

October 2010

www.freedomcentre.info

Info and ticket booking:

01482 710100



## Services available at the Freedom Centre

### Regulars...

#### Freedom Café

Mon-Fri 8:30am - 4pm/Sat 9am-12pm

#### Hull City Council Library

Mon-Thu 8am-7:30pm/Fri 8am-6pm/

Sat 9am-12pm

#### CV Services (Library services)

See Library opening times

#### Gym

Mon-Thu 8am-7:30pm/ Fri 8am-6pm

Sat 8am-12pm

#### Private Functions

Large Hall Lounge Bar Call For Availability

#### Hull College Hair Dressing

Term Time Only 710100

Mon-Fri 10am-2pm

#### NHS Minor Treatments Centre

Mon-Fri 9am-6pm

#### Hull City Council Adult Education

Various Times and Courses

Call 710120 for details

#### Free WiFi and internet access

Available all year around.

### Other Services...

#### Citizens Advice

Wed 9:30am - 12:30pm

#### Family History Group

Mon 1:00pm-3:00pm/6pm-8pm

Wed 1:00pm-3:00pm

#### NHS Stop Smoking

Tues 9:30am - 11:30pm

#### Alcohol Awareness Outreach

Selected Fridays Call for details

#### Shapers Surestart Slimming Club

Monday 10.30am-11.30pm + 6pm-7pm

#### Premier Martial Arts

Children and adults welcome

Mon - Thu 4pm-8:30pm

#### Indoor Carpet Bowls

Alternate Mondays 9:30am to 12pm

#### Roaring 50s Dancing

Alternate Mondays 1:30pm to 4pm

#### Rhythm and Dance Academy

Various nights

All ages Call for dates

#### Toddler Time

Tue 10am-11am

#### Baby Bounce

Friday 10:15am-11:15pm

#### NHS health trainers

Mon- Fri

#### Bingo

Tues 7pm-9pm

## WOW Hull's Got Talent 2010

23rd October

WOW WOW WOW the search is over. After much deliberation we now have the finalists who will be performing in the WOW HULL'S GOT TALENT grand live final on October 23rd.

Auditions for this year's competition were staged last month to find twelve of the best local acts and the judges have now picked the most impressive performers to go through to the final. After a day of singing, dancing, comedy and magic we are now more than happy with the remaining line up. These twelve great acts will be entertaining you on October 23rd with their chance to walk away with the top prize. The competition is aimed at any person who believes they have a talent and was open to any age group, styles and all types of act. One of the judges, Paul Hazell, said "This year's auditions have been the best yet. The talent that didn't make it was also fantastic, never mind the ones that made it to the live final. But sadly only so many can go through."

Tickets for the finals are £5 per adult & £3 for children from The Freedom

## Community Christmas Luncheon

15th &amp; 16th December

It's party time, ladies & gents. The Freedom Centre now have tickets on sale for our Christmas meal afternoons on the 15th & 16th December. Doors will open for drinks in the Humber Suite at 12 o'clock with the meal served in The Freedom Suite at 1pm. There will be entertainment, dancing, bingo and raffles on the day. We set the room up like a beautiful Christmas restaurant to build up a great atmosphere. The bar will also be open for those who choose to indulge.

Tickets for the parties are £15 per person, Call in to the Centre to purchase your tickets.

### Centre reception.

Make sure you don't miss out on a fantastic night of local talent.

The event starts at 7pm till late. There is a bar and cafe for those interested in having a drink and some food. Children are very welcome as long as accompanied by a parent. The Freedom Centre would like to thank all the acts who performed for us who didn't get through this year but please don't be put off in taking part in other events or next year's competition. Don't miss it!! You will wish you hadn't.

### Menu

Home made tomato & basil soup served with a hot crusty roll

Or

Melon Balls infused with port

-x-

Traditional Roast Turkey served with stuffing, chipolata sausages wrapped in bacon

Or

Mushroom, Brie and Cranberry Wellington

-x-

Traditional Christmas pudding with brandy sauce

Or

Sherry trifle

# WOW got TALENT HULL'S



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## Halloween Monster Mash Up

29th October

It's that time of year again. The time when we can get away with dressing up and letting our hair down. Plans have been made and tickets are now on sale for our Halloween party. It's a great time for the family to get together and dress up. We will kick off the party at 6pm till 8pm and have loads of fun planned. There will be a fancy dress competition for children and parents, along with disco, dancing, games and prizes to be won. Don't worry mums and dads, there is also a bar and a cafe. Tickets for the party are £2 per person and on sale from The Freedom Centre Reception. If you have any questions about this event, please call 01482 710100.

## Cabaret Nights

September/October

The Freedom Centre would like to thank all those who have attended our last Two Cabaret evenings over the last couple of months. These evenings are proving to be a huge success and will continue throughout the year. Due to the WOW FACTOR final in October we will be continuing these events in November with a PIE & PEAS night and a great band to entertain you. More details will be displayed in our November edition of Freedom Centre News, but please don't miss this years WOW Factor final in October.

## Local Food Market

Trade is building up nicely at the weekly Local Food Market, which now features award-winning preserves from VKP of Marfleet. Vanessa Powell (pictured) is celebrating after scooping two prizes at the first time of entering in the Beverley Food Festival Awards 2010. She won Best Pickle or Chutney for her red pepper & sun dried tomato relish and Best Oil or Dressing for her beetroot and horse-radish combination. Vanessa's range of homemade preserves are available every week at the Local Food Market, Fridays, 10.30am-1.30pm. The stalls, organised by Probe's Food 360 Project, also offer locally-produced bakery products, eggs and meats from the East Hull Community Farm, chili sauces and fruit & vegetables.

Some dates for your diary: A Local Food Week is being organised at the Freedom Centre from Monday 29 November to Friday 3 December, culminating in a special festive local food market on the Friday from 1pm-7pm. It coincides with the Christmas Lights switch-on. Food 360 is a two-year project run by Probe (Hull) Ltd and supported by the Big Lottery Fund, to promote grow-your-own food and local produce in east Hull. Further details are available at [www.probeltd.co.uk](http://www.probeltd.co.uk).



## Coming Soon...

Events Listings for this Autumn

October Wedding Fayre Sunday October 10th 10.30am – 2pm  
 October Cabaret Night will be WOW FACTOR FINALS Saturday 23rd October  
 Family Halloween Party Friday 29th October  
 November Cabaret Night 26th November, PIE AND PEAS NIGHT (see November edition for details)  
 Christmas Lights Switch On, Market & Advent Parade Friday 3rd December  
 Christmas Party Nights Friday 10th & Saturday 11th December  
 Over 50s Christmas Luncheon Wednesday 15th & Thursday 16th December  
 Children's Christmas party Wednesday 22nd December  
 Enquires for all the above events please call 01482 710100

## Autumn Wedding Fayre

10th October

Are you planning a wedding and would like help? So many things to organise and don't know where to start? Don't worry The Freedom Centre is here to help. On Sunday the 10th October between 10.30am & 2pm the Centre will be hosting our very own Wedding Fayre. We will be show-casing all our rooms and inviting local wedding specialist to exhibit all their products and services available for your unique wedding day. Drop in to The Freedom Centre on the 10th October and have a look around to see what the Centre and the local specialists can provide for your perfect day. The event is free of charge so why not give it a try. For more details on this event call Sarah or Lucy on 01482 710100



## Did you Know?

...that by joining The Freedom Centre Library you can gain free access to the internet at the Freedom Centre or at any library near you. If you have your own laptop and would like to surf the net for free, simply drop into the Freedom Centre, sign up and you are free to surf. Alternatively you can use one of the Freedom Centre's computers for 1 hr a day free. If you would like more information on this call 01482 710100 for details.

