



BULLETIN

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FREE



www.tcca.org info@tcca.org Tel 020 8826 1080 Fax 020 8829 0994

TC Homecare

020 8826 1081—020 8829 0993

Cyprus Kitchen

020 8889 5947

Room Bookings

020 8826 1080

Kids Tutors (Learning Gym Ltd)

020 8881 1162

Elders Luncheon Club

020 8826 1080

TCCA Bulletin (Community News)

www.TCCABulletin.org

Elderly Welfare Assessment

020 8826 1086

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CAPA INTERNS



TCCA are pleased to
WELCOME....
Morgan and Deborah
from the USA.

**ANNUAL
GENERAL
MEETING**

CULTURE FAIR



*Culture fair
organised by
Limassol Turkish
Association was
an outstanding
success*

GET TO KNOW OUR STAFF

THIS MONTH

TCCA Bulletin is a monthly FREE magazine that is funded by Awards for All. This month we have enlarged the Bulletin and taken it from 12 pages to 16 pages. We have maintained our Standing Articles; we have invited two new contributors; and have provided more scope for our members to know what our plans are over the next four weeks. If there is any way we could make it better, then tell us... It's your magazine.

This month we have celebrated our successes from the previous month. In January 2014 we welcomed Deborah Kick and Morgan Block from the CAPA International Internship Program. They will be with us for three months and will help to completely revise our policies and procedures, review our outdated constitution and move us towards gaining a recognised quality mark such as Cache, PQASSO, and Matrix.

We also welcomed Bartromiej Sikora and Arkadiusz Trynda who are both Apprentices from Poland and are supporting all our IT needs. We have bolstered our Homecare section and for a short while welcome back Sarac Cankaya and welcome a new team member Engul Abdullah and Selcan Kemal.

Room Bookings continues to develop and now TCCA welcomes Lighthouse Chapel International, Limassol Turkish Association Fair and Fusion Arts. Our Luncheon Club has now extended to three days a week and we are looking to increase the activities that help our community become more active. Hands on London have once again come to the rescue and helped us decorate our ground floor, and brought it up to the standards of the rest of the building.

Hands on London, decorating our first floor



On a final note our AGM will be on the **15th May 2013**, so keep your eyes peeled with the elections in mind.

Deborah Kick

Policy & Procedure Officer

Deborah can you please tell us a bit about yourself?

My name is Deborah Kick. I am 20 years old, and will turn 21 on February 9. I am a junior at the University of Massachusetts Amherst. I am a legal studies and political science double major. I have been a flute player for 12 years, and I am a member of my university's marching band. I have a bit of an obsession with Harry Potter, and I am also very much into sports: I am a New York Yankees and New York Jets fan. Generally speaking, I love to read, and am a big cat person.

Can you tell us about CAPA?

So CAPA, the full name of which is CAPA International Educational Organisation, has multiple locations around the globe, one of which is London, with other locations Beijing, Istanbul, Shanghai, and Sydney, where kids are given the opportunity to spend a semester abroad. Students take classes through CAPA, which has three dozen class options, which are related to their majors or minors. For example, my classes are European Government and Politics, and Citizenship and Gender in Modern Europe. I like them as they cover both sides of the political science spectrum: the government and politics side, but also the socioeconomic side. CAPA also offer optional internship placements, where you complete the appropriate forms and then CAPA places you with an appropriate an internship based on your major, or interests.

How have you found London?

I love London so far! The streets remind me of Boston, but the ambiance definitely reminds me of New York. It's wonderful, as I am from the suburbs of New York City, so I have pretty much adapted to the lifestyle of London. I love the hustle and bustle; even the Tube hasn't caused me much trouble.

Can you tell us what work you are under taking with TCCA?

I am a Policy Intern. I am going to be updating the policies and procedures of the organisation and making sure they are up to date with UK legal standards, making sure that the homecare and Charity as a whole are up to date. I will also be organising an Away Day where we would be able to discuss the organisations plans five to ten years into the future, and I will be presenting all of my work to people in the organisation.

What are the main differences that you have noticed in working in the USA in comparison to The UK?

As I've mentioned the ambiance of New York City, it's the same with the workplace: people here are much more mellow and relaxed. Staff are still focused on their goals, but there is far less tension, and less of a need



to get specific things done by a specific time. The staff do focus on their deadlines, but they also go with the flow, and realize what is more important is the end result.

What do you hope to take away with you, when you go back?

What I hope is that I leave TCCA with well-revised policies that will last for the next decade. However, what I personally hope to take away is to have a better idea of what to do with my law degree once I graduate law school, and also how to apply what I have learned in the classroom for both of my majors, to the real world.

Who has been an inspirational figure in your life?

My dream job is to be Supreme Court Justice. Career wise, I would like to do what Justice Ruth Bader Ginsburg has been able to do as a judge. As a fellow Jewish woman, being a minority, I am more acutely aware of the oppressions directed people of lower socioeconomic classes. I would love to make changes in the American legal system, on a state or federal level, to laws that oppress minorities. However, generally, although it may sound cliché, my mother is the most inspirational figure in my life. She has overcome many hardships in her life, but has always remained positive and consistently been there to support me through whatever I do.

How have you found TCCA as an employer?

I've only been here for about two weeks, but, I do like TCCA so far. When I was first emailed to confirm my internship position here, I was a bit taken aback. But I believe in a way that's a good thing, as my internship placement shouldn't be what I expected it to be. Within the organisation, there are a lot of learning opportunities for me, such as how it is to run a charity, the nitty gritty of what goes on in all levels of a charity organisation, how to conduct interactions with people that are required to manage an organisation, and the level of professionalism that would be required for myself if I was to go into charity work.



GET TO KNOW OUR USERS

Nick Pelas

Director Stage Theatre Company

Nick can you tell us a bit about Stage Theatre Company?

I set up the company in 2008 as Pelas Theatre Company. It was a semi-professional outfit with aim to put inexperienced people on the stage to gain valuable experience and gain exposure too. At the same time to be able to show in small fringe venues cutting edge adaptations of classic plays.

Since losing my job in 2013, the name of company has changed and is delivering far more plays at a rapid rate.

What are you currently working on?

I am preparing *Metamorphosis*, an all-African version set to funky music, a real family show but highlighting important issues of mental illness. This was performed in 2013 at a small venue but I am very excited that it is now to be shown at Leicester Square, on dates 18-23 February.

What are your long term plans for the future?

I am having a break after *Metamorphosis* and spending some time in Africa, Uganda. I am planning to work with some church groups to help develop their acting skills, but I will be back to



Nick Pelas

UK in September for a Chekhov double bill and a musical based on Amy Winehouse.

If someone wanted to get involved with Stage Theatre Company, how would they do so?

I have an active Facebook page; best point of call is there. They can add me as a friend and that person can be updated on future casting calls, productions etc... (facebook.com/stagetheatrecompany)

Why did you choose 628-630 Green Lanes as venue?

I am very community orientated and spent all my life working for the third sector, I would not go private. I chose it because it's local to me, easy for others to get to, great price and the fact that I am Greek Cypriot myself helps, as I am feel I am building bridges with fellow Cypriots.

How do find 628-630 Green Lanes as a venue?

Excellent space, great acoustic, and the restaurant is good. Nothing better than having a Kleftiko after a hard working rehearsal session. In addition to this all the TCCA staff are really helpful.

Is there anything you feel we should do to change the delivery of our services to you?

No nothing really.

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 fully 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** Health Checks, **FREE** Annual Hampers, **FREE** benefits advice and support accessing benefits, access to our luncheon club and much more.



If you ARE CURRENTLY receiving care and WOULD LIKE to SWITCH to a provider that specialises in a service for Turkish and Turkish Cypriot, Kurdish, Greek and Greek Cypriot clients then all you need to do is take one simple step.... Call 020 8826 1081 and explain that you are interested in switching.... We will explain the procedure and if you are happy FOR US TO DO SO we will arrange FOR YOUR CARE PACKAGE TO BE TRANSFERRED TO US AND YOU CAN START ENJOYING CARE FROM SOMEONE THAT YOU UNDERSTAND AND WHO UNDERSTANDS YOU AND YOUR NEEDS.

OUR CONTACT DETAILS ARE:

Tel: 020 8829 0993 - 020 8826 1081 **Email:** info@tcca.org



TCCA ROOM BOOKINGS

BOOKING A ROOM WITH US

Did you know that all the money generated at TCCA goes back into the community? We are a charity and all profits generated by events go back into supporting our elderly and community. So thanks for supporting us!

Set in a bustling corner of London, our

main building in Haringey offers a wide selection of conference and meeting rooms as well as a large hall. Whatever your event we are confident TCCA has the right space for you.

Booking a room couldn't be easier. Just follow the steps set out below.



Meeting room

1 Choose the space

6 spaces to choose from that cater for birthday parties, meetings, training sessions, exercise classes, and much more...



Hall



Meeting room



Small room

Room	Capacity	Rate
Main Hall	80 - 130	from £12.00 to £50.00 p/h
Meeting Room	20 - 40	from £10.00 to £45.00 p/h
Small Rooms	8-10	from £8.00 to £32.00 p/h

2 Choose the catering

Our pre-existing catering package offers a selection of traditional Cypriot dishes made only from the freshest ingredients to create mouth-watering cuisines.

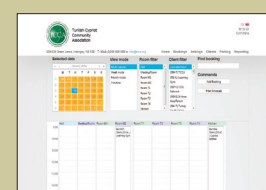


If you are interested in booking a space please call 020 8826 1080 and ask for Sule

Where to find us

3 Choose the entertainment

We offer a selection of themed parties that include Children's Zumba, Drama, Bouncy castle, Clown entertainment and Face painting.



Online booking system

TCCA
628-630 Green Lanes
London, N8 0SD

Learning Gym™



Learning Gym is a unique tuition centre in that children can attend whenever they want out of school hours!

We are open from 4 to 8 Monday to Friday and 11 to 5 at weekends

Students are given an initial assessment and then individual resources are bought for them which the tutors help the students with. Learning Gym is also unique in that you know exactly what work your child does when they come. You do not have to hope the tutor is doing a good job - with Learning Gym you can see how much studying they have done! Homework can also be brought along and you can let us take responsibility for helping your child with all areas of their schoolwork.

Just get them to us - we will do the rest.



We would be delighted to hear from you.

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

To arrange a free consultation, contact Jonathan on **0778 663 7276** or visit our website at **www.learninggym.org.uk**

CYPRUS KITCHEN



WEEKDAYS

Traditional Turkish Cypriot food served in a traditional way at a fraction of the price of most restaurants...

Choose from

- Chicken Shish
- Lamb Shish
- Sheftali
- Mixed Grill

or our extremely popular daily specials which include; Kolakas, Köfte, Molohiya, Fasulye, Fırın Kebabı and more.

All for £7 inclusive of bread, salad, and meze. Not too hungry then why not settle for our daily soup Mercimek, Humus or Paça.

SATURDAY NIGHTS SPECIALS

at Cyprus Kitchen

Every Saturday we have live music that will keep you off your seats dancing...

FIXED PRICE £20

inclusive of 15 cold mezes, 8 hot mezes, mixed kebab, fruit and desert served with tea or coffee. We have a 'bring your own bottle' policy so you will not be charged £50 for a bottle of Raki... Family atmosphere with kids well and truly welcome.

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

THE TCCA ASSESSMENT PROJECT



The TCCA Assessment Project was created in order to help the elderly and disabled housebound Turkish Speakers with a mechanism to have help and support in accessing benefits and services. The project's mission is that we check if isolated members of our community are accessing all the benefits they are entitled to and to see if there is any other support we can provide.

The service is completely FREE.

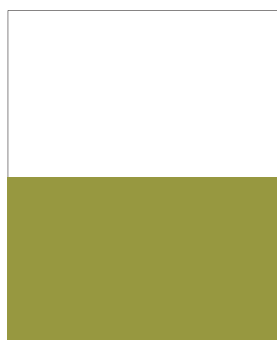
If we can help, then call
020 8826 1080 and ask for Ayşe.



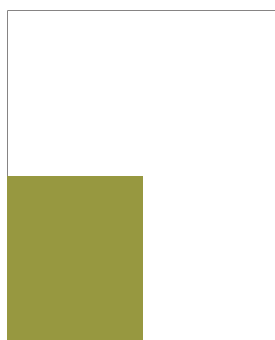
BULLETIN

Your local community Bulletin....

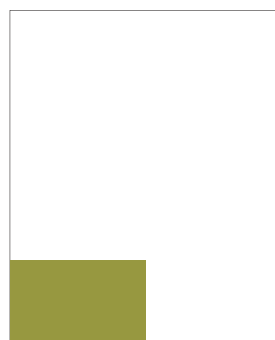
We are now offering cost effective advertising;
all proceeds go towards continued support of the Bulletin.



£25



£15



£10



FINANCIAL
ADVICE

EMPLOYMENT ALLOWANCE

Cem
Soydaner

From April 2014, the National Insurance Contributions Bill will deliver a £2,000 a year tax cut for businesses and charities.

In the run up to the introduction of the Employment Allowance – which will reduce every employer's national insurance bill by £2,000 – HMRC has released new figures about how much the scheme could save UK businesses and charities.

The Government estimates that the tax cut will mean employers are nearly £5.5 billion better off per year by the end of Parliament in 2015. This is the equivalent of £200 per employee.

The savings come from three main areas:

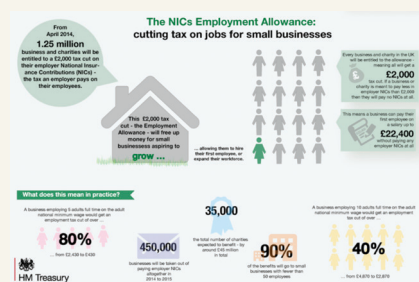
- The new Employment Allowance

taking effect from April this year

- The abolition of employer national insurance for employees under the age of 21 from April 2015
- Raising the threshold before a business starts paying national insurance for an employee in April 2011.

How Employment Allowance will work:

- The Employment Allowance will be introduced from April 2014, delivered through standard payroll software and HMRC's Real-Time Information system.
- To ensure maximum take-up, it will be simple to administer: employers will only need to confirm their eligibility through their regular payroll processes. This confirmation will ensure that up to £2,000 will be deducted from their employers' NICs liability over the course of the year's PAYE payments.
- Businesses, charities and Community Amateur Sports Clubs will be eligible for the new Employment Allowance. Up to 35,000 charities with employees are expected to benefit from the Employment Allowance, by around £45



million a year in total.

- The Employment Allowance calculator allows you to see the effect of the Employment Allowance in 2014. For example, you can see the effect on your National Insurance Contributions bill of employing one additional person or you can look at the reduction to your current National Insurance Contributions payments.

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

LEGAL
ADVICE

PRE-NUPS – ARE THEY BINDING?

Ipek
Bekir

Traditionally pre-nuptial agreements were considered to be against public policy and were not binding. However, since a landmark judgment from a case heard in the Supreme Court, this view was said to be "obsolete and should be swept away".

The Supreme Court stated that the following would influence the validity of a pre-nuptial agreement:

Whether the document has been freely entered into by each party and whether they fully understand the consequences if signed. However, if it would be unfair to bind the parties to the agreement, the fact that the agreement was entered into freely in full knowledge of the implications would be irrelevant. In determining whether it would be fair to bind the parties to the pre-nuptial agreement, the court will have due consideration to the following:

the reasonable requirements of any children, as these will not be forsaken;

the decisions of the parties as to the way in which their financial affairs should be regulated, predominantly where the agreement seeks to protect property purchased prior to the marriage; and

if the agreement intends to leave one party in a quandary of real need while the other party receives the opposite; this will be unfair.

The needs of the parties are of paramount importance in determining whether the court will uphold a pre-nuptial agreement.

Whether there is material lack of disclosure and information or receipt of advice. This is significant, as there is no absolute rule for disclosure of all assets, property and monies or for obtaining independent legal advice. This has been interpreted differently in subsequent case law and is therefore a factor causing contention.

The existence of duress, fraud or misrepresentation. In determining whether this has occurred the following factors will be considered:

(a) whether a dominant position has been taken advantage of;



- (b) the parties' emotional state;
(c) the parties' ages and maturity
(d) whether the parties have been married before.

In summation, although entering into an agreement providing for future separation is never an easy topic to broach, pre-nuptial agreements are worth considering if prepared appropriately, as they can be a binding factor in subsequent proceedings.

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

EVERYTHING YOU NEED TO KNOW ABOUT DIABETES

Dr Gungor Kucuk

**Diabetes symptoms**

Symptoms occur because some or all of the glucose stays in the blood and it isn't being used as fuel for energy. The body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine.

The main symptoms of undiagnosed diabetes include:

- passing urine more often than usual, especially at night
- increased thirst
- extreme tiredness
- unexplained weight loss
- genital itching or regular episodes of thrush
- slow healing of cuts and wounds
- blurred vision

In Type 1 diabetes the signs and symptoms are usually very obvious and develop very quickly, typically over a few weeks. The symptoms are quickly

relieved once the diabetes is treated and under control.

In Type 2 diabetes the signs and symptoms may not be so obvious, as the condition develops slowly over a period of years and may only be picked up in a routine medical checkup. Symptoms are quickly relieved once diabetes is treated and under control.

What now?

If you have any of the above symptoms contact your GP. Early diagnosis, treatment and good control of diabetes is vital to reduce the chances of developing serious diabetes complications.

What happens if you ignore symptoms?

Leaving Type 1 diabetes untreated can lead to serious health problems, including diabetic ketoacidosis, which can result in a potentially fatal coma.

Type 2 diabetes can be easier to miss, especially in the early stages when the



underlying symptoms may not be apparent. But diabetes affects many major organs, including your heart, blood vessels, nerves, eyes and kidneys. Being diagnosed early and controlling your blood glucose levels can help prevent these complications.

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



WELLBEING

ALTERNATIVE MEDICINE

Tarkan Mustafa



Alternative medicine or Natural Medicine is ever becoming more and more popular in the west with millions of people realising that conventional medicine cannot and does not answer all of their health problems. As a therapist I regularly encounter individuals who have been suffering from anxiety and depressions for more than 9 or 10 years. Their General practitioners had been prescribing for them pills in this time which had still not brought to an end to their suffering and sometimes even made the problem worse. On many occasions within my experience, within only 3 weeks of regular sessions with myself, the client turns to me and says;

"I have not been taking my pills, is there any harm in that?"

I reply;

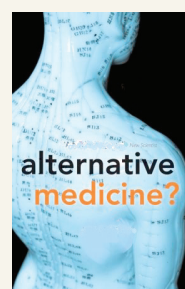
"Why is that?"

And they state that they have not felt the

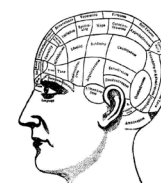
need to take them anymore as they now feel much better. To this I reply that as long as they feel they don't need to take them anymore, then it's ok. These clients usually never go back to the pills as they find a new strength, power and freedom as a result of our sessions. Our sessions at the Peace of Mind Therapy Centre are what I call Combination Therapy sessions which include Psychotherapy, Acupressure and Hypnotherapy. Each individual is different and each has his or her own reasons why they began to suffer in the first place.

Psychology has always been a branch of Philosophy. Therefore the philosophical stance or understanding of the suffering individual is in error and can make amazing recovery and progress with the right psychotherapist.

Our emotional problems can also result in blockages in our energy system within the body and Acupressure which is like acupuncture without the needles can help open up these blockages which bring about immediate relief from any mental and physical problems or pain. Hypnotherapy is also a powerful tool in our sessions which brings about amazing and positive changes in the individual



Peace of Mind



Therapy Centre

sometimes in a matter of minutes. So Alternative Medicine really only exists because conventional medicine has so far and recently shown itself to be more about making big profit in terms of business rather than ending the suffering of individuals. Many paths that modern conventional medicine has taken can truly be said to be unnatural and sometimes unsuccessful. Whereas Natural and so called Alternative medicine can make all the positive and necessary changes and healing that is necessary with the least or no amount of damage done.

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

TAEKWONDO



Taekwondo for Kids

Our Taekwondo classes take place every Monday between 7pm – 8pm and the classes are free until 10/03/14. Thereafter classes will be £5 a session with £1 discount for siblings.

Taekwondo is a non-aggressive system of self-defence and helps to develop self-esteem, self-confidence and self-defence skills.

The classes are open to children aged 7 to 13 and are based at TCCA.

TAI-CHI INSPIRED GENTLE EXERCISE

Our gentle exercise classes aim to increase muscle strength, flexibility, and balance and can be easily adapted for anyone, from the fittest to people confined to wheelchairs or recovering from surgery. If you are aged 60+ and want to improve your wellbeing then you can pop along to our weekly sessions which will be free until 14/04/14. The classes run every Monday from 11am to 12pm at 628-630 Green Lanes, N8 OSD. All abilities welcome!



ZUMBA



Q&A

Can you tell us a little bit about the Zumba project TCCA is currently running?

Our Zumba classes started around 4 months ago and were funded by Tottenham active with the aim of encouraging our local community to take up activities to increase their physical health. The classes were free for 15 weeks but effective of 10/02/14 they are now £3 a session.

For those that may not know can you explain what Zumba fitness is?

Zumba Fitness is latin-inspired dance-fitness program that combines a variety of music with a fun and effective workout system.

Can you tell us where, what days and times the classes run?

They take place every Monday from 7pm to 8pm and are based at TCCA in Harin-gey (628-630 Green Lanes, N8 OSD).

Can you explain the joining instructions?

It is open to anyone and everyone with all physical abilities from beginner level to advance. There are no joining instructions. Anyone interested can just drop by and attend the class.

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 compete we will be entering the Middlesex Table Tennis League.

**Interested in Table Tennis...
then call TCCA on 020 8826 1080**

SELF DEFENCE



Women only Self Defence classes teaching the basics of self-defence and protection... Start date to be confirmed.

**To register please call
0208-8261080**

STREET DANCE



Free Dance Classes coming soon. Start date to be confirmed. To register please call 0208-8261080

ENGAGING YOUNG PEOPLE IN POLITICS

**Peray
Ahmet**



Granted this is a huge generalisation, but I am always struck by how much more 'politicised' young people in Cyprus are in comparison to the ones here. In my opinion even those who claim to know nothing about politics still have a basic understanding of political structures and know the importance of exercising their right to vote. I must qualify this by saying that as an active member of a political party in Britain I know lots of extremely active and politicised young people, but I still get the impression that they are the exception as opposed to the norm.

This is one of the criticisms of the 2011 London riots. The fact that many were not driven by the desire to improve their circumstances (unlike those in the Arab countries) but were in fact a group of youngsters fuelled by greed

and consumerism. There isn't the space to go into this here, but I strongly refute this point and see it as a failing on our part as a society to positively engage young people in politics, specifically those in the inner cities. Positive being the operative word here.

Having said this there are a number of democratic organisations and groups set up to help and support young people to engage and be active in democratic decision making at both local and national level. Youth Councils are an example of such organisations and are set up locally 'by young people for young people'. There is also the UK Youth Parliament and various other groupings and organisations, including ones linked to political parties. Although I totally commend the work of



organisations like Youth Councils and know that many individuals involved are both passionate and committed to the cause, for me the question still begs: are these simply vehicles for the gifted and talented, are we actually engaging young people from all walks of life as successfully as we should?

WHAT IS THE PURPOSE OF EDUCATION?

**Ertanch
Hidayettin**



"Education, education, education". Words uttered by Tony Blair back in 1997. He was making an election pledge. I am not going to discuss his party's and subsequent education policy failures here. I want to pause a much more fundamental question. "What is the purpose of education?"

Why do we send our children to school? Quite apart from the fact that it is illegal not to, what is it we expect from education? Is education a means to an end, or is it an end?

From our own perspective as Cypriots, education has always been used for the purpose of indoctrination. Material used during my school years back in Cyprus was full of chauvinism, aimed at reinforcing the destructive notion of 'the enemy'. I would love to claim that huge strides have been made since my school years, but unfortunately I am not in a position to do so. Looking at the material we use here in London today, for the Turkish language and culture schools, we have definitely not moved very far from my school days.

Let's have a look at some quotes on the purpose of education by famous people:

Jean Piaget, the renowned Swiss psychologist said: "The principle goal of education in the schools should be creating men and women who are capable of doing new things, not simply repeating what other generations have done". Piaget is emphasising the creative purpose of education. To what extent are schools carrying out this important function today?

Another quote from one of the Founding Fathers of USA, Benjamin Franklin: "Tell me and I forget, teach me and I may remember, involve me and I learn". In other words, the best way to enable learning is to involve. To what extent are schools today child centred?

Bill Beattie, the American industrialist and HR specialist said: "The aim of education should be to teach us rather how to think, than what to think - rather to improve our minds, so as to enable us to think for ourselves, than to load the memory with thoughts of other men". An important quote, emphasising the role of education to create free thinking, independent men and women. I mention above the destructive way education is used to indoctrinate children. This does



not just happen in my motherland, but all over the world.

"Establishing lasting peace is the work of education; all politics can do is to keep us out of war". A quote from Maria Montessori, an authority on child development and social reform. It beautifully emphasises the role of education in maintaining world peace. But the current practice is the exact opposite. Politicians, rather than keeping us out of war, cause wars by spreading seeds of hatred. Worse, they use education as a vehicle in this heinous act.

Let us end by this brilliant quote from C.S. Lewis: "The task of the modern educator is not to cut down jungles, but to irrigate deserts."

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

ENGAGE – COMEDY PLATFORM

ENGAGE - uses comedy to support young people who have disengaged within their local communities. The project will work with young people (18-30 years old), in areas of high economic and social deprivation with a recognised lack of provision for young people.... Sessions will be held throughout March.

if interested call or email
Jem at jdjelal@gmail.com
or call **020 8826 1080**



TRAINING



TCCA has formulated in partnership with Learning Gym and other training providers and is providing training from in a variety of subjects including First Aid Training and Food & Hygiene. We are in the early stages of registering with CASHE as a training provider and this should be in place by our next issue... If you are interested in attending a training session or have specific training needs then call us on 020 8826 1080 ask for our Training Department.



SCHOOLS PARTNERSHIP

This year TCCA schools partnership has expanded and we now boost six schools that we work with on an on-going basis. The whole concept of the program is to offer 15-16 year olds an opportunity to work in an office environment, gaining real hands on experience.

If you are 15-16 and want a placement for this summer, please feel free to call the CEO on **0208-826-1087**



IT INTERNS



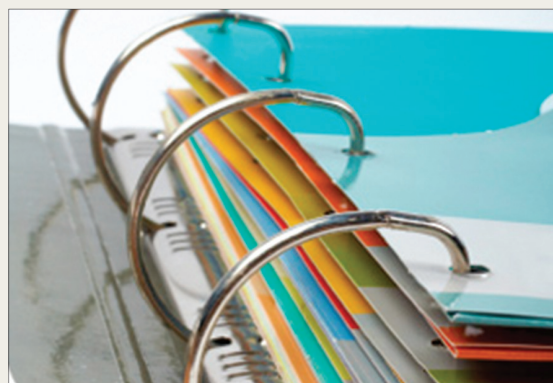
TCCA is currently operating an IT Internship program in partnership with ADC College. Currently there are two Polish Interns Bartłomiej Sikora and Arkadiusz Trynda who are working on all our IT systems. To date they have upgraded all computers carried repairs on all computers that have an issue are resolving some software issues and will be developing some new membership software.



POLICIES AND PROCEDURES

The policies and procedures of TCCA are currently at the beginning stages of being revised by our intern Deborah Kick who is starting to work on the constitution. With the input received from various staff and trustees as to what policy revisions they would like to see happen, amending and updating the policies will be possible. In addition, a master list of how the policies and

procedures will be grouped has been created and the input from staff and trustees will be used to finalise those groupings. As for the constitution, updates on certain laws are being researched to make sure the constitution, legally speaking, is up-to-date. Lastly an Away Day for all stakeholders is being arranged where the opportunity to voice further feedback will be possible.



QUALITY MARK

With the support of our CAPA intern Morgan Block who will be interning at the TCCA until end of April 2014, TCCA will be able to achieve quality marks through the CACHE and PQASSO programs and get prepared for Matrix, Investors In People, Investors In Volunteers and EFQM. Through the accred-

itation of these two programs TCCA will have more access to grants and funding to fund future projects to support the community. With the data collected from these two programs, a business plan will be formulated for the TCCA to cover the next five to ten years.





One to one classes at TCCA for young people aged 18-27 interested in entering the world of Film and theatre.

**Classes are every Thursday
between 13.00 – 16.00**

Spaces limited

Interested then please call:

020 8257 6477



**ANNUAL
GENERAL
MEETING**
2014

**TURKISH
CYPRIOT
COMMUNITY
ASSOCIATION**



NOTICE TO MEMBERS

Company Number: 3851759 Charity Number: 1080926

TCCA in line with section 5 of the governing document of the association gives clear notice of the organisation 2014 AGM. The AGM will take place at

LOCATION: 628-630 Green Lanes, Haringey N8 0SD
DATE: Thursday 15th May 2014 **TIME** 19:30
Beginning: 19.30 sharp.

Agenda - Minutes (from last AGM) - Audited Accounts
Available from associations office, accessible via
email (info@tcca.org) or phone (020-8826-1080)



LESTER | DOMINIC
solicitors

PROVIDES FREE CONFIDENTIAL ADVICE EVERY WEDNESDAY AT TCCA

MEET WITH A SOLICITOR WHO WILL RESEARCH YOUR CASE AND PROVIDE YOU WITH STRAIGHTFORWARD ADVICE AND ASSISTANCE.

BY APPOINTMENT ONLY, CALL ON 020 8826 1080 TO BOOK AN APPOINTMENT.
ADDRESS: TCCA, 628-630 GREEN LANES, HARINGEY, LONDON, N8 0SD

COMPANY LTD. BY GUARANTEE REGISTERED IN ENGLAND AND WALES.
COMPANY NO. 3851759 CHARITY REGISTRATION NO. 1080926 VAT NO. 713964816



LIMASSOL TURKISH ASSOCIATION

If you would like to share, to cooperate, to chat and catch up or to have fun, and be informed, meet us at our Association every Wednesday at Kervan Sofrasi in Edmonton for our weekly Chat Day.

We hope that you choose to partake in this meaningful event and experience a pleasant and productive involvement and input.

Address: Kervan Sofrasi, 80 Church Street, N9 9PB

from 11:00 to 15:00 hours

Do not miss this wonderful opportunity.



TCCA is seeking Carers

TC Homecare provides 5 star client oriented care to people living in London.

Due to our expansion plans we are now seeking additional carers in Haringey, Enfield, Hackney, Islington and Waltham Forest....

If you are interested in working for a charity that prides itself on its motto "care at home by people that really care" and a great team of Care Workers, then contact TC Homecare on 0208 826 1081.



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



CURRENT AND FUTURE EVENTS

MONDAY

Learning Gym | Zumba | Kids Taekwondo

TUESDAY

Learning Gym | Cyprus Kitchen | Table Tennis | Gentle Exercise

WEDNESDAY

Learning Gym | Cyprus Kitchen | Luncheon Club | Legal Advice

THURSDAY

Learning Gym | Cyprus Kitchen | Luncheon Club | General Advice | Fusion Teaching

FRIDAY

Learning Gym | Luncheon Club | Assessment Project

WEEKEND

Learning Gym



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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