



BULLETIN

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FREE

TCCA recognised as the No.1 not for profit organisation serving Turkish Speakers



TCCA SCOOP TOP AWARD COMMUNITY ACHIEVEMENT AWARD 2014

IN RECOGNITION FOR ITS POSITIVE CONTRIBUTIONS TO THEIR COMMUNITY AND BRITAIN AS A WHOLE

INSIDE

GET TO KNOW YOUR STAFF
FOCUS: GIRAY EMINOL **2**

SOYAC EXHIBITION AT TCCA
"THE WORLD THROUGH THE EYES OF
ISTANBUL'S HOMELESS CHILDREN" **7**

TCCA ACTIVE:
LAUNCHING SELF DEFENCE AND CREATIVE DANCE **10**

GUEST WRITER:
MS FULYA YAHIOGLU, AWARENESS OF DRUGS **11**



**ANNUAL
GENERAL
MEETING 2014**

**THURSDAY
15TH MAY
19:30**

GET TO KNOW OUR STAFF

THIS MONTH

TCCA is extremely proud to announce that this month we were awarded the Community Achievement Award for best not for profit organisation in the UK. The award was decided following the process of nomination and short listings through a jury panel which included Politicians, local government officials, leading figures from the arts & media, and charity sector as well as the business sector.



In April we made major advances with regards to structural organisation of TCCA and the association now has 46 bespoke policies and procedures which were reviewed and are now to be adopted. The constitution has been reviewed and changes will be proposed to our governing document. We have made major strides in achieving PQASSO, CACHE and Investors in People. On 12th of April we held our Business planning event that we hope will lay the foundations for the future growth of TCCA.

TCCA will be launching its Street Dance and Self Defence Classes after successfully negotiating an additional term of funding for the association. We are about the launch our media project which will document through the form of digital film the activities through our YouTube channel.

In our Room Bookings department we have seen our client list grow from 11 registered users to 21 registered users. The variety of groups has also increased catering for a larger section of members of our community from aged four to ninety four. Our venue welcomes a selection of theatre groups and education groups, and a variety of classes from gentle exercise to Zumba.

Before you read on Please note our AGM is on the 15th of May 2014 starting sharp at 19.30.

Giray Eminol

Admin Apprentice

1. Giray when did you join TCCA and what is your job title?

I joined the TCCA on Monday 07.04.2014 as an Apprentice Administrative Assistant so have only been here a short while. Everyone has been really helpful and supportive in helping me settle in, and I really appreciate this.

2. Giray can you tell us a bit about yourself... your likes... dislikes?

I enjoy a range of different hobbies and activities. I like playing table tennis and pool; I find them a fun and competitive way to pass time. I also enjoy the warm sunny weather and going for walks. I dislike defective products however if something is faulty for example remotes/controllers I enjoy taking it apart to fix it. It is also frustrating when there is a fault with a computer; in order to overcome these issues I've learned to put together a computer from its components and in my spare time I research about computer software and hardware.

3. What are your main responsibilities within TCCA?

My main responsibilities involve management of room bookings and helping to generate more interest in activities that we have. I am also helping to promote rooms for hire to the community. My job role varies a lot, so I am not always limited to the same tasks but, every day is exciting because of this.

4. What are you currently working on?

I am currently learning how to use the booking system and seem to be getting the hang of it. Additionally I am also researching ideas on how to promote one of our newest activities table tennis, which I believe would be an excellent opportunity for people who want to enhance their skills, or for people who would like to develop new ones. It is also a chance to relieve stress and take your mind of things whilst staying active.

5. What do you think about the services that TCCA delivers to the local community?

I feel its a fantastic way of giving back to the community. This ranges from homecare, advice & support, activities, projects and more. TCCA provides a lot of projects and activities to the community, for example taekwondo classes for kids which helps them gain confidence and become more active. Another activity which we hold is luncheon club for elders. This allows them to meet new people, make friends and is a great way to pass the time and spend the day.

6. As a young member of our community what do you think are the main gaps in service provision?



There are some gaps in the target audiences intended for the current activities. Examples of this include taekwondo being targeted for kids whilst the Luncheon club is aimed at the older generation. We provide some activities for teenagers and young adults however I find them limited; we could definitely look to introduce more services for that audience.

7. How do you think we could change what we do to provide a better service?

We could try to promote more activities such as snooker/pool, darts and air hockey clubs which would allow us to target the younger generation from the local community. We can advertise these in sixth forms, youth centres or colleges in the form of leaflets and posters. Advertising would help provide a better service because there is more exposure resulting in more customers which overall encourages a more social and interactive environment. We can also look to increase our online presence, by concentrating on websites which young people frequent. We can upload pictures of our various activities on websites such as Facebook and Instagram.

8. You were recently involved in the organisations Business Planning event. How did you find that experience and what do you think about the Business Planning process?

It was a superb experience and I got a chance to see how the business forms ideas and comes up with goals and targets which makes sure the company is prepared for the future. I think the business planning process is a great way of combining ideas of both employees and trustees to allow for both parties to contribute ideas towards the success of the company.

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

I would like to continue supporting the TCCA and watching the company expand with even more activities and services it provides for the community. I also hope to be part of the TCCA's health and safety team as I have studied a course of this at HIT Training and believe it suits my understanding of it. I hope to learn a lot from the company and handle a wide variety of responsibilities so that I can gain the experience necessary to contribute a great deal back to the TCCA.



GET TO KNOW OUR USERS

Areti Samartzidou

Excel Education

When did Excel move to TCCA?

We moved in to TCCA on March 1st 2014

Can you tell me a bit about Excel and what type of services it delivers?

Excel is a private FE (Further Education) Institute providing a range of courses such as Vocational, Language and Higher Education courses. We aim to provide high quality education and training that meets the demands of the current market place and develop individual potential. All our management and lecturing team are highly qualified with extensive experience in education. The courses we are offering are: Management, ESOL, Health and Social Care, Child Minding, Teaching qualifications, and Accounting courses.

When did Excel open?

The company was initially established in 2003 as London Education and Training and rebranded in 2012 as Excel Education.

Where would you like to see Excel in 5 years' time?

In 5 years' time I would like Excel Education to be an accreditation awarding body



Areti Samartzidou

Can you tell us how you found TCCA as a base?

Since our clients/ students are mainly Turkish, we were aiming to find a place in the heart of Haringey in North London, so as I was looking for properties I came across an ad on a website. I contacted TCCA and shortly after that I realised that TCCA is part of the Turkish

Cypriot community which worked out perfectly for all of us.

What are the positives and negatives of TCCA (628-630 Green Lanes) as a base?

There are mainly positive things about TCCA such as:

- the location is ideal for our purpose, right on Green Lanes, easy to find, close to tube, busses, banks, post office, any local amenities in general
- the people who work for TCCA are very polite, warm hearted and friendly
- TCCA, provide a few services to help the local community and in many ways I don't see any negative things about it.

What do you think we could introduce to make our services more clients friendly?

I can't think of anything.

Is there anything more you would wish to add?

We are very happy to be part of TCCA



TC HOMECARE

YOUR LOCAL HOMECARE PROVIDER

I need some help at home - what should I do?

If you need help to manage tasks at home and want support from social services, you should contact the adult social services department of your local council. Explain you need some help and ask for a care assessment (also known as a needs assessment) to assess your needs. There's no charge for a care assessment and you're entitled to one regardless of your income and savings.

The person who assess you should look at the emotional and social side of your life, your skills, abilities, views, cultural background and support network, as well as any physical difficulties you may experience, or risks to your independence and wellbeing. They should take into account any health or housing requirements and contact any other health and social care

professionals who need to be involved in your assessment and care. The assessment should reflect your needs and wishes, and if you have a carer their needs and opinions should also be taken into account. After the assessment a care plan should be agreed on, written out and a copy given to you.

You may require a specialist assessment for a particular need (such as adaptations to your home) or you may need a wider assessment of the different sorts of help you need to stay in your home. This assessment might include several people: as well as a social worker or occupational therapist, a nurse or a housing officer may be involved if you have special health or housing needs.

There's a wide range of help available

and you may be legally entitled to services to meet your needs, although many of these may be means-tested. You may be eligible for home carers or a personal assistant to help you. The kinds of services available to help you stay in your own home include:

- Getting in and out of bed
- Bathing and washing
- Preparing meals
- Cleaning
- Fitting equipment and adaptations to your home, such as stair lifts and bath seats
- Going to a day care centre.

There are various ways you can be supported to arrange and fund your care services to best meet your needs and preferences.

“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.



OUR CONTACT DETAILS ARE:

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

TCCA ROOM BOOKINGS

BOOKING A ROOM WITH US



Hall



Meeting room



Small room

Discover North London's top value community spaces for hire

Are you a business who needs a place to work? A community group looking for somewhere to meet? A fitness instructor with no where to teach? Or a band who needs practise space?

TCCA manages a variety of affordable community spaces to hire in the London Boroughs of Haringey and Hackney. These venues are ideal for community, voluntary, statutory, commercial, and resident groups. Our affordable facilities can accommodate groups from 2 to 120 for training, meetings, conferences, parties and a multitude of events and activities.

All of the facilities benefit from excellent transport links: Manor House and Turnpike Lane tube stations are a short distance away and a number of bus routes also serve the area.

All bookings are coordinated at our flagship venue: Haringey, where we provide an efficient and personalised service to meet your needs. There are a range of additional ser-



Meeting room

vices including catering and equipment available for your use.

- Competitive and affordable rates
- Ideal locations in North London
- Excellent transport links
- Personalised service
- Additional services available
- Room capacities ranging from 2 - 120

TCCA works with local partners to

deliver a range of services that include homecare for the elderly and disabled members of our community as well as social, leisure, cultural and educational activities for the local community. By booking one of our facilities you help to support this crucial service that we provide.

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

If you are interested in renting space at TCCA then please phone us on

020 8826 1080

TCCA
628-630 Green Lanes
London, N8 0SD

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 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

Excel Education

Excel Education, based in TCCA,
We offer a range of short courses including;

- ESOL citizenship
- A1 visa permit
- B1 work permit
- B2 University permit.

Our courses are delivered by a team of friendly, highly qualified and experienced tutors.

They prepare learners for examinations and ensure that their learners select the most suitable course for them and are given the support they need to succeed.

You can find information on the courses they offer on www.excel.ac If you would like to arrange a meeting with one of their tutors, then please contact Ayşe Baran on **020 8342 5693 - 020 8711 5700 - 07828 386 406**

Alternatively you can drop-in and make an appointment in person by visiting them at their North London based office at TCCA.

TCCA, 628-630 Green Lanes, 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

MY ISTANBUL PHOTO EXHIBITION



TCCA was proud to be a host for "My Istanbul Photo Exhibition" exhibited in North London to support the children working and living in the streets of Istanbul.

On Sunday 20th April 2014 "My Istanbul Photo Exhibition" exhibited at the Turkish Cypriot Community Association in London generated support for the children working and living in the streets of Istanbul. The street kids were given an opportunity to celebrate the 23rd April National Sovereignty and Children's Day through the exhibition whilst at the same time supporting the Rehabilitation of Street Kids projects via donations received from the exhibition.



Through the devoted work of SOYAC and the street project teams "My Istanbul Photo Exhibition" exhibiting pictures portraying Istanbul through the eyes of the children working and living in the streets of Istanbul, was organised to support the Rehabilitation of Street Kids projects.

'Research and Application Centre for the Children Living and Working in the Streets' (SOYAC) was established at Maltepe University in Turkey in 2010 with the objective to improve the existing rehabilitation service system for children who have committed crime and been victims of crime and to improve the services offered for the prevention of child abuse and violence against children. Since then they have delivered various projects with the active participation of the students at Maltepe University.

SOYAC also represents Turkey in the International Coalition for Homeless Children with "Safe Families Safe Children" (SFSC) which was formed by 10 reputable organizations from 14 countries.

Visitors and participants of "My Istanbul Photo Exhibition" which was organised by Ass. Prof. Ozden Bademci of Maltepe University, provided support to the children living and working on the streets and to the projects that support the children to enable them to be integrated within their society and live productive lives through their generous donations.

The event also hosted a children's ballet performance from The Shining Performing Art School managed by Alper Tokdemir and Ipek Taban and a guitar performance by Melis Korkmaz who wished the children of Istanbul 'Happy 23rd April National Sovereignty and Children's Day' in 4 different languages.

Ayşe
Oyuncu

Assessment Project



ARE YOU RECEIVING WHAT YOU'RE ENTITLED TO?

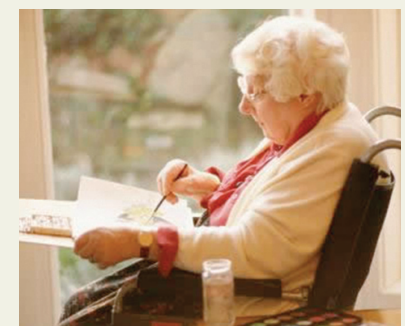


The TCCA Assessment Project supports the elderly and disabled housebound Turkish Speakers in our local community to receive help in accessing benefits and services. The project's aim is to reach isolated members of our community and ensure that they access all the benefits they are entitled to, and to see if there is any other support we can provide.

Through the project we have been able to assist a large number of Turkish speakers within our community to get what is their individual right and we hope to continue our service to help those in need.

**The service is
completely FREE.**

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



FINANCIAL
ADVICE

NEW MINIMUM WAGE

Cem
Soydaner

As of October 2014 the national minimum wage will be increasing by 19 pence to £6.50.

Who the minimum wage applies to:

Most workers over compulsory school age working in the UK should be paid at least the national minimum wage.

This includes:

- workers over compulsory school age
- overseas workers even if they are only in the UK for a short time

- agency workers and home workers
- some mariners (sailors)
- agricultural workers (who may be entitled to more than the national minimum wage under the agricultural minimum wage)
- Crown (government) employees
- staff of the House of Commons and House of Lords

It does not apply to:

- the self-employed, office holders, directors (unless they also have a worker's or employment contract)
- the armed forces
- share fishermen
- voluntary workers (but only when specific circumstances apply)
- prisoners working under prison rules
- school children below school leaving age

**The new rates:**

The NMW rates from 1 October 2014, as recommended by the LPC, will be:

- a 19p (3%) increase in the adult rate (from £6.31 to £6.50 per hour)
- a 10p (2%) increase in the rate for 18 to 20 year olds (from £5.03 to £5.13 per hour)
- a 7p (2%) increase in the rate for 16 to 17 year olds (from £3.72 to £3.79 per hour)
- a 5p (2%) increase in the rate for apprentices (from £2.68 to £2.73 per hour)

Current National Minimum age (NMW) rates:

Year	21 & over	18 to 20	Under 18	Apprentice*
2013 (current rate)	£6.31	£5.03	£3.72	£2.68
2012	£6.19	£4.98	£3.68	£2.65
2011	£6.08	£4.98	£3.68	£2.60
2010	£5.93	£4.92	£3.64	£2.50

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

LEGAL
ADVICE

FAMILY LAW REFORMS IN A NUTSHELL

Ipek
Bekir

The Children and Families Act 2014, which came into effect on the 22nd April 2014, has introduced important changes to private children law proceedings. Most notably, contact and residence orders as defined in section 8 of the Children Act 1989 (CA 1989) have been scrapped and instead will be replaced by child arrangement orders. This has had an impact on other parts of the CA 1989. For example, it used to be the case that where a residence order was in force with respect to a child, the child's surname couldn't be changed and the child couldn't be removed from the UK for a month or more without either the written consent of every person who had parental responsibility for the child or the leave of the court. This section has now been amended so that instead of referring to a residence order it refers to a child arrangements order if the arrangements regulated by the order consist of,

or include, arrangements which relate to either or both of the following –

- With whom the child concerned is to live, and
- When the child is to live with any person.

Residence and contact orders that were made before 22nd April 2014 will be deemed to be child arrangements orders in respect of either

- With whom and when a child is to live with a person (old residence orders)
- With whom and when a child is to spend with or otherwise have contact with a person (old contact orders).

An extra provision has been added to the Children Act 1989 that says the court should presume unless the contrary is shown that involvement of each parent in the life of the child will further the child's welfare. There is then a further provision that explains that 'involvement' means involvement of some kind either direct or indirect, but not any particular division of a child's time. These sections have attracted controversy with some commentators, including the Law Society arguing this presumption is 'seriously flawed'. However, the purpose of this amendment is to reinforce the im-



portance of children having an ongoing relationship with both parents after family separation, where it is safe and in the child's best interests. Only time will tell as to whether these changes will have the desired effect.

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

SMOKING – HEALTH RISKS

Dr Gungor Kucuk



You can eat five portions of fruit or veg a day and exercise regularly – but healthy behaviour means little if you continue to smoke. The message that ‘smoking is bad for you’ is an old one, so not everyone gives it their full attention.

Why quit smoking?

Most people know that smoking can cause lung cancer, but it can also cause many other cancers and illnesses. Smoking directly causes over 100,000 deaths in the UK each year and contributes to many more. Of these deaths, about 42,800 are from smoking-related cancers, 30,600 from cardiovascular disease and 29,100 die slowly from emphysema, bronchitis and other chronic lung diseases.

How do cigarettes damage health?

Cigarettes contain more than 4000 chemical compounds and at least 400 toxic substances.

When you inhale, a cigarette burns at 700°C

at the tip and around 60°C in the core. This heat breaks down the tobacco to produce various toxins.

As a cigarette burns, the residues are concentrated towards the butt.

The products that are most damaging are:

Tar, a carcinogen (substance that causes cancer)

nicotine is addictive and may have side effects including increasing the risk of atherosclerosis, high blood pressure and heart disease

Carbon monoxide reduces oxygen in the body

Components of the gas and particulate phases cause chronic obstructive pulmonary disease (copd).

Smoking affects how long you live

Research has shown that smoking reduces life expectancy by seven to eight years. Of the 300 people who die every day in the UK as a result of smoking, many are comparatively young smokers. The number of people under the age of 70 who die from smoking-related diseases exceeds the total figure for deaths caused by AIDS, traffic accidents and drug addiction.

Non-smokers and ex-smokers can also look forward to a healthier old age than smokers.

Thinking about quitting?

As well as reducing your risk of getting a smoking-related illness, there are other benefits to quitting smoking.

General health improves – tiredness and headaches can be linked to smoking.

Your sense of taste and smell improve.

Your heart will be less strained and work more efficiently.

Stopping smoking is the single biggest thing you can do to improve your health, but it's a difficult task.

The weight of evidence suggests that smokers should set a date to stop, take advantage of all the help on offer, and do their best to quit completely from this point.

On average it takes four to five attempts to give up, and there are a number of things that can help willpower. You can see your GP to get information and advice on how to start the process of giving up. Alternatively your pharmacist will also be able to guide you.

Med-Chem Pharmacy

73 Grand Parade, Green Lanes
London, N4 1DU



WELLBEING

HUMAN RELATIONSHIPS

Tarkan Mustafa



One of the most difficult things one can achieve in this modern world is successful and positive human relationships. Never before in human history has there been such high rates of divorce. Never before in human history has there been so many wars.

Although there is a lot of talk about love everywhere, there seems to be more hate in the world and in individual lives compared to ever before. The world has become a small place so to speak, where we can talk to someone on the other side of the world with a video call or telephone. We can easily travel to the other side of the world within a matter of hours. But it seems that holding down a relationship is proving ever more difficult compared to before.

One of the reasons for this is mental illness. As a psychotherapist I know that a neurotic person can't successfully hold down a relationship for long. This is one of the reasons many jump from one re-

lationship to the next. There are many reasons for this. But the main reason for this that we can simply state in this short article must be egoism. In today's world we are often encouraged to be selfish. This selfishness is a product of many forms of ignorance which some of it is actually supposed to be science. The result is an embarrassing show of ignorance which the individual may lack self-awareness but which is in plain view for others to see. Unconscious showing off for example which is evident in social networks such as Facebook. In fact, Facebook is often used for rivalry and many become preoccupied by this network and waste their lives trying to impress others or gossiping and belittling others on this social network. Due to not being able to hold down a relationship, some actually prefer or are stuck with long distance online relationships that never get past their smart phone or their laptop chats. The best thing we can do in such times is to make time away from the machines and join a group or spend more time in real social situations. The next step would be to really learn about the human condition, something people understood, knew about, and took for

granted over a century ago. Today many think they know, but simply know not. Psychology is not just about illness but about 'reality' and our position within it. My sessions at the Peace of Mind therapy centre have so far helped hundreds of individuals and couples develop and increase in knowledge in such a way that they can now get on with most people; or never dream of separating; or in the case of young people, appreciate and get on with family members better than before. There is so much room for progress. The only real obstacle for most individuals is their delusion that they know all there is to know already and their understandable mistrust of people who invite people to progress. As a Life Coach, I believe that the area that needs the most attention in the lives of individuals today is Human relationships. And there is nothing more rewarding in my work than to see my clients enjoying their lives with the relationships that they have or have found as a result of our sessions.

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



TABLE TENNIS



Table tennis requires fast reactions and reflexes in order to keep up with the fast moving ball; the sport doesn't require strength in order to be a good player but is more about how skilful you are. Gender, size and age have very little impact as competitive factors, making the sport appeal to a greater amount of people. One of the abilities that will improve is your eye to hand coordination which is used in everyday tasks. As the sport has a fast-paced nature, you will develop fast-twitch muscles in your body in order to be able to deal with the demand for a speedy recovery after a successful hit; overall improving your reflexes. The more you play the sport, the more you can improve these traits.

Anyone of any skill level can pick up a bat, and immediately start having fun. You don't need to be an expert to be able to get the most out of the sport. A big positive about table tennis is that it can be played indoors unlike most other sports, meaning factors such as wind and rain will not affect the game's outcome. This also means that you can play the sport whenever you desire whether it is morning or night all year round. Another great aspect is that there is very little risk of injury due to the fact that there is no contact between players as well as the ball and bat being lightweight.

Table tennis is an intense physical activity making it a great way to relax your mind; with every hit of the ball the brain is stimulated with a satisfying feeling of releasing any stress you may have built up inside. It also helps you divert your mind away from any factors which may be causing you stress.

We are currently holding regular table tennis sessions at the TCCA. For more information please call: 020 8826 1080

TAEKWONDO



Eoseo OsayoTaekwon (Welcome to Taekwondo)

TCCA Pantera Group recently had its first grading and congratulations to Reon and Yasmin for moving up a grade. The group will be moving towards their next grading session due to be held in May. For all those who haven't signed up yet it's your last chance to take advance of high quality Taekwondo classes for the knock down price of £3 per session.

WOMEN'S SELF DEFENCE CLASSES



We want to start FREE self-defence classes for women, so if you are interested please let us know when you can attend the sessions and when would you like them to start. When we have enough numbers we will start weekly sessions which we hope will run for five sessions covering:

- Awareness
- Conflict Communication
- Self-Protection Techniques
- Assault scenarios
- Legal position

STREET DANCE



Intensive courses due to start soon...

FREE

TCCA is planning on starting its Street Dance classes during the first week of August lasting for 5 weeks of two hour sessions per week.... The classes are for a group of up to ten first come first serve. To register your name, please call 020 8826 1080 and book your space now.

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 start on 29/04/14. The classes run every Monday from 11.30am to 12.30pm at TCCA All abilities welcome!

ZUMBA DANCE CLASSES

Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Just lose yourself in the music and find yourself in shape at the Ultimate Dance - Fitness Party.

Get down and feel great for only £3 per class!!

Classes run every Monday 7-8pm at TCCA This party caters for all abilities ages 16+. Brighten up your Monday with Zumba!

SUBSTANCE MISUSE: HOW TO SPOT THE SIGNS THAT SOMEONE IS USING DRUGS



Fulya
Yahiolu



Changes in behaviour can also be a sign that someone is using drugs. These could include:

- seeming withdrawn or inactive
- extreme changes in mood
- increased spending or loss of possessions
- changes in sleeping patterns
- appearing agitated or restless

Key drugs and signs to look out for:

Marijuana: Glassy, red eyes; loud talking and inappropriate laughter followed by sleepiness; loss of interest, motivation.

Alcohol: Clumsiness; difficulty walking; slurred speech; sleepiness; poor judgment.

Cocaine: Crack, Meth, and Other Stimulants: Hyperactivity; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; go long periods of time without eating or sleeping; weight loss; dry mouth and nose.

Heroin: Needle marks; sleeping at unusual times; sweating; vomiting; coughing and sniffing; twitching; loss of appetite; contracted pupils; no response of pupils to light.

Depressants: Seems drunk as if from alcohol but without the associated odor of alcohol; difficulty concentrating; slurred speech; sleepiness; and contracted pupils.

Inhalants: Watery eyes; memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appearance of intoxication.

Hallucinogens: Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people;

However before you talk to someone you think may be using drugs, it will help if you get your facts right. It's important to talk to someone about what you think may be happening, rather than making assumptions. The free national drugs helpline Talk to Frank (0808 77 66 00) provides information about different drugs and their effects.

There are different reasons why people use drugs. If someone you care about uses drugs, it can be very hard to understand why they are doing this. However, they are responsible for their own behaviour and it's their decision to use drugs. In the same way, they are responsible for deciding whether to stop using drugs.

Families of people who misuse drugs can go through certain patterns of behavior when they learn about the issue. Some will be in denial and refuse to believe the facts. Some will end up encouraging drug use, whether deliberately or not, by providing money that can be used for drugs. Some will try to control or change the situation, while some will give up hope of change.

When someone misuses drugs, their behavior often leads to conflict with the people who care about them. It may not be immediately obvious that someone is using drugs. It's best to try talking honestly to the person you're worried about. There is no definitive way to tell, but there are some things to look out for that may point towards drug use.

These include:

- burnt foil, which may have been used for smoking heroin
- tiny pieces of cling film, paper or card that have been used to wrap drugs
- hand-rolled cigarettes with filters made from cardboard
- spoons and syringes
- small sealable plastic bags used to store drugs
- pipes, plastic bottles or drinks cans that have been pierced or tampered with

Ayshe
Gul



POETRY

THE TREES

*With you
there is no man and woman
no you and me
just us and them*

*With you
we are like two trees on Hampstead
Heath,
side by side,
swaying in the breeze,
watching the pond, the sky
and the other trees,
my leaves breathe the same air
as your leaves,
bathing in sunshine
and exposed to the wind and rain.*

*With you
there is no time and space,
my branches reach out
to touch your branches
and my leaves reach out to stroke
your leaves.*

CONVERSATIONS

*With you
two hours of conversation
is an appetiser
and I want a four course meal
with wine and brandy.*

*With you two
hours of conversation
is a preface
and I want a novel
with an epilogue.*

*With you
two hours of conversation
is an overture
and I want a four act opera
with curtain calls.*

*With you
two hours of conversation
is a prelude
and I want a symphony
with crescendos and a climax.*

*With you
two hours of conversation
is flute and drum
and I want an orchestra
with wind, percussion, brass and
strings.*

Ayshe is currently engaged in organising bi-monthly POETRY & MUSIC events in conjunction with Most Art Centre in Stoke Newington. More of her poems are due to be published this year.

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 hold staff training high up in their priority. Staff training is a vital part of developing not only the skills of your staff but also the development and growth of the company. TCCA staffs have the opportunity to attend free training and development, enhancing their skills and knowledge to improve their service to our service users. Recently held training was not only successful but also fun to attend and each learner received 5 certifications for attending.

TCCA is working on obtaining funding to develop the training of their staff. With the funding TCCA will support staff to obtain their QCF diplomas and run CPD training to enhance their skills and knowledge. TCCA staff will benefit and improve their career opportunities by obtaining these certifications. TCCA is also working towards running accredited courses in health and social care for the wider community and helping to improve their career opportunities.

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



TCCA continues to ensure that we provide effective information to the local community about who we are, what we do and hope we can help local people access our services. Over the past month we provided a stall at the Enfield Employment Fair, we provided support at the Haringey Voluntary Sector Council community in need event and we will be at the Anatolian Festival due to be held between the 23rd May to 26th May.... If you are attending please pop over and say hi....



QUALITY MARK

PQASSO remains a priority in the process of completing all of the quality marks. Once PQASSO has been completed, the TCCA can move onto gaining accreditation from other quality mark companies throughout the UK.

As part of the completion of the Quality Mark project the next focus will be on completing a business plan for the TCCA. The two interns on the quality mark and policies and procedures projects

will be working collaboratively to gather information presented from the away day on April 12th in order to develop a business plan. The business plan will demonstrate where the TCCA wants to be in the next 5-10 years and will set goals and target areas that need improvement and updating. Through the achievement of the business plan the internship through CAPA will have reached its completion.



POLICIES AND PROCEDURES

In the month of April, revisions of the Homecare policies and procedures have been completed. They are all now in their new categories, and each on the same



template. Most importantly, they are now, legally, up-to-date with all relevant Homecare legislation. The revision of the constitution has also been completed, and is now up-to-date with all relevant legislation. The most significant accomplishment for the month of April was the Away Day. All of the materials and ideas gathered from Away Day will be applied for the development of TCCA's Business Plan.



INTERNS



Throughout the month of May 2014 TCCA will be fortunate to have the media skills of Melina Fromme who is from the Hans-Boeckler University in Germany. Melina will be focusing on work to do with the imaging and branding of the organisation; this will include production of leaflets, flyers, information trailers and merchandising.



BUSINESS PLAN

Planning for the Future

TCCA is keen to plan for the future, setting itself goals and targets that will help the association grow according to the needs of the community it serves. To that end TCCA has now completed stage one of its consultation process and has discussed key issues with trustees, users, stakeholders and members that in the long-term will lead to the development of a 10 year Business Plan which will be reviewed on an annual basis.





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.



COUNCILLOR ADVICE SURGERIES

Residents of Haringey are invited to meet their Town Councillors to discuss any local matters with their elected representatives.

The meetings will take place at TCCA,
628-630 Green Lanes, N8 0SD.
on the **first Thursday of every month between 6pm-7.30pm**

Starting from **Thursday 1st May 2014**

NO APPOINTMENT NECESSARY – SIMPLY DROP IN AND CHAT.

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





Media Project



TCCA is launching its media project.

The idea is to create an awareness of services available to the community and advice segments of our community through YouTube, Trailers and Short Information Films...

so if you are a budding actor... director.... camera person.... or just interested in making a film that will help others then please contact Erim on 020 8826 1087.



"A Mediterranean Breeze"

Join us at our Poetry & Music event

featuring Dr Beste Sakalli and other poets, and Rebetiko Music on


Friday 20th June 2014

at Most Art Centre, 86 Stoke Newington High Street, N16 7PA.

Doors open at 7.30pm.
£5 Admissions at door. Small bar facility available.
www.most-art.co.uk

Facebook.com/MostArtCentre

Dr. Beste Sakalli is an accomplished poet who has introduced her poems to the world. Her poems have been translated into many languages. She was honoured with the 'Award of Literature' in 2006 in Azerbaijan and the 'Award of the Turkish World' in 2008 presented by the World Union of Turkish Young Writers. Sakalli has published seven poetry books and her poems have been published in many art and culture magazines.

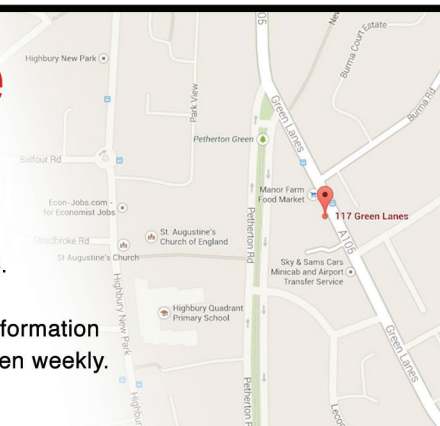


Information & Advice

117 Green Lanes, London N16 9DA

TCCA is pleased to announce that 117 Green Lanes will be open every Thursday morning between the hours of 09.30 to 12.00 effective of 15th May 2014.

This will be for signposting members of the community and helping with general information and advice. The intention is that the slot grows from half a day a week to being open weekly.



NOTICE TO MEMBERS

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)

ANNUAL GENERAL MEETING 2014

TURKISH
CYPRIOT
COMMUNITY
ASSOCIATION



Company Number: 3851759
Charity Number: 1080926



BULLETIN

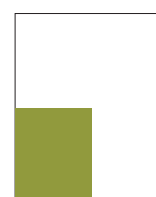
Your local community Bulletin....

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

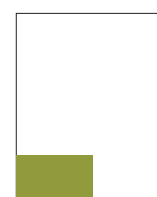
**Advertise
with us...**



£25



£15



£10

News Centre

Welcome to
TCCA's Media Centre
Newsreel...
Community Papers...
Bulletin...
Leaflets and Flyers...

Canvas it up

Your Picture, Photo, Personalised Print on to canvas.

Canvases are the perfect solution for unique and personalised gifts, making sure your memories are treasured forever.

unbeatable prices from **£9.99**

quote: TCCA10 for 10% OFF
This offer is only available throughout May 2014

for more information:
Canvasitup@gmail.com - 07956 125 727

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 | Councillor Surgery | Advice Project | Cyprus Kitchen

FRIDAY

Learning Gym | Excel Education | Assessment Project | Cyprus Kitchen | Excel Training

WEEKEND

Learning Gym | Cyprus Kitchen | Lighthouse Chapel International



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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Standing Articles:	This Month: Mr Erim METTO Legal Feature: Ms Ipek BEKIR	Doctors Feature: Dr Gungor KUCUK Wellbeing Feature: Mr Tarkan MUSTAFA	Accounts Feature: Mr Cem SOYDANER
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