



Call for volunteers at Citizens Advice

By David Melsome

Citizens Advice Barnet are seeking people who are interested in becoming volunteer advisers or trustees with the charity. All new volunteer advisers will receive extensive training to make sure that they are equipped to give high-quality advice, including on problems with employment, benefits, debt, immigration and housing.

Naomi Bielak, training and development manager at Citizens Advice Barnet, said: "Clients often come to us when they are at breaking point and don't know where else to turn. We equip volunteer advisers with the skills and tools to help these clients move forward and make a real difference to people's lives."

Catherine Mkhize has been a volunteer adviser at Citizens Advice Barnet for just under one year. She said: "It has opened my eyes to a whole side of living in London that I was unaware of before. It is very humbling and at the same time rewarding because you are helping clients by giving them the advice and help they need to sort out their problems."

Citizens Advice Barnet are also particularly keen to hear from people who have work and or life experiences that could be put to good use as trustees for the charity.

Ms Bielak added: "Perhaps you know what it is to lead an organisation and provide guidance and vision for how to move organisations forward. We have trustee roles available, and we need strong leadership, now more than ever, to help us navigate the challenges that come with being a small, independent charity in this current economic environment."

Citizens Advice Barnet is an independent, local charity and a member of the Citizens Advice network. For more information about volunteering, visit: <https://barnetcab.org.uk>

Winter warmer invite

A reminder that the Grange Big Local team are hosting a Warm Space at the Tarling Road Community Centre, Fallows Close, N2, every week until the end of March.

Free and open to all, there will be coffee and activities like arts and crafts, talks and gardening.

Parents and carers are encouraged to drop in after the school run to make new friends.

The sessions run from 9.30am to 12pm every Thursday morning from 9 January to 27 March.

Find out more by emailing info@grangebiglocal.org



Huge potential: Gold medal winning Vivienne is looking for support to help her pursue her gymnastics career

Young gymnastics star seeks help to be the best on the mat

By David Melsome

A family has put out an appeal to help their 10-year-old daughter realise her dreams in the world of competitive gymnastics.

Magdalena Karwan is celebrating after her daughter Vivienne was selected for the English Rhythmic National Team Squad last month. But the honour comes with a lot of financial demands for travel and gymnastic kit which the family are finding it hard to meet.

They are appealing for a local individual or business to sponsor her activities in 2025 so that she can fulfil her potential.

Vivi, who lives in the Tarling Road area of East Finchley and goes to Highgate Primary School, is already a three-time gold medallist in the NDP British Rhythmic Gymnastics championships and a three-time

gold medallist in the English Rhythmic Gymnastics championships.

Elite squad

She began the sport at the age of six, training online in the pandemic, and now practises five days a week as part of an elite group. She is one of the three youngest girls selected for the English squad.

"Vivi needs additional ballet classes, classes at least once a month 1:1 with a trainer in the gym, and the possibility of doing master classes in dance and gymnastics," said Magdalena.

"We are not able to provide £700-750 per month, together her with all this. The costs of her training are already around with my husband we can barely make ends meet.

"We will be grateful for any help. Maybe there will be a person or a company that will decide to enable her to develop in this sport. In return we can offer to promote logos and company names on Vivi's accounts on Instagram, Facebook and other social media."

To find out more contact Magdalena at magdalenakarwan@gmail.com

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NEW Lip-Reading Classes in Muswell Hill

Tuesday Classes in Spring 2025

An Introduction to Lip-Reading (6-session course - 4th March to 8th April)

Beginners Course Part 1 (10-session course - 29th April to 1st July)

The Venue - 1.30-pm to 3pm

The United Reform Church, Lounge
Queens Avenue, Muswell Hill, N10 3NU

FOR MORE INFO, PRICES & TO BOOK

E-MAIL ON

["jennie@read-my-lips.org"](mailto:jennie@read-my-lips.org)

OR CALL ON

07831 164430



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