

January 2011

[www.freedomcentre.info](http://www.freedomcentre.info)

97 Preston Road, Hull, HU93QB

Info and ticket booking:

01482 710100

It's Your Centre...



## 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

#### Gym

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

Sat 8am-12pm

#### Private Functions

Large Hall Lounge Bar Call For Availability

#### Hull College Hairdressing

Term Time Only 710100

Mon-Fri 10am-2pm

#### NHS Minor Treatments Centre

Mon-Fri 9am-5pm

#### Hull City Council Adult Education

Various Times and Courses

Call 710120 for details

#### Free WIFI and internet access

Available all year around.

#### Over 55's Friendship Club

Humber Suite Wed 1pm-4pm

### 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

#### Shapes Slimming Club

Monday 10.30am-11.30pm/5:30pm-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

#### Bingo

Tues 7pm-9pm

# Happy New Year

## From The Freedom Centre

Did you know you can follow all the things that happen at The Freedom Centre via our web site at [www.freedomcentre.info](http://www.freedomcentre.info). Why not log on to the site and see what the centre has to offer you, or find us on Facebook & Twitter.

## A Taste of Mexican

Family Cabaret Night Friday 28th January,

We are hoping to kick off the year with a bang! Fantastic vocal singer Dan Furness will be entertaining you for the evening. Dan studied a BTEC National Diploma in performing arts in 1996 and has progressed to become a confident performer. Singing songs from all the top Soul and Motown stars and all the middle of the road classic songs that will be sure to get your toes tapping. There will also be a disco, karaoke and games with Max Bayston. As usual there will be food on sale. Our Chef has promised to create some fantastic Mexican dishes for you along with

some classic English meals.

To start off the New Year we will be charging £2 per ticket BUT this will be used as a voucher on any food or drink bought on the evening. Until now the tickets have been free but to make sure people only take tickets they need, we have had to make the charge, but don't forget the ticket price will be deducted off a meal or drink.

For more details call 01482 710100 or call in to the centre for tickets.



## Freedom Centre Bowls Club

Alternate Mondays, new members needed...

For over five years now The Freedom Centre has been the home of the local Carpet Bowls Club. The club plays at the centre every other Monday and is now looking for new players to bolster their already popular membership. It's a great way to meet new people of the same age and interests, relax and get some light exercise and have a lot of FUN. The club not only play bowls, they also plan day trips, tournaments and social days out and everyone at the club enjoys playing so why not give it a go. Recently receiving funding from the Sports Council to help

maintain and run the operation, this popular regular club can only go from strength to strength. For more details about joining please call 01482 710100.



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Freedom Centre Events – Look out for our 2011 events calendar in our February edition.



## The Freedom Centre GYM

### Alternative sessions

Funky Circuits Tuesday 6pm – 7pm

Junior Gym Tuesday 4.30pm

Power Dancers Friday 8.45 am

The Freedom Centre Gym went through some changes last summer. The Gym has been extended to make room for more people wanting to work out. Now the Gym offers help and advice on weight loss and dietary issues. Lesley Hatfield, the manager of the gym, told us that, "A fit healthy

body will take care of all your weight problems for you, all it takes are small daily lifestyle changes & just 2-3 hour regular sessions of controlled strength and cardio training to achieve a fitter body." For help and advice on this subject then please call Lesley on 01482 710100.

## Shapes Slimming Club

Mondays 10.30am – 11.30 am & 5.30pm – 7pm

Over indulged this Christmas? Do you want to lose those extra pounds gained? Why not drop into one of our sessions at The Freedom Centre on Mondays 10.30am – 11.30 am & 5.30pm – 7pm. The charge is only £1.50 per

session and there is no joining fee. The staff are really friendly and helpful. Meet Sarahanne & Joanne at the next session and receive your introduction shapes slimming club pack. For more details call 01482 705333.



## Citizens Advice still going strong

Citizens Advice has been a fundamental part of The Freedom Centre for four years now, helping the centre to reach those who most need help. The Centre was purposely designed to offer as many services as possible under one roof for local people to access; CAB are only one of these we offer. CAB is a sit and wait, no appointment needed drop in every Wednesday morning 9.30am – 12pm, to assist all those needing

help with any problems they may have. Rosemary and her team are experts in many fields and can help put you back on the right track. Don't sit around worrying about financial problems or employment issues, come and see the team. No problem is too small. You will wish you had sooner! For more details contact 01482 710100

## Calling all thespians, singers, dancers & performers

**Yorkshire Stage**  
Prestigious Drama & Musical Theatre Festival 2011

The Freedom Centre has agreed to partner and help Stage Yorkshire deliver a unique competition to the area. A new website [www.stageyorkshire.org](http://www.stageyorkshire.org) is about to go live to help promote and encourage young people to enter a new competition this year to be held at the centre. Stage 2011 is a speech and musical theatre competition for all those aged 7 to 18. The event is free and unique to this area. Are you studying a piece at

School or college? Do you feel you would like to show off what you have learnt? Then why not enter. The competition is free to enter with trophies and prizes to be won. Also on the day there will be people offering feedback and advice on your performance—that's always good to have. For all the details, rules or an application form then please visit the web site above or call 01482 710100.

## All for One Choir

Coming January

Monday 10th January 10.30 – 12.30 at The Freedom Centre. Have you got some spare time? Would you like to join a choir? If you said yes to both the questions then come along to the Centre on the 10th and give it a try. For more details call 01482 710100

## Busy Year Ahead For East Hull's Food Project

Food 360 starts 2011 off with its latest Local Food Week and has unveiled plans to take local people to the first-ever national event dedicated to growing your own fruit and vegetables. Launched in April 2010, Food 360 has had a busy year with its programmes of local food weeks, cookery courses, an activity roadshow which was launched at the Yum Food Festival, sessions at east Hull schools, and a weekly food market. The project, grant-aided from the Big Lottery Fund, was set up to address a high

take-away culture amongst the east Hull population. The aim is to encourage residents to enjoy food and have fun by growing their own and sampling locally-produced food. Project co-ordinator Adrian Fisher says: "We've had a great first year at a time when growing local food has become very fashionable. Top chefs from East Yorkshire have given us plenty of support too." Find the Food 360 team at St John's Church, Rosmead Street for Local Food Week from Monday 17th January.

**Factfile:**  
Food 360 is a two-year project run by Probe with grant aid from the Big Lottery Fund.



## Join us at The Edible Food Show March 2011



Food 360 is inviting residents to join a trip to the inaugural Edible Food Show in March. To help people with limited space grow their own fruit and vegetables, garden experts and retailers have come up with a range of innovative products. Many will be showcased at The Edible Garden Show 2011 Stoneleigh Park, Warwickshire, from 18-20 March 2011. Full details can be found at [www.theediblegardenshow.co.uk](http://www.theediblegardenshow.co.uk). Probe is organising a coach party to the show and places can be reserved in return for a small deposit. Email [adrianf@probeltd.co.uk](mailto:adrianf@probeltd.co.uk) or call 01482 710145 for more details.

## STICKLEBAG COMPETITION

Probe has joined forces with East Riding family firm Higrow Yorkshire, run by Robin and Margaret Rose, to offer a great prize. A Sticklebag Designer Growing Kit comprises an illustrated growing bag, an inner lining bag, a set of three 1.4 metre collapsible bamboo canes, a triple cane topper/connector and a compressed fertilized compost disc which re-hydrates to 30 litres of peat-free growing medium.

It is everything you need to start growing (except the plants!) in a complete, lightweight, easy to carry kit, suitable for growing a huge variety of fruit, flowers and vegetables. Find out more at [www.hi-grow.co.uk](http://www.hi-grow.co.uk), where you can learn about other clever gardening products by the company, including the Hi-grow station which is ideal for disabled users, and Sproutapouches, which make microsalads.

To enter this competition, simply tell us which company produces the Sticklebag. Email your answer and contact details to [adrianf@probeltd.co.uk](mailto:adrianf@probeltd.co.uk) or write to Sticklebag Competition, Probe (Hull) Ltd, Top Pod, Freedom Centre, Hull, HU9 3QB by January 31st 2011.



## TREAT YOUR DOG TO A WASH AND SHAMPOO



Nail clipping, ear clean, conditioner, muddy paw wash.

- Walk and wash service available.
- Doggy daycare opening soon.

626 James Reckitt Avenue  
Hull, HU8 0LG  
Tel: 01482 714414.  
[www.durtydawgz.co.uk](http://www.durtydawgz.co.uk)

Visit Hull's first DIY dog-washing salon this January and choose an extra treatment free:



## Local People Create Enterprising East Hull

Probe's enterprise champion says the company has witnessed its busiest year yet. 2010 saw Probe give advice to more than 170 people about self-employment, leading to the creation of 29 new businesses. Successes include a DIY dog-washing salon, a portrait photographer, locksmith, online marketer and a driving school. Sandra Ackroyd and her team of enterprise advisors work closely with colleagues in the Hull Enterprise Partnership, which is part-funded by the European Regional Development Fund,

to help small business across the city. Sandra says: "We're delighted with our achievements but even prouder of the people we have helped support. It takes determination to go it alone and we hope that in 2011, we can help even more people take that step and be their own boss. The Government wishes to see more private sector job creation and Hull is certainly experiencing a boom in small businesses." To find out more about Probe's Enterprise service, contact 01482 714242 or go online to [www.enterprisinghull.org.uk](http://www.enterprisinghull.org.uk).



*Enterprise Team:  
Mike Thompson, Sandra Ackroyd and Keiran Hall.*

## Canines and Cameras

How Probe has helped people live dreams

*The Enterprise team have helped with some really varied business ideas. Here are two of the latest stories:*



**Darren Turner** has become Probe's 300th customer. The 37 year old was urged by his late father to launch a photography business so he took the plunge after 10 years working a supermarket night shift. Based at studios on Southcoates Lane, Darren's order book for Capture the Moment has been healthy ever since and he has been boosted with a grant from Hull's Acorn Fund to buy more equipment. "People said I had a gift for photography but I didn't know how to start," says the father of two. "We're hoping to expand to do weddings in the summer, pet pictures and some work in customers' homes."

**Toni Trowell** has launched Hull's first DIY dog salon business after finding it a big challenge to wash her own four-legged friend. Toni, 42, of Milne Road is one of the latest entrepreneurs to have sought advice from Probe's team of experts. Her concept of a dog-washing business, based on James Reckitt Avenue, was developed after extensive research,

driven by the dilemma of washing her two year old chocolate labrador Keano. With a retail management background, the mother of three felt compelled to improve the lot of dog-owners in the city. DIY dog-washing is big in the USA and so Toni named her business "Durt Dawgz". She says: "When your dog is muddy after a walk, you want to clean them straight away but if you can't, you end up having to clean the house from top to bottom to rid the house of the smell of wet hair. We know it's a chore to wash the dog at home."

After launching in November 2010, trade was brisk in the run-up to Christmas and Toni has recruited two staff through the Hull City Council-backed Local Work Guarantee Scheme.

*Pictures - Darren Turner (above) Toni Trowell (below)*



## PROBE IN BRIEF

### Training Success

Staff at Probe's training centre will be hoping to mark its first anniversary with an even better learner pass rate, after achieving 93% in the last financial year. Literacy and numeracy courses for unemployed residents are run at Stalybridge Avenue during the week and are accredited by OCR or Edexcel. The centre also provides employability help sessions for people out of work and claiming Jobseekers' Allowance. For details of times, please call 01482 707965.

### Direct and more local

For help with job-seeking, vacancy searches, CV-writing, applications, and training needs, Probe Direct's service has become even closer in east Hull. Staff are available in Hull City Council's customer service centres at Preston Road, Ings, Mount Pleasant, and Greatfield. The times and days vary so please call 01482 719071 for details. This outreach by Probe is being offered as part of a package of help through the Hull City Council-backed Grow initiative.

### Probe Online

Take a look at our new-look website, containing full details about the company's activities, video content, and recipes from cookery courses organised by Food 360. Log on to [www.probeltd.co.uk](http://www.probeltd.co.uk).