



# BULLETIN

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FREE

Providing pioneering services for 40 years!

1980 Name change to TCCA

2015 Became CACHE registered Training Provider

1997 Launch of Refugee Support Project

2006 Turnover reached 1.5 million

2000 Registration as Charity

2002 Initiated 16 projects

2003 Initiation of  
TC Heritage Project

**2016 Celebrating  
40 years of community support**

1981 Launch of London's first free Turkish Newspaper 'Toplum Postasi'

2004 Move to 628-630 Green Lanes

1983 Acquisition of 117 Green Lanes

**1993 Establishment of  
the first Turkish Homecare Project**

1997 Introduction of Police Surgery

1999 Incorporation of Company Ltd by guarantee

**1979 Initiation of Advice  
& Information Service**

1976 Inauguration of Turkish Youth Federation

2004 Launch of Elderly Luncheon Club

For more information call 0208 826 1080 or go to: [www.tccabookings.org](http://www.tccabookings.org)

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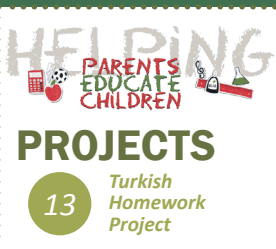
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# GET TO KNOW OUR STAFF

## THIS QUARTER

Over the past quarter TCCA has continued to move from strength to strength from the number of organisations using the centre through to the projects directly delivered by TCCA. New projects have included the TCCA Health Project set up to promote wellbeing within the community; the further development of our Homework Support Project which is currently active in six mainstream schools; and our Employment Law Advice Service which provides one to one employment law advice. In October we welcomed Londrali Ltd -an online Turkish Speaking news hub- as a permanent organisation of our building.

Our featured projects have also continued to grow. Our Homecare department has begun to work in Waltham Forest and further extended the work it completes with the Care Commissioning Group. Our Cache accredited Training Department is now providing Community Champion Training and has extended the amount of bespoke training it provides to care agencies. Cyprus Kitchen is now facilitating events on every day of the week and our Room Bookings services have extended the number of groups that regularly book with us to 69 and have now started to use 117 Green Lanes on an ongoing basis.

Staff wise we welcome Ms Tanvir Afghan who was recruited to Health Officer. Ms Selcan Kemal has extended her hours to ensure that we are able to manage our Health project. We welcome Dr Wallis Motta who is acting as Research Officer, our three interns Hyoun Joon Lee, Nicole Mahoney and Yuka Iwamura who all would have left by the time this edition of the Bulletin goes to print and Rinalds Skuja our new caretaker. We also said goodbye to Mehmet Eminoglu, our old caretaker who leaves TCCA in order to pursue his studies.

We continue to facilitate events that have high community impact such as Bayram (Eid) celebrations completed in partnership with the Cyprus Islamic Society as well as the joint Christmas and New Year party for elders in the community completed in partnership with the Turkish Cypriot Women's Project. With our impact on the community becoming larger the number of agencies that we work in partnership with has also extended and we can now boost partnerships with over 32 organisations ranging from the Turkish Football Federation through to North Middlesex Hospital.

With this in mind what can we expect for the future. We have a number of new projects that we intend to launch in April 2016, these include; ICT Training, Health Screening project, Debt Counselling and much more. In terms of one off events we intend holding our Health Day on the 24 January 2016, our AGM will be held in February 2016 (exact date to be confirmed) and Engagement Event is planned for the 27th March 2016.

On a final note.....

*If you have time to spare and would like to give a little bit back, then please get in touch with TCCA on 0208-8261080 and ask for Erim.*

I am sure that we would be able to find a use for your skills.

### Tanvir Afghan Health Officer

#### *Can you tell us your name, your interest and what you do for TCCA?*

My name is Tanvir Afghan. I currently work for TCCA on a project with Selcan Kemal. The project is in partnership with Haringey Care Commissioning Group and helps to promote health and wellbeing of Turkish Speakers living in the London Borough of Haringey. It will run until April 2016.

Workwise I have always been in primary care working as a practice manager in Haringey. I felt that the role on offer helped me give something back to the local community and allowed me to utilise skills that I had developed over the years. Outside of work I like entertaining guests, cooking and having lively debates. I also organise charity dinners and dance events.

#### *When did you start at TCCA?*

I started with TCCA in September/October 2015, the job fits with my life perfectly.

#### *Can you tell us what you are doing at TCCA?*

I am currently helping to organise a Health Event that we hope will take place on the 24th January 2016. The event will give people the opportunity to attend a health screening event, gain information from various health stalls, and attend various health discussion sessions provided by Turkish Speaking doctors. It's a lot of hard work but contacts over the years have proved extremely useful, and the end result will be amazing.

#### *What difference do you think the project will have on the local community?*

I feel that the project creates an awareness of health, access to health and how to best utilise the health services that we have available to us. It's a project that will help re-educate the Turkish community in being able to better use facilities available to them. One example of this is that many people do not



know that minor ailments can be dealt with by pharmacists, which helps.

#### *What do you think of the services that TCCA provides?*

TCCA completes a number of projects for the local community. Services are extremely helpful for supporting the needs of the community. The building is always really busy and you can see what effect the centre and projects have on the most disadvantaged within our community.

#### *What more do you think TCCA could do for the community?*

The project that I am working on is really benefiting the local community. I feel that something like this should be extended to help people living in Enfield. This is also an area with a high concentration of Turkish Speakers living there. I feel that TCCA does a lot for the community and it is this that makes it so important. As for what additional things it could do, I feel that it is doing this by looking for new opportunities to address and need and then doing it.

#### *Where do you see yourself in five years' time?*

Firstly I'm not ready to retire and feel that I have many more years to offer. I love what I do and if I could I would like to be doing what I am, so hopefully in five years' time I will be working on a similar project to the one I am working on now.





# SPOTLIGHT GROUPS

## Londrali.com

Gunay Demir - Director

### *Can you tell us a bit about Londrali, and its background?*

Londrali.com is an online media company and was founded in 2012 on the social media platform. The aim behind Londrali was to serve the Turkish speaking community within the UK and beyond its borders without any political influence. The website has many categories which consist of news, articles, classified advertisements and so much more educational sections can be found, which are very beneficial for our community. We are proud to say that Londrali is the only community website in which is updated 5 days a week and is enjoyed by 1 million people a year.

### *Can you tell us a bit about the team behind Londrali?*

Londrali is formed by 7 talented people and are all experts within their own field. All the staff take pride in the work they do and work in the interest of the community to provide accurate, trustworthy information for its followers. They also do enjoy to help the community and keep them up to date with important topics.

### *What are your plans for the future of Londrali?*

Londrali has plans to grow as company and are in negotiations with similar companies or organizations to form a partnership, which will enable us to offer our services besides Turkish, in English as well.

### *What drew you to TCCA as a venue?*

Londrali was looking for a new office and we came across the advertisement. Having local knowledge, we knew that TCCA was a reputable organization / charity in which helps the community. Having inspected the premises, talked to the staff, we had a good feeling that this was the right venue to call home.

### *How have you found TCCA as a venue?*

TCCA is always here for you and they are always open to your suggestions. It is a very professional organization / charity, we would recommend other organizations to use its services. Also we do enjoy all the time we spend in the building. Everyone in the building is very helpful and this helps us to communicate easier.

### *Are there any initiatives that you are working on together?*

We are currently promoting the services of TCCA on our website and hope to work

together for many years to come. We find TCCA very valuable for our company and also we are glad we met.

### *What do you feel are the positives of TCCA as a venue?*

- Warm environment
- Value for money
- Excellent location

### *What improvements do you feel that TCCA could make to ensure that the community centre delivers high quality needs led services?*

We know TCCA offers a lot of services to community. In today's conditions, advertisement is crucial in getting the message across, without it unfortunately you might not get very far. Londrali would recommend that TCCA promotes its services more by using different channels, to deliver the message of its facilities to the community by forming partnerships with the local people and businessmen. We would also like to see the TCCA bulletin in the Turkish language which will enable to reach more impressions.

### *Any final comments?*

In 2016, we would like to wish everyone a happy new year with happiness and success.

# TC HEMOCARE

## YOUR LOCAL HEMOCARE PROVIDER

*“I need some help at home what should I do?”*

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

The person who assesses you should look at the emotional and social side of your life, your skills, abilities, views, cultural background and support network, as well as any physical difficulties you may experience, or risks to your independence and wellbeing. They should take into account any health or housing requirements and contact any other health and social care professionals who need to be involved in your assessment and care. The assessment should reflect your needs and wishes, and if you have a carer their needs and opinions should also be taken into account. After the assessment a care plan should be agreed on, written out and a copy given to you.

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

There's a wide range of help available and you may be legally entitled to services to meet your needs, although many of these may be means-tested. You may be eligible for home carers or a personal assistant to help you.

The kinds of services available to help you stay in your own home include:

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

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

*“Care in the community by the community” Better and stronger:*

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

TC Homecare services include:

- Full personal care – including those with high physical/mental needs
- Personal care for people with high needs – (Continuing Care)
- Shopping, cleaning, household tasks
- Pension collection, paying bills

- Night carers
- Companionship
- Respite – short break for carers
- Escort service
- Befriending
- Sitting service

*As a charity we are also able to provide:* FREE access to information and advice, FREE legal advice, FREE 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:** [homecare@tcca.org](mailto:homecare@tcca.org)



# TCCA ROOM BOOKINGS

## BOOKING A ROOM WITH US

### *A Review of 2015 Events & Projects!*

2015 saw a collection of inspiring cultural and educational events, hosted by TCCA, which encouraged cohesion and integration, and fortified learning and discussions.

Influenced by the highly political climate that 2015 has generated, perhaps it is appropriate to start with the mentioning of the UK General Election Hustings which took place in TCCA's Community Hall in the spring of 2015. This historic first general election hustings for British Turks welcomed to its panel four British Parliamentary candidates of Turkish origin, between them representing Britain's then 3 political parties. The panellists clashed over discussions on education, economy and housing.

Also in the spring of 2015, was the theatrical event 'The Wisdom of the Heavens' which portrayed Sufi philosophy and the poems of Mevlana Jaleleddin Rumi. Organised by Dance of Light, a North Cyprus based theatre organisation, the Sema ceremony also known as the Whirling Dervishes Dance comprised of 70 minute performance and a 90 minute workshop allowing participants the opportunity to practice the basic principles of whirling.



Neşe Yaşın

Early 2015 spawned a new partnership between TCCA and the Turkish Education Group. The collaborative created an opportunity for Intergenerational Learning (Adult and children together) sessions in Arts and Crafts. The sessions welcomed many mothers and their children and provided



vided a space where they could participate in creative learning activities together.

The summer of 2015 created a turning point for TCCA and we were able to host our very own Free ESOL Classes for the benefit of our community. The project ran over 3 months with 15 people successfully completing the course. The course helped to tackle lack of integration due to limited English language skills and helped to empower our learners through their developed confidence in communicating in Basic English.

The final turn of 2015 saw TCCA hosting two very distinctive events. In commemoration of the 100th Anniversary of Gallipoli, members of London based Jazeera Association chaired the Cypriot Turks and the Battle of Çanakkale Conference, in hope to educate the younger generation of Turks about the crucial role Turkish Cypriots played in the Çanakkale war.

An Evening of Poetry and Discussions by Neşe Yaşın, a renowned Cypriot poet, organised by Cypriot Artists' Platform & the Turkish Cypriot Association for Democracy, provided a unique experience for its guests and explored the theme of connecting arts and literature across the divide in Cyprus. The intimate evening welcomed guests from both the North and the South of Cyprus.



#### TCCA

are proud to be the host of the many events and projects that provide an opportunity of unity and motivation, as well as togetherness and celebration. Today, the flexibility and the location of our community centre continue to inspire its guests. Whatever your occasion, our community centre provides a space to host your event and create an experience your guests will always remember.



*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](mailto:info@tcca.org).  
Turkish Cypriot Community Centre, 628-630 Green Lanes, London, N8 0SD

# ENRICHING AND UPLIFTING THE LOCAL COMMUNITY!

## Haringey CCG Expert Communities Programme for the Turkish and Kurdish Community

TCCA is a long established charity that has been providing care services since 1993. We have been providing other services for the local community, luncheon clubs, free advocacy service, enabling the community to socialise and not feel isolated.

In October 2015, TCCA was commissioned by Haringey CCG to carry out a health project over the course of six months after winning the bidding, amongst twelve other organisations who also bid for the project. The project has three main parts including, conducting a scoping exercise; to provide training for the community and NHS practice staff; and to create awareness of the available health services amongst the community. Haringey CCG initiated the project to focus on the Turkish and Kurdish community in the London Borough of Haringey, as there was a concern of a high prevalence amongst the Turkish and Kurdish speaking community to attend A&E rather than accessing the available services, better

of perspectives and therefore contacted hospitals and schools. TCCA collaborated with North Middlesex Hospital, Barnet Enfield and Haringey Mental Health Trust, Whittington Hospital, and three schools including Gladesmore Community School, South Haringey Primary, and Ali Riza Degirmenci Turkish School. To gain a better understanding of cultural and community outlook we also collaborated with two Kurdish community centres, local to Haringey.

Through our scoping exercise, we found the consensus was the community facing barriers through language and communication difficulties. In general, they were unaware of all the services available to them and were unsure how to access certain services. A portion of them stated that they were attending A&E due to not being able to gain access to their own GP surgery or the weekend walk-in services.

The response from the focus groups were varied in terms of what they felt the problems or barriers faced were. Some felt the elderly did not get as much help as they should, due to their own age and lack of understanding of certain services. A very few people of all ages actually knew that the pharmacy also ran minor ailment schemes, where they would be able to access medicine or treatment after a consultation with the pharmacist. The health professionals on the other hand expressed that this service was one that practice staff would refer to first.

One of the focus groups and some of the patients at practices highlighted that reducing walk-in services from weekly access to only weekends, put pressure on patients to attend A&E when they needed immediate care.

The majority also felt hard done by if they were unable to see their own GP and felt there was no continuity of care. Both English speaking and non-English speaking participants from varying generations, shared their concerns that they did not think the health professionals treated them with dignity or respect, but rather shrugged them off without appropriate treatment, especially in A&E, despite it being the only service they could go for immediate treatment.

Speaking with the health professionals, the majority felt that unfortunately the patients were attending for non-medical problems quite regularly, for example sick notes, job centre letters, social and housing issues, which as a result made regular appointments unavailable to those seeking medical care. Both healthcare professionals and education staff collectively voiced that patients brought in their children to interpret for them, which had ongoing repercussions. Healthcare staff were concerned about the children being em-



Tanvir Afghan & Selcan Kemal



suiting their ailments.

TCCA envisions empowering the Turkish and Kurdish community by creating better awareness of the available services and how to access them. We initially proceeded to make contact with the GP surgeries in Haringey to gain access and conduct questionnaires with the patients, and also leave questionnaires with health staff. We interviewed practice managers and spoke with local pharmacies in Haringey. We wanted a broad spectrum



Interview with Dr Mek Mehmet-Yesil

passed to interpret certain ailments and the possibility of accuracy being lost in translation. The schools felt it was unfair that children were being taken out of school to interpret for their parents and losing out on their education.

After gathering all the feedback, we are now at the second stage of the project. In this part of the project as a CACHE accredited centre we will be training 15 members of the community which have been recruited through the project to be Health Champions. As part of this important role the Health Champions will support our community by sign posting them to available services and providing further information.

To help encapsulate our work on the project for the Turkish/Kurdish community, TCCA hosted a Health Day Event on 24th of January 2016 at Gladesmore Community School. Dur-



ing the health day members of our community were able to access free health checks, attend talks on various health related topics, and obtain information about numerous services from available information stalls.

TCCA have collaborated with invaluable various organisations in the hope of working together to create awareness and break barriers of access to the health services. In doing so, our organisation hopes to give back to the community and enrich their lifestyle and future generations.



# UNITING OUR ELDERLY COMMUNITY THROUGH FOOD AND MUSIC!

## *Uniting our elderly community through food and music!*



The festive season of 2015 brought about a new partnership, a collaboration between two community organisations, namely the Turkish Cypriot Community Association and the Turkish Cypriot Women's Project, to organise a joint Christmas and New Year lunch for the benefit of their elderly members. The alliance of the two organisations hoped to provide an opportunity of celebration and to encourage the integration of the elderly members of each organisations' luncheon clubs.

The event which took place in Cyprus Kitchen Restaurant, welcomed many members from both organisations and provided an atmosphere full of delicious food and entertainment. The entertainment performed by musician and singer Neyzen Tefvik Savrin and singer Kerem Ergen, motivated the members to take to the dance floor.

The guests had the chance to win a variety of raffle ticket prizes from £100 worth of M&S

vouchers to an 18 piece dinner set, and delicious handmade cupcakes. The prizes were donated by many companies and individuals including Enis Rifat at Hugh-Jones LLP Solicitors, Mey Kannur, Samafoods, Selale Restaurant and Rainbow Supermarket. The successful organisation of the event was also thanks to generous cash donations by Turkish Bank and Accounting Direct Plus.

The guests were able to enjoy the delicious dishes prepared by Cyprus Kitchen, some opting for the traditional Cypriot dish of Klefiko (lamb shank) and some for the Christmas special Turkey Roast. Plates wiped clean, it wasn't long before they started dancing and singing along to upbeat Turkish songs.

The function provided a unique opportunity for the luncheon club members to have fun whilst making new friends and to put aside all their worries and concerns even if only for a day. Both organisations are hoping that the event, will not be the first and last.



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

## WORKING TAX CREDIT

Mirza  
Shipkolye

In order to be eligible for Working Tax Credit you must be living in the UK. If you are from abroad, you may have difficulty claiming Working Tax Credit depending on your immigration status.

The number of hours a week you have to work to be able to get Working Tax Credit depends on your circumstances.

If you're single or in a couple, and have no children, you can qualify if:

- you are 25 or over and you work at least 30 hours a week, or
- you are 16 or over and you work at least 16 hours a week and you are disabled and you get a qualifying benefit, or
- you are 60 or over and you work at least 16 hours a week.

If you're single and have at least one child, you can qualify if:

- you are 16 or over and you work at least 16 hours a week and you are responsible for a child or young person.
- If you're in a couple and you are respon-

sible for a child or young person, you can qualify if:

- you are 16 or over and you or your partner works at least 16 hours a week and the two of you work at least 24 hours a week between you in total. For example, you can meet this condition if you work 16 hours a week and your partner works 8 hours a week. If only one of you works, that person must work at least 24 hours, or
- you are 16 or over and you work at least 16 hours a week and you are disabled and you get a qualifying benefit
- you are 16 or over and you work at least 16 hours a week and your partner is a hospital in-patient or entitled to Carer's Allowance or in prison or gets certain disability benefits
- you are 60 or over and work at least 16 hours a week.

**How much Working Tax Credit will you get**

The maximum Working Tax Credit you can get is calculated by adding together different elements, which are based on your circumstances. There is a basic element, which is included for anyone who is entitled to Working Tax Credit.

A second adult element exists if you are claiming as a member of a couple, although there are some circumstances where a couple will not get this. You have to claim as a couple if you live with a partner. This includes



a partner of the opposite or same sex.

Other elements include a lone parent element if you are a lone parent; a 30-hour element if you work at least 30 hours a week (or if you are claiming as a couple with a child and you jointly work at least 30 hours).

If you are disabled, get certain benefits and you work at least 16 hours a week there is a disability element, which may be entitled to. You can also get a disability element if your partner qualifies for it or two disability elements if you both qualify.

There is also the severe disability element, which you can get if you receive the highest rate care component of Disability Living Allowance, the enhanced rate of the daily living component of Personal Independence Payment, the higher rate of Attendance Allowance.

You can get further information about your eligibility and how to apply on [www.gov.uk/working-tax-credit](http://www.gov.uk/working-tax-credit) or by calling the Tax Credit office on 0345 300 3900.

LEGAL  
ADVICE

## HAVE YOU CONSIDERED MAKING A WILL?

Husniye Sera  
Ustek-Bazen

If you die without making a will, you die 'intestate'. This means that the management of your affairs is then placed in the hands of administrators who are appointed by the court. The administrators distribute your estate according to the rules of intestacy, which is likely to be against your personal wishes and the people you want to inherit your possessions may not benefit.

The law of intestacy is complex, but, broadly speaking, the bulk of your estate will go to your spouse (including a registered civil partner) or, if none, to your children (whether or not they are adults) and, if none, to other blood relatives.

The effect of the rules depends partly on whether you have children and your marital status. If you're married with no children, your surviving spouse/civil partner will inherit everything.

But if you're married with children, when you die without a will, less than you expect may go to your spouse. Your surviving spouse



will receive £250,000.00 plus your personal possessions, and half of the estate automatically. Your children will then inherit the remaining half share of the estate (or on trust until they reach the age of 18).

If you're not married but are living with your partner and you want them to inherit your estate, it's particularly important that you make a will. This is because the rules of intestacy make no provision for cohabitation or unmarried partners (other than registered civil partners). If you die without making a will, your partner may not be legally entitled to anything from your estate.

So it's always prudent to have a valid will rather than rely on the intestacy rules.

By making a will, you can determine precisely who will inherit your property and let

your loved ones know that you have considered their needs. In addition, making a will gives you the opportunity of saving inheritance tax liability. This is particularly important if you have substantial assets. Moreover, by making a will, you can express your preferences for burial or cremation and for donating organs.

Once you have made your will, changes to your circumstances (e.g. marriage, separation, divorce, having a child or moving house) can make parts of the will invalid or unfair and open to a successful claim under the Inheritance Act. You should, therefore, review your will regularly to reflect any major life changes, preferably every five years.

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



## HEALTH

## ASTHMA: AN OUTLOOK

**Dr Mek  
Mehmet  
Yesil**



Asthma is a common, long-term or chronic, disease. It affects about five million people in the UK. Living with asthma can be frustrating during the cold winter months both sufferers and their family, friends and carers.

The main symptoms are chest “wheeze” or noisy breathing, chest tightness and breathlessness. You may also develop a cough, particularly at night, but this is more common in children.

Asthma affects the airways – the tubes that carry air in and out of your lungs. If you have asthma, your airways become sensitive and inflamed which appear to feel tight when you breathe. Allergens can irritate your lungs like smoke, dust, chemicals (perfumes) and pollen. This can cause chest tightness and wheezing and make it harder to breathe. Asthma medicines are usually given by inhalers – devices that deliver medication directly into the lungs as you breathe in (steroids).

Some inhalers are pressurised canisters – You press the inhaler while breathing in, so



the vapour containing the medication can pass into your lungs. Your GP or asthma nurse should explain how to use this, and how often.

These anti-inflammatory drugs are the most effective and commonly used long-term control medications for asthma. They reduce swelling and tightening in your airways.

The two main reliever medicines are salbutamol and terbutaline. These come in various brands made by different companies. There are different inhaler devices that deliver the same reliever medicine. Salbutamol brands include Airomir®, Asmasal®, Salamol®, Salbulin®, Pulvinal Salbutamol® and Ventolin®. Terbutaline often goes by the brand name Bricanyl®. These inhalers are often (but not always) blue in colour. Other inhalers containing different medicines can be blue too. Always read the label.

Another way to help with your breathing is to ensure you have adequate air/oxygen in the room, do not allow the room temperature to get too hot. The use of air purifiers and dehumidifiers also can help with your breathing. Monitor this on a regular basis, see what works best for you.

#### Colds and flu

The winter months bring the flu virus and colds which can worsen your symptoms if you have asthma. Another way of combating this is to maintain a healthy diet, consume plenty of vitamin C! Get protected with the flu vaccine, this is available through your GP and local pharmacy, (not hospital). If you are unfortunate enough to come down with the cold/flu virus, stay in bed, rest drink plenty fluids (not fizzy drinks) take paracetamol or over the counter medications. Be cautious not to mix medicines, the symptoms should clear fairly quickly. Antibiotics do not clear the common cold as your body's own immune system will take over. If however your symptoms persist after 7 days, make an appointment with your GP to ensure no other symptoms develop. Speak to your GP if you think you or your child may have asthma. You should also talk to your doctor or asthma nurse if you have been diagnosed with asthma and you are finding it difficult to control your symptoms.

## WELLBEING

## THE FALSIFICATION OF THE WORLD

**Tarkan  
Mustafa**



This world that we live in looks wonderful to the eyes with its bright lights, its pleasures and entertainment. However we all know from experience that it is full of anti-climaxes. When I was young I remember friends getting very excited about New Year's Eve and what we should do and where we should go. I remember how one individual would always want the best possible New Year's Eve experience and wanted to go to the best clubs in London to celebrate the New Year. However it was always an anti-climax and disappointing for him.

There is a wise Sufi saying that if you run after the world you will never catch it and if you run after God, the world will run after you.

Worldly things look good from a distance but when you get close, they are usually quite disappointing and not all you expected. Spiritual progress and exercises however look quiet dull and uninteresting but when you experience them you find that they are

quiet fulfilling and sweet. A simple example is of a man who sees a very beautiful lady but when he approaches her finds that she smells so bad of body odour that he ends up running away. Never judge a book by its cover is a famous saying and it especially applies to this world and all its bright lights.

It is not about what we want but more about what we need. We all need love and family, food and shelter. We need a job and we need to be spiritually awake rather than spiritually dead. People can make a lot of money because they work hard at what they

do. Some of the most financially successful people in history, if we look carefully, were sometimes very spiritual individuals. They had discipline and were not always running after pleasure, fun and entertainment. They worked hard and also prayed hard.

Running after the world and its entertainment will get one tired and death is a good reminder that how we spend our time is important. Quality is superior to quantity. Experience is the best teacher. This may be just a reminder to some but a revelation to others.

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



## ENGLISH CLASSES AT TCCA

Over the latter part of 2015, TCCA had the pleasure of working in partnership with TimeBank on their Talking Together English Teaching project. As a result of the partnership TCCA were able to deliver English classes to individuals with very limited English language skills. Many of our learners were women hoping to develop their English language skills and improve their chances of getting a better job. Some were unemployed or housewives who hoped to build links with other members of their community. What was common amongst all of our learners was their wish to belong to a community in a very multicultural and diverse city like London.

Through the Talking Together initiative we were able to plant the seeds to tackle lack of integration due to limited English language skills and help to empower our learners through their developed confidence in communicating in Basic English. Our learners surprised themselves with their increased self-confidence. Some said that they

caught the bug for studying more and felt confident to apply to college. Others said that they developed lasting friendships. But most of all for all our learners, learning the language and meeting new people helped them reduce their social exclusion.

Learning the language of the local community has a positive impact on the lives of individuals, families and society as a whole, affecting access to services, education and the ability to participate in the community.

With the rising numbers of refugees and asylum speakers as well as migration to the UK from EU countries, the demand for English classes are growing. As an organisation we are hoping to recommence English classes in 2016 and re-invest in a project that empowers the community and meets the mounting need.

We are in search for sponsors and volunteer teachers to help run the project. We ask that you spread the word and as a result help minority communities become part of the wider community.



## TAEKWONDO FOR KIDS



Following the success of the Taekwondo for Kids project in 2015, TCCA is proud to announce that the project will run once again in spring 2016.

One of the main benefits of taekwondo is improving a child's strength and balance. Because taekwondo depends on kicking, practitioners learn to balance their weight on one leg to leave the other one free to strike. This also helps strengthen the muscles of the torso. Taekwondo can also help improve coordination.

Learning the patterns and sequences of taekwondo requires concentration and attention, and sparring requires focus on both one's self and one's opponent. Taekwondo teaches breathing and meditation techniques to assist in learning focus.

Classes at TCCA are specially tailored for children from 7 years old to 13 who will learn to overcome bullies and defend themselves. Your child will also gain tremendous levels of discipline, self-confidence, fitness and concentration.

Most importantly they will learn key life skills in a positive and safe environment and are certain to enjoy themselves and make new friends.

To reserve your space or for more information call 020 8826 1080 or email [sule@tcca.org](mailto:sule@tcca.org).

## YOGA ON THE LANES!

Yoga classes at TCCA with Ally Johnstone continue to grow in strength and numbers with classes running weekly. Her classes offer students the opportunity to practice the benefits of yoga at their own level.

As a tribute to the success of the classes and as an answer to those of you still wondering why you should take up yoga, we have collated a list that tells you exactly why you should start doing yoga immediately...

### It's a great workout

First of all and most obviously, yoga is a fantastic workout for your body. You can adapt the practices to your own speed and level of comfort. No matter which yoga exercises you choose, the practices will always be part of a great workout routine.

### It gets you in touch with your body

Yoga stretches and exercises are designed around the idea of moving your body to increase its strength and durability. Therefore, doing yoga on a regular basis will really get you to be much more in tune with your body and know when something is really working and when it isn't.

### It can help your breathing technique

A big part of yoga is the breathing exercises

which are incorporated into positions and then on their own. The exercises encourage a more focused and centred way of breathing, and while they might not be something you'll do consciously every day, they're absolutely sure to provide methods of effective stress-management and generally make you feel much better.

### It will improve your posture

Yoga is pretty effective at helping you develop a proper posture, since a lot of the breathing and seated positions require a straight back for proper effect. You'll start off slouching and slumped, and yoga will help sculpt your back into a posture that'll make you walk taller and feel better.

### It can develop your physical and mental strength

Another side effect of yoga is that it will help you develop some truly incredible mental and physical strength. The physical investment in the stretches and positions ensures that you'll experience plenty of physical strength benefits as a result. Meanwhile, the exercises force you to focus on the moment, and during meditation, to clear your mind, which helps alleviate stress and improve your mental health.



### Meditation can change your life for the better

Meditation is really the key to all things yoga. Meditation has been shown time and time again to be a beneficial practice that everyone should implement into their daily routine. All it takes is five minutes with some alone time and peace and quiet. It's a hugely important and integral part of yoga practice and something that can really change your life, allowing you to embrace calmness and serenity with ease.

### Classes:

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

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

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

**Classes based at TCCA, 628-630 Green Lanes, N8 0SD. Admission £5 per class**

**For more info call Ally on 07854954514 or visit [www.aumshantiyoga.co.uk](http://www.aumshantiyoga.co.uk).**



## CONFIDENCE TO SPEAK

London is a diverse city with people from all over the world living together. It is a truly great city, but the hustle and bustle can also make it a difficult and lonely place - especially if you do not speak the language. Recent census figures show that across England 1.7% of the population have either no, or poor spoken English - rising as high as 9% in some London boroughs. Incredibly that means around 320,000 people in the capital are unable to communicate in the language of their community.

Living in another country is difficult. You have new traditions to learn, new customs, new laws and a whole new bureaucratic system. On top of that, you might be missing the support system of your friends and family. I have lived in England for over five years now, I speak the language



fluently, but even so I find it difficult at times.

Imagine that you've lived here for quite some time but still can't speak the language. You're fluent in your own language (and perhaps a few others on top), but you weren't taught English at school and now you may have to revert to miming. Although you know some English words, you lack the confidence to speak and you feel increasingly isolated.

I started working on TimeBank's Talking Together programme (an English language programme that trains volunteers to hold basic and informal English beginners' classes) a couple of months ago. As a project coordinator, I have been in charge of organising the project and finding local community organisations that might be interested in offering the classes to their community. I came across the TCCA and we quickly organised a meeting. It didn't take long to see that Sule Ibrahim and Erim Metto had a passion to empower their community and that they saw this programme as a great way to do so. We agreed to hold

classes together and it has been a great success with 15 people completing the courses so far.

As well as working with Sule on a coordinating level, I have also had the pleasure to teach some of the classes at TCCA. The learners come from many different walks of life. Some are homemakers and some are in low paid jobs. What is common for all of them is that they want to be a part of their community. They want to learn the language. They want to be able to go to the doctor on their own without a translator or talk to their child's teacher about their progress. They want to have the confidence to have that important small talk with the neighbour or shop keeper. They want to improve their employability and get work. They simply want to integrate.

I have come to love teaching and I am so impressed by our learners! They are passionate about learning and are often in the classroom before me, practising their new vocabulary. A lot of the learners felt uncomfortable speaking English before and lacked the basic



language skills to be able to join ESOL classes. Here however, the atmosphere is relaxed and they are trying out their new skill while building confidence and making friends.

What I love about the classes is seeing the friendships that are made. One of our learners told me that she made her first friend since she moved here and that before, she had felt extremely lonely. The social aspect of the programme is a truly great "side effect" and I am so lucky to have been able to see first-hand how these impressive people have improved in their level of confidence and started to become more integrated and feel closer to their communities.

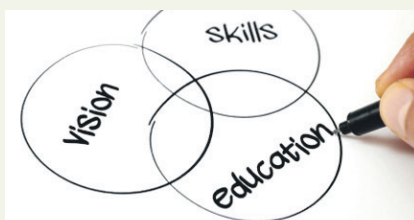
## QUALIFICATIONS FOR PEOPLE WHO CARE

TCCA has recently become an approved Centre to deliver health and social care vocational qualifications for the Council for Awards in Care, Health and Education (CACHE) and we are delighted to have TCCA on board.

CACHE is the UK's only specialist awarding organisation for the children, adult and health care sectors, with a portfolio of qualifications ranging from Entry to Level 5. Last year, over 150,000 learners registered with us from over 1000 UK based Centres and overseas. At CACHE we are also proud of our heritage which spans over 70 years. Originally established by the United Kingdom's Ministry of Health in 1945 as the National Nursery Examination Board, we merged with the Council for Early Years Awards in 1994 to form CACHE and in 2015 we were acquired by NCFE.

Skills for Care predict that due to the ageing population there will be a need for an additional 2 to 3 million health and social care workers by 2025. As the demands for an increasing multi-skilled, qualified and compassionate workforce grow, there has never been a better time to undertake CACHE vocational qualifications.

Working in health and social care can be immensely rewarding and lead to a wonderful sense of personal achievement knowing that we are making a positive contribution



towards people's health and well-being. Skills for Care states that 96% of the care workforce say they feel their work makes a difference. At CACHE our qualifications support the care workforce and are a ladder for success. They meet learner and employer needs, are built with a flexible unit combination structure, include progression routes and are achievable with smaller awards and certificates, and even individual units can be certificated.

Our Health and Social Care portfolio includes over 40 high quality, established qualifications that reflect government priorities as well as creating career opportunities and pathways for all who work in the care sector. We also offer smaller specialist qualifications to meet sector needs such as: dementia; end of life; infection control; safe handling of medication; paediatric settings and food safety. As well as full qualifications, individual units can be taken for continuing professional development.

Many of our qualifications contain a wide range of optional units to support different work environments and learner needs for example: clinical skills which are increasingly demanded; mental health; learning disability; autism and dementia.

CACHE does not just provide qualifications for the health and social care workforce. Our portfolio of over 100 qualifications includes early years; childcare; supporting teaching and learning and also play work.

Finally we would like to welcome TCCA to CACHE and wish you all the best in starting to deliver high quality health and social care qualifications for a quality workforce.



## 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

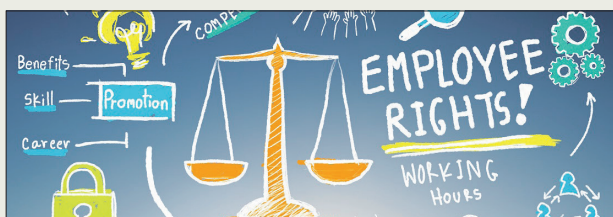
speaking communities/groups and also ensuring that the quality of our services to be excellent. We also take into consideration the views of the service users and understand their needs by helping them as far as possible, within the available resources of our organisation TCCA. We always take into account 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**



## EMPLOYMENT LAW ADVICE



TCCA is proud to announce the start of a new project. With the support of Mr Fevzi Hussein, a highly experienced trade union representative, we are offering Free Employment

Law Advice through fortnightly surgeries.

Whether you are an employee or an employer, our FREE Employment Law Advice Surgery can help you find the answers you need.

Some of the areas covered include:

•Discrimination & Harassment (all strands i.e. Race, Gender, Disability, LGBT, Age, Transgender)

- Unfair Dismissal
- Constructive Dismissal (Breach of Contract)
- National Minimum Wage
- Flexible Working
- Apprenticeship Rights
- Part-time Working Rights
- Understanding Employment Tribunal & ACAS proceedings

**The Employment Law Advice surgery will be held at TCCA, 628-630 Green Lanes, Haringey, N8 0SD. For more information or to book an appointment call on 020 8826 1080 or email: [sule@tcca.org](mailto:sule@tcca.org)**

## LEGAL ADVICE

Our Free Legal Advice surgery continues to grow in strength helping many people in need. The surgery delivered through the partnership with STC Solicitors provides an opportunity to 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.**



## 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.





## TURKISH HOMEWORK PROJECT

Since the commencement of the Turkish Homework Project in September 2015, TCCA has been working in many schools including Chase Lane Primary School; South Haringey Junior School; Capel Manor Primary School; and Holmleigh Primary School to support Turkish parents with their child's education in primary school. The project was initiated with the aim to improve Turkish children's' education with parental help.

The project thus far has been able to support Turkish parents willing to participate in the initiative with guidelines of how they can help their children with their homework. Keen parents attended the weekly "Turkish Club"

with their children and the children enjoyed working with their parents. The parents and their children have shown great improvement in their study skills and the parents have been able to help support their children's development in their education. The project has shown that children like to work collaboratively with their parents and that parental support increases the likelihood of educational achievement.

TCCA will continue working with the same schools until spring 2016 and hopes that parental interest will continue in the next term...

TCCA Education Officer  
Hifsiye Ozoglu



## INTERNSHIP PROJECT

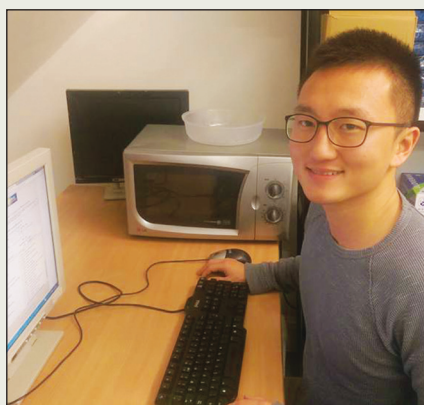
TCCA's Internship project continues to support many international students to gain experience in their field of study whilst also broadening their skills base in a country other than their own. With their valuable knowl-

edge and expertise the students have been able to support TCCA's mission and provide assistance in the organisation's growth and development.

*Below some of the students share their experience in their own words...*



*My name is Yuka Iwamura. My home university is Rikkyo University in Tokyo, Japan. I am studying English and cross-cultural communication. As an intern at TCCA, I worked on improving their social media presence. I advised on social media and edited video clips. Even though I am not fluent in English, people were very kind to me. So, I enjoyed working at TCCA, and it was very valuable experience for me.*



*My name is Hyoun Joon Lee. I am a fourth year International Studies major at The College of New Jersey. I*

*have been working as a researcher behalf of the TCCA. I participated in interviewing local residents of Haringey to overview how they are using their health services. I also have been working on registering TCCA into the European Funding database. While working as an intern, I have learned how non-profit organisations can improve the quality of life for those in need from multi-cultural settings. It has been a pleasure to contribute toward the benevolent social projects alongside friendly co-workers. I have obtained such a valuable and pleasant experience overall.*



*My name is Nicole Mahoney. I am an accounting and finance major at Elon University in North Carolina. I grew up living in Southampton, NY and have had a wonderful experience working with the TCCA. As the accounting and finance intern, I have met some wonderful people and have been working with the accountant to create a business plan for the upcoming nursery project that will open in the fall of 2016. In addition to that, I have helped with the current health project in creating a website and online surveys to gather and provide further information about this community project. The most valuable aspect that I have taken from this experience would be how to adapt with working in such a diverse environment. I have learned a lot from the other employees here at TCCA and have gained a lot of valuable information that I will take with me for future endeavours. I am very appreciative for this position and am glad to have been a part of such a wonderful organisation.*

## STS Solicitors

Mrs Husniye Sera Ustek-Bazen  
Principal

Address: 1st Floor, 159 Brent Street,  
Hendon, London, NW4 4DH  
Tel: 020 7112 8355  
Fax: 020 7112 8725  
Email: info@sts-solicitors.com  
Web: www.sts-solicitors.com

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- Family, Divorce and Children
- Environmental and Regulatory Law
- Immigration
- Landlord and Tenant
- Litigation
- Wills and Probate
- Power of Attorney
- Statutory Declarations
- Change of Name Deeds
- Certifying Documents

## Violin classes with Ercument Ibrahim

International Methods of Teaching  
Classes every Thursday  
from 4.30pm to 6.30pm

Classes based at Turkish Cypriot  
Community Association,  
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
- Sheftali
- Lamb Shish
- 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 mezes, 8 hot mezes,  
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






## BULLETIN

**Your local community Bulletin....**

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

		
<b>£25</b>	<b>£15</b>	<b>£10</b>



## 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](mailto: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](mailto:aumshantiyogatherapy@gmail.com) [www.aumshantiyoga.co.uk](http://www.aumshantiyoga.co.uk)



# AGM 2016

## Annual General Meeting

### TURKISH CYPRIOT COMMUNITY ASSOCIATION NOTICE TO MEMBERS:

Company Number: 3851759 • Charity Number: 1080926

TCCA in line with section 5 of the governing document of the association gives clear notice of the organisation 2016 AGM in the month of February.

**Date: 25th FEBRUARY 2016 at 7pm.**

The AGM will take place at **628-630 Green Lanes, Haringey N8 OSD**

**Agenda :**

- Minutes (Last AGM)
- 2015-16 Audited accounts available from the association office, accessible via email ([info@tcca.org](mailto:info@tcca.org)) or phone (020 8826 1080)
- Members vote on a new slate of trustee members

# CURRENT AND FUTURE EVENTS

## MONDAY

*Cyprus Kitchen | English Classes*

## TUESDAY

*Luncheon Club | Cyprus Kitchen | English Classes | Legal Advice*

## WEDNESDAY

*Luncheon Club | Employment Law Advice | Cyprus Kitchen  
English Classes | Yoga Classes*

## THURSDAY

*Advice Surgery | Cyprus Kitchen | English Classes*

## FRIDAY

*Cyprus Kitchen | English Classes | First Aid Courses*

## WEEKEND

*English Classes | Yoga Classes | First Aid Courses | Cyprus Kitchen*



## Turkish Cypriot Community Association

Address: 628 - 630 Green Lanes, Haringey, London N8 0SD

Tel: 020 8826 1080

Web: [www.tcca.org](http://www.tcca.org)

Twitter: @TccaHaringey

LinkedIn: <http://uk.linkedin.com/pub/tcca-haringey/8a/361/538/>

Email: [info@tcca.org](mailto:info@tcca.org)

Bulletin Website: [www.tccabulletin.org](http://www.tccabulletin.org)

Facebook: [facebook.com/tcca.haringey](https://facebook.com/tcca.haringey)

## CONTRIBUTORS

**Spotlight:** Staff Interviewer: Mr Erim METTO

Organisation Interviewer: Mr Erim METTO

**Projects:** Homecare: Mr Nurhan MUSTAFA • Health Project: Mrs Selcan KEMAL • Room Bookings: Ms Şule İBRAHİM • Activities: Ms Şule İBRAHİM  
Advice: Mr Turgay ERTİM • Training: Mrs Engül ABDULLAH • Luncheon Club: Mr Huseyin OSMAN • Cyprus Kitchen: Ms Hasane MUHTAR  
Legal Advice: Mrs Husniye USTEK-BAZEN • Employment Law Advice: Mr Fevzi HUSSEIN • Turkish Homework Project: Miss Hifsiye OZOGLU  
Internships: Mr Erim METTO

### Standing Articles:

Accounts Feature: Mr Mirza Shipkolye

Legal Feature: Mrs Husniye USTEK-BAZEN

Health Feature: Dr Mek MEHMET-YEŞİL

Wellbeing Feature: Mr Tarkan MUSTAFA

### Guest Articles:

Confidence to Speak: Marie SORLI

Qualifications for people who care: Sarah BELLAIRS

**Production Team:** News Bulletin Design: H.Ezgi Ece • Web Design: Mr Bohuslav Kvočka, Mr Tomáš Kubala • Printing: Hey Print

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