

**INFO AND
TICKET
BOOKINGS:
01482
710100**

Freedom Centre

NEWS



September 2010
www.freedomcentre.info

It's your centre...

Monster Mash up

Halloween Night is just around the corner and we are holding a spooky fancy dress party for children and parents. There will be competitions a disco, food and give-aways. Check October edition for more details.
DEAD GOOD!

R&R

Curry and Cabaret Night



Top Live Entertainment
From Alex (Venus)

After the success of our August Cabaret evening we are hoping to do something a little different for September. Friday 24th September we have planned a curry and cabaret evening. Again tickets will be free but curry will be charged for on the evening. Planned for the evening will be live entertainment, disco, karaoke, games and much more. Neville our Chef is making some varied curries for you to try including hot, spicy or mild. We will include a vegetarian curry and of course something for those who prefer something less spicy.

Tickets are available from The Freedom Centre Reception. Children are welcome to come along, as long as they are accompanied by a parent. We have 160 tickets available so make sure you collect your tickets early..... Go on give it a try.

For more details call 01482 710100



WOW Hull's Definitely Got Talent

Time is running out for you to enter The Freedom Centre's WOW Hull's Got Talent competition. Auditions for the event will be staged on the 18th September from 9am. We are looking for anyone who thinks they have a talent to be judged by 3 hand-picked judges. Those successful at the auditions will be fast tracked to a live audience final in October.



To pick up an application form simply call in to The Freedom Centre or ring 01482 710100.



Over 55's friendship club.
Wednesdays 1pm to 4pm.
call for details, 01482 710100

People Who Read



On Thursday 9th September between 10.30am and 12noon, the Freedom Centre Library kick off their "People Who Read" group. This informal book group will read, review and discuss books across all genres of popular fiction and literature. Adults with a passion for reading are welcome to join in and meet new friends with the same interests.

Call The Freedom Centre Reception for more information on 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-5pm

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 Marshal 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

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It's your centre...

Freedom Centre Gym Back Bigger & Better



The all new Freedom Centre Fitness Gym has now re-opened following extension works. The gym incorporates new equipment with the latest sound and vision technology so you can enjoy your workout to the full. All members require an induction and can then use the gym for £2 per session or £12 per month.

Personalised training plans are available on request. For further information or to book your induction please call the Freedom Centre on **01482 710100**.

Fitness Gym Opening Times

Mon - Thur 8am-8pm
Friday 8am- 6:30pm
Saturday 8am - 12pm



A weekly local food stall is now a Friday feature at the Freedom Centre. Organised by Probe's Food 360 project, the aim is to offer visitors the chance to buy local products such as bread, jams and meat. The Friday idea replaces the monthly local food market and will be run from 10am until 1.30pm. The range of products will grow in response to demand. Meanwhile, residents

have been sharing their experiences of growing their own food. Food 360, which is grant-aided by the Big Lottery Fund, has a target of helping at least 50 people change their lifestyles through creating their own supply of vegetables and fruit. Celine Davis-Barr from Preston Road has proudly been growing a range of crops and has particularly enjoyed making jam from a bumper crop of blackberries. She says: "I hate waste and like using free food like the blackberries which we found in the garden. We have the space to grow food and the advice from Louis the gardener has been invaluable."

Log on to Probe's new-look website, www.probeltd.co.uk to view video of Food 360's recent activities including the Yum Festival. For more information on Food 360, call **01482 710145**.

Freedom Wedding Exhibition

Has he popped the question? Have you got a date set? Are you thinking of getting married? So many things to organise and don't know where to start? Don't worry! The Freedom Centre is here to help. On Sunday 10th October 2010 between 10.30am and 2.00pm the Centre showcases our fabulous wedding suites and hosts over twenty exhibition stands, full of ideas and services for the big day. There will be a massive selection of goods, services and inspiring ideas to view from bridal-wear to cakes, stationery to flowers, photography and video,

and of course the facilities at the Freedom Centre. See the fabulous new Humber Suite and garden, the Freedom Suite and the Wilberforce Suite all dressed for the big occasion. Meet our Wedding Co-ordinators and learn more about our fantastic all inclusive packages starting from only £500. The team will be on hand to discuss your requirements and help you make your day so special. A full list of exhibitors is available on the website at www.freedomcentre.info or for further information please call the Events Team on 01482 710100.

Wedding Packages from only £500



Wedding Exhibition

10th October
10:30am - 2pm

www.freedomcentre.info

