



BULLETIN

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FREE

TCCA HAS BEEN RECOGNISED AS THE NO.1 NOT FOR PROFIT ORGANISATION SERVING TURKISH SPEAKERS



REACHING OUT TO OUR COMMUNITY

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GET TO KNOW OUR STAFF

THIS QUARTER

The Bulletin goes bi-lingual...

TCCA has been playing around with the idea of printing the Bulletin in a bi-lingual format for over a year. With the help of Londra Gazete (who will be responsible for translating the text) the organisation is now in position to do so. So first off Hoşgeldiniz.....

Other changes to the bulletin relate to frequency of publication, changes in host writers and an approach that attempts to build partnerships.

This month we saw a change in government and the UK moved away from a coalition to a Conservative lead parliament. In the build-up to the elections we held a number of events where we invited parliamentary candidates from the various parties to the community centre and discussed issues of concern that relate to services we offer. We also arranged a separate Hustings event where we invited the only four perspective Turkish candidates to the centre and allowed members of the public to pose questions to the panel.

We have now launched our Homework Support Project which is currently working with three schools. The aim of the project is provide support to children through encouraging Turkish parents to become more involved in their children's homework. As part of the project we would like to welcome Hırsiye Özoğlu (Education Officer) and Ceyda Aslanses (Education Administrator). As part of our team we also welcomed on board Mehmet Eminol (Caretaker) who will be looking after the centre during un-social hours.

Our presence in to community is extremely important and as such we have supported community orientated projects including; the The Wisdom of the Heavens event where the Sufi Philosophy was portrayed through the poems of Rumi and the 'Sema' dance; and our participation in the UK's biggest Anatolian Cultural Festival which brings the culture of Turkey to London with a variety of events and associated activities, and delicious cultural food.

We have continued our media revamp exercise and have further updated our Facebook pages, posted more frequently to Twitter, and added more productions to our Youtube channel. We have also extended our links through LinkedIn, created a new header for our Bulletin website and have nearly completed the major revamp of our website.

On a final note, if you have time to support the Bulletin with an article or wish to be involved in any of our projects outlined in the Bulletin, then feel free to contact me at erim@tcca.org or on 020 8826 1080.



Kate Osamor

Erim Metto



Ceyda Aslanses

Ceyda Aslanses

Education Administrator

Hi Ceyda can you tell us a bit about yourself, likes, dislikes hobbies and what drew you to TCCA?

I am a 20 year old Turkish Cypriot, born and raised in Hackney, London. Both of my parents are originally from North Cyprus. I am currently studying psychology at Middlesex University. I have chosen to study this subject because to me, psychology is a fascinating science that is concerned with the study of the mind and behaviour.

I am a family oriented person and often spend my spare time visiting my extended family. Meeting new people and socialising is what I enjoy because I believe that every person is unique. Being able to communicate and consider the beliefs and values of another person is one of the most important characteristics of human kind.

Previously, I volunteered in a primary school for a year with infants and I discovered that I have a passion to help children thrive and extend their learning. The best part was seeing their progress and knowing that I played a part in their learning.

When did you start with TCCA?

I started with TCCA two weeks ago. Most of my current duties are in preparation for when we start to run Homework sessions from schools in September 2015.

When will your role with TCCA end?

The role will run for three terms ending July 2016

What is your role at TCCA?

I am the Homework Support Officer. I am part of the Education project.

What will your role involve?

My role will involve working with children from the ages 7-11 in a number of primary schools for one to two hours a week. Our aim is to help Turkish speaking children with their homework, and also encourage their parents to support their children at home with their homework.

What difference do you feel your project will make to the local community?

Previous research shows that Turkish speaking children were one of the ethnic minorities that were underachieving. As this project is going to support Turkish speaking parents and show them how to support their children with their homework, I believe that through this project Turkish speaking children may get the help that they need to achieve the expected levels for their academic year groups.

What do you feel are the key issues that TCCA needs to address?

I believe that the Turkish speaking community needs to understand the importance of education so that they are able to fulfil their potential.

Education will give them the knowledge and power to express themselves appropriately. If they are ever faced with conflict in their lives, they will know where to go to get the right support that they need to solve their issues.

Where would you like to see TCCA in the future?

I would like to see TCCA in a position where every Turkish speaking person in England is able to easily access the organisation if they ever need their help and support.



SPOTLIGHT GROUPS

Helga Kovacs

eHelga.com English Language School

When did you move to TCCA?

I have started renting since January 2015.

Helga can you tell us a bit about your organisation?

We are a small English language school. We teach Hungarian people. I am the teacher, but I do have some colleagues helping me in the background.

How often does the organisation operate?

We have classes 4 days a week. On other days we have private lessons.

Would members of the community be able to access your service and if so how?

At the moment, we only teach Hungarians, but we will be starting classes for other nationalities and teach English as a second language. We will be starting the classes in summer 2015.

Can you tell me how did you hear about TCCA as a potential base?

As I remember I found it on gumtree. However the biggest room was advertised. I contacted them and spoke to a lovely lady who gave me more information about the other rooms. Then we met and she showed me the small room, It was "love" at first sight :) The size was perfect for a small group.



What do you see as the positives and negatives of using 628-630 Green Lanes as a base for your classes?

I only see the advantages of this building. It is very close to turnpike lane tube station. It is a very good location. Most of our students live this area. However some of them travel from other side of the city. They can still access it easily.

The team is very flexible. Sule is a very nice lady. She supported me from the very first moment. And she helped me a lot. First, I contacted her in June 2014, but we were not able to start the school. It took half a year to organise everything.

But finally, we opened our school. I was in touch with her, to make sure no one rented the room. And luckily, no one did. It was waiting for us. It meant to be :)

What do you think could be introduced to make TCCA more client friendly?

I only rent a room here, to be honest, I do not really know much about this organisation. But I only have good experience. I am very happy with them.

Is there anything more you wish to add?

It is all great. Nothing else to add. We are all happy to be here. And I hope it will last long. And we welcome other nationalities soon :)

TC HOMECARE

YOUR LOCAL HOMECARE PROVIDER

“What does the Care Act mean for me?”

Getting social care support under the new law in England

What is the Care Act?

The Care Act is a new law to bring all the previous bits of law related to social care together in one place, and to modernise or update the law where necessary. It tells councils across England what they need to do if someone has social care needs and needs support either in their own home, in other types of housing or in a care home. It also sets out what councils have to do if they are aware that someone is caring for a family member or friend and needs support. The Care Act applies to England only.

So what will be different for you under the Care Act?

If you want (or get) support from your council, The Care Act changes the rules about who qualifies for support from the council, and the rules about charging for care. It gives people the right to advocacy support if they need help to have their say about their care needs, and a right to have their care reviewed when they feel this is necessary, or to challenge decisions about their care. Under the new Care Act, if your council does not offer you a personal budget on the grounds that get social care support you have a legal right to request it.

If you fund your own care from April 2016, The Care Act introduces a cap on how much people need to pay towards their own care in their lifetime. When their care needs reach a level where they would qualify for support from the council, the amount of money required to meet those needs should be tallied up in a ‘care account’ from then on. To get a care account, individuals must have a needs assessment by their local council. Once this account hits a certain limit, the council should take over paying all the care costs, except for daily living costs and any ‘top-ups’ that the person needs to pay. The Care Act also means that you can ask the council to arrange your services for you, even if you pay for them all yourself.

If you care for a friend or family member The Care Act brings in new legal rights for carers. Carers now have the same right to an assessment of their needs and to services as someone with social care needs. The Care Act requires councils to work more closely with health services to join up services and improve people’s experience of health and social care.

When do the changes in England take place?

Some of the changes mentioned in this article have been introduced as of 1 April 2015; others will take effect in April 2016.

What to expect from your council when you need social care support?

Even if you are (or will be) funding your own care, you should still discuss your situation with your council. The council can help you identify areas where you might need help and may be able to arrange you care for you. You also need to get in touch with the council if you want to kick-start your care account. The Care Act introduces some important changes to the rules that councils must follow when supporting people with social care needs.

Your needs assessment

The new law states that as of 1 April 2015, you have a right to a free needs assessment from your council if you appear to have a need for care and support. A needs assessment looks at how you are managing everyday activities such as looking after yourself, household tasks and getting out and about as well as what support might be best for you. It is also how the council decides if you can get support from them. You should not be refused this assessment because of your financial situation, or because the council thinks that your needs won’t be high enough for you to qualify for support from them.

What should happen during your assessment?

The Care Act says that you should be encouraged to explain what you think you need and what you want to be able to do or achieve. During your needs assessment, the social worker must talk to you about whether you are able to achieve certain ‘care outcomes’ including being able to: prepare and eat food without help, and get enough to drink; wash and dress yourself and manage all your toilet needs; move around your home safely; keep your home clean and safe; have enough contact with



other people; use local services, such as being able to use public transport and/or get to the shops.

The social worker should ignore any care that you are being given by a friend or family member when looking at which care outcomes you are able to achieve. The person carrying out your assessment with you should also consider and discuss with you what impact your care needs are having on your wellbeing.

The Care Act states that the council must arrange for you to have an independent advocate with you at the assessment if: 1. you don’t have anyone else (like a friend or family member) to support you and 2. You have ‘substantial’ difficulty communicating what you want to say, understanding and remembering the information given to you and/or making decisions about your support.

Do you qualify for support?

Under the Care Act there is now a national eligibility criteria which all councils must use. There is now only one threshold over which people qualify for support from their council, rather than there being four ‘levels’ of eligibility which included: critical; substantial; moderate; and low. When using this new national criteria, councils cannot just prioritise people’s personal care needs (such as needing help with getting washed and dressed), but also have to look at their general wellbeing and any other sorts of help that they might need, such as help with housework or any housing needs they have. Do you need a carer?

If you are seeking a Turkish, Greek or English speaking experienced and qualified carer from a 5 star fully accredited provider, that not only meets your care requirements but also provides free additional support, then TC Homecare is your provider.

Call us on 020 882 6 1081 or email homecare@tcca.org for more information.

OUR CONTACT DETAILS ARE:

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

TCCA ROOM BOOKINGS

BOOKING A ROOM WITH US

Why choose Harringay for your next meeting or conference?

The venue you choose can have a big impact on the success of your event. From conferences to training, the location and facilities set the tone for the day and can influence the productivity of your get-together. Choosing the perfect location can be tricky. To give you a helping hand, we've put together a list of reasons why Harringay makes the ultimate destination for your events, both large and small.

It may not seem the case as you peer out of the Harringay Green Lanes station, with its vibrancy and dynamic, rich in culture corners, Harringay is a diverse area catering for all walks of life. Our guide will help you get to grips with an area that's a glorious blend of London's many tastes and characters.

Location

Being central in any city has many great advantages, even more so in London. For a start, Haringey is incredibly easy to get to, with links via road, tube, national rail, bus, or on foot. An easy-to-reach venue is a big bonus for conference guests, many of whom may have had to travel large distances to attend. Unexpected difficulties could make it hard for staff, delegates, or meeting invitees to reach a venue located far from transport links, wasting you valuable time and money. With a venue in Harringay, access won't be an issue.

Cultural

Being in North London has many benefits. Harringay is a growing cultural hub in which shopping, dining, performance and entertainment collide. You'll find a range of different experiences through the area where all tastes are catered for. On its door step Harringay has the full spectrum of shopping, from the dilapidated gehenna of the Wood Green mall to the designer onesies



of Crouch End, and the bustling Turkish and Kurdish emporia of Green Lanes.

Worth a visit after a long day in a conference are the crown jewels of Harringay tipping, its two most famous taverns, built by the same architect in the 1890s. Of these, the Salisbury, on the corner of Green Lanes and St Ann's Rd, is the more fashionable to cite and just around the corner from our venue. The diversity of the communities that have made Haringey is reflected in the variety of restaurants dotted around the area. At the tip of our venue, the Harringay Green Lanes area, is well known for Turkish and Greek cuisine offering a memorable cultural experience

History

Harringay has a sense of history that it of-

fers its visitors. The name Harringay has its origin in the Saxon period. The traces of history with evidence of both Stone Age and Bronze Age activity in the immediate vicinity and the gentrification of an organic culture can be found along the infamous Green Lanes and behind the hustle and bustle in Harringay's residential streets of Victorian terraced houses. The reticular structure and regularity of the Harringay Ladder, the remarkable course of Harringay Passage leading its walkers straight through the centre of the ladder structure, and the confusion with its spelling from Harringay to Haringey that has long perplexed locals and non-locals alike, speaks a story of its ever present history.

Choosing your venue won't be hard

Once you have settled on Harringay, you'll need to choose your venue. Believe it or not, this is the easy part. With a selection of meeting and conference rooms, our venue offers to take the hassle out of finding the perfect place for your conference, meetings, or training days. The flexible and ranging capacity of our spaces means that we can cater for events both small and large. TCCA's conference and meetings rooms are ideal with projectors and audio facilities available, free parking and spaces for 2 to 110 delegates.

Whether it is a team training day or a conference, we also have a variety of food and drink packages that will get your taste buds going.



Our dedicated team are here to help whatever your need. Make an enquiry today...

Call us on 020 8826 1080 or email info@tcca.org.
Turkish Cypriot Community Centre, 628-630 Green Lanes, London, N8 0SD

THE WISDOM OF THE HEAVENS

A Theatrical Event Portraying Sufi Philosophy and the Poems of Mevlana Jaleleddin Rumi.

24th April 2015 saw the opening night of the production *The Wisdom of the Heavens* brought to London by Cypriot theatre director Tanju Hastunç. Hosted by the Turkish Cypriot Community Association on 24th April and 1st May, the stunning production was also performed at the Most Art Centre, Hornsey Girls School and the Old Church Art Centre.

The *Wisdom of the Heavens* is a theatrical production that has been presented to audiences in the historical setting of the Sufi Training School in Lefkoşa (Nicosia) by Dance of Cyprus. The continued popularity of these performances amongst local residents and visitors to the island inspired the collaborative efforts of Dance of Light, Most Art Centre and Ayshe Gul Associates to bring this production to a British audience in London. The successful production utilised music, dance, visual effects and spoken word to present the concept of Sufi philosophy, the Sema ceremony and the poetry of Mevlana Jaleleddin Rumi to its much intrigued audience.

Rumi, a historical figure known as the 'love poet', was an advocate of tolerance, equality and brotherhood across religious faiths, universal love, peace and harmony. He is thought to have produced more 'love poems' than any other poet and has inspired spiritual converts to Sufism from many other faiths across the world...

*"Come, come, whoever you are.
Wanderer, Worshipper, lover of leaving.
It doesn't matter.
Ours is not a caravan of despair.
Come, even if you have broken your vow a
hundred times.
Come, yet again, come, come."
– Rumi*

The Sema ceremony also known as the Whirling Dervishes Dance, is the inspiration of Mevlana Jaleleddin-i Rumi (1207 - 1273) as well as part of the Turkish culture, belief and history in Konya. It symbolizes the different meanings of a mystic cycle to perfection known as Ascension or Mirac. The Sema represents all a mystical journey of man's spiritual ascent through love, finding the truth and arriving to the "Perfect". Then he returns from this spiritual journeys as a man who reached maturity and a greater perfection, so as to love and to be of service to the whole creation, to all creatures without discriminating in regard to belief, class, or race.

The *Wisdom of the Heavens*, unlike most

Sema ceremonies consisting only of the Sema dance, comprised of two parts which included a 70 minute performance and a 90 minute workshop allowing participants the opportunity to enhance their knowledge and learn about Sufism by asking questions, and to practice the basic principles of whirling. The ceremony began with an ensemble of Sufi music and inspired pieces. The theatrical production included Rumi's poems presented in Turkish and English and the 'Sema Ceremony', performed by male and female whirling dervishes. The trance-like dance of the dervishes and the setting, created the perfect ambience for the audience to witness a fascinating production.



HISTORIC FIRST GENERAL ELECTION HUSTINGS FOR BRITISH TURKS



29th April 2015 became the date for the Historic first general election hustings for British Turks where four British Parliamentary candidates of Turkish origin were on the panel for the historic UK General Election debate organised by T-VINE Magazine.

Styled along the lines of Question Time, a variety of questions from education to the economy, identity and community apathy were put to Gönül Daniels, İbby Mehmet, Dr. Turhan Özen and Isabel Sigmac during the 2-hour session, chaired by T-VINE columnist and respected community activist Ertanç Hidayetin.

The event – the first of its kind for British Turks – was held at the Turkish Cypriot Community Association in North London. The candidates, between them representing Britain's three main political parties, were each given 5 minutes to introduce themselves and explain how and why they got into politics. For mother-of-four and businesswoman Gönül Daniels, her daughter being refused entry to their local school prompted her to become a school governor. She was then encouraged to get more politically active by the Conservative Women's Organisation. İbby Mehmet – at 28, the youngest of the four candidates – became politically active while studying law at Essex University. He went on to become the first-ever Turkish Cypriot to be elected the President of a British university's Students' Union.

The first issue the panellists were quizzed on by the audience was education. The candidates clashed over the quality of schools, overcrowded classrooms, funding, and whether academies and free schools were working. The underachievement of Turks at schools was also touched upon.

There was heated debate over the economy. The Lib Dem's Turhan Özen and the two Tory candidates spoke about how Britain's huge deficit had been halved under the Coalition and the careless banking sector reigned in. İbby Mehmet of Labour hit back, claiming austerity had hit Britain's poorest the hardest, pointing the finger at private sector companies such as Sports Direct, who were allowed to exploit zero-hours contracts for profit, employing people without being obliged to give them guaranteed work or income. A member of the audience challenged the Labour candidate over his claim, stating 'the worst offenders were the public sector and those most affected were care workers'.

The economic debate spun into a discussion about the lack of affordable housing, poverty and food banks. Each candidate claimed their party's policies were best suited to help alleviate these problems, although Daniels felt "charities and churches will always be needed" to assist society's poorest.

Identity was also discussed. Özen stated

the political discourse over migrants and Islam had been "poisoned by UKIP". Sigmac explained her constituency in the heart of Birmingham has a big Muslim community, which "clearly has issues", but they were passive and not vocal, so nothing could get done. She urged those from ethnic communities to respect the country they live in, learn the language and integrate. Daniels added 'integrating did not mean losing your identity'. She also pledged she would host Turkish surgeries if elected, to enable people in the community to raise their issues more easily.

All four candidates urged British Turks to vote in the now past and gone General Elections. Sigmac appealed to female voters in particular, reminding them that "women had died" to secure equal franchise, so it was vital they exercised their right to vote. She added that being involved in the political process need not require a huge commitment. People could simply join their local party or become campaigners on an issue they felt passionate about.

A month on, the anticipation of who will get into power is over. The public has voted and chosen. Much as expected, with the aftermath of the elections a new question dominates the media. 'Now the Tories are set to govern alone, how different will Britain look in 2020?'



About T-VINE, www.t-vine.com / <http://tvinemedia.blogspot.co.uk/>
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FINANCIAL
ADVICE

AUTOMATIC ENROLMENT

Mirza
Shipkolye

A pension plan is a method of investment that will provide you with an income later on in your life once you have retired, this can make it easier to manage your finances in your later years. In addition, some pensions entitle you to a lump sum once you are eligible to receive your pension.

Pension Changes 2015

Back in 2014, Chancellor George Osborne announced a number of changes to 'shake-up' the current government pensions plan. The aim of the shake-up is to give individuals more freedom over how they spend their pension.

Prior to April 2015, pensioners could only take out up to 25% of their pension as a tax free cash lump sum. The rest of their money would be given to them in the form of an annuity. However, the new 2015 pension changes allow individuals to control 100% of their pension meaning that those over 55 can take out any amount of money from a defined Benefits scheme. Nevertheless, it is important to mention here that still only the first 25% can be withdrawn

from a pension pot tax-free.

Types of Pension Plans in the UK

In the UK, pension plans can be broken down into three main categories: Workplace Pensions, Personal Pensions and State Pensions.

If you've been automatically enrolled in a workplace pension

The law says a minimum percentage of your 'qualifying earnings' must be paid into your workplace pension scheme.

'Qualifying earnings' are either:

- the amount you earn before tax between £5,824 and £42,385 a year
 - your entire salary or wages before tax
- Your employer chooses how to work out your qualifying earnings.

The minimum you pay:

0.8% of your 'qualifying earnings' rising to 4% by 2018

The minimum your employer pays:

1% of your 'qualifying earnings' rising to 3% by 2018

The government pays:

0.2% of your 'qualifying earnings' rising to 1% by 2018

If you've been 'automatically enrolled'

Your employer will have sent you a letter telling you that you've been added to the scheme.

You can decide to leave the scheme if you want to. This process is called 'opting out'.



If you opt out within a month of your employer adding you to the scheme, you'll get back any money you've already paid in. You may not be able to get your payments refunded if you opt out later as they will usually stay in your pension until you retire.

You can opt out by contacting your pension provider. Your employer must tell you how to do this.

What advice is available?

Free guidance - not advice - is available through the Pension Wise website www.pensionwise.gov.uk

Those aged 55 or above can book a telephone interview with the Pensions Advisory Service, or a face-to-face interview with Citizens Advice.

The service will give general guidance, but cannot advise on specific pension policies or investments.

The number to book is 030 0330 1001. Otherwise advice can be had through private providers, which will usually be chargeable.

LEGAL
ADVICE

HOUSING DISREPAIR

STS Solicitors

Husniye Sera
Ustek-Bazen

When you sign a tenancy agreement to rent a property, whether it is a local authority, housing association or a private landlord, your landlord is obligated to make sure that the property remains in a good state of repair. If your landlord refuses or fails to undertake the required works in the property, this could lead to a disrepair claim.

You are required to give your landlord notice of any disrepair. You must first inform your landlord of what the disrepair problem is and allow them 21 days to make the adequate repairs. In order to prove that the landlord has been notified of the disrepair it is advisable to put the issues in writing and keep evidence of serving this on the landlord, this can be in the form of an email or a letter sent by recorded delivery. After the 21 working days are up (or less time if the repairs are urgent), if your landlord still has not resolved the disrepair, you can contact a housing solicitor.

If your property suffers from the following, you may have a claim against your landlord:

- Mice or cockroach infestation;
- Mould and fungus;



- Flooding or water leaks;
- Defective windows and doors; boiler; and/or electrical wiring;
- Any other disrepair

It is advisable to gather evidence to back up your claim, before you start legal action against your landlord. This could include the following:

- copies of letters showing that you have reported the problem to your landlord;
- photographs showing examples of the disrepair or damaged property;
- medical reports, explaining how your health has been affected; and
- if relevant, reports from a surveyor or the environmental health department.

Once you start a disrepair claim, the court looks at all the evidence you and your landlord have provided and decides if your landlord should carry out the repairs.

You could ask the court to:

- Make an injunction, or 'order for specific performance', to get your landlord to

carry out specific repairs by a certain time. In emergency situations the court may order your landlord to carry out the work immediately.

- Make a 'declaration' that you can do the repairs yourself and deduct the cost from future rent.

- Order your landlord to pay you damages, which is financial compensation for any loss, and/or harm you have suffered.

From 1st April 2013 public funding is only available to bring housing disrepair claims where there is a serious risk of harm arising from a deficiency in a rented home. What this means in practical terms is that only very urgent and/or serious disrepair claims can be brought using public funding and most disrepair issues will fall short of the strict criteria that is now in place.

If you would like more information on how to bring a housing disrepair claim, please contact STS Solicitors on 020 7112 8355.

HEALTH

SWEET POISON: SUGAR

Dr Mek
Mehmet
Yesil



We in Britain really do eat too much sugar: 700g of the sweet stuff a week – that's an average of 140 teaspoons per person!

Our love affair with sugar can mean that many of us are getting too many calories, which is one of the causes behind our ever-expanding waistlines. Most of us could do with eating less sugar, particularly added sugar. But many habits, especially ones we like, are so hard to kick.

The best way to identify the bad and good sources of sugar in your diet, is to decide what to cut out completely and what to cut down on. You don't need to cut down on sugars found in fruit or dairy products because these foods contain lots of nutrients that are good for us. It's the food high in added sugar, such as fizzy drinks, which contain lots of calories but few nutrients.

Added sugars shouldn't make up more than 10% of the energy (calorie intake) you get from food and drink each day. That's about 70g for men and 50g for women. Nutrition labels tell you how much sugar a food contains. If an item's total sugar content is over

22.5g per 100g, it is high in sugar. Anything under 5g of total sugar per 100g is low.

There are lots of different ways added sugar can be listed on ingredients labels such as: sucrose; glucose; fructose; maltose; molasses; hydrolysed starch; invert sugar; corn syrup.

We can substitute sugar to other more organic healthy alternatives like honey and cinnamon. Adding fresh fruits to yoghurt and your cereal will not only make it taste good, but also provide you with energy and fibre, keeping your appetite suppressed for longer.

Nearly a quarter of our added sugar in our diets comes from sugary drinks such as fizzy drinks and sweetened juices. A 500ml bottle of cola contains the equivalent of 17 cubes of sugar. Try sugar-free varieties or better yet, water or soda water with a splash of fruit juice.

If you take sugar in tea or coffee, gradually reduce the amount until you can cut it out altogether or try swapping to sweeteners instead. Try some new flavours with herbal teas or make your own with hot water and a slice of lemon or ginger.

Like fizzy drinks, fruit juice can be high in sugar. When juice is extracted from the whole fruit to make fruit juice, sugar is released and this can cause damage to our teeth. However, fruit juices do contain vi-



tamins and minerals, and a 150ml glass of unsweetened 100% fruit or vegetable juice counts as one of your 5 a day.

If the idea of switching to water feels a drastic departure, you could try flavouring it with a slice of lemon, lime or a splash of fruit juice. Watch out for the sugar content in flavoured water drinks. A 500ml glass of some brands contains 15g of sugar, the equivalent of nearly four teaspoons of sugar.

When buying deserts go for low calorie low sugar ones, or even make your own cakes, adding dried fruits to your buns or muffins with cinnamon or honey. Ice cream? Freeze those yoghurts add some fresh fruits then freeze. Invest in a blender, those ripe fruits can be turned into a delicious smoothie or sorbet, the list goes on.... Try it and you will like it.

WELLBEING

LIVE AND LET LIVE

Tarkan
Mustafa



'Live and let live' is an old English saying which helps us to mind our own business. Neurotic persons according to statistics occupy around 85% of the population are very immature and like rebellious teenagers don't like being told what to do by their parents. However, a person may want the best for their children but when it comes to other people not in our family then really we need to learn to mind our own business.

We live in a post-modern world where people are very opinionated. However the highly opinionated individual is usually unaware of this fact. When an individual lacks knowledge in any given area then they can only have opinions but not the facts. Therefore with this projection they can wrongly believe that since they do not know; no one knows.

There is an old wise saying that says that there are 4 types of people: those who don't know that they don't know; those

who know that they don't know; those who don't know that they know; and those who know that they know. The latter lot being the highest in goodness and rank.

It can be said that the most successful people in life know how to and when to mind their own business. And it can also be said from our experience that those who can be considered losers usually are seen to be complaining or criticising others. This is an embarrassing state to be in and all too often the subject is completely unaware or unconscious of their position.

Negative persons or individuals in negative situations can be hypersensitive and easily offended. We need to increase in knowledge every day. All knowledge is self-knowledge. When we increase in self-knowledge then we become more understanding and compassionate to those around us. Then we can live and let live.

We are all responsible for our own lives and choices. We must always do our best. If other adults make wrong or bad choices then they are responsible for the consequences.



In our sessions at the Peace of Mind therapy centre, we are always focused on increasing our knowledge and understanding of ourselves and those around us in order to benefit ourselves and those we love.

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

TAEKWONDO FOR KIDS



Activities like Taekwondo are a fun way for both boys and girls to achieve fitness and focus. Some parents may think they also promote violence, but that's a myth, according to experts. The martial arts actually help teach self-discipline and socialization skills. In fact, many parents whose children have attention-deficit/hyperactivity disorder (ADHD) report great success with these programs because self-control and concentration are exactly the skills underdeveloped in ADHD kids.

This is precisely why, here at TCCA the commitment and enthusiasm for such a class has remained prevalent. And this is precisely why, it is with regret that we announce the end of our classes.

Taekwondo for Kids at TCCA has attracted many youngsters and kids from ages 7 to 13 over the period of 2 years of its running. We have had the privilege of working with dedicated parents and guardians who relentlessly, rain or shine brought their children to the classes. We have had the privilege of working with the devoted instructor Arian Salih who has played a huge role in increasing the potential and progression of his students. But most of all we have had the privilege of witnessing the growth and development of students into disciplined, confident, focused, and talented individuals.

We hope in the future to recommence classes and return to the kids an opportunity that is theirs to take.

BEGINNERS TAI CHI

"A journey of a thousand miles starts with a single step" – Chinese Classics

After the success of the 5 week Women's Self-Defence classes in November 2014, TCCA caught the bug and decided to run a 5 week Beginners Tai Chi course commencing in March 2015.

Our Tai Chi instructor developed a highly effective beginner's course that enabled the student to learn the basic elements of Tai Chi. The course proved successful in helping beginners to overcome any anxiety or particular difficulties they might have. Warm-up and conditioning, basic stepping exercises, including Tai Chi Walking, and the basics of stance and body mechanics, completed the overall picture and gave a well-rounded and satisfying introduction to Tai Chi.

If you missed this course, don't worry, as



it may be possible for you to join at a later date. Our Tai Chi instructor plans to run new classes in the near future. So keep watching this space and don't miss the next one.

Please call 020 8826 1080 for any questions.

THE BENEFITS OF ZUMBA

Zumba is a great alternative to traditional fitness programs. It motivates you to get up and get moving with its signature Latin music beat. Implementing Latin rhythms can make working out more fun. The speed of the beat also lends itself to making you work out faster than you might do otherwise. This helps your heartbeat to get to its target rate more efficiently.

Zumba makes getting to your target heart rate much easier than standard workout routines that you'd find on a DVD or in a gym. It does this by using songs that play around 145 beats per minute. This fast pace makes it feel natural to move around quickly. This will set you on the path to true aerobic exercise. If you are trying to build endurance, this is the best thing you can do for yourself. Exercising for prolonged periods at this rate can increase the strength of your heart.

Because Zumba's music plays at a fast pace, moving to the beat of the music can start to build up your endurance after only a few workouts. It builds up your anaerobic endurance rather quickly. Overall, it's most useful for helping to maintain a



good cardiovascular respiratory system. It increases how much oxygen you can breathe during a high-intensity event. Many athletes train at this level for just this reason.

Zumba is a great program for making you feel good while exercising at a high intensity. Zumba is a great way to start exercising. Here at TCCA our Zumba classes with Harriet provide the perfect opportunity to begin your training and to get fit whilst having fun. It is no wonder our Zumba motto is: Ditch the workout, Join the party!

Classes every Monday 7-8pm at TCCA, 628-630 Green Lanes, N8 OSD. All abilities welcome. Admissions £3 per class.

YOGA ON THE LANES!

TCCA has recently become the hosts for beginners' level yoga classes. The classes which run on Sundays have attracted not only keen novices but also mixed level yogis with the first class accommodating 38 enthusiastic individuals. Since its commencement on 19th April and due to excitingly high interest, Ally Johnstone, Teacher at Aum Shanti Yoga has started running more classes. Her classes titled 'Yoga on the Lanes' has addressed the gap in Harringay area and has been described as bringing

together cohesion in the Harringay community. Ally describes her classes as offering the opportunity for students to practice the benefits of yoga at their own levels and abilities. She teaches a traditional style of Hatha Yoga which enhances flexibility, strength and awareness of our bodies.

Classes:

Sunday: 10am-11:15am (all levels)

11:30am-12:45pm (beginners)

Wednesday: 19:00-20:30 (all levels)



Classes based at TCCA, 628-630 Green Lanes, N8 OSD. Admission £5 per class For more info call Ally on 07854954514 or visit www.aumshantiyoga.co.uk.

ANATOLIAN CULTURAL FESTIVAL

Bringing the sounds and smells of Anatolia to London...

The Anatolian Cultural Festival was held between the 22 May 2015 to 25 May 2015, with the first day being dedicated to introducing children to customs, food and entertainment of the Anatolian communities and the other three days being open to all and sundry.

This free festival, which attracted more than 50,000 visitors, consisted of popular cultural exhibits, foods, crafts, and performances highlighting the diverse history of the Anatolian region in Turkey, along with an array of new features.

The grand opening took place on Saturday 23rd May 2015 and included an exciting line-up of live shows and entertainment. Among them were the Ottoman Marching Band, Whirling Dervishes, cooking contests, traditional theatre and oil wrestling.

This year for the first time TCCA had a stall at the festival. The community association felt it was important that as a centre that we promoted the many activities that we as TCCA provide to the local community. Amongst the many other stalls, exhibitions and activities, TCCA was the only community



centre present and as such the many people that attended the festival appreciated our presence.

As ever, food and drink were one of the festival's main attractions. Traditional tea, coffee, breads, kebabs, irresistible ice cream, world famous desserts and cuisine were all prepared by cooks at the festival. The traveller's marquee (Nomad Tent) was also extremely popular with attendees tasting ayran (a popular yoghurt drink) or relaxing with family and friends in a traditional ottoman setting.

With each year bringing new entries and

entertainment the Anatolian Cultural Festival is a must have experience. As an ever-growing community association we hope to add a bit of our own spice to the Anatolian Cultural Festival 2016.

Apart from the guaranteed presence of our staff during the 2016 festival providing information of our continued community services, we hope to arrange on-the-spot free health screening or even organise a live show. Possibly TCCA has talent?

With the exciting 2015 Anatolian Cultural Festival done and dusted, the enticement of 2016 has already started...



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



FREE LEGAL ADVICE SURGERY

TCCA continues to provide free confidential advice surgery in partnership with STC Solicitors. 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.



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**.



TRAINING

Keeping their promise to facilitate the enhancement of skills and progression, TCCA organised a First Aid course, which was run by Orion Pax Institute based in Edmonton Green. TCCA's hard working and dedicated admin and care worker staff completed the training which ran over 3 days. Additionally, since September 2014 a group of care workers have been studying for their Level 2 Health and Social Care diploma and are on the verge of finishing. They have all worked hard and will be achieving their diplomas in the near future.

TCCA have recently been awarded the all-important CACHE accreditation which qualifies them as an accredited CACHE Training Centre. With the achievement of the award, they will be running Level 2 and 3 Health and Social Care courses, as well as Food Hygiene, End of life and Dementia Awareness short courses. TCCA will be running their courses in both English and Turkish to ensure the courses are catered and suitable to their learners' and staffs' needs. TCCA hopes to start the recruitment of new learners in the summer of 2015.



ASSESSMENT PROJECT

Are you getting the right support?

Based on the success of the TCCA Assessment Project in being able to assist many people to receive the right benefits and claim what their right for support, TCCA will be recommending the Assessment Project in Summer 2015. The project supports the elderly and disabled housebound Turkish Speakers in our local community to receive help in accessing benefits and services. The project's aim is to reach



isolated members of our community and ensure that they access all the benefits they are entitled to, and to see if there is any other support we can provide.

The service is completely FREE. So if you feel you need support or if you know someone that might, then

call 020 8826 1080 and ask for more information.



EDUCATION SUPPORT PROJECT

TCCA with the support of Children in Need, have commenced an education support project and will be working 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 designed to help children by introducing their parents to initiatives that help them become more involved



in their children's education, is facilitated by weekly sessions. Parents are encouraged 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.



INTERNSHIPS

The partnership between ADC College and TCCA continues to offer opportunities to young people throughout Europe to work for a short period of time in a foreign state. Over the past four months we have been able to welcome students from Belgium, Germany, Czech Republic, Romania and Slo-

vakia. When at TCCA they work on various projects from repair of computers to design of websites. Alexander Worndl and Leon Sander who are currently with us have completely reviewed our social media profile and provided TCCA with sound advice that helps build our presence in the community.



WORK EXPERIENCE

After a period of four months we sadly had to say goodbye to Laura Strodthoff our CAPA intern who came from Boston to help with our financial updates and was able to re-organise our record keeping and archiving of files. However with her departure, TCCA is preparing to welcome three

new Interns who will work in the field of Finance, Policy and Media. The partnership between CAPA and TCCA continues to be strong. Interns who work with the association tend to work on areas where their experience and skills can have a positive impact.



Laura Strodthoff

STS Solicitors

Mrs Husniye Sera Ustek-Bazen
Principal

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Violin classes with Ercument Ibrahim

International Methods of Teaching
Classes every Thursday
from 4.30pm to 6.30pm
Classes based at Turkish Cypriot
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628-630 Green Lanes, N8 0SD
For an appointment or more information
call Ercument on **07720838221**



T-VINE

The UK's first & only English language consumer publication for British Turks

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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
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 £25

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

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



Fire Marshal Training at TCCA

Certificated Fire Marshall half day training, including refreshments for £40 per delegate.

All workplaces are required by law to have a sufficient number of fire marshals to deal with fire emergencies fast and effectively. The training program will take you through prime causes of fire, what extinguishers to use in case of fire, and procedures for evacuation.

Date: Tuesday 21st July 2015

We have limited spaces. If interested please call TCCA on 020 8826 10880 to book a space.



Tai Chi Classes with Albert St Catherine

Tai Chi Chuan is martial art based system practised for both its defence training and its health benefits.

Come join us in the practise of Tai Chi Chuan. Mixed level classes every Monday 7pm to 8.30pm at The Laura Trott Leisure Centre, Windmill Ln, Cheshunt, EN8 9AJ

Beginners class every Saturday 9am to 10am at

**The Room, 33 Holcombe Road
(Corner Kimberley Road), N17 9AS**

For enquiries please call 07973417872 or email enquiries@tigerguardingthegate.co.uk

YOGA CLASSES ON THE LANES!

FIRST CLASS FREE!

Sunday 10:00-11:15 (all levels) Sunday 11:30-12:45 (beginners)

Wednesday 19:00-20:30 (all levels)

TCCA, 628-630 Green Lanes, Harringay, N8 OSD

Practicing yoga has a realm of benefits. By learning yoga, you are taking the first steps towards a healthier, calmer and more balanced life.

The first class you attend is FREE, and only £5 thereafter. So why not come along and try it out, bring a friend and enjoy a morning of yoga!



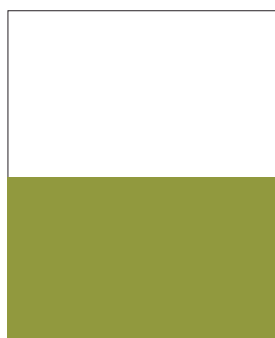
For info call Ally on 07854954514 or email aumshantiyogatherapy@gmail.com www.aumshantiyoga.co.uk



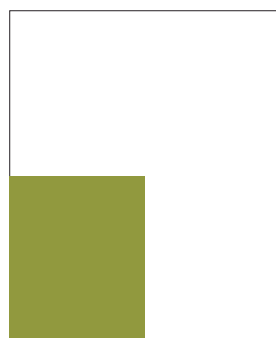
BULLETIN

Your local community Bulletin....

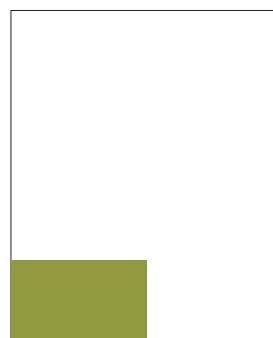
We are now offering cost effective advertising; all proceeds go towards continued support of the Bulletin.



£25



£15



£10



CURRENT AND FUTURE EVENTS

MONDAY

Zumba | Kids Taekwondo | Cyprus Kitchen | English Classes

TUESDAY

Luncheon Club | Cyprus Kitchen | English Classes | Legal Advice

WEDNESDAY

Luncheon Club | Tai Chi Classes | Cyprus Kitchen | English Classes | Yoga Classes

THURSDAY

Advice Surgery | Cyprus Kitchen | English Classes | Lighthouse Chapel

FRIDAY

Cyprus Kitchen | English Classes

WEEKEND

English Classes | Yoga Classes | Lighthouse Chapel | Cyprus Kitchen



Turkish Cypriot Community Association

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Twitter: @TccaHaringey

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