

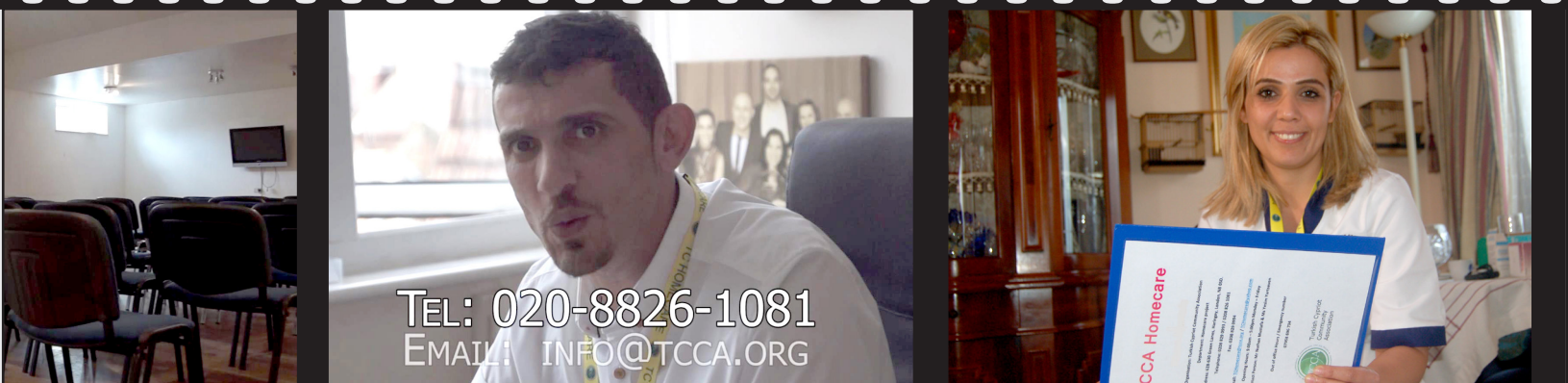


BULLETIN

JANUARY 2015 • ISSUE 7 • www.tccabulletin.org

FREE

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



TECHNOLOGY MAKES US JUST THAT BIT BETTER

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TEG AND TCCA WORKING IN PARTNERSHIP TO HELP YOUNG PEOPLE

GET TO KNOW OUR STAFF

THIS MONTH

Hoşgeldiniz... Welcome ... to our TCCA first bi-lingual issue..... At our AGM our members told us that they wanted more of our publications in Turkish... and therefore TCCA has introduced a new bi-lingual issue that mirrors the information in the English issue. Also in this publication we will be promoting our new projects which have been funded by Tottenham Active and our new homework project funded by Children in Need. Two of our main activities Home-care and Room Bookings continue to move forward with new and innovative ways that have been used to promote our activities such as using film.



We welcome ELAS as our external agent who will manage our human resources, pensions, Health and Safety, allowing staff more time to spend on serving our members. TCCA will be giving our building a new facelift and will once again work with Hands on London to ensure that our building looks the best it can.

TCCA's networks also continue to grow. We are now members of all the local voluntary sector councils, some of the local health networks and are partnering with many Turkish organisations for community projects such as the TCCA/TEG Young Persons Support Project an initiative that supports young people of the Turkish community who need help and support with their studies.

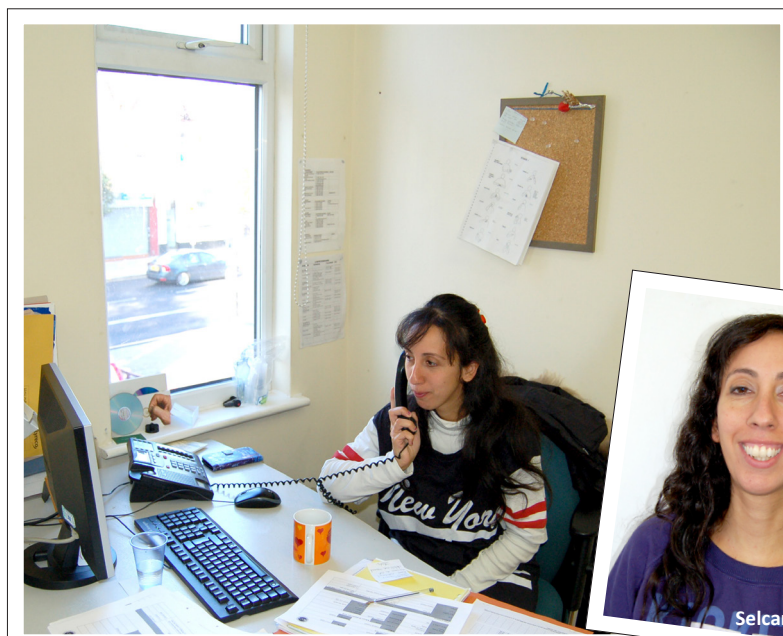
Additionally we would like to welcome back Yesim Yurtseven and we say congratulations to Ipek Bekir who leaves TCCA in order to spend time with her new born baby daughter. All other staff stay the same, however in the new issue we hope that we will be able to bring new names which will lead to the development of new projects.

As part of our imaging and branding exercise TCCA has also installed a new front signage, which showcases our new logo and better reflects the work of the organisation.

Before you turn the page... Have you considered the thought of becoming a guest writer for our next issue? Do you have a subject matter you would like to write about which would appeal to our readers? If your answer is yes please contact Erim Metto on 020 8826 1080.

Selcan Kemal

Relief Administrator



Selcan Kemal

Hi Selcan. Can you tell us a bit about yourself, likes dislikes, hobbies and previous work?

I have been in employment since the age of 16, I had a part time job while studying. When I finished my A Levels I went into a full time job as a receptionist for a textile company. Not long after I moved on to a doctors surgery, where I started out doing data entry. I had various job role changes within the surgery, I was a data entry clerk and receptionist. I then moved on and became an administrator and translator after appropriate training and courses were completed. To meet the demands of the surgery I was sent on a Health Care Assistant course and after successfully completing I was allocated part time Health care work and continued with the administration side of things also. A year later I was promoted into a Practice Manager role and was sent on training. As new laws and procedures were implemented in the NHS, I had to be trained in Information Governance and was also made the surgery's Caldecott guardian. I worked within the NHS for fourteen years, and managed the surgery for nearly eight years. I am married with two kids, both under the age of five. After having my second child I continued to work for a year and then ended my employment. I enjoyed taking part in charitable events like race for life. Watching movies and cooking are two of my biggest pass times now. In the past I enjoyed photography as a hobby and took a course in it. I have now become more family orientated and most of my pass time is based on activities for the children.

When did you start with TCCA?

End of February 2014

What is your role in TCCA?

Relief Administrator

What are you currently working on?

Risk Assessment coordination and bookings, supervision bookings and general administration.

What do you feel is the most valuable service that TCCA provides to the local community?

I do not have enough knowledge about the other projects or services that TCCA provide, so I would say homecare is the most valuable. Providing friendly care, delivered in a professional manner, giving the clients and their next of kin peace of mind. Although the clients cared for are predominantly Turkish/Turkish Cypriot it is nice to be able to provide care to a multi-cultural community in a highly diverse area.

What do you feel the positives and negatives of TCCA are?

The positives are; giving the community endless variety of clubs, classes and homecare. You help ignite socialisation amongst the young and old, and give comfort and routine. I believe TCCA has a lot to offer the community and through the clubs and classes address the public's hidden agendas, where they may be embarrassed to ask for help. The negative side would be, not enough publicity of the growth of TCCA and all the wonderful services being provided.

Where would you like TCCA to be in the future?

To continue growing and expanding different projects to facilitate the community's needs. Maybe utilise the other building more to enable the growth.

Thank you for the interview; is there anything me you would like to say?

Thank you for giving me this opportunity to work with you.



SPOTLIGHT GROUPS

Tulin Ozsoy

Haringey School of Ballet

Tulin could you tell us a bit about your group... When it was formed and who started it up?

Ballet school was formed by me and it started in October 2011. I have been running classes since then for children aged between 3-11 yrs.

Could you tell us a bit about the classes that you provide?

I teach classical ballet to children. I provide courses for students to prepare for dancing exams and school performances. Any students that show serious aptitude are being encouraged and tutored to audition.

Can you tell us what you feel your key achievements have been?

Our training system has been designed to help students become more disciplined and focused to improve their overall health through learning dance. We are using creativity in teaching methods and children have fun in classes as well as learning discipline.

How often does the ballet group meet?

Mondays at 5:00pm for 3-5 yrs; Saturdays at 10:45am for 5-7 yrs; and again on Satur-

days 11:30am for 7-11 yrs.

Do you have any planned forthcoming activities?

I hold events every 3 years and we recently held a street event in Hackney where we hosted a dance community event for local groups to perform. This was held in July and we are planning our next one in 2017 in Haringey area. We also regularly hold ballet exams for prepared students, but our next one will not be until the summer of 2016. We do hold parent displays at the end of each year for students to perform to their parents and families and show what they have been learning throughout the year.

If someone wants to join how do they become involved?

Students between 3-11 yrs. can start at any time during the term. We charge £10 for a trial class and if the child wishes to continue after the trial, then we request a full-term payment in advance for 12 lessons. If a child starts mid-term but pays full-term, some of the lessons will fall in to the following term. We send invoices out on the 12th lesson for each student.

Are there any restrictions to taking part?
Yes there are...

a. Children must be aged between 3-11 yrs...

b. Dress code is essential. All students must wear appropriate clothing for classes i.e. ballet leotard, ballet tights, ballet skirt, and ballet shoes. Their hair must be done in a ballet bun for all classes.

c. A child must be well behaved to be able to adapt to the classes well and to maintain the discipline in classes. This is why we offer trial classes for newcomers before a child can actually register for full term. We have the right not to accept a student if we think, the child cannot adapt to the classes we offer.

Why did you choose TCCA as a venue?

TCCA is very local to us and the location is convenient for our activities.

How have you found using TCCA as a location?

The location is convenient. The car park, toilet facilities and the heating is currently working well for us.

What do you think we could do to improve the service that we provide?

I feel that we are currently happy with your service.

TC HEMOCARE

YOUR LOCAL HEMOCARE PROVIDER

DO YOU FEEL THAT A GRANT COULD HELP SUPPORT YOUR HEALTH AND WELLBEING AS A CARER?

This month TCHomecare would like to cover the carers grant and provide information to our community. The below information should be used as a guideline only as each clinical commissioning group's budget and allocation can differ. There are two specific grants provided to enable carers some respite and help with their wellbeing.

A carer can have either a Carer Grant or a GP Carer Break Grant in any 12 month period, but not both. The grant should be paid to the person who is providing the substantive care, or shared between carers if they are sharing the care.

The Carer Grant

The Carer Grant is a flexible grant of up to £300 which is available to people who have a regular caring role for at least 20 hours a week.

It can be used in a variety of ways to help support a carer's health and wellbeing. For example:

- a respite break for the carer/cared for
- club membership or classes
- massage, therapy and wellbeing services
- driving lessons
- extra help at home with housework or

gardening

- training or transport costs
- a piece of equipment not available from the council or NHS

You may be asked to give a breakdown of how the grant will be spent.

To qualify for the grant

To qualify for this grant you must be aged 18 or over.

- you need to be caring for someone aged 18 or over.
- you need to be providing unpaid and substantial care of at least 20 hours a week on a regular basis
- your own health and wellbeing must be at risk, as a consequence of the impact of your caring role.

GP Carer Break Grant

The GP Carer Break Grant aims to give you a break from caring when your health and wellbeing are at serious risk and may lead to a breakdown in your caring role.

For example:

- Your own physical or mental health is being significantly affected by your caring role
- There is a risk that you will be unable to carry on in your caring role as a consequence of not taking a break



- You have multiple health problems and your caring role is having an impact on your own health and wellbeing

The GP Carer Break Grant may be able to support you with a £600 grant to enable you to take a break from caring, so that you look after your own health, as well as the person you are caring for.

How to apply for the grant

The GP Carer Break Grant is based on an assessment by your GP. If the carer's health is at risk, which could impact on their caring role, then the GP Carer Break Grant can be prescribed by the GP. This is then subject to availability of grants and meeting the set criteria.

You may also want to contact carers direct helpline on 0300 123 1053 and get free, confidential information and advice for carers.

“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 – (Continuitng 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

BOOK YOUR EVENT ROOM WITH US

If you thought our hall was used just for conferences or birthday parties, then you'd be surprised to hear about all the amazing things they've been hired for.

As venue searchers crave more surprising and cost effective venues we're finding that our hall and its "cosy" construction provides the perfect setting for all manner of events.

This summer our main hall based in the heart of Haringey hosted the UK

launch of *Golden Island Film Festival* to announce to film makers the new annual event *Golden Island International Film Festival* due to be held in November 2014. The event was attended by a host of well-known individuals from the Turkish film industry including Actor Tamer Hassan as well as Baroness Meral Hussein-Ece of the House of Commons. This is the first of the years to follow that we will be working with GIFF.



Golden Island Film Festival

Also this summer our main hall hosted *The Effects of Genetic Diseases, the Environment, and Food and Drugs on Human Health and its Examination on the Basis of DNA within Northern Cyprus Seminar* delivered by Assoc. Dr. Sukru Tuzmen of Eastern Mediterranean University. The seminar attracted many

health professionals from the Turkish community.

Another interesting event also hosted in our Main Hall was the iftar dinner organised by Limassol Turkish Association. The event welcomed many members of our community wishing to share a meal in a friendly gathering.



Iftar Dinner

We were also very proud to have hosted Jonathan Walwyn of Learning Gym's wedding this autumn. Our main hall was superbly appointed to provide a warming atmosphere on his special.

With its welcoming atmosphere and staff, every function becomes significant with excitement, giving its guests the most flexible venue for every occasion.



Wedding Occasion



Main Hall

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

TURKISH EDUCATION GROUP



TURKISH
EDUCATION
GROUP

The Turkish Education Group, situated on the cusp of Islington and Hackney, was formed in 1981 and is one of the oldest-established community groups in London that aim to serve the Turkish-speaking community. But despite its long and productive history, TEG, like many community groups at the time, almost faced extinction with the onslaught of aggressive government cuts. However, in 2010, with a new management committee and a new Co-ordinator who was focused on stringent fundraising, we were able to survive and to continue to provide for the needs of our community.

Since 2010, approximately 70 children and young people per year have benefited from educational opportunities created by TEG. With the help of strong partnerships with mainstream schools, we have sought not only to improve children's attainment in their mainstream school, but to provide innovative teaching and learning. We have continued to work collaboratively with three schools in Islington, and have just agreed to a partnership with a school in Haringey. Classes such as Chess with Mathematics, dual language (Turkish and English) Storytelling and Story Book Making are

given by dedicated teachers, alongside more traditional classes such as GCSE and Homework Support in order to inspire children and young people to fully reach their potential.

The TEG also has a track record of working in partnership with Community Groups and Housing estates, particularly to provide week-end activities. We have just agreed with the Turkish Cypriot Community Association to hold an intergenerational or Joint Learning (Adult and children together) session in Arts and Crafts and are hoping also to provide Math and Homework Support classes at their centre.

We are keen on the concept of intergenerational learning and worked in partnership with Pop-up Projects CIC on the Fusion Project. Children and their parents/guardians were guided by professional storytellers, illustrators and film makers to produce a stop motion animation film which was shown to an audience at The Gulbenkein Centre and the Free Word Centre in May 2013. You can watch a documentary on the making of the film on this link: <http://www.youtube.com/watch?v=Bx6b-93Nirz4>

We also have a long and strong track record of creating educational opportunities for adults. Our Literate Women Project, funded by the Big Lottery, was the first of its kind in providing dual literacy classes (Turkish and English) to Turkish-speaking women with no literacy skills in either language. We also worked in partnership with KMEWO to provide ESOL and IT skills for women at our Centre. This came to an end in May 2014 but we are fundraising to restart ESOL and confidence building classes for women in the New Year.

In terms of Health Education, the TEG had a Smoking Cessation Project that was hailed as an example project by the NHS. We also worked collaboratively with community groups such as the Champions Project and Arab Advice to hold wellbeing events and events such as Lung Cancer Awareness Day to raise awareness, although we do not currently have any ongoing health projects.

For any further queries about TEG and our current projects, please write to the Co-ordinator:
kezbanhussain@teg-london.org.uk

COMMEMORATING ATATÜRK

İngiltere Atatürkçü Düşünce Derneği Commemorates the Lasting Legacy of Mustafa Kemal Atatürk

İngiltere Atatürkçü Düşünce Derneği held an official ceremony commemorating the 76th anniversary of modern Turkey's founder Mustafa Kemal Atatürk's death at the Turkish Cypriot Community Association on 11th November 2014. Ass. Prof. Dr. Orhan Çekiç, the Atatürk Research Centre Director of Maltepe University in Turkey paid tribute to the legacy of Mustafa Kemal Atatürk, who led the Turkish National War of Liberation, founded the modern Republic of Turkey and launched an extraordinary series of reforms that continue to inspire the Turkish nation through an hour long speech.

The event started with a reception where attendees and organisers were able to share their thoughts on the legacy of Mustafa Kemal Atatürk and enjoy the catering provided by Cyprus Kitchen. The reception was followed with a minute of silence and the Turkish national anthem İstiklal Marşı. In his speech Ass. Prof. Dr. Orhan Çekiç spoke of the wide-ranging reforms spearheaded by Mustafa Kemal Atatürk which have left a lasting legacy of which the peoples of Turkish heritage are proud: the conversion of the newly founded Republic into today's modern, democratic and secular Turkish state. He further explained that

from the establishment of the Republic in 1923, to his death on November 10, 1938, in just 15 years, Mustafa Kemal introduced a sweeping set of reforms which constituted one of the world's most effective campaigns of modernization.

The professor ended his speech by saying: "Mustafa Kemal Atatürk, the eternal commander-in-chief of the Turkish Army, will live forever in the hearts of army personnel and Turkish peoples with his superior personality and principles," before moving onto the signing of his latest book 1938 Son Yıl which focuses on the last year of Atatürk and the important events of the Republican period, based on the documents in the Ottoman and British archives.

Following the conference, Choirmaster Asım Çeliktürk conducted the Hoş Seda London Turkish Classical Music Choir and Orchestra concert where a selection of Atatürk's favourite Turkish classical songs were performed. The audience members joined in by singing along and applauded the performance noting that it was a richly satisfying account of the well-known songs and that the result was a musical treat.



FINANCIAL
ADVICE

INLAND REVENUE 35

Cem
Soydaner

What is IR35?

Essentially, IR35 affects all contractors who do not meet HMRC's definition of 'self-employment'. The IR35 rules will result in an increased tax and N.I. liability and will prevent contractor companies from retaining profits to grow their business in the future.

Those contractors who fall under the IR35 rules will be liable to Schedule E taxation and National Insurance (N.I.), following deductions for expenses. Income will be in the form of a 'deemed payment', following these deductions. Contractor Companies may have a mixture of IR35 and non-IR35 turnover, in which case income and reward associated with unregulated contracts will escape these rules.

Normal Section 198 expenses may still be claimed. In addition, there is a provision for other intermediary expenses of 5% of a contractor's turnover. The following expenses can therefore be claimed in addition to the 5% allowance:

- Pension payments - either personal or executive schemes
- Business travel - incurred in the course of business duties

- Subsistence - accommodation, meals when away from home
- Professional Indemnity cover
- Benefits in kind - e.g. private medical insurance

Are you self-employed?

The first and most important point is to establish whether you are 'employed' or 'self-employed' under HMRC's terms. The ambiguity of the 'employment status' guidelines does not help the matter. The Inland Revenue state that they will take an overall view of a contractor's position to determine whether they will be deemed 'employed' under the rules, therefore any amended contracts should also reflect your working practices.

It is clearly in all contractors' interests to be viewed as 'self-employed', or at least for part of your income to be IR35-free. If you are able to diversify your business interests, or change your working practices in order to satisfy more of the pointers to 'self-employment', your position will be strengthened.

What should I do if I receive an IR35 letter?

If you have any sort of HMRC IR35 investigation insurance, or are covered for HMRC IR35 defence, you will need to contact your provider. You should also contact your accountant if you have one. HMRC appear to be giving people about a month to get the information together so there is enough time. Bear in mind though that some schemes only cover you, the contractor, once an enquiry becomes a "dispute" so in the case of these let-

ters you may not be covered. Those without cover should speak to their accountants and/or consider engaging IR35 specialists to handle your case

Can I do anything now to prepare?

Yes there are lots of things you can do now even if you have never considered your IR35 status before.

- Find out about IR35 and check out HMRC's new guidance
- Have your contracts and working practices reviewed by your accountant or a specialist.
- If you have taken IR35 advice but have nothing in writing contact the reviewer and ask them to confirm their opinion in writing. Establish exactly how they will help you and what charges they will make to deal with the letter and the entire investigation process.
- If you have IR35 insurance or legal expenses insurance, check out the policy wording to see if you are covered for this new initial letter process.
- Due diligence – think about your contracts over the last year and currently. Make a note of the differences between client employees and contractors. Consider seeking client confirmation of the day-to-day working practices.

LEGAL
ADVICE

LASTING POWER OF ATTORNEY

Ipek
Bekir

A lasting power of attorney is a legal document that lets you (the 'donor') appoint people (known as 'attorneys') to make decisions on your behalf. It could be used if you become unable to make your own decisions. There are two types of lasting power of attorney, namely (1) Health and Welfare and (2) Property and Financial Affairs. You can choose to make one type or both.

You must be eighteen or over and have mental capacity, namely the ability to make your own decisions, at the time you make your lasting power of attorney.

Health and Welfare Lasting Power of Attorney

This allows you to choose one person or more to make decisions about things like your daily routine (e.g. eating and what to wear), medical care, moving into a care home and life-sustaining treatment. This type of lasting power of attorney can only be used when you're un-

able to make your own decisions.

Property and Financial Affairs Lasting Power of Attorney

This lets you choose one person or more to make decisions about money and property for you like paying bills, collecting benefits and selling your home. This type of lasting power of attorney can be used as soon as it's registered, with your permission.

The procedure for making a Lasting Power of Attorney starts with choosing your attorney(s). You will then need to complete the necessary forms, send a notice of intention to register and finally register the Lasting Power of Attorney with the Office of the Public Guardian, which can take up to 14 weeks to process. If the Lasting Power of Attorney is not registered, the attorney cannot make decisions for you. When choosing an attorney, think about how well the person looks after their own financial affairs, how well you know them, if you trust them to make decisions in your best interests and how happy they will be to make decisions for you. Your attorney can be anyone aged eighteen or over, including a relative, a friend, a professional (like your solicitor) or your partner/spouse.



There is a charge of £110.00 to register each Lasting Power of Attorney with the Office of the Public Guardian; registering both types therefore costs £220.00. If your form is returned because it is invalid, you can apply again within three months for a further fee of £55.00. You may be exempt from paying the fee if you receive means tested benefits or you are on a low income.

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

AN INSIGHT TO THALASSEMIA

Dr Mek
Mehmet-Yesil

Thalassemia is a group of inherited blood disorders within the, Mediterranean countries such as Greece, Cyprus and Italy, the Middle East, Asia and sub-Saharan Africa. Thalassaemia is an inherited condition, which means it, can be passed on to you from your parents genetically. It's not known exactly what causes the genetic mutations associated with thalassaemia. However, it's likely they've survived because carriers of the condition (both alpha and beta thalassaemia) are protected against Malaria.

These conditions affect the haemoglobin - the substance in our blood that carries oxygen around our body. Some conditions are more serious than others. The most serious forms are called beta thalassaemia major and alpha thalassaemia major. Although it is possible to live with treatment for beta thalassaemia major, alpha thalassaemia major is not compatible with life.

The two other most common forms of thalassaemia are beta thalassaemia intermediate (minor) which usually has less serious effects and a mild form of alpha thalassaemia, called Hb H Disease. These conditions do not usually require treatment on a regular basis, but regular blood tests and iron courses (folic acid) are advisable along with doses of Vitamin C, (orange juice).

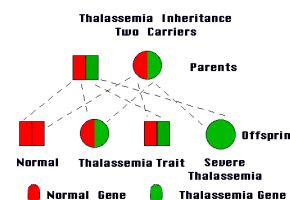
Beta thalassaemia major, affects the body's ability to create red blood cells. This is important because red blood cells contain haemoglobin - the substance that carries oxygen around our bodies. If your body does not receive enough oxygen, you will feel tired, breathless, lethargic and faint. This condition is known as anaemia. Beta thalassaemia major can also cause other complications including organ damage, restricted growth, liver disease, heart failure and even death.

People with Beta Thalassaemia Major will need to receive blood - called a blood transfusion most of their lives. Most people will need a blood transfusion about every 3-4 weeks over a 12 week period. They will also need medication to help their bodies manage the extra iron in the body which they get

from the blood they receive.

The only known cures for major beta thalassaemia is a bone-marrow transplant and a cord blood transplantation (using blood cells taken from an unborn fetus related to the affected child). These procedures can cause other complications and are not suitable for everyone. It is advisable to seek medical advice if you think or your partner may be a carrier, and are thinking of starting a family.

Living with a thalassemia trait condition and managing a good diet and lifestyle will help balance your day to day routine more effectively.



WELLBEING

THE MIND MACHINE

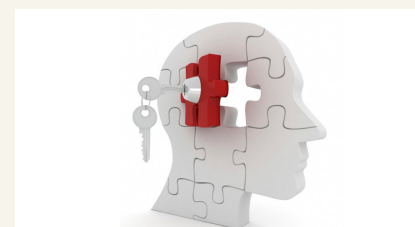
Tarkan
Mustafa

We can learn so much about ourselves from analysing our dreams. This is one of the main reasons that Psychotherapy became so big in the twentieth century. However it is not new knowledge that sometimes our dreams are messages from our own self in order for us to return to ourselves and reality. This was known by some knowledgeable ones in ancient times. Today we use this process of analysis in order to restore mental and spiritual health in the individual so that they can escape from the prison of unnecessary suffering and begin to once again enjoy their lives and to achieve their goals in life in a much simpler way. However, our goals in life may or may not be the right path for us and this is where the need for a spiritual teacher or the right kind of therapist comes into play. We often think of ourselves as self-sufficient. However in reality we are always in need of others. Unless I am a mechanic, I will need a mechanic when my car is out of order. I can spend the time and effort to learn about cars and attempt to always fix the car myself but it is so much easier to pay someone with experience and knowledge about cars to fix it in no time whatsoever, without making mistakes or overlooking something and to tell me what else might be

wrong with the car.

In the same way, people today more than ever before, attempt self-help in matters of spirituality, and mental and emotional problems.

Often what happens is that they only mask the problem which then stays but under a new disguise, shape or form. The reason? More than often the cause of this is nothing but pride; or the stigma of going to a spiritual teacher or therapist. Then again, I have heard many times that some therapists today make the situation worse. For example, a husband and wife quarrel and they go to a therapist. He or she may say that they are considering a divorce. Whereupon the therapist says ok, why don't you divorce then and live your lives free from each other. Then, upset at the conclusion of the therapist they come to me. For several weeks we analyse everything that needs to be examined and using my specialist knowledge and experience we begin to make some sound progress. Before we know it, they are happy and getting along with one another and divorce is out of the question. So it is such a shame that many today find themselves stuck in the same negative situation or attitude for years when all they have to do is visit a specialist for a short period and benefit so that those around them can benefit as well. Yes it may cost at least several hundred pounds for the necessary amount of sessions but how much do they spend every year on holidays or all the distractions or bad habits they may need



in order to distract themselves from the real suffering they are experiencing and causing to those around them. Self-help sells and many make money from writing such books. But in order to see

yourself you need someone who can see you and your idiosyncratic position clearer than you can see yourself. This article may seem like I am attempting to drive more clients to my practice, however I sincerely believe that these simple truths need to be reminded as I see too many individuals struggling in a state of unconsciousness and failing to experience some real pleasure and serenity in life. So my advice is, if you are experiencing problems on your journey, then maybe it's time for a service with a mind mechanic. And yes, I am always happy to have more clients!

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



BASIC IT



Through the partnership of Limassol Turkish Association, TCCA ran a 6 week Basic IT course for retired people of our community. The course covered basic principles of using a computer as well as using email and internet, logging on and off and practising using the keyboard. The course had high interest with all spaces being taken. Depending on future demand TCCA are considering running further sessions to cater for those individuals who missed this excellent opportunity.

WOMEN'S SELF DEFENCE CLASSES



TCCA secured funding to run an intensive 5 week Self-Defence course specifically designed for women only. The course commenced on 5th November 2014 and ran weekly on Wednesday evenings from 7pm to 9pm. The course was designed to enhance personal safety with practical skills taught by an experience martial arts instructor. The short course successfully attracted high interest from the local community and as a result TCCA are planning to run a similar course in the future.

ZUMBA



Get fit whilst having fun! TCCA have been running Zumba classes in a joint project with Harriet Heath to support our local community to get fitter whilst enjoying themselves. The classes have been running since January 2014 and have been a great hit in bringing together locals in a bid to get healthier. The classes run every Monday from 7-8pm and cost £3 per class. Anyone wishing to attend can just turn up in comfortable clothes and a bottle of water.

TAEKWONDO FOR KIDS



Taekwondo for Kids at TCCA is a friendly martial arts class training children from ages 7 to 13. Taekwondo is a Korean martial art using punches, kicks and blocks to provide an effective form of unarmed self-defence, and is great way to get children to develop self-esteem and confidence and to learn self-respect as well as respecting others. **The Taekwondo classes run every Monday from 4-5pm at TCCA and are open to new comers. Call 020 8826 10080 for more info.**

BALLET



TCCA currently host Ballet classes delivered by Haringey School of Ballet; a school that provides Classical Ballet training for young students. The classes teach age appropriate dance techniques that allows younger students more time for movement exploration while providing advanced students with the tools to become professional dancers, if they choose so. All bookings are made in advance. **Please call Tulin Ozsoy on 0786 3004530 for more info.**

TABLE TENNIS



Table Tennis... Ping Pong... Whatever you call it... it is MORE than a game! It's a sport of the people and it is the most played racket sport in the world. Table Tennis is fun, very challenging, and competitive and the best players in the world train hours daily to maintain their lightning reflexes. It combines brain training together with physical activity. TCCA Table Tennis club provides the opportunity to participate in both social and competitive table tennis.

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

CREATIVE DANCE



TCCA successfully secured funding to run Creative Dance classes for children and hosted the classes at their Haringey branch. The intensive 1 week course ran during the school half term from 27th to 31st October which was ideal for school children. With two classes to cater for different age groups ranging from 4 to 7 and 8 to 12, the classes proved to be positively influential in inspiring the young learners to lose their inhibitions and gain confidence whilst learning a variety of dance routines.

MANAGING YOUR FINANCES

Christine Pither

Financial Advisor
HBOS Group of companies



Debt management is a debt solution that can help people who are struggling to repay their unsecured debts. Unsecured debts are debts that are not secured against your home, like credit cards and personal loans. Debt management like an IVA Individual Voluntary Arrangement is an agreement between lenders and a borrower who needs to lower their repayments. The interest can be written off or frozen and a suitable repayment plan can be arranged by the company assisting you in managing your debt. Here are a few helpful websites to look out for, but bear in mind, there should never be any up front fees or hidden charges involved. These ones are the free Government money advisory services to help people struggling with debt.

Step Change Debt Charity

www.stepchange.org
Step Change helps change the lives of thousands of people every week. Their expert advice is impartial and personalized to each individual situation.

National Debt line

www.mymoneysteps.org
National Debt line offers free debt advice online through its My Money Steps tool and its web guides, fact sheets.

Making the most of your savings

If you do however have money sitting in a bank account, make sure you are getting the most of your GROSS interest. All banks have ISAs individual saving accounts, they pay the best rates

of interest without tying your money up, and allowing instant access should you need it. Halifax and Skipton are paying rates of 2% for £1.00 opening balances. It's a good idea to seek financial advice from your bank at least twice a year to ensure you are getting value for money on the monies that you owe and monies that you have. Also for those who require advice about wills and Trusts ensure you speak to a solicitor or citizen's advice bureau. There are many different ways you can exercise value for money and it is free.



MENTAL HEALTH IN THE WORKPLACE

Danny Clarkes

Head of Occupational Health and Safety



World Mental Health Day took place on Friday 10th October and marks the annual global celebration of mental health education, awareness and advocacy. Statistics taken from the Mental Health Foundation show that one in four people in the UK will experience some kind of mental health problem over the course of the year which will inevitably affect not only people's personal lives, but also their working lives.

Unfortunately, it can be hard to spot signs of mental health illness, however if you are a manager overseeing a team, or a colleague concerned for your co-workers, it is vital to be supportive and take appropriate action. This may be in the form of a simple yet significant gesture, such as having a conversation, or a referral to an Occupational Health specialist who can provide both the employee and employer with support and advice.



It is important for managers to look out for early indicators of mental health illness before it develops into something more serious, such as stress or anxiety, so that they can provide assistance. Managers to the employee affected should also be aware of how this can affect the morale of fellow colleagues and ensure that all employees are treated the same. Taking early action and providing the same level of support to all employees ensures workers are healthy both physically and psychologically, which in turn will help to increase performance and wellbeing – as well as mitigate the risk of a costly discrimination claim. For many, the working environment is an

extremely important part of maintaining mental wellbeing, as the routine of work and the care of colleagues can provide an essential support mechanism for those who may be suffering from mental illness. This makes it all the more important that employers and managers have the systems in place to act on any occupational health issue which may arise. World Mental Health Day is a great opportunity for both employers and employees to raise the awareness mental health illness within the office environment.

For more information on dealing with mental health in the workplace or for further information on our comprehensive range of business support service contact ELAS on 0161 785 2000 or visit www.elas.uk.com

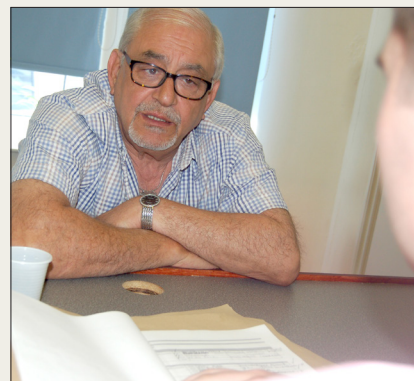


ADVICE SURGERY

Whether you need advice on welfare benefits, housing or debt. Or whether you are looking for help with form filling services or private housing consumer issues. Here at TCCA we offer free advice and support through an 'open door' advice service.

Finding the right support and advice can be difficult and confusing for anyone, but especially so if you have problems reading and writing, or if English is a second language. Our drop-in advice surgery is open to all communities and is held on Thursday mornings from 9.00am to 12pm at TCCA, 628-630 Green Lanes, N8 OSD. Clients are seen on a first come first served basis.

If you are unable to commute to our centre for health reasons or if you do not live nearby, you can still get telephone advice by calling during the drop-in service hours and asking for Turgay Ertim. You can contact us on **020 8826 1080**.



TRAINING



As a CACHE registered organisation, TCCA continues to hold training sessions for staff as well as people in the community. All our courses are subsidised and most accredited. Courses we have held thus far cover a variety of subject areas including Manual Handling, Safe Guarding, TB Awareness, Tissue Viability, First Aid and Administration of medication.

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

Training

developing the skills
employees need to perform
improve their performance
skills, and abilities, speci

LUNCHEON CLUB

The Luncheon Club at TCCA is a relaxed and friendly gathering that brings together the retired people of our community in a relaxed and welcoming environment. It is a place where people come together to share a meal...but it is much, much more than that; it is also about providing you with opportunities for social contact and activities to keep you alert and active. It creates a forum for cultural identity, awareness and inculcates a sense of belonging. We hold our Luncheon Club every Tuesday and Wednesday at the Turkish Cypriot Community Association. Lunch includes tea/coffee/cold drinks and a traditional Turkish Cypriot dish. If you would like to attend you will be supported in a friendly atmosphere and you will be most welcomed.



FILMING



TCCA is proud to be continuing its hard work regards developing its imaging and branding and as such is developing a string of new videos that help support its direct contact with its beneficiaries. Over the past four months we have produced four productions: Introduction to Homecare in English; introduction to Homecare in Turkish; Room Bookings in English; Outline of Care in English; and Cultural Cooking short course video in Turkish. We also have a string of other planned productions that we hope to have completed by Jan 2015.



EDUCATION SUPPORT

Funded by Children In Need, TCCA will be commencing an education support project with 10 schools in five London boroughs identified with the highest concentration of Turkish and Kurdish young people, on a one year project to help improve achievement levels of under achieving children. The program is designed to help children by introducing their parents to initiatives that help them become more involved in their children's education. The process facilitated by weekly sessions encourages parents to attend the sessions with their children and to work in unison with the schools to become more aware of approaches that can be used to assist their children with their homework and their studies in general.



LEGAL ADVICE

TCCA have recommended the free confidential advice surgery in partnership with STC Solicitors which runs every fortnight on Tuesdays from 11am to 1pm. Through this surgery you can meet with a solicitor who will research your case and provide you with straightforward advice and assistance.

STC Solicitors offer advice on legal problems



in a variety of areas including:

- Family Law
- Immigration
- Landlord and Tenant
- Wills and Probate
- Civil and Commercial litigation
- Environmental Law
- Licensing Law

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.

STC Solicitors



TURKISH EDUCATION GROUP

The Turkish Cypriot Community Association will be commencing a new partnership with the Turkish Education Group in the near future to host a variety of community activities of which some include an inter-generational or Joint Learning (Adult and children together) session in Arts and Crafts; Math and Homework Support classes for children; and GCSE classes. Through this partnership TCCA are hoping to provide a scope for further learning that will be accessible by local and wider communities. The eligibility criteria and dates have not yet been specified. The new partnership has been arranged by Erim Metto the CEO of TCCA and Kezban Hussein the Co-ordinator of TEG. For any further queries about this new partnership or the planned future projects, please write to:

kezbanhusein@teg-london.org.uk



**TURKISH
EDUCATION
GROUP**

WORK EXPERIENCE

My name is Kamil Milewski. I came to England because I wanted to learn the English language and to do work experience in IT. ADC College helped me to achieve this. At the first it was hard for me; the worse were the tube travels. But then I got used to that. I stayed in zone 5 and I worked in zone 3. The travel took me about 50 minutes each way. In my work I learned many new English words and I will learn more. My IT skills have improved too. I repaired a few computers and other devices. Work was great. The people in TCCA were really nice to me and helped me to experience how it is to be in a real work setting. I am really glad I worked there.



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, Molohiya, 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 mezze, 8 hot mezze, 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**.

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Enderun Musiki Derneği Korusu

Wishes to invite anyone interested in Turkish Classical Music to its weekly choir sessions... Interested pop along any Thursday between 19.00 – 21.00



Mrs Husniye Sera Ustek-Bazen
Principal

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- Statutory Declarations
- Change of Name Deeds
- Certifying Documents

Children's Ballet Classes

at the Turkish Cypriot Community Centre



Mondays 5:00 pm
(commencing from September, 8 Monday)

Age: 3-6 yrs.

Duration of classes: 45 mins.

Fees: £10 trial lesson + £90 for 12 lessons
(classes are held term times only)

Tulin Dance School of Ballet is a dance school that provides Classical Ballet training for young students. We are known for nurturing developing dancers in a safe and progressive way. We teach young age and developmentally appropriate dance technique classes from a syllabus that allows younger students more time for movement exploration while providing advanced students with the tools to become professional dancers, if they choose so. We provide courses for students to prepare for dancing exams and school performances.

Any Students that show serious aptitude are being encouraged and tutored to audition



For enquiries:

Call Miss Tulin on: 0786 3004530

Email: ozsoytulin@hotmail.com

Website: <http://haringeyschoolofballet.com>



QCF Health and Social Care Level 2 and 3 Assessor

TCCA are currently looking for a QCF Health and Social Care Level 2 and 3 qualified Assessor with experience. Key duties entail visiting learners in the workplace and assessing them as part of their QCF qualifications to ensure the successful outcome for the QCF in line with CACHE requirements and targets and prepare, agree and review assessment plans with each candidate.

If you feel you have the relevant skills and qualifications to apply for this position please email Engul Abdullah at engul@tcca.org and ask for a job description and application form.



Homecare Workers (Hours varied)

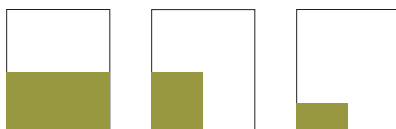
Due to expansion of our culturally sensitive Homecare provision we are seeking enthusiastic, reliable home care workers to support independent living so that members of our community needing care can remain within the comfort of their own homes. We are focused on care workers in Haringey, Enfield, Islington, 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.



BULLETIN

Advertise with us...



Your local community Bulletin...

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

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for more information:

Canvasitup@gmail.com - 07956 125 727



CURRENT AND FUTURE EVENTS

MONDAY

Zumba | Kids Taekwondo | Ballet Class | Rayners College | Cyprus Kitchen

TUESDAY

Basic IT | Table Tennis | Rayners College | Luncheon Club | Cyprus Kitchen

WEDNESDAY

Legal Advice | Luncheon Club | Self-Defence | Rayners College | Cyprus Kitchen

THURSDAY

Rayners College | Advice Surgery | Cyprus Kitchen

FRIDAY

Rayners College | Cyprus Kitchen

WEEKEND

Ballet Class | Lighthouse Chapel International | Cyprus Kitchen



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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Printing: Hey Print

TCCA Bulletin is funded by: **AWARDS FOR ALL**



LOTTERY FUNDED