are provided by the centre either free or at a low cost. This is our first issue and as it is YOUR magazine we welcome your input.



TCCA Building

This month we would like to celebrate our successes in the past months. In December we held our New Year celebrations for all our elderly and carers; we held our first Health Screening Event; we launched our new Information Screen; we have begun holding free Legal Advice sessions which complement our Information and Advice Surgeries; we have extended our Luncheon Club from one day a week to three days. We have welcomed on board our new office administrator which we spotlight in this first issue, and our two new interns from Czech Republic Josef Helsus and Daniel Maxa, as well as Deborah Kick who acts as our policy officer, guided with the task of reviewing all the organisations policies, procedures and our working constitution.

Sule Ibrahim Office Administrator

Sule can you tell us a bit about yourself, likes, dislikes, hobbies, previous work?

Well I have a varied work background. Before joining TCCA I worked in welfare to work as an Employment Advisor for over 5 years helping unemployed individuals back into work. Before that I worked in the removals and shipping industry for just under 5 years and before that I worked in education as an ESOL Lecturer and a Learning Assistant for a few years.

At the moment I am studying Art Therapy at MA level and once I qualify hope to set up art therapy projects for adults and children with special educational needs and learning disabilities within the local community to start with. I enjoy painting, drawing and writing poetry in my spare time so art therapy is something where I can combine my hobbies as well as my desire to help people in need.

When did you start with TCCA?

I started working at TCCA in October, so it's just short of 3 months.

What is your role with TCCA?

I am currently working as an Administrator and my two main responsibilities involve managing the room bookings which also includes promoting the rooms to the local community and increasing interest. My second responsibility is to work on promotional material and information which is available to our local community. This includes the TCCA news bulletin which will be published on a monthly basis, and flyers advertising function rooms and party deals, and projects. However as one can expect my role is not restricted to these. There are always lots to do in TCCA.

What are you currently working on?

At the moment I am working on the TCCA news bulletin and researching ideas for flyers to advertise our children's party package which currently includes food catering, and hopefully will include entertainment such as drama, children's Zumba, bouncy castle...

What do you see as the positives/negatives of TCCA?

I feel it has a number of positives from providing homecare for the local community whilst being culturally sensitive to Turkish, Turkish and Greek Cypriot communities, to the number of projects available under its wings such as Advice and Guidance, Legal Advice, and Health & Well-being activities



etc. As a whole there are a lot of prospects within TCCA. Any idea is welcome. If I suggested a project idea as an employee, it'll be taken seriously by management and resources will be reviewed to make it happen as long as it's a project that has support for the local community at its heart. This is a great quality of TCCA.

However there are negatives of course, one that is small but simultaneously has a huge impact on speed of progress. 'Funding' is the main negative. Although we rely very little on funding in day to day functioning thanks to the homecare department, lack of funding has an impact in particular to my role as I need to strive to advertise the room booking service and other projects economically. That being said we are continuously heading forward despite the negatives.

Where would you like TCCA to be in 5 years?

I have a vision that TCCA will be running a lot more projects. As it is TCCA is a great support to the local community in terms of homecare, but there are a lot more opportunities that can be explored. I am hoping that I will be able to set up art therapy projects under TCCA's wing. Delivering support to our local community can be expanded to include youth projects, ESOL classes, health advice sessions, counselling sessions etc. I am certain that TCCA will successfully reach out to the community in many more ways than it is at the moment.

Thank you for the interview, is there anything more you would like to say?

Erm...other than welcoming the reader to visit our website and check out our services available to them, I do not have anything else to add. Thank you for the interview too.



Tuesday group practice

GET TO KNOW OUR USERS

Ercüment İbrahim

Director: Enderun Musiki Derneği Korosu

Ercument can please tell us a bit about your Group?

The choir was set up about a year ago, with one or two people involved, it has grown to 18-20 people attending every week. The aim of the group is to bring together people who are interested music, we have no remits to who can attend and welcome all on-board.

How often do you meet?

Once a week, Tuesday's.

What type of music do you perform?

Turkish Classical Music

Do you hold events or concerts?

Most of our events are held in the summer months, and currently we are working towards organising something in May.

What are your plans for the next twelve months?

We want to continue to organise a concert and provide a platform where Turkish Classical Music can be experienced.



Ercüment İbrahim

Do you have any plans on expanding beyond one day a week?

No. One day a week suits us really well

Where did the idea come from to start the group?

I have always been musical and keen on the genre of Turkish Classical. Just over a year ago I had the idea to bring people together who have a similar interest and the group has grown.

What has drawn you to use TCCA as a venue?

We were unhappy with our previous venue. Their rates were high and service was poor. We approached TCCA and they were able to provide a really fair price for excellent venue. The staff in particular Sule, Nurhan and Erim have been amazing and couldn't have provided a better service. Safe to say we are really happy here.

What else could we do as TCCA to improve our experience?

TCCA has been really great, so nothing more. We may ask to change the day of the week but that's it.

Anything else you would like to?

No... Suffice to say that we really appreciate TCCA and the services they provide for the whole community.

TC HOME CARE

YOUR LOCAL HOME CARE PROVIDER

*“Care at home
by people that
really care”*

Better and stronger:

If you are seeking Greek, Turkish or English Speaking experienced and qualified carer from a 5 star accredited provider, that not only meets your care requirements but also provides additional FREE support, then Haringey based TC Homecare is your provider.

TC Homecare services include:

- Full personal care – including those with high physical/mental needs
- Personal care for people with high needs – (Continuing Care)
- Shopping, cleaning, household tasks
- Pension collection, paying bills
- Night carers
- Companionship
- Respite - short break for carers
- Escort service
- Befriending
- Sitting service



As a charity we are also able to provide: FREE access to information and advice, FREE legal advice, FREE benefits advice and support accessing benefits, access to our luncheon club and much more. If you want to switch your

care provider or are seeking a new care provider...

Then contact us:

Tel: 020 8829 0993

020 8826 1081

Email: info@tcca.org

TCCA ROOM HIRE

The TCCA building is based at the heart of Haringey. With a functional car park in front of the building, the inside has been transformed into a centre with disabled access. We now have the capacity to hire out our hall for functions and events.

Events we cater for can range from small and large scale birthday parties, corporate away days, meetings, training sessions, exercise classes, and much more.

We also have individual rooms which can be used for meetings and training, or as long term office space. If you are looking to hold a birthday party or a fundraising event, we have pre-existing catering packages alongside our great hire rates to help you have a fantastic day whilst at the same time contributing to a great organisation and community. Please contact us for more information.

All the money we receive is fully re-invested into the organisation. It goes

towards the betterment of the building or helps to enhance the services we provide to

the community. By hiring our premises you really are contributing to a great cause.



Hall



Meeting room

What to do

If you are interested in booking a space for a one-off kids party or an office space, then call:

0208 826 10 80

and ask for Sue.... We are currently offering package deals on children's parties

It's simple...

- 1 Choose the SPACE - 6 spaces to choose from
- 2 Choose the CATERING - we have buffet prices from £3 - £10ph
- 3 Choose the ENTERTAINMENT - we can offer themed parties (currently on offer Zumba / Theatre / Clown / Entertainer or just a bouncy castle)

LUNCHEON CLUB

Our luncheon club is available for the Cypriot elderly community every **Tuesday, Wednesday and Thursday from 11am onwards**. We offer subsidised lunch prepared in a traditional Cypriot way. Lunch is followed by bingo, cards, socialising and an opportunity to find new friends.



ADVICE PROJECT

The Turkish Information and Advice Project is for all the members of Turkish speaking communities and groups in London Borough of Haringey and neighbourhood boundaries. The participants are mainly Turkish Speakers who live in Haringey and their backgrounds are mainly Turkish, Turkish Kurds, Turkish Cypriots and Turkish speaking Greek Cypriots and also other Turkish Speakers from Bulgaria, Kosovo, Azerbaijan, Turkmenistan, etc...

Our mission is always to provide a range of needs-led services of excellent quality for Turkish Speaking Com-



munities in Haringey to help them settle in the UK and to make positive contributions to the society in general. The aim of the Information and Advice Project is to improve the life quality of the Turkish-speaking communities/groups in society and make our services accessible and available to those people who live in Haringey area.

Free advice sessions every Thursday from 9am to 12pm.

TCCA Advice Officer: Turgay Ertim

ASSESSMENT PROJECT

TCCA launches its Assessment Project.
**If you are elderly...
Housebound....**

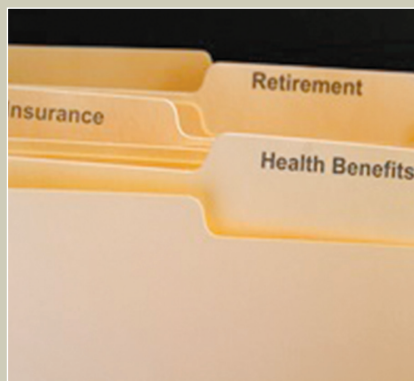
Not sure if you have all that you are entitled to?

We could help

We visit, assess, advise and help claim your right to additional financial support for FREE.

For more information call:

020 8826 10 80



INTERNS



TCCA is running its Intern/Apprentice Scheme with CAPA, Essex University, Seetec and ADC College. Our aim to offer members of the community an opportunity to work for charity and develop skills that will help in their future aspirations. Over the past 12 months we have worked with over 18 apprentices and hope that number will grow. We offer work from basic administration through to development of complete IT systems and Websites.



FINANCIAL
ADVICE

COMPLETING YOUR TAX RETURNS

Unsal
Soydaner**Do I have to complete my tax returns?**

If you are working for an employer who is taking PAYE (pay as you earn) tax and national insurance from your regular wages, and you do not have any other income, you do not usually need to complete a tax return. You will need to fill in a Self-Assessment tax return form if you are self-employed, a company director, a partner in a business or if you have income that is not taxed at source, for example, rental income.

A complete list of people who need to fill in a tax return can be found on the Directgov website at www.direct.gov.uk or in Northern Ireland on the Nidirect website at www.nidirect.gov.uk. You may also need to complete a tax return form if your household is receiving Child Benefit and someone in your household has a high income.



This is because they may have to pay extra tax as a result. For more information on Child benefit and tax if you have a high income visit www.advice-guide.org.uk.

If HM Revenue and Customs (HMRC) think you may have income which needs to be taxed under Self-Assessment, they will send you a tax return to complete. However, it is your responsibility to tell HMRC if you think you have income which needs to be taxed. You can complete a tax return online

or on paper. If you have not received a paper tax return or a notice to complete an online return and you think you need to complete one, contact your tax office or the HMRC Self-Assessment helpline.

UCS ACCOUNTANTS
266-268 HIGH STREET,
WALTHAM CROSS,
HERTFORDSHIRE EN8 7EA

LEGAL
ADVICE

NO... TO DOMESTIC VIOLENCE

Ipek
Bekir

Domestic violence is a pattern of controlling and aggressive behaviour. The abuse can be physical, emotional, psychological, financial or sexual. The violence can be actual or threatened and can happen once every so often or on a regular basis.

Should you find yourself a victim of the aforementioned behaviour, it is imperative you are aware that legal protection is available to you. We can apply to court for an injunction to keep you safe and provide breathing space for you to recover and make decisions about the future. The order from court can prohibit further abuse and exclude the perpetrator from your home.

There are two types of injunction orders, known as non-molestation orders and occupation orders. A non-molestation order forbids the threat or use of violence and the use of intimidation, harassment or pestering. It can also



prohibit specific behaviour. The court has to take into account all of the circumstances including the need to secure your health, safety and wellbeing and that of any children you may have. An occupation order can be obtained where significant harm to you or your children is likely. The order may include:

- A requirement that your partner leave the home
- Suspension of your partner's right to occupy the home
- Exclusion of your partner from a defined area around the home.

Orders are usually made for three to six months and can be extended. You can also apply to the court for an order without notice to your partner. Non-molestation orders (and, in exceptional cases, occupation orders) can be granted by the court urgently on the day the application is issued.

This article is written by Ipek Bekir, Head of the Family department at Lester Dominic Solicitors.

For more information please call,
Tel: 020 8371 7400
Email: ibekir@lesterdominic.com

HEALTH

WINTER FLU: WHAT TO WATCH OUT FOR

Dr Gungor Kucuk



The symptoms of flu will usually peak after two to three days and you should begin to feel much better within five to eight days.

However, you may have a lingering cough and still feel very tired for a further two to three weeks.

Flu can give you any of these symptoms:

- Sudden Fever – A Temperature Of 38°C (100.4°F) Or Above
- Dry, Chesty Cough
- Headache
- Tiredness
- Chills
- Aching Muscles
- Limb Or Joint Pain
- Diarrhoea Or Upset Stomach
- Sore Throat
- Runny Or Blocked Nose
- Sneezing
- Loss Of Appetite
- Difficulty Sleeping

When to visit your GP

If you are otherwise fit and healthy, there is usually no need to visit your GP if you have flu-like symptoms.

The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration.

You can take paracetamol or ibuprofen to lower a high temperature and relieve aches.

You should visit your GP if you have flu-like symptoms and you:

- Are 65 years of age or over
- Are pregnant
- Have a long-term medical condition, such as diabetes, heart disease, lung disease, kidney disease or a neurological disease
- Have a weakened immune system (the body's natural defence against infection and illness)

Flu can be more serious for these groups and antiviral medication may need to be prescribed.

Med-Chem Pharmacy
73 Grand Parade, Green Lanes
London, N4 1DU



 **MED-CHEM PHARMACY**

WELLBEING

STRESS MANAGEMENT

Tarkan Mustafa



Conscious or unconscious demands made upon our body causes stress. These may be the result of work, relationships and/or how we choose or not choose how to spend our free time. Therefore, stress begins with our thoughts and feelings, whether they are conscious or unconscious. These in turn effect our emotions. Our negative emotions in turn cause chemicals to be released in our body. These then result in unwanted symptoms within the mind and body.

Short term symptoms include anger, headaches and loss of appetite.

Medium term symptoms include anxiety, depression, chest pains, persistent sleep disturbances, high blood pressure, abdominal pain, irritable bowel syndrome, migraines, asthma, skin conditions, ulcers and recurrent infections.

Long term symptoms of stress include



mental illness, heart disease, cancer or strokes.

Having regular psychological analysis enables my clients to overcome any emotional or psychological limitations which can cause unnecessary stress in life. A lack of advanced psychological insight and understanding can cause stress in regard to relationships within a person's life; whether in regard to the past, present or future expectations.

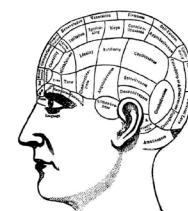
Real self-knowledge helps an individual achieve an authentic state of calm, together with a relaxed and positive disposition. This happens naturally and without any effort on the part of

the individual as a result of these sessions. There are also coping strategies I sometimes advise my clients to use for stress management. These include regular exercise; the occasional acupuncture massage session which can greatly reduce this stress; relaxation techniques such as breathing exercises; and to keep a healthy diet as much as possible.

However it must be remembered that the initial step towards stress begins within our thoughts; within the mind.

Mobile: 07985 373 559
195 High Street, Ponders End,
Enfield Middlesex EN3 4DZ

Peace of Mind



Therapy Centre

TAEKWONDO Q&A

Q - So I understand that TCCA runs a variety of projects available to the local community, Kids Taekwondo being one of them. Can you tell us a little bit about this project?

A- Kids Taekwondo is a project funded by Tottenham Active which is available for children between the ages of 7 and 15. It's free for children to join, and the aim of the project is to get the children of our local community to be more physically active.

Q- Can you tell us where, what days and times the classes take place?

A- The classes take place on a weekly basis every Monday from 4pm to 5pm and are based at TCCA in Haringey (628-630 Green Lanes, N8 OSD).

Q- Lastly could you explain the joining instructions?

A- Any child wanting to join can just turn up on Monday afternoon before the start of the class. The parent or guardian will need to complete a participant registration form which is quick and easy to complete and the child can start on the day.



ZUMBA



Classes take place every Monday between 7pm – 8pm; classes are free until 3rd February then a small charge.

Fancy getting fit....

Want to socialise....

Then you are welcome to just pop along....

TABLE TENNIS

Tuesday Night

Table Tennis session (Time TBC)



We are keen to organise regular table tennis sessions which will be run at the centre. The sessions will be open to all and for those who wish to com-

pete we will be entering the Middlesex Table Tennis League.

Interested in Table Tennis...

then call TCCA on 020 8826 1080

GENTLE EXERCISE



If you are elderly or disabled, and want to improve your wellbeing then please pop along to our free weekly sessions. The sessions are based on light exercise and focus on members of the community who have limited movement. Sessions are due to start on the 27-01-2013 at 11.00 for one hour then continue every week for 10 weeks.

DON'T FORGET TO REGISTER TO VOTE

Mustafa Korel



From the creation of the National Health Service to the collection of your rubbish and the repair of roads, it is voting that makes these things happen.

Each one of us has our own views and different viewpoints of how things should be. It's this debate and multiplicity of voices and opinions that makes for a healthy society.

Our community has a long history of using our right to vote and to help shape services and policies. However, in today's busy world, we can sometimes forget to register to vote. It's a simple process that your local Council can help with and in today's technology driven world, you can find out how to register at: www.aboutmyvote.co.uk.



Less than 100 years ago, people were killed in their quest for equal votes for women, and today, there are places that still deny citizens the vote.

Voting is our civil right and exercises our basic rights as citizens to choose what

you believe in - it gives you the power to determine your future leaders and to express your preference.

For more information about registering to vote visit www.aboutmyvote.co.uk and get registered to vote today.

BRITAIN CAN NO LONGER AFFORD A WELFARE STATE

Youth Unemployment and Government Incentives

Aisha Izzet



In the autumn statement early this month, Chancellor George Osborne made it clear that the £120 billion welfare budget would have to be capped from 2015, after the next UK general election. During his statement the Chancellor announced government schemes and interventions in hope it has impact and reduces the number of youth unemployed in the UK.

One for example is the Employment Allowance Scheme that will be introduced from April next year. The government is expecting 480,000 small businesses to take part in the scheme. The scheme will cut their national insurance bill by around £2000, per business, and allow for small businesses to invest and recruit.

The second, that follows on from the Employment Allowance Scheme is the abolishment of employer National Insurance Contributions for the lower earning under 21s from April 2015. This is another direct employer incentive

to recruit young unemployed people. Whilst there has been a multiple of opinions and statements made on the subject, it is evident that action is necessary and very much urgent to prevent the one million 16-24 unemployed age group from increasing and having further negative impact on society and the UK recovery.

To support these two schemes is a third scheme, where the Government will reform apprenticeship funding to allow employers to receive assistance with the training costs of apprentices directly through an HMRC-led system, and will invest in higher apprenticeships by providing £40 million towards an additional 20,000 higher-apprenticeship schemes to commence over the next two academic years.

To avoid further long-term unemployment amongst young people the Chancellor also announced that anyone aged between 18 and 21 who is claiming benefits without basic English or Maths will be required to undertake training from day one or lose their benefit entitlements. Those that are unemployed for more than six months will be forced



to start a traineeship, take work experience or do a community work placement or they will lose their benefits. Is government intervention in the labour market a sustainable solution to unemployment? Are we not just creating one scheme to create another scheme to prevent outcomes from the first?

Learning Gym™



Tuition for schoolchildren – incl. homework and schoolwork help, examination preparation and booster study.

From 8 to 18 years. Pupils pay a monthly fee* and can attend whenever and as often as they like!

(Open Monday to Friday, 4 – 7pm, Saturdays 11am – 5pm). Please text: 0778 663 7276 or visit www.learninggym.org.uk.

(*From £40 to £75 per month, dependent on circumstances. Work is individual and group size limited to 3 per teacher weekdays)

"We look forward to meeting you – please drop by for a chat"

Jonathan Walwyn B.Sc. M.Sc.
PGCE
(Fully qualified, practising schoolteacher)

CYPRUS KITCHEN



With its traditional homecooked Cypriot food and chef's specials served daily, Cyprus Kitchen offers a friendly and welcoming atmosphere open to all wanting to have good food and a good time.

**Open Tuesday to Sunday
with live traditional music
every Saturday from 8pm
onwards.**



For more information call 020 8889 5947 or visit Cyprus Kitchen, 628-630 Green Lanes, N8 0SD



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AT TCCA EVERY WEDNESDAY



"METAMORPHOSIS"
By Franz Kafka
18th-23rd Feb 2014
(Oluwa o!)
Adaptation by
Nick Pelas
"Anyone who keeps the
ability to see beauty
never grows old."
Kafka

ADMISSION: £13 (£11 Concessions)
Doors Open at 7:15pm
TICKETS NOW ON SALE

Leicester Square Theatre
6 Leicester Place
London WC2H 7BX

BOX OFFICE:
0844 873 3433

www.facebook.com/stagetheatrecompany
www.leicestersquaretheatre.com




Enderun Musiki Derneği Korosu

**Wishes to invite anyone
interested in Turkish Classical
Music to its weekly choir sessions...**

**Interested pop along any
Tuesday between 19.00 – 20.00**





TFC thanks TCCA for all it's
hard work over the last 12 months.



546 Lordship Lane, Wood Green, London N22 5BY
Tel: 020 8365 8846 Web: www.tfcsupermarkets.com



BULLETIN

Advertise with us...


£25


£15


£10

CURRENT AND FUTURE EVENTS

LUNCHEON CLUB

Every Tue, Wed, Thu from 11am onwards

LEGAL ADVICE

Every Wed from 3pm to 5pm (*appointment only*)

INFORMATION & ADVICE

Every Thu from 9am to 12pm (*drop in service*)

ZUMBA

Every Mon from 7pm to 8pm

KIDS TAEKWONDO

Every Mon from 4pm to 5pm

GENTLE EXERCISE

Every Mon from 11am to 12pm (*over 60s*)



Turkish Cypriot Community Association

Address: 628 - 630 Green Lanes, Haringey, London N8 0SD

Tel: 020 8826 1080

Web: www.tcca.org

Twitter: @TccaHaringey

LinkedIn: <http://uk.linkedin.com/pub/tcca-haringey/8a/361/538/>

Email: info@tcca.org

Bulletin Website: www.tccabulletin.org

Facebook: facebook.com/tcca.haringey

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