



Your Voice

“Improving the quality of life for our community”

G.G.C.C.E

May 2018

EGM

Dear Member this year we will be celebrating our 25th Anniversary from when the organisation started back in November 1994. The Trustees and staff have got together to look at our successes over the years and it was thought that the organisation needs to re-brand itself, to enable all the communities to participate in our excellent services. The first we thought was to change our name to Alpha Care Specialists, as we already use this name for our Homecare service, therefore, others would have heard of us already. It is important to note that we will not be changing our aims.

We need your permission to change our name therefore it is important that we hold an Extraordinary General Meeting, we plan to do this on Thursdays 7th June 2018.

The Directors would like to invite all members to an Extraordinary General Meeting of the Members of the Company Limited by Guarantee & Charity is to be held:

On Thursday 7th June 2018

at 2.00pm at Skinners Court, Pellipar Close, Palmers Green N13

AGENDA

Apologies

Special Business:

Due to the changing climate of the voluntary sector the organisation (GGCCE) wishes to change their name from: Greek and Greek Cypriot Community of Enfield

To

Alpha Care Specialists

Our aims are to remain the same:

The promotion of HEALTH AND THE RELIEF OF SICKNESS PREDOMINANTLY AMONGST MEMBERS OF THE GREEK AND GREEK CYPRIOT COMMUNITY PARTICULARLY BUT NOT EXCLUSIVELY GREEK AND GREEK CYPRIOT WOMEN.

THE PROMOTION OF PUBLIC EDUCATION IN GREEK AND GREEK CYPRIOT CULTURE

Greek and Greek Cypriot Community of Enfield (GGCCE)

Community House, 311 Fore Street, Edmonton London N9 0PZ. A Company Limited by Guarantee (England & Wales)

Company Registration No: 3657802, Registered Office as above Registered Charity Number 1084004

GENERAL DATA PROTECTION REGULATION

The General Data Protection Regulation (“GDPR”) is the new legal framework that will come into effect on May 25, 2018 in the European Union. Building on current data protection laws, GDPR gives every business a new set of obligations and every consumer strengthened rights regarding their data.

You may or not be aware of these upcoming changes. From May 25, unless you give us permission we’ll no longer be able to contact you — meaning you’ll no longer receive the latest newsletters and opinion from the Greek & Greek Cypriot Community of Enfield or Alpha Care Specialists.

To make sure you stay informed and never miss a great opportunities, such as trips and what’s happening in the community, you just need to take one simple step—agree to receive newsletter, twitter, facebook, email-marketing communications from us. You can easily opt out or update your marketing preferences at any time.

This comes into effect from 25th May 2018. The GDPR requires that personal data shall be lawful, fair and transparent.

You need to be aware that we store and hold data about you. You may access what data we hold on you but you must give us notice if you wish for information to be sent to you and you can ask for records to be amended if they are not correct. You can also ask for records to be deleted although, we are required by law to keep some information.

We do hold data on Service Users, Families and Primary Carers, Staff and Contractors.

It also enables us to share information with the voluntary sector, care providers and agencies, NHS example hospitals, GP and other health professionals example Dentists or Ophthalmologist, Safeguarding Team, CQC or regular regional bodies, Police, Social Services on your behalf.

All of the data we hold is either password protected on the computer or locked away in a filing cabinet, in locked offices.

**PLEASE COMPLETE THE ENCLOSED FORM AND
RETURN AS SOON AS POSSIBLE**



25th ANNIVERSARY

We are proud to announce that this year we will be celebrating our 25th Anniversary since the organisation has started.

We are excited to say that we have an amazing event happening but details will be advertised in our next Newsletter.

Greek & Greek Cypriot
Community of Enfield



THE NEW HOME FROM HOSPITAL SERVICE



Delivered in Partnership with



The purpose of this free service is for people living in Enfield who are being discharged from hospital without a social service care package.

We can help:

- Facilitate a smooth, quick and safe hospital discharge.
- Promote wellbeing and recovery and ease transition from hospital.

We can help with:

- Light household tasks
- Basic food preparation
- Medication collection
- Shopping essential items

We cannot help with:

- Personal Care e.g. washing, toileting etc.
- Form filling e.g. benefits etc.
- Giving medication

How to book the service:

We accept self referrals direct from patients, friends, family or health professionals.

Call us on 0208 373 6328 if you would require the service.

Once the referral has been accepted our staff will arrange a home visit soon after your discharge from hospital to discuss health and wellbeing needs with the patient. The assessment will help to identify how best to provide help at home. Our staff will discuss and agree which of our service planes will be right for the service user.

Care Planning:

As we understand that everybody's needs are different, so the service we provide will be tailored to the service users specific needs and requirements. If the service user agrees, we can include family or closest friends in discussions about their service plan.

Service plan options - we will provide up to three weeks personalised service depending on your needs.

Option 1

Week 1: First home visit (approx. 2hrs) includes a full risk/initial assessment together with completion of a Care Plan. Follow up support visit (approx. 1 hour) and telephone support calls.

Weeks 2 & 3: Two 1 hour support visits per week and telephone support calls, followed by a review and/or an end-of-service support call.

Review Call: Six weeks after the first home visit, service users will receive an end-of-service call to conduct a health and wellbeing review.

Option 2

Week 1: First home visit (approx. 2hrs) includes a full risk/initial assessment together with completion of a Care Plan. Two 1 hour follow up support visits and telephone support calls.

Weeks 2 & 3: Three 1 hour support visits and telephone support calls, followed by a review and/or an end-of-service support call.

Review Call: Six weeks after the first home visit, service users will receive an end of service call to conduct a health and wellbeing review.

Quality Assurance

Alpha Care Specialists New Home from Hospital Service aims to:

- Continually provide the highest quality care to all patients
- Offer equal access so that people from all communities can use our service

To achieve our objective we will:

- Constantly review our service
- Ask for feedback and incorporate changes to improve our service wherever possible

To find out more on about the New Home from Hospital Service please contact us, we are more than happy to help.

Working in partnership with:



Looking for a job in Care?



Alpha Care Specialists are currently recruiting for Personal Care Assistants to help support either elderly and/or disabled people. We need people who can provide our continued excellent level of service.

**Experience is not essential
Full training is offered.**

**Call:
020 8373 6328 or 020 8373 6257**



London Greek Radio Tuesday 7pm

**Tune into London Greek Radio to hear our
Psychotherapies Antony Sigalas.**

**The show will take place the last Tuesday of every month,
which they will discuss mental health issues, and you will
also be able to call into the show to speak to Antony
yourself on topics you would like to discuss.**

Greek Word Search

α	ι	θ	ώ	ω	ε	ς	ρ	τ	υ
ή	ψ	ά	γ	ι	ο	ς	ό	ι	ή
ο	π	α	έ	μ	σ	δ	π	ί	φ
ά	γ	η	σ	ά	κ	ώ	α	λ	υ
ζ	χ	ό	β	δ	ν	ξ	τ	μ	θ
ω	κ	ή	ε	ε	ι	ρ	ή	τ	ψ
υ	ι	φ	ο	λ	ή	α	ρ	σ	Ί
ώ	π	α	ή	φ	ά	α	σ	δ	ι
φ	γ	ρ	κ	ό	η	λ	ό	β	ζ
λ	ό	γ	ο	ς	ξ	χ	ν	α	έ

Sudoku

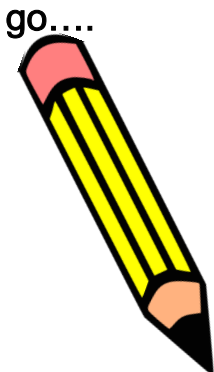
		6		5	4	9		
1				6			4	2
7				8	9			
	7				5		8	1
	5		3	4		6		
4		2						
	3	4					1	
9			8				5	
			4			3		7

Ἰσραήλ
 γραφή
 κόσμος
 ἅγιος
 υἱός

λόγος
 ἐγώ
 πατήρ
 ἀδελφός
 εἶ

Great way to keep your mind active is to do word search's, Sudoku, Puzzles games that will get you thinking.

So lets keep our minds active and give these a go....



Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

- COTTON CANDY
- MAPLE WALNUT
- PECAN
- BANANA
- TIGER TAIL
- MOOSE TRACKS
- COCONUT
- ROCKY ROAD
- GREEN TEA
- FUDGE
- REESES
- CHOCOLATE
- VANILLA



Who works at The Greek and Greek Cypriot Community of Enfield?

The Homecare Team

Evie Nicholaides - Homecare Manager — 020 8373 6257

Antonia Kaisharis - Homecare supervisor — 020 8373 6314

Maria Panteli - Finance Officer/Senior Administrator - 020 8373 6342

Gina Panayiotidou - Homecare Administrator — 020 8373 6328

Tasoulla Charalambous - Assistant Homecare Supervisor — 020 8373 6302

Rose Bradley - Homecare Administrator — 020 8373 6299

The Information and Advice & Direct Payments Team

Toulla Panayi - Information and Advice Officer - 020 8373 6251

Christalla Christou - Information and Advice Administrator - 020 8373 6208

Counselling Team

Anthony Sigalas - Psychotherapist

020 8373 6287

Chief Executive

Litsa Worrall - Chief Executive Officer

020 8373 6299

Office Opening Hours:

Monday - Friday 9:00am - 17:00pm

(closed between 1pm - 2pm)



Follow Alpha care Specialists on Facebook & Twitter

