



BULLETIN

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FREE

The Homecare provider that offers you more



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GET TO KNOW OUR STAFF

THIS MONTH

As our Bulletin grows in popularity and circulation rises we are now looking to our readers to help with direction of content. We are asking readers to please email erim@tcca.org or call 020 8826 1087 if wished to contribute to the Bulletin. It's your Bulletin and we would love for members of the local community to let us know what they want to include within its pages.

Staff wise TCCA welcomes Laura Ghita our Bookkeeper, Toplicean Ioana our Administration Intern and Madalin Andrei our IT Intern. We are in the process of interviewing for a Room Bookings Apprentice, who should be in post by mid-April.

Our process of evaluation continues and Deborah Kick our Policy Officer has nearly completed her revision of all our procedures. Morgan Block is also in the final stages of submitting all our documents for our PQASSO Quality Mark and CASHE Training accreditation. We have now booked our Business planning event which is due to take place on the 12th April. This will allow the association to plan ahead and move towards 2020 with clear achievable targets in mind.

Our plans to rejuvenate TCCA image are also taking massive steps forward. We are planning a large media launch event in late April, where all our stakeholders, partners, funders together with the media will be presented with a media pack covering the services we provide and our intentions to become an even larger player within the local community.

Room Bookings continues to grow and this month we welcome Excel Education who becomes our newest permanent resident providing support to individuals who are taking citizenship tests as part of the naturalisation process.

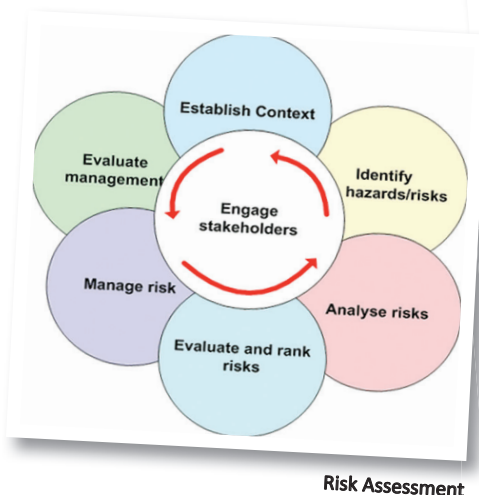


All the Councillor Wards in Haringey

We would also like to announce that Councilor David Schmitz has agreed to hold councilor's advice surgeries at TCCA which we hope to begin in May 2014. So keep an eye out in our next issue of the Bulletin for exact dates.

Engul Angela Abdullah

Risk Assessment Officer



Engul can you tell us a bit about yourself, likes, hobbies and previous work?

I was born in Cyprus but, I was only a baby when my family immigrated to England, so I was educated here in England. I have done a few different jobs. At 18 I was working as a hairdresser and then when I had my children, I decided I wanted to be at home with them and became a registered Childminder. When my children got older I decided to go back to work, but as you all know, to get any job you have to be good on the computer. So I took an IT course which lead to a job in a training centre as a Receptionist. Speaking Turkish was also an advantage as most of the learners were Turkish. As hobbies, I like needle work when I get the chance, I can knit, and I like crochet, tapestry and embroidery.

Dislikes?

Dislikes:
Cold weather! I hate being cold. I'd rather be hot than cold.

When did you start with TCCA?

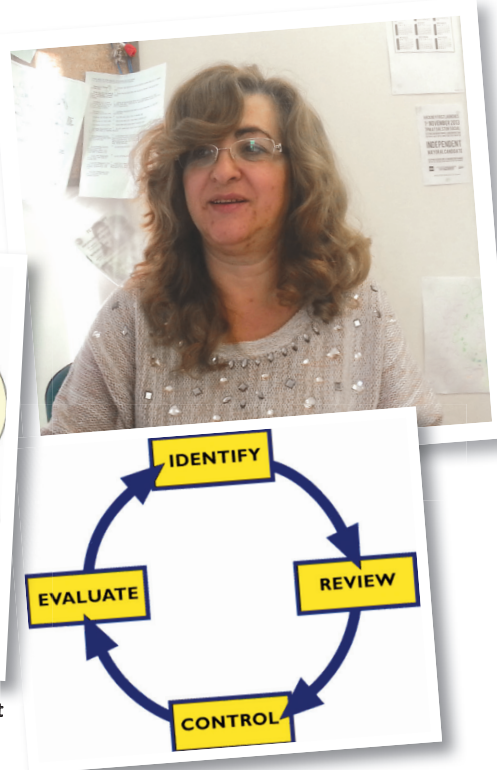
I have been working part time for TCCA for just over a month now.

What is your role in TCCA?

To support TCCA Homecare staff and to advise TCCA on their staff training and apply for the WDF funding.

What are you currently working on?

I am mainly working on Risk Assessments and Service user's daily needs. I go to the service user's home and assess their needs and see if there is any way TCCA can help them, live and have a better life. I also identify staff training needs and help to apply for funding for the staff training.



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

On the positive side, I love that everyone is so caring and really want to help the service users and it's not all about money. As TCCA is a charity, they are able to help the service users through the charity. On the negative side, I see from first hand that there is a lot of service users who need more hours of care and TCCA cannot get the hours as the council will not agree to them.

What do you think is the biggest issue affecting Turkish people living in London today?

I have worked in Adult training for 10 years and English Language is still one of their biggest issues they face and this does make life in England harder for them. If a parent doesn't speak English there is a lot more pressure on their children to do the interpreting for them.

Where would you like to be in 5 years' time?

In five years time I would love to be retired, but I have a few more years before I can retire. I like working part time, and I like doing work which helps people out, so more or less what I am doing now.

Where would you like TCCA to be in 5 years?

I do believe the work TCCA is doing for the local community is great and I can see it growing. I would like TCCA to continue to grow and develop in helping the wider community and running different projects which the public can benefit and which in turn will then offer more job opportunities for the local community too.



Limassol
Turkish
Association
Members

GET TO KNOW OUR USERS

Emine Sonmez

Trustee at Limassol Turkish Association

Emine hanım, please tell us the name of group, when it was formed and why it was created?

The association is called Limassol Turkish Association and it was formed on the 10th February 2002. In those days we were a group of women meeting regularly and asked ourselves the question "Why don't we start an organisation to bring people from Limassol together", the rest is history.

Can you tell us about some of the association's key achievements?

Our prime objective is to help others; we collect money through events and channel it towards projects in the community. Over the years we have raised money for many causes, including; Thalassaemia support, Cengiz Topal Hospital, Lions Club Teenage Centre and SOS Group, relief flooding for the Guzelyurt dam flooding and support following the earthquakes in Pakistan and Turkey, as well as Dogan Turk Birligi and Komsey (The Council for Turkish Associations in the UK).

How often does the group meet?

We come together once a week and we meet at Kervan Sofrasi in Edmonton



Emine Sonmez
– Trustee

each week. Around 20 to 40 people attend. Our main Trustees Meetings are held once a month.

What are some of your forthcoming activities?

We are planning a big event for Mother's day.

If someone wants to be a member how

would they do that and are there any restrictions to membership?

The only rule we have is that you need to be 18 plus and abide by the rules laid out in our constitution.

What can you expect from the organisation if you become a member?

We welcome members to all our events and ask that they are prepared to follow our rules.

How have you found using TCCA?

TCCA have always provided us with a top quality service. We have never had a problem with the centre. We have used it a number of times and each time with good service we have been looked after well. We currently use Kervansaray for our weekly events as most of our members live in that area and they have a more varied menu. However still use TCCA for one off events such as our recent cultural fair.

How do you think we can improve the service we provide to our users?

I think the main issue with the building is the license related to music, as you are not able to play music beyond 10pm. When we hold an event it restricts our ability to use the space in the way we want. We also feel that the menu maybe slightly restrictive and should look at extending the menu.

TC HOME CARE

YOUR LOCAL HOME CARE PROVIDER

“Care in the Community by the Community”

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.



Direct Payment

If you are over 16 and live in Great Britain and you've been assessed by social services as needing care/support services and fall into one of the users groups listed below. Then you are entitled to Direct Payments.

- Disabled people aged 16 or over (with short or long-term needs)
- Disabled parents for children's services
- Carers aged 16 or over (including people with parental responsibility for a disabled child)
- Elderly people who need community care services



If you receive direct payments then you will have a choice to employ a carer directly yourself or through a culturally sensitive care Agency like TC homecare.

If you require any further information about direct payments please contact us

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.



3 Choose the entertainment

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



**Catering prices from
ONLY £5 p/p!**

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

TCCA
628-630 Green Lanes
London, N8 OSD

CYPRUS KITCHEN

WEEKDAYS

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

- 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



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

FIXED PRICE £20

inclusive of 15 cold mezés, 8 hot mezés, 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 Rakı... Family atmosphere with kids well and truly welcome.

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

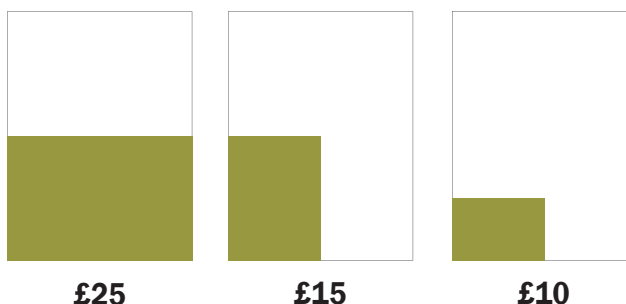


BULLETIN

Your local community Bulletin...



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



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

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

Ayşe
Oyuncu



ARE YOU GETTING THE RIGHT SUPPORT?



The TCCA Assessment Project supports the elderly and disabled housebound Turkish Speakers in our local community to receive help in accessing benefits and services. The project's aim is to reach isolated members of our community and ensure that they access 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.**



Weekend Classes for Turkish speaking children aged 7-16 starting Saturday 22nd March Kayıtlar 22 Mart Cumartesi Saat 11-1 arası Turkish Cypriot Community Centre de



33 yıldır Türkçe konuşan topluma dönük faaliyet yürüten Türk Eğitim Birliği 2013-2014 dönem Fen, Matematik, İngilizce ve Türkçe kurslarına devam ediyor. Çocuklarınızın okul başarısını artırmak isteyen veliler, son derece uygun koşullarla sunduğumuz kurslardan yararlanmak için lütfen bizimle irtibat kurun.



Lessons in Maths + Science English and Turkish at

Turkish Cypriot
Community Centre
628 – 630 Green Lanes,
Haringey,
London N8 OSD



Türkçe konuşan çocuklara hafta sonu dersleri

Fen + Matematik İngilizce ve Türkçe

Turkish Cypriot
Community Centre
628 – 630 Green Lanes,
Haringey,
London N8 OSD



Supported by
BBB Children in Need

VOLUNTEER FOR TCCA

TCCA aim's to make it easy and accessible for anyone in London who wants to volunteer no matter what their schedule. We are keen to use your skills to help people less fortunate. So if you have time, have a skill and want to help others then please call our CEO on 02088261087.



FINANCIAL
ADVICE

CHILDCARE TAX BREAK

Cem
Soydaner

Ministers are to announce that as many as 1.9m working families could benefit from a tax-free childcare allowance worth up to £2,000 per child from 2015-6. David Cameron will say he hopes the move will relieve pressure on the growing numbers of middle-income workers dragged into the 40p tax band. Families earning up to £150,000 a year will be eligible for tax-breaks to help with the costs of nursery, nannies and other care for children up to the age of 12.

How much help you can get:

You can get help with up to 70% of your childcare costs - up to certain limits. If you pay childcare for:

- one child, the maximum childcare cost you can claim is £175 a week
- two or more children, the maximum

Homes with one child
Annual income (£)

Homes with one child Annual income (£)	Homes with two children £90 a week child care costs	Maximum child care (£175)
0.....	10,440	13,535
5,100.....	10,440	13,535
9,500.....	9,970	13,065
10,000.....	9,765	12,860
15,000.....	7,715	10,810
20,000.....	5,665	8,760
25,000.....	3,615	6,710
30,000.....	1,565	4,660
35,000.....	0	2,610
40,000.....	0	560
45,000.....	0	0
Annual income (£)	£150 a week child care costs	Maximum child care (£300)
0.....	15,350	20,810
5,100.....	15,350	20,810
9,500.....	14,875	20,335
10,000.....	14,670	20,130
15,000.....	12,620	18,080
20,000.....	10,570	16,030
25,000.....	8,520	13,980
30,000.....	6,470	11,930
35,000.....	4,420	9,880
40,000.....	2,370	7,830
45,000.....	320	5,780
50,000.....	0	3,730
55,000.....	0	1,680
60,000.....	0	0

cost you can claim is £300 a week

This means that the maximum help you can get for your childcare is:

- £122.50 a week for one child
- £210 a week for two or more children

But you won't necessarily get the full £122.50 or £210 a week - the actual amount you get will depend on your income. The lower your income, the more tax credits you can get.

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

LEGAL
ADVICE

MAKING A WILL

Ipek
Bekir

A will is a legal declaration by which a person names one or more persons to manage his or her estate and provides for the distribution of his or her property at death. Your will lets you decide what happens to your money, property and possessions after your death.

Your will, should contain the following information:

- Who you want to benefit from your will;
 - Who should look after any children under 18;
 - Who is going to sort out your estate and carry out your wishes after your death;
 - What happens if the people you want to benefit from your will die before you;
- For a will to be legally valid, it must be in writing and made voluntarily by a person who is aged 18 or over. The person must be of sound mind and must sign the will in the presence of 2 witnesses aged 18 or

over. In turn the 2 witnesses must then sign the will in the presence of the person making it.

It is advisable to review your will every 5 years and after any major change in your life. This may include getting separated, married or divorced, having a child, moving house or if the person you named to manage your will, dies.

You can't amend your will after it's been signed and witnessed. The only way you can change a will is by making an official alteration called a 'codicil'. You must sign a codicil and follow the same witnessing procedure as explained above. There's no limit on how many codicils you can add to a will. However, for major changes you should make a new will. Your new will should explain that it revokes, namely officially cancels, all previous wills and codicils. You should destroy your old will by burning it or tearing it up.

Lastly, you should tell the person you've chosen to manage your will, a close friend or a relative where your will is kept. It is advisable that you store your will with other important documents (like your birth certificate) at home, with your solicitor, with your bank, with a company that offers the storage of wills



or with the Principal Registry of the Family Division.

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

Should you require any further advice or assistance in relation to this or any other legal matter, please call 020 8371 7400 or email ibekir@lesterdominic.com.



HEALTH

HAY FEVER SYMPTOMS AND TREATMENT

Dr Gungor Kucuk



Hay fever is a common allergic condition that affects up to one in five people at some point in their life. Symptoms of hay fever include:

• **Sneezing** • **A runny nose** • **Itchy eyes**

The symptoms of hay fever are caused when a person has an allergic reaction to pollen. Pollen is a fine powder released by plants as part of their reproductive cycle. Pollen contains proteins that can cause the nose, eyes, throat and sinuses (small air-filled cavities behind your cheekbones and forehead) to become swollen, irritated and inflamed.

You can have an allergy to:

- tree pollen, released during spring
- grass pollen, released during the end of spring and beginning of summer
- weed pollen, released any time from early spring to late autumn.

Many people find that their symptoms improve as they get older. Around half of people report some improvement in symptoms after several years. In around 10%-20% of people symptoms go away completely.

Treatment

There is currently no cure for hay fever but most people are able to relieve symptoms with treatment, at least to a certain extent. In an ideal world, the most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months when you want to spend more time outdoors. Treatment options for hay fever include antihistamines, which can help prevent an allergic reaction from happening and corticosteroids (steroids), which help reduce levels of inflammation and swelling. Many cases of hay fever can be controlled using over-the-counter medication available from your pharmacist. But if your symptoms are more troublesome it's worth speaking to your GP as you may require prescription medication. For persistent and severe hay fever there is also a type of treatment called immunotherapy where you are exposed to small amounts of pollen over time to build up a resistance to its allergic effects. However, this can take many months or even years to be effective. Read more about treating hay fever.

Who is affected

Hay fever is one of the most common allergic conditions. It is estimated that there are more than 10 million people with hay fever in England. Hay fever usually begins in childhood or during the teenage years, but you can get it at any age. The condition is more common in boys

than in girls. In adults, men and women are equally affected. Hay fever is more likely if there is a family history of allergies, particularly asthma or eczema.

Self-help tips

It is sometimes possible to prevent the symptoms of hay fever by taking some basic precautions, such as:

- Wearing wraparound sunglasses to stop pollen getting in your eyes when you are outdoors
- Change your clothes and take a shower after being outdoors to remove the pollen on your body
- Try to stay indoors when the pollen count is high (over 50). See hay fever symptoms for an explanation of the pollen count

Complications

Hay fever does not pose a serious threat to health but it can have a negative impact on your quality of life. People with very bad hay fever often find that it can disrupt their productivity at school or work. Another common complication of hay fever is inflammation of the sinuses (sinusitis). Children in particular may also develop a middle ear infection (otitis media) as a result of hay fever.

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



WELLBEING

POSITIVE & NEGATIVE MENTAL & EMOTIONAL STATES

Tarkan Mustafa



Our mental and emotional states play a great role in our well-being. Let us look at two opposites, these being pain and pleasure.

Pain may be physical or emotional. Our negative emotional states cause stress and tension in our body. Pleasurable emotional states such as joy and happiness cause us to relax. However pleasure is not always successful in producing positive results in our mind and body and pain is not always successful in producing negative results in our minds and bodies. For most people there are the values of right and wrong. But the unconscious mind always functions within these opposites. This is because there is good and bad on the physical level as well as on the spiritual level. People reject bad food and find it impossible to eat, whereas with good food, they often go for a second serving.

People may spend the rest of their lives suffering emotional pain and guilt as a consequence of some temporary bad pleasure they had indulged in which was then followed by the emotion of shame, sadness, depression and self-hate. "Is it worth it?" people have often reminded each other.

The opposite is also true with people who experience some sort of pain and/or difficulty which results in the pleasure of positive emotions and self-respect. Not belittling others when an opportunity to do so arises and remaining silent produces positive results in a person's mental and emotional state which in turn results in peace of mind and relaxation.

Some individuals, who may belittle others and gossip or mock them within their own group, automatically produce negative results in the guilty party or parties. After mocking they often find themselves hating and angry towards the person or persons they mocked. This is why gangs often firstly mock and ridicule their victim before they end up attacking the victim physically as well. The hate they experience is really nothing but self-hate.



The unconscious mind is powerful and just, regardless of the individual's beliefs and level of knowledge, wisdom and understanding. This is why those who are sane often experience an attack of conscience when in error.

To simply put it, being a good person has positive results in our mind and body and being bad has its bad consequences. Good people are mostly happy and bad people are often miserable. The truth of this, is everywhere you look, including films.

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 4pm – 5pm. Classes are £5 per 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.

TABLE TENNIS

Tuesday Night Table Tennis session



We are currently holding regular table tennis sessions at the TCCA centre. The sessions are 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

TAI-CHI INSPIRED GENTLE EXERCISE Q&A

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

Our gentle exercise classes are weekly classes which are funded by Tottenham active with the aim of encouraging our local community to take up activities to increase their physical health. The classes are FREE for 10 weeks.

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

Tai-chi inspired gentle exercise aims 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.

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



Classes will recommence on 7th April 2014 and will run every Monday from 11am to 12pm at 628-630 Green Lanes, N8 OSD.

Can you explain the joining instructions?

All abilities welcome! The project is aimed at people who are aged 60+. Anyone wanting to improve their wellbeing and stamina can just pop along to our weekly sessions.

ZUMBA DANCE CLASSES



Are you ready to party yourself into shape?

Our Zumba Dance classes take place every Monday between 7pm – 8pm for only £3 per session!

- Fancy getting fit....
- Want to socialise....
- Then you are welcome to just pop along....

Classes based at TCCA

SELF DEFENCE



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

To register please call 020 8826 1080

STREET DANCE



Free Dance Classes coming soon. Start date to be confirmed.

To register please call 020 8826 1080

NATURALISATION AS A BRITISH CITIZEN

Areti Samartzidou



There are compulsory requirements for most people wanting to apply for naturalisation as a British citizen or permanent residence - also known as Indefinite Leave to Remain (ILR) or settlement. In order to qualify for ILR, you must now pass a test that shows that you speak and understand English at a level equivalent to B1 on the Common European Framework of Reference for Languages. There are courses available to help applicants which are set out below.

ESOL for Indefinite Leave to Remain (ILR) and Citizenship
ESOL Speaking and Listening Entry Level 3 (B1) for ILR or Citizenship – it's a Home Office approved course & exam.
From 28 October 2013, there are two parts to the knowledge of language and

life requirement, both of which must be met by all applicants for settlement and for naturalisation unless the individual is exempt. Applicants will be required to:

- Have a speaking and listening qualification in English at B1 CEFR or higher, or its equivalent
- Pass the Life in the UK test.

English Language Qualifications
ESOL qualifications at entry level 3 or level 1 or level 2, including speaking and listening, that have been regulated by the Office of Qualifications and Examinations Regulation (Ofqual). The qualification must be listed as an ESOL qualification on the Ofqual Register of Regulated Qualifications and must have been taken in England, Wales or Northern Ireland.

(B1) ESOL Entry Level 3 Course and Exam:
We at EXCEL Education, will prepare you



North London Office:
628-630 Green Lanes N8
Tel: 07828386406
www.excel.ac



for (B1) ESOL Entry Level 3 exam and conduct the exam. We are registered with EMD (English Management Diploma Qualifications) 4 modules Speaking, Listening, Reading and Writing inclusive (result in 10 Days). All our ESOL Entry 3 (B1) English language exams are listed as an ESOL qualification on the Ofqual Register of Regulated Qualifications and meet the UKBA requirement for ILR and Citizenship application. We are open for 6 days a week and we have daily classes. We offer (B1) ESOL Entry 3 exams every week.

LIFE IN THE FAST LANE, THE NHS TODAY

Mek Mehmet-Yesil



We've all seen the headlines and news reports. The NHS is currently facing the biggest challenge in its existence. While on a day-to-day basis most areas of the service are running perfectly well at present, we are already seeing signs of the strain the system is under in areas such as hospital care, A&E and GP services. This is why my role as a community first responder has made a significant difference for the London Ambulance Service and The Eight minute response times.

On a normal week, the calls can range from minor to serious - Heart attacks (breathing difficulties), asthma, stroke, type one or two diabetes, Anaphylaxis allergies, migraines, convulsions, fits, choking, dismembered bodily parts, attempted suicides, road traffic collisions, overdose of current medication/drugs and/or side effects, mental health issues and of course alcohol intoxication. Having undergone a twelve month training regime with my fellow colleagues at London Ambulance and St Johns and a further one



year studying physiology and anatomy, my career changed in 2009. Leaving my previous career as a fraud officer indoors for the life outdoors. It has to be said, this is not for the faint hearted. A sturdy stomach is a must!! To tolerate blood, sickness and other bodily fluids.
Many obstacles and challenges come in this line of work. Communication and handover is the main one, as well as the ability to make accurate diagnoses to ensure the patient receives the best duty of care and respect available to them with-



out being judgmental in any shape or form.

Many illnesses now however, are triggered by stress and anxiety. Statistics suggest that our lives are becoming ever increasingly more simplistic yet medical evidence suggest otherwise. Not every individual is able to address day to day issues as one, hence the need for more people being dependent on Prozac for depression and warfarin (anticoagulants) for strokes at a younger age.

I can only combat the situations I am confronted with and embrace the challenges to ensure that every man, woman and child receives the best care and life saving support. Every human being deserves a life to live and a life to be lived.

ADVICE SURGERY

TCCA Information and Advice Surgery's mission is always to provide a range of needs-led services of excellent quality for Turkish Speaking Communities 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 in need. Our belief is to become one of the most successful community organisations providing information and

advice on welfare, housing, education (ESOL) and employment support services to members of the Turkish speaking communities/groups and also ensuring that the quality of our services to be excellent. We also take into considera-



tion the views of the service users and understand their needs by helping them as far as possible, within the available resources of our organisation TCCA. We always take into account the interest and potential needs all the service users to improve the quality of their daily living life in London Borough of Haringey and to create a positive image of Turkish speaking communities in general.

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

TCCA Advice Officer: Turgay Ertim

TRAINING



TCCA will be holding training sessions for people in the community. All our courses are subsidised and most accredited. Courses we plan to hold in the near future will cover subject areas such as Food Hygiene, Manual Handling, Safe Guarding, Culturally Sensitive Cooking, Tissue Viability, First Aid, Risk Assessment, Child Protection and Administration of medication.

Should you wish to attend a Training session at TCCA please contact us on 020 8826 1080, as places on the courses are limited.



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.

Please note soon to come will be Women only days, where guest speakers will be invited to discuss and deal with women only issues.



REPRESENTATION



As the local elections approach, TCCA has taken upon itself to contact all the local parties and clearly outline issues affecting the community.

Meetings were held with Haringey Labour Party, Liberal Democrat Labour Party, as well as a number of Independent representatives.

Meetings proved extremely productive, with TCCA left feeling that there was a genuine commitment to serve by all who came to see us.



QUALITY MARK

So far, the TCCA has received the PQASSO Third Edition booklet to achieve quality marks for funding. In order to complete level 1 of PQASSO, the TCCA must go through the self assessment of PQASSO's 12 quality areas. The 12 quality areas that need to be completed are planning, governance, leadership and management, user-centred service, managing people, learning and development, managing money, managing resources, communications and promotion, working with oth-

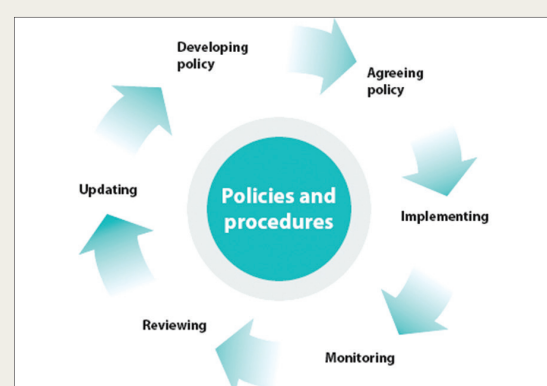
ers, monitoring and evaluation, and results. Each quality area contains a sub section with indicators that need to be met through sources of evidence. The TCCA is collecting the documents needed for sources of evidence. Once all of the evidence is collected and the self assessment is completed, PQASSO will review TCCA's results and grant the quality mark for level 1. The TCCA is in the process of applying for the CASHE program for quality marks in training as well.



POLICIES AND PROCEDURES

Thus far the training policies, as well as all of the policies and procedures for the Homecare project have been reviewed. The training policies have been edited and transferred onto a template, thereby making them easily accessible. The training policies cover topics ranging from business to health and safety, and environment. In regards to the policies and procedures for the Homecare project, first round of edits have been made and the

legal-related edits are in the process of being completed. Once all of the editing is complete, all of the Homecare policies and procedures will be easily accessible. The TCCA's next project relating to the policies and procedures will be reviewing, editing and revising the constitution. While all of that is happening, TCCA are also planning Away Day for all stakeholders which will take place on April 12th.



SCHOOLS PARTNERSHIP

TCCA has now established working relationships with over 15 schools with the ultimate aim to improve education to Turkish Speaking Children who are under-achieving, at school. The main focus is student placements and support with our Homework project. Schools currently working with us are Bush Hill Park Primary, Hazelbury Primary, Holmleigh Primary School, Rushmore Primary, Earlham Primary School, South Haringey Infant/Junior School, Ambler Primary School, Pa-

keman Primary School, Chase Lane Primary School, George Tomlinson Primary School, Capel Manor Primary School, Springfield Primary School, Raynham Primary School, Belmont School and Drayton Park Primary School.

GET EXPERIENCE

**STAND OUT
FROM THE CROWD**

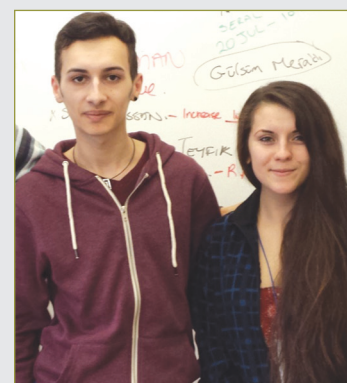


INTERNS



This month TCCA welcomed two interns from Romania Madalin Andrei and Toplicean Ioana. They both provided ICT support for the association. They worked with all departments and were key to the development of our membership database.

Our next batch of Interns will be working on our media operations and hopefully develop some new videos that spot light our work within community.... Keep a look out for our YouTube channel (TCCA Channel) which will have much of their material.



TURKISH CYPRIOT WOMEN'S PROJECT

Is inviting you all to our Fundraising Event!!!

On 3rd May 2014, a fundraising event is organised with live music, lots of food and drinks. Raffles will be available with the chance of winning top prizes.

Venue: Gladesmore Community School, Crowland Rd, Haringey, N15 6EB

Time: 6pm till 11pm

A promising night with lots of
fun and entertainment.
A night to support the community.

Price: £18

Please call on
020 8340 3300
for ticket sale

Charity No: 1049089
Company Ltd by Guarantee: 2984789

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Our premises are located within easy walking distance from Turnpike Lane tube station and East Croydon train station.



ANNUAL GENERAL MEETING 2014

TURKISH CYPRIOT COMMUNITY ASSOCIATION



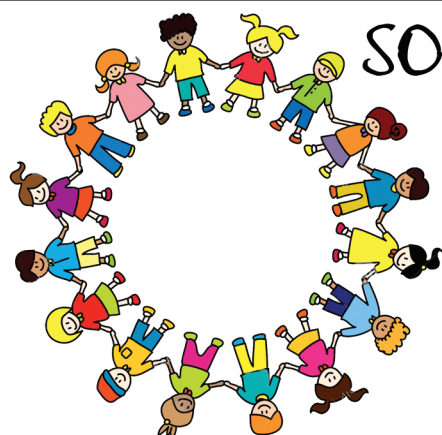
NOTICE TO MEMBERS

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)



SOYAC

in collaboration with the children living and working in the streets of Istanbul will be holding the 'My Istanbul Photo Exhibition' where photos showing the world in the eyes of the children will be exhibited. Through the exhibition and special activities, we will be celebrating the 23rd April National Sovereignty and Children's Day in London and we invite you to come and experience the joy and be a part of this significant event with us. Let's send our greetings and messages of love and joy from London to our children of Istanbul.

Venue: TCCA, 628-630 Green Lanes, N8 OSD
Date: Sunday, 20th April 2014 from 2pm to 6pm

İkinci Bahar

Third Age Challenge Project also known as İkinci Bahar established in Enfield Borough working with Turkish Women over 55+ and runs a variety of different projects such as; Drop-inn sessions, Travel Club, Luncheon Club, Voluntary's Project, Advice, Information Guidance Sessions and more. We are inviting all our women to come and join us. Our Travel Club is very popular within our members. We have regular trips and outings throughout a year.

You can find all our details and activities information from our FaceBook page İkinci Bahar.



We invite you to our next available outing to Leeds castle and Medieval Jousting Festival taking place on 31 Mayis 2014. If you would like to join please call Fatos Gulsan on 07811206159 or email thirdage@ntlworld.com.



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.



Your local Haringey Councillors will be holding regular Advice Surgeries to answer residents' questions and address any local concerns.

The surgeries will take place at TCCA, 628-630 Green Lanes, N8 OSD. Times and dates are to be confirmed.

These will be drop-in sessions, so there will be no need to make an appointment.

For further information please contact Sule at TCCA at 020 8826 1080.



CURRENT AND FUTURE EVENTS

MONDAY

Learning Gym | Zumba | Kids Taekwondo | Gentle Exercise | Excel Education

TUESDAY

Learning Gym | Cyprus Kitchen | Table Tennis | Excel Education | Luncheon Club

WEDNESDAY

Learning Gym | Legal Advice | Excel Education | Cyprus Kitchen | Luncheon Club

THURSDAY

Learning Gym | Excel Education | Luncheon Club | Advice Project | Cyprus Kitchen

FRIDAY

Learning Gym | Excel Education | Assessment Project | Cyprus Kitchen | Councillors Surgery

WEEKEND

Learning Gym | Cyprus Kitchen | Lighthouse Chapel International | TEG



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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Guest Article:	Naturalisation as a British Citizen: Ms Areti SAMARTZIDOU		Life in the fast lane: Ms Mek MEHMET-YESIL
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