



BULLETIN

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TCCA IS GROWING! CHECK OUT THE CURRENT VACANCIES AT TCCA [PAGE 14](#)

GET TO KNOW OUR STAFF

THIS MONTH

TCCA held its AGM and elected a new committee on Thursday 12th June 2014. We welcome back Onur Ibrahim, Huseyin Osman, Mustafa Kadir and Turkey Hadji Fil-lipou. New to the committee are Mek Mehmet-Yesil, Yesim Seyhan, Hakki Tilki and Mehmet Kemal. At the AGM, TCCA agreed fundamental changes to its constitution that bring the association in line with charity and company legislation. It endorsed the association's accounts and agreed for MMA to continue with the auditing of the organisation's financial processes.



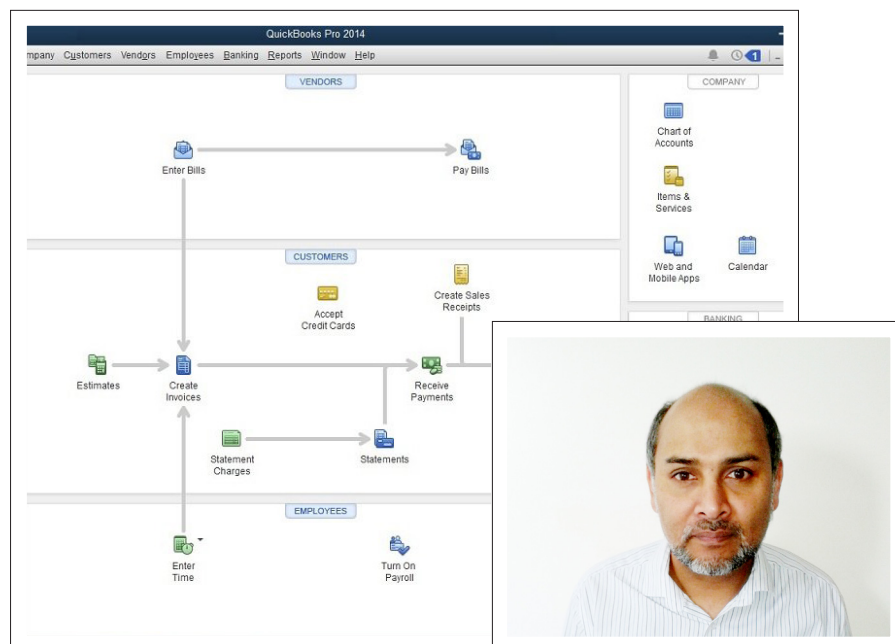
TCCA welcomed on board three interns from the USA which we have profiled in this month's issue. Welcome to Mirza Shipkolye who is developing our financial processes and moving us from SAGE to QuickBooks. Otherwise staff remain the same and continue to deliver high quality needs led community orientated projects that are linguistically, culturally and religiously sensitive. Projects wise, we will be introducing Self Defence classes for women; Creative Dance classes and we will be launching our Children in Need funded project: Homework Support, which we hope to run from September 2014 onwards.

We have added a gallery of images to our building and have been working on a promotional video that we will use to ensure that the local community remains fully aware of what we are doing. In May we were visited by a group of Malaysian students who helped paint TCCA that has improved the standard of our venue.

In the past month we have supported If-tar through Limassol Turkish Association; supported the Councillors' Area Forum Meeting; become a partner for the Golden Island Film Festival; helped with LSE Haringey Turkish study project; promoted Wise Heath to our users; initiated a local schools forum considering the needs of the youngest within our community; and formulated a strategy to help the youngest in our community.

On a final note: the Bulletin is your magazine and as such we welcome anyone wishing to forward us an article.

Mirza Shipkolye Associate Accountant



Q1 What is your name and role?

My name is Mirza Shipkolye. I am with the organisation as a freelance Associate Accountant.

Q2 Can you tell us about your background?

I am a part qualified ACCA and work with many charities. I have known the CEO of TCCA for over 10 years and helped resolve accountancy issues, streamlining services and aiding in record keeping. I am extremely proficient in Quick Books and am supporting the introduction of QuickBooks to TCCA at present.

Q3 When did you start working with TCCA?

I started working with TCCA in April 2014. However I have advised them on accountancy issues before this date also.

Q4 Can you explain a bit about what you are doing at TCCA?

I am the liaison between old and new accounting system, ensuring that our transfer from Sage to QuickBooks is seamless. I am training staff on the use of QuickBooks, and overseeing inputting of information on the system, checking for any errors. I am mirroring the Sage payroll system to ensure that when we transfer our payroll services in house, it will be without fault.

Q5 How have you found the systems currently in place at TCCA?

I have found that the system in the current position is problematic for managers to report to the management committee, therefore reduces the ability of Managers to be

able to report back to trustees. With the new system, the reporting can be at a touch of a button and managers can react quickly to change things with the right tools.

Q6 What do you find as the positives and negatives of working at TCCA?

There are more positives than negative. The staff are always welcoming and have a good laugh together. They are always happy to embrace change that will make their lives better. It's a great environment to work in and it helps the association deliver an effective, high quality service to the local community.

Q7 If there is an area of additional work that you think TCCA should undertake, what would you say that should be?

It is too early for me to say as I have been here so short a time.

Q8 Where would you like TCCA to be in 5 years?

I think that with better reporting and corrective action and cost saving TCCA should be a powerful player in Haringey, dealing with both the room booking and Homecare. The structure as it exists allows the agency to maximise its ability to support the local community and react to changes in the community.

Q9 Is there anything more you would like to add?

TCCA has everything that it takes to become a very good and productive organisation for the community.



Images of research project

GET TO KNOW OUR USERS

Wallis Motta

London School of Economics

Q Can you tell about the study you are conducting and how it would help the local community?

We chat with people about their media use in general, how they stay on top of news about Harringay. We also discuss their degree of involvement with different local communities, and the ways they relate to others of similar or different cultural backgrounds in the area. In general, we converse about the ways diverse local groups in Harringay interact with each other. Our aim is simply to identify the communication assets people are using and in which ways they do so. This will help us to understand how these assets influence people's sense of belonging, community and the different kinds of relationships they have towards one another.

Q What's the next step after the research is complete?

We will produce a report indicating our findings, which we will share with the TCCA and other local organisations (for instance local schools and other community centres). We will also produce further research proposals targeting other funding sources, which we hope will enable us continue to carry this research for various years in the area. This will result in a much more profound and nuanced understanding on what goes on in terms of communication, belonging and community in the neighbourhood.

Q Wallis can please tell us what you are working on at the London School of Economics?

We have a research project (funded exclusively by the University) which examines the role that communication plays in promoting and hindering community amongst people within the wider neighbourhood of Harringay. In this

geographical space we analyse the role communication infrastructure plays in bringing together or separating different cultural groups. By communication infrastructure we mean various communication assets (resources - like public spaces, community organisations, local newspapers and Internet websites) that individuals use to generate a sense of belonging and mutual understanding. Our particular focus is on how different local groups from various cultural backgrounds use communication assets to mobilise knowledge and information resources for work, education, health and leisure.

Q What work have you carried out at 628-630 Green Lanes?

We have conducted various surveys with members of the TCCA and also a group discussion, in particular with Turkish males who live or work in the area and have children. We have received a terrific support from the organisation and people from the community, who have kindly given us their time to investigate their communication practices and assets, discussing the way they connect to others and services in the area.

Q Can you tell about the study you are conducting and how it would help the local community?

This research can help local organisations and the community to better understand:

1. The communication resources they have at their disposal, how they use them and become aware of those they are under-utilising or not using at all.
2. The communication practices their members have in relation to other groups in the neighbourhood, as to be able to target better different communication efforts more effectively.
3. The main barriers or problems of communication within and amongst local communities and organisations that may affect their sense of belonging or involvement in the community.

Q What drew you to TCCA as a venue?

TCCA came across as a great venue to hold all sorts of events, since there are many activities for the local community, from screenings of the World Cup football matches to homework club for the kids. The venue provides a cosy atmosphere that makes people feel at home and discuss any sorts of issues more comfortably.

Q How did you find TCCA as a venue?

TCCA has a prominent visibility in the area and the community, not only for its prime location in the Green Lanes high-street, but also due to the labour of many years providing invaluable services for the wider community. We were referred to the organisation by the residents themselves and other community groups in the area.

Q What improvements could TCCA make to ensure that the community centre delivers high quality needs led services?

The TCCA website, Facebook page, newsletter and other communication should be ideally translated into Turkish, so that non-English speakers could more easily connect to the organisation. I personally know TCCA is welcoming of all people of different backgrounds living in the neighbourhood, but not many people are aware of this. For many who just walk by the building or skim the website/newsletter superficially it comes across as a Turkish Cypriot venue they could not belong, lacking a Turkish Cypriot background. Perhaps ensuring the message of inclusion towards others comes across through all communication platforms might be quite useful.

Q Anything else you would like to add?

We are very grateful towards Erim, all the staff of TCCA and the Turkish community using the centre for their kindness, their friendship, and their invaluable help towards making possible our research.

TC HOME CARE

YOUR LOCAL HOME CARE PROVIDER

CARER'S ALLOWANCE AFFECTED?

We would like to inform anyone considering applying for help from TCHomecare, receiving help does not necessarily mean you or a family member offering support will lose the carer's allowance benefit. While we understand the reluctance, we feel this is due to a lot of misconception surrounding this issue. If you or a family member offering support spends at least 35 hours a week caring for someone, you may be entitled to carers allowance even if the person you or your family member cares for receives some help from a care agency. The person you or your family member

cares for, must already get one of these benefits:

- Personal Independence Payment (PIP) daily living component
- Disability Living Allowance (DLA) - the middle or highest care rate
- Attendance Allowance

You or your family member supporting someone will need to be over 16 years of age and not in full time education or studying for more than 21 hours a week, and be earning less than £102 a week in order to be considered for carer's allowance. There are some excep-

tions to these conditions.

For more clarity and better understanding on your or your family members eligibility to receive carer's allowance please visit the below websites.

www.carersuk.org

www.gov.uk/carers-allowance/overview

If you require any further assistance or advice regarding access to care, with a professional care agency like TCHomecare please do not hesitate to contact us.

"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

TCCA continues to their promise by offering bespoke venue hire services to the local and wider community. With a range of rooms available, accommodating from 2 to 120 delegates, our flexible conference and meeting room space presents the perfect environment to host many different types of events.

Most recently TCCA was the host of the Turkish Speaking Councillors' Reception organised by Londra Gazete. The councillors were joined by Turkey's ambassador Mr. Unsal Cevikoz, as well as the Turkish Cypriot representative in London, Oya Tuncali, and representatives from community associations. The event was a great success with councillors from the conservative and labour parties in boroughs ranging from Enfield to Bexley coming together for the first time.

At TCCA our rooms occupy the ground floor, first and second floors. The main hall on the ground floor offers flexible layouts – a talking point for the councillors long after the event has finished.

All bookings are coordinated at our flagship venue: Haringey, where we



Main Hall

provide an efficient and personalised service to meet your needs. We offer a range of additional services including catering and equipment available for your use.

Why choose TCCA?

- Competitive and affordable rates
- Ideal locations in North London
- Excellent transport links
- Room capacities ranging from 2-120
- Flexible room layouts

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.



Councillor's
Reception

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

020 8826 1080

TCCA
628-630 Green Lanes
London, N8 OSD

GOLDEN ISLAND FILM FESTIVAL



On 10th July 2014 Turkish Cypriot Community Association (TCCA) hosted the UK launch of Golden Island Film Festival (GIFF). Invited guests and press heard speeches from the panel made up of Baroness Meral Hussein-Ece, actor Tamer Hassan, CEO of TCCA Erim Metto and founder of GIFF Yeşim Güzelpınar.

The focus of the event was to present to filmmakers a new annual event. The event named the Golden Island International Film Festival (GIFF), will be held in November 2014 and will include fiction and documentary films, both short and feature length, from countries around the world.

GIFF will showcase a selection of quality Cypriot produced films. Some of these will be competing for cash prizes of 2,000€ for the Best Short Fiction work (up to 20

minutes) and the Best Documentary (any length), as well as individual prizes of 2,000€ for the Best Newcomers in each of these categories. Each year, GIFF will also pay tribute to an influential figure in the film world, presenting them with an honorary award during the Festival.

Cyprus' new annual film festival is being supported by a number of well-known European festivals, enabling GIFF to show contemporary international films in specific strands. In this first year, there will be five such strands: UK Cinema, Human Rights, Women, the Environment, and "Journeys" (both emotional and physical).

GIFF is organised jointly by UK-based charity Balık Arts and Golden Island Culture and Arts Foundation Partnership with support and sponsorship from Creditwest Bank. This new creative arts foundation

has been formed in North Cyprus by the Altınbaş Group shareholders and employees. Yeşim Güzelpınar of Balık Arts is the founder of the festival. GIFF is honoured to have Baroness Meral Hussein-Ece and actor Tamer Hassan as its patrons.



GOLDEN ISLAND
INTERNATIONAL FILM FESTIVAL
ALTIN ADA ULUSLARARASI FİLM FESTİVALİ

INTERVIEW WITH INTERNS



From left to right: Frank, Kellie and Heather

Kellie

Q1 what university are you from?
Arizona State University

Q2 what is your role in TCCA?

Finance Intern working with the room bookings section

Q3 what does your work at involve?

I am working to help improve the financial practices of TCCA. I have helped to update the QuickBooks accounting system for room bookings and to organize invoices from the previous year. I have also worked to send out letters to last year's room booking clients thanking them for their business and letting them know if they have any remaining balances on their invoices.

Q4 what do you feel are the positives of working in the UK?

The working environment is more flexible and sociable than in the US. Having a more flexible working environment has made it easier to get the most out of my internship and my time living in London.

Q5 what is it like to work for TCCA?

Working for TCCA has been a great opportunity for me to learn a lot. Being able to work in an independent environment has given me the opportunity to be really hands on with my work and the input I have. It has also been great to work in a place that has very different cultures integrated into it, now I feel like I need to learn how to speak Turkish!

Q6 how would you describe the services that TCCA deliver?

I would describe the services that TCCA deliver as exactly what the community needs. Through room bookings, homecare, and the different activities offered, TCCA looks at what they can do to help the local Turkish and Cypriot community and works to do just that.

Q7 when you leave TCCA... what will you take with you?

When I leave TCCA I will take with me a better understanding of working in a multicultural workplace. Although it was sometimes frustrating not knowing what people were trying to ask me or having to ask someone to repeat themselves so I understand, it only made me have a better

appreciation of those different cultures. TCCA provided an experience working with such a diverse group of people that I know I will never forget!

Heather

1. I go to school at the University of Massachusetts Amherst.
2. I am currently the public policy intern at TCCA.
3. Right now I am working to complete the update of TCCA's policies and procedures, so by the time I leave TCCA should have a complete and newly-reviewed set of policies to work with.
4. Working in the UK has several noticeable differences from working in the US. Generally, the working environment is far more relaxed in the UK than it is in the US. In addition, you get a far longer lunch break here than you tend to in the US.
5. Working with TCCA is unlike anything I have ever experienced before. The cultural complexities are incredible, and are providing me with invaluable experience to carry forward in my life. Most importantly, everyone has been incredibly nice and welcoming. When I come back to London I will certainly be dropping by for a visit!
6. From what I have seen TCCA truly cares about the community they set out to support, and that comes through in all of their programs, from the home care program to the after school children's programs. In a world that seems to be forever isolating people it is nice to see an organization whose main purpose is to foster a sense of community.
7. When I leave TCCA I will take invaluable experience working in an international setting, which I hope will set me apart when I go home, as working abroad is not very common in the United States. Furthermore, I will be pursuing a Master's degree in public policy after I complete my Baccalaureate degree in Social Thought and Political Economy, so my work at TCCA will provide great practical experience for my master's program as well as my undergraduate program.

Frank

1. University of Pittsburgh
2. Advertisement Campaign Assistant (Commercial/Documentary film)
3. It is my duty to capture the events and programs offered at the TCCA in order to build a folder of footage for later use by the TCCA. I also was in charge of scheduling the entire call sheet

for our commercial project which lasted two days. This included arranging the dates, times, scenes, and locations all in one organized sheet and relaying the information.

4. The UK has taught me that money is not always the driving force. I found the workplace much more relaxed and very interested in bettering the community.

5. Working at the TCCA has changed my opinion on the way an office can work. The employees have a close relationship with each other and it feels more like a family than co-workers. I like the way the TCCA treats everyone from interns to CEO.

6. The TCCA is a non-profit organization that 1) Provides health checks to the elderly 2) Offers support and counselling to the Turkish community and 3) Provides after school education for young students.

A. Health checks: Through a type of insurance, an elderly citizen may have care provided to them inside their home. It's the TCCA's job to arrange the health check and send a nurse to the house. Through aids, grants, and donations—mostly from the government, the TCCA provides basic care to those in need.

B. Counselling/Support: For a number of Turkish speaking people, English can be a hard adjustment. The centre provides lessons in English to help make the bilingual adjustment more manageable. Beyond that, the centre also offers legal advice, general advice (pointing someone in the right direction) and is home to a number of classes. I've stumbled upon the local choir, gentle exercise class, and even cardio dancing. To raise money for the centre, the TCCA rents out its space in the evenings. The money made is used to help subsidize the cost of a hot meal. They have a kitchen too! The kitchen is open all day for anyone looking for a Turkish dish—I recommend the cold spaghetti that I cannot pronounce or spell.

C. Education: The Learning Gym is an after-school program that helps young students master reading, writing, and arithmetic. They also offer upper level courses for more advanced students. The room gets pretty full around 4PM and I can tell the kids greatly benefit from studying together.

7. When I leave, I'm going to remember how, no matter the level of worker in an organization, he should be treated with the same respect and kindness. The TCCA has showed me this, and I never expected to be treated so kindly.

FINANCIAL
ADVICE

VAT

Cem
Soydaner**Who can register for VAT?**

You can register for VAT if you are a business and are one of the following:

- an individual
- a partnership
- a company
- a club
- an association
- a charity

For VAT purposes, the individual or organisation that is in business is known as a 'taxable person'.

Who can't register for VAT?

You can't register for VAT if either of these is true:

- you sell only goods or services that are exempt from VAT
- you aren't in business according to the definition that HM Revenue & Customs (HMRC) uses for VAT purposes

Types of VAT

There are many different types of VAT schemes which are applicable. The most commonly used ones are: VAT scheme for retailers, cash accounting scheme, flat rate scheme etc.

VAT scheme for retailers

If you sell to the general public, especially high quantities of relatively inexpensive items, it can be difficult, time-consuming and costly to record the VAT on every sale in your accounts. There are several VAT accounting schemes that retailers can use instead of accounting for VAT in the standard way. These can help simplify your retail VAT accounting.

There are a number of different standard retail schemes, or depending on your business, you may be able to agree a bespoke VAT retail scheme with HMRC. If your turnover is over certain limits, you can only use a bespoke scheme. The standard retail schemes are:

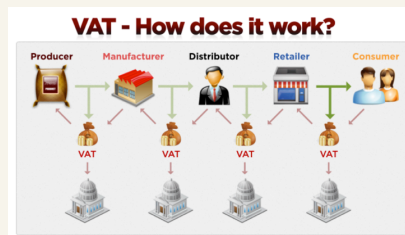
- apportionment schemes
- direct calculation schemes
- the point of sale scheme

These schemes are suitable for most retail businesses.

Cash accounting scheme

Usually VAT is payable when an invoice is issued. In contrast, using the Cash Accounting Scheme, you do not need to pay VAT until your customer has paid you. But you also cannot reclaim VAT on your purchases until you have paid for them.

Cash accounting can be beneficial for your cash flow especially if your customers are slow to pay. It is even more useful if you have bad debts. Under standard accounting for VAT, you have to pay the VAT on the debt even if you never receive



the payment from your customer. Using the Cash Accounting Scheme, you do not pay the VAT if your customer never pays you.

The Cash Accounting Scheme may not be for you if you regularly reclaim more VAT than you pay, or if you buy a lot of goods and services on credit.

The flat rate scheme

The Flat Rate Scheme is designed to help small businesses reduce the amount of time they spend accounting for VAT. Using the Flat Rate Scheme you do not have to calculate the VAT on each and every transaction. Instead, you simply pay a flat rate percentage of your turnover as VAT. The percentage is less than the standard VAT rate because it takes into account the fact that you are not reclaiming VAT on your purchases. There is a range of flat rate percentages - the one you use depends on your trade sector.

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

LEGAL
ADVICE

CHILD ABDUCTION

Ipek
Bekir

It is a very sad fact that as society becomes more internationally mobile and people are more prone to relocating abroad, there has been a parallel increase in the number of child abductions cases. You can imagine how easy it now is for people to enter into new relationships with others who are located in a different country through the medium of the internet. Consider now if this relationship fails and one party wishes to return to their original country of residence with their child/children from the relationship.

Contracting states to the Hague Convention of 25 October 1980 on the Civil Aspects of International Child Abduction, have agreed that in this situation a child should be returned to their country of habitual residence so that any disputes between the parents regarding where the child should live can be resolved by the courts and in accordance with the law of that state.

The Hague Convention therefore provides a means by which a parent, who is accusing the other of wrongfully removing or retaining their child abroad, can bring proceedings for the

child's return provided both the country of habitual residence and the country to which the child has been taken are contracting states.

A contracting state may only refuse to order the child's return to their country of habitual residence if the parent opposing the child's return is able to establish one or more of the following defences, which are contained in Article 13 of the Convention:

- the parent was not actually exercising custody rights at the time of the child's removal or retention, or they had consented to or subsequently agreed to the child's removal or retention;
- there is a grave risk that their return would expose the child to physical or psychological harm or otherwise place the child in an intolerable situation;
- the child objects to being returned and has attained an age and degree of maturity at which it is appropriate to take account of their views.

The 1996 Convention has given the court the power to ask the contracting state of the child's habitual residence to put in place protective measures to ensure the safety of the child on their return and can also request information from the other contracting state about the protective measures available or in place.



The defence of harm remains difficult to establish and the courts continue to apply a stringent test. It is important to remember that every case will turn upon its facts. We recommend you contact us immediately should you find yourself in a situation where you wish to rely on the Convention and would like details of the contracting states.

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

HIGH CHOLESTEROL LEVELS & HEALTH

Dr Mek Mehmet-Yesil



About half of all heart attacks are caused by raised cholesterol. Cholesterol levels also increase the risk of stroke, angina and other circulatory diseases. Studies suggest that in the UK, adults bordering the 40 year old age mark are at greater risk, never the less having a healthy life style helps prevent this. Avoiding fatty foods, smoking and excessive drinking will help reduce the risk significantly.

There are two types of Cholesterol good and bad levels

What is cholesterol and where does cholesterol comes from? Cholesterol is a waxy substance, which is made in the body by the liver but is also found in some foods. It plays a vital role in how every cell works in our bodies; this is also needed to make Vitamin D, some hormones and bile for digestion. However, too much cholesterol in the blood can increase your risk of getting heart and circulatory disease.

Understanding HDL and LDL Cholesterol

Cholesterol is carried in the blood attached to proteins called lipoproteins. There are two main forms, LDL (low density lipoprotein) and HDL (high density lipoprotein). LDL cholesterol is often referred to as bad cholesterol because too much is unhealthy. HDL is often referred to as "good cholesterol" because it is protective. Knowing your levels of these can help explain your risk of heart disease. Your doctor should be able to tell you your levels of good and bad. Annual blood tests will also help keep you in check.

Foods to avoid

Excessive amounts of - Saturated fats - fried foods - chips, crisps, eggs (yolk) cheese, cream and fatty meats.

Foods to help reduce cholesterol

Fruit and vegetables, nuts, oats and seeds, chicken and fresh fish. Oily fish including mackerel, yoghurts, wholegrain pulses rice and bread. Reduced fat and reduced salt.

If you currently have high cholesterol, this can be controlled by regular exercise and the appropriate diet. As a last resort med-

ication can be used these are called STAT-INS such as Simvastatin however the side effects of these have yet to be determined, avoid drinking grapefruit juice as this increases the risk of side effects.

Common side effects

Although side effects can vary between different statins, common side effects (which affect up to 1 in 10 people) include:

- Nosebleeds, a runny or blocked nose (non-allergic rhinitis)
- Sore throat
- Headache or feeling sick
- Problems with the digestive system
- Muscle and joint pain
- Increased blood sugar level (hyperglycaemia)

Cholesterol Risk Chart

HDL is in the Left Column, Total Cholesterol is across the Top Row. Match the Two.

	<100	101-150	151-170	171-190	191-200	201-210	211-220	221-230
<51	Very Low	Average	High	High	High	High	High	High
52-59	Very Low	Very Low	Low	Average	High	High	High	High
60-69	Very Low	Very Low	Very Low	Low	Average	Average	High	High
70-79	Very Low	Very Low	Very Low	Low	Average	Average	Average	High
80-89	Very Low	Very Low	Very Low	Very Low	Low	Low	Average	Average
90-99	Very Low	Very Low	Very Low	Very Low	Very Low	Low	Low	Low
100-109	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Low	Low
110-119	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
120-129	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
130-139	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
140-149	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
150-159	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
160-169	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
170-179	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
180-189	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
190-199	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
200-209	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
210-219	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
220-229	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low
230-239	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low	Very Low

WELLBEING

YOUR WORST ENEMY IS YOURSELF

Tarkan Mustafa



This is a reminder that our worst enemy is the one we see in the mirror every day. This is ancient wisdom that is always true. The reason we usually suffer unnecessarily in life is simply because we ourselves end up making the wrong choices; or doing the wrong things; or speaking or thinking in the wrong way. Without a doubt we can sometimes find ourselves in life as the victim of some undesired situations but in any normal situation it is usually us, ourselves who cause so much misery to ourselves. A simple example is a negative idea that we have of ourselves. In such a situation, we have given up to a negative self-image where we simply say, this is me, like it or leave it. But in reality life is a struggle, and we must always be constantly battling and struggling with ourselves in order to make way for improvement. We

need to constantly make improvements to ourselves both in mind and body. Even if we take one step forward, it is much better than no steps forward. People prefer those who are actively trying to improve and better themselves rather than those who are complacent and not wishing to improve themselves.

Time is always ticking and moving forward. What about us? Are we going to be unnatural and stubbornly stay in the past? Even if we slip, we need to get up, dust ourselves and continue to move forward. This is simple ancient wisdom that especially applies to these modern times where there is much suffering in the world. Staying positive is not only beneficial to ourselves but to those around us. There is always hope. That is why, in our sessions at the Peace of Mind Therapy Centre, we choose to stay positive and improve in mind and body from day to day, so that we can not only benefit ourselves, but also benefit those we love and those around us. No one said that life would be easy.



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

TAI-CHI INSPIRED GENTLE EXERCISE



Our Tai-chi inspired Gentle Exercise classes have proven to be a great success with regular attendees. The participants have said that the classes have helped them develop suppleness, strength, co-ordination, balance, and agility. The 10 week course covered warm-up and conditioning, basic stepping exercises, including Tai Chi Walking, and the basics of stance and body mechanics. The course provided a well-rounded and satisfying introduction to Tai Chi inspired Gentle Exercise with the attendees left wanting more classes, and because of this TCCA have decided to resume classes in September 2014. Look out for more info in our following issues.

ZUMBA FAQs

What should I wear to Zumba classes?

Anything that's comfortable and lightweight. You can wear any type of fitness clothing or simply leggings and a t-shirt. Trainers are ideal as long as they don't grip too much as you need to do lots of twisting and turning.

What should I bring to the Zumba class?

You only need to bring a bottle of water to keep hydrated.

What can I expect from a Zumba class?

The Zumba Instructor will lead the class in easy, simple movements with a combination of dance and fitness moves such as bicep curls and lunges. You'll be really guided throughout the class. It's always a good idea to let your Instructor know if you have any back or knee problems, or any medical problems, just so you can do different variations of moves if needs be.

What if I can't dance?

You don't need to be able to dance to enjoy Zumba dance fitness. Zumba is suitable for absolute beginners and for all ages, sizes and fitness levels.

Why is Zumba a good workout?

It is a great dynamic core workout. Zumba uses moves which work the abs and back which make it great for body conditioning. It is a real fat burner and can help as part of a weight loss program too. Because the classes are aimed at being fun you won't feel like you're doing a workout in that it won't feel like hard work.

Do I have to commit to a membership or a set number of classes?

No not at all. As long as you pay the £3 rate per-class before the start of each session, you don't need to sign up for a class package or membership.

Every Monday from 7-8pm at TCCA

TAEKWONDO



The potential benefits of taekwondo training for your kids are quite simply massive! We've seen them first hand with the weekly classes at TCCA. Like physical fitness, and weight control; increased concentration span and learning respect for others as well as huge increases in children's self-confidence and self-esteem, all while the kids have fun.

One of the huge benefits of taekwondo for children is that the kids enjoy the physical exercise. They exercise their whole body from top to toe and gain all round physical fitness. And they want to keep coming back for more!

Taekwondo kids learn complicated movements which help their concentration and memory, and they learn to coordinate their bodies. Children in taekwondo learn discipline and gain the self-motivation to keep going when training is tough. Another one of the benefits of taekwondo for children is that there is great emphasis on self-respect and respecting others as well as courtesy.

So if your child is aged 7 to 13 and you would like them to take advantage of all these benefits, why not bring them along to our weekly classes at TCCA every Monday from 4-5pm. Call 020 8826 1080 for more info.

STREET DANCE



Street Dance is all about having fun, expressing how the music makes you feel, and boosting your dancing confidence! Through the Street Dance classes you will learn to dance a variety of routines to chart hits under your tutor's guidance. You will learn about posture and position in dance and lose your inhibitions as well as gaining confidence.

If you've always wanted to learn Street Dance, then this 8 week course is perfect for you. Call 020 8826 1080 for more info.

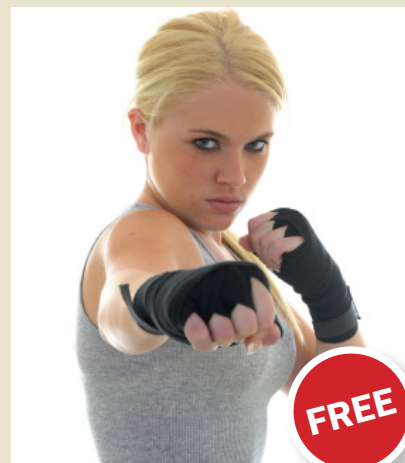
TABLE TENNIS



Since its inception the TCCA Table Tennis Club has provided the opportunity to participate in both social and competitive table tennis. We cater for all types of players from those wishing to play competitive table tennis to those who are just starting to explore the delights of Table Tennis. The objective of the tennis club is to promote and encourage the playing of table tennis in the local community.

All ages are welcome. Sessions are on a weekly basis. Call 020 8826 1080 for more info.

WOMEN'S SELF DEFENCE CLASSES



The Women's Self-Defence Course is specifically designed for women who wish to enhance their personal safety with practical skills taught by an experienced martial arts instructor. Participants will take part in practical demonstrations that will help them better understand their personal safety and give them the confidence to protect themselves. Topics covered will include: awareness; conflict communication; attack scenarios; and grip breaking and self-protection techniques. So if you would like to feel safer on the streets then this 8 week course is perfect for you. Call on 020 8826 1080 for more info.

SUCCESSFUL EVENTS MANAGEMENT

Ipek Ozerim

Managing Director
of Prickly Pear



Events have been at the heart of the services our culture and communications agency has offered since we launched in 2006. From press briefings and political seminars (LSE, House of Lords), through to pop concerts (Sezen Aksu, Tarkan) and arts festivals (Babylon, London International Arts Festival, UNESCO 800th Anniversary of Mevlana Rumi), we have overseen a diverse range of events for our clients.

The key to successful event management is meticulous planning and timely execution: multiple aspects must all dovetail perfectly on the day of the event to ensure we reach the desired end. It's vital to get the core components in place first, so we start with a series of questions: what's the purpose of the event? Who is the target audience? Is the right venue and artists/speakers all available? Are there other events we must avoid clashing with?

We undertake research, which helps us

to create a realistic budget and a detailed event plan that is circulated to all those involved. The work is split into four areas; under each heading many more items are then listed: Production (what the event needs to take shape, from the stage and sound system, to the venue décor and handouts), Programming (artists, speakers, activities etc), Promotion (invites, advertising, and event photographer for post-event promotion), and Operations and Logistics (from staff to transport and public liability insurance).

We appoint a project manager to oversee all aspects and to ensure the work and budget remain on track. For major events, we call in specialists: those who can assemble stages and lighting rigs, or are qualified in health & safety. At each point, team communications is vital, so we are all kept in the loop.

Calm heads are essential at the helm – always be ready for the unexpected and to use humour to defuse stressful situations. Regardless of the type of event, the buzz in seeing our hard work bear fruit is always immense.



If you want to know more then please feel free to look at the Prickly Pear website: www.prickly-pear.org



REGISTER AND SAVE A LIFE

Enver Mehmet

Volunteer
Anthony Nolan Trust



Anthony Nolan is a charity that saves the lives of people with blood cancer by matching remarkable people willing to donate their bone marrow (or stem cells) to patients in desperate need of a transplant. They also do vital research to make stem cell transplants as successful as possible.

People aged 16-30 can join our register. All they have to do is give a saliva sample, and we put them on our database. Then, each time someone needs a donor, we look through our database for

a match. We have more than 500,000 people on the register at the moment.

Since the launch of our register in 1974, we have made 10,000 stem cell transplants possible. However, even with almost half a million people on the register, we urgently need to increase the size and diversity of potential donors. One day, we hope to help everyone who needs a lifesaving transplant. To register, you have to be between 16 and 30 and in good health. You'll stay on the register until you're 60. You need to be fully committed to donating your blood stem cells or bone marrow if you come up as a match.

We're particularly keen to recruit more young men on to the register, as they are the most likely to be chosen by doctors to donate. We also have a lack of Black, Asian and minority ethnic (BAME) potential donors, and Turkish/Cypriot/Kurdish are within our focus group. We urgently need more, so we can help more BAME people in need

of lifesaving transplants. Over 500,000 people are on our register. But it's not enough.

The trust is pioneering research into the treatment of blood cancers and disorders and improving the effectiveness of stem cell transplants. A stem cell transplant can cure or improve the outcome for someone with blood cancer or blood disorder. In short, it can save their life. When a person has a blood cancer or blood disorder, their blood cells have stopped working in their normal way. That means they can't do vital things like fight infection or carry oxygen. This is why the work of Anthony Nolan Trust and your help is vital to help increase chances of survival.

If you want to know more then please feel free to look at the Anthony Nolan Trust website: www.anthonylan.org



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 consideration 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



Recently some of TCCA employees have applied for Health and Social Care Level 2 course and have had their first initial assessment. The course is being funded by t2 group Business Development Executive and TCCA and is due to start in the near future with the classes held in our Haringey main office.

CPD training also continues with the last group of trainees gaining 5 certifications to put onto their CV and port-

folio's. We are planning more CPD and accredited courses/training for staff very shortly.

TCCA has been working towards becoming an accredited centre with CACHE. Policies and procedures are being developed and updated; we are nearly at the end of all the hard work and are at the stage of banking Assessors and Quality Assurors and the application then can be processed.

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.

We are keen to organise Women only days, where guest speakers will be invited to discuss and deal with women only issues. If you are interested please call on 020 8826 1080.



FILMING



TCCA media project has over the past month shot over eight hours of footage which will be used for the various advisory short productions in the pipeline. It is envisaged that over time TCCA would have a large stock of footage that would allow us through the medium of movie images to showcase our work and provide easy access of information for our users.



FINANCE



Financial procedures have new been introduced that fit into TCCA's move towards the use of QuickBooks and its eagerness to become as transparent as possible. The procedures include new petty cash system, new receipt systems, a revised reserves policy and tendering guidelines.



POLICIES AND PROCEDURES

Work on TCCA's policies and procedures have continued through the month of June by our intern Heather Franklin. A new grouping and coding system has been put



in place to facilitate easy access to the newly revised policies. Policies that were previously reviewed have now been put into this new system, and work continues on reviewing and revising existing policies, while others are being completely reworked. By the end of the project TCCA will have a comprehensive set of policies and procedures that will be easy to review and revise as needed.



WORK EXPERIENCE

There are several benefits of work experience. We would like to take advantage of all of these by working at TCCA for two weeks. From work experience we expect to gain knowledge of a working environment and skill learnt from our employer and colleagues. It also shows us how we could use the skill developed in the several years we attended school. This encourages us to thrive at school and to attend further education. Work experience also increases our confidence to communicate with others around us. Another benefit is that it gives us an opportunity to learn and understand different aspects of our desired career in mind.

In the future, we are able to put this period of work on our CV and this will open up several different job opportunities for us, as employers will see that we are willing to work even without a specific wage given.

Employers could also see that we are able to work as a team or pair and this increases our job opportunities as most big corporations and companies today have vast teams to carry out even the simplest of tasks.

During our work experience, we could also see what it is like to work in this particular sector. This is beneficial because if we don't enjoy ourselves during this period of time we will no not to carry on with our plans to work in this sector.

To sum up, we believe that work experience is vital during academic years and it allows students to learn more about their dream job and helps them gain vital skills which they could use to stand out from the crowd and become more employable. We would also like to thank Erim Metto for giving us this opportunity to find out what it is like to work as a

thank Erim Metto for giving us this opportunity to find out what it is like to work as a pair and group.



Deniz Yildirim and Rinald Skuja



Cyprus Kitchen

WEEKDAYS

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

Choose from *Chicken Shish, Lamb Shish, Sheftali, Mixed Grill* or our extremely popular daily specials which include: *Kolakas, Kofte, Molphiya, Fasulye, Firin Kebabi* and more. All for £7 inclusive of bread, salad, and meze. Not too hungry then why not settle for our daily soup *Mercimek, Humus* or *Paça*.

Saturday Nights Specials at Cyprus Kitchen.

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

FIXED PRICE




£20 inclusive of 15 cold 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.


Spaces limited so please book on **020 8889 5947**

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 week-ends). 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.

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





LESTER | DOMINIC
solicitors

Free Legal Advice Surgery

TCCA are currently running a free confidential advice surgery in partnership with Lester Dominic Solicitors every Wednesday afternoon from 3 to 5. Through this surgery you can meet with a solicitor who will research your case and provide you with straightforward advice and assistance.

Lester Dominic Solicitors offer advice on legal problems in a variety of areas including:

- Dispute
- Consumer
- Family
- Divorce & Separation
- Financial issues arising from family breakdown

The surgery is by appointment only. You can call on **020 8826 1080** to arrange an appointment, leaving your name, contact details and brief details of advice sought.

The surgery takes place at TCCA, 628-630 Green Lanes, Haringey, N8 0SD.



Rayners College

At Rayners College, 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**.

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

You can find information on the courses we offer on www.rayners-college.co.uk. If you would like to arrange a meeting with one of our tutors, then please contact Ayşe Baran on

02083425693 – 02087115700 - 07828386406.

Alternatively you can drop-in and make an appointment in person by visiting us at our North London based office at TCCA, 628-630 Green Lanes, N8 0SD.



Homecare Workers (Hours vaired)

Due to expansion of our culturally sensitive Homecare provision we are seeking enthusiastic, reliable home care workers to support independent living so that members of our community needing care can remain within the comfort of their own homes. We are focused on care workers in Haringey, Enfield, Islington, Hackney and Waltham Forest and particularly interested if you can speak Turkish or Greek.

If you are interested please call us on 020 8826 1080/81 requesting an application form.



Homecare Officer (35 hrs p/w £16,000.00 to £18,750.00, Initial 6 month contract)

Our culturally sensitive Homecare provision is seeking a new Homecare Office Administrator who will be responsible for office based support. Hours will be fixed to 09.00 - 17.00 and main duties will include dealing with phone enquires, carrying out spot checks, dealing with staff timesheets, and general administration associated with homecare provision. Ability to speak English and Turkish is essential and previous experience within the care industry would be an advantage.

If you are interested please call us on 020 8826 1080/81 requesting an application form.



Homework Support Officer (Term Time only 15-18 hrs p/w £12p/h Initial 12 month contract)

TCCA has just received funding from Children in Need to engage parents in their children's homework. The project will be working with five primary schools and will effectively support the need for parents to become more involved, allow any issues affecting children to be addressed and formulate ideas that help raise children's' attainment.

If you are interested please call us on 020 8826 1080 requesting an application form.



BULLETIN

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

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.

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



CURRENT AND FUTURE EVENTS

MONDAY

Learning Gym | Zumba | Kids Taekwondo | Rayners College

TUESDAY

Learning Gym | Cyprus Kitchen | Table Tennis | Rayners College | Luncheon Club

WEDNESDAY

Learning Gym | Legal Advice | Rayners College | Cyprus Kitchen | Luncheon Club

THURSDAY

Learning Gym | Rayners College | Advice Project | Cyprus Kitchen

FRIDAY

Learning Gym | Rayners College | Cyprus Kitchen

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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Cyprus Kitchen: Ms Hasane MUHTAR

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Wellbeing Feature: Mr Tarkan MUSTAFA

Legal Feature: Ms Ipek BEKIR

Health Feature: Ms Mek MEMET-YESIL

Guest Article: Events Management: Ms Ipek OZERIM

Save a Life: Mr Enver MEHMET

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