



FREEDOM
FOUNDATION

RELEASE

HOLIDAY ACTIVITY FUND
2022 SUMMARY

Katie Spreadborough

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FOREWORD



FREEDOM FOUNDATION WORKS TO EMPOWER CHILDREN AND YOUNG PEOPLE BY USING SINGING, SONGWRITING, AND DANCE TO HELP THEM EXPRESS THEIR EMOTIONS AND BOOST THEIR MENTAL HEALTH. WE BELIEVE THAT ALL YOUNG PEOPLE HAVE THE POTENTIAL TO THRIVE AND THROUGH THE CREATIVE ARTS THEY CAN EXPLORE THEIR IDENTITY, CELEBRATE DIVERSITY, AND HARNESS THEIR INDIVIDUALITY.

THE LAST YEAR HAS BEEN A CHALLENGING ONE FOR MANY FAMILIES SO THIS YEAR WE COMMITTED TO HELPING THEM FIND NEW WAYS TO BUILD THEIR EMOTIONAL RESILIENCE, GET ACTIVE, AND MAKE HEALTHIER LIFESTYLE CHOICES THROUGH THE DELIVERY OF THE HOLIDAY ACTIVITY FUND.

WE ARE EXCITED TO HAVE DEVELOPED PARTNERSHIPS ACROSS THE STATUTORY AND VOLUNTARY SECTORS TO IMPROVE OUTCOMES FOR THE CITIZENS OF NOTTINGHAM.

LAURA GRANT - DIRECTOR

STACEY GREEN - DIRECTOR

OUR PARTNERS

FREEDOM FOUNDATION WOULD LIKE TO EXTEND OUR THANKS TO OUR DELIVERY PARTNERS WHO HELPED US TO MAKE THE HOLIDAY ACTIVITY FUND A SUCCESS FOR CHILDREN AND YOUNG PEOPLE ACROSS NOTTINGHAM, NOTTINGHAMSHIRE AND DERBYSHIRE.



Nottingham

City Council



**Nottingham Forest
Community Trust**



**Nottinghamshire
County Council**

OUR PARTNERSHIP WITH FOREST



Nottingham Forest Community Trust

WE ARE PROUD OF OUR PARTNERSHIP WITH NOTTINGHAM FOREST COMMUNITY TRUST (NFCT) THAT HAS GROWN SINCE OUR INCEPTION IN 2018.

FREEDOM FOUNDATION ARE AN INTEGRAL PART OF THE NFCT HAF PROGRAMME IN THE CITY AND HAVE HELPED REACH OVER 15,000 CHILDREN DURING 2022.

OUR FACILITATORS INTRODUCE CHILDREN AND YOUNG PEOPLE TO STREET-DANCE AND INSTIL THE IMPORTANCE OF PHYSICAL ACTIVITY IN THEIR DAY TO DAY LIVES.



MEALS PROVIDED AND FOOD PARTNERSHIPS

THANK YOU TO OUR FOOD PROVIDERS!



UK FOOD AID
COMMUNITY CIC



1513

MEALS
PROVIDED AND
ENJOYED



Steven's
Deli-licious

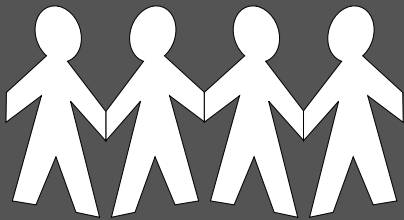
SNAPSHOT + IMPACT



**38 RELEASE PROGRAMMES
DELIVERED**



**152 DAYS OF RELEASE IN
TOTAL**



**375 CHILDREN AND YOUNG
PEOPLE REACHED**



42 FACILITATORS



**24 COMMUNITY VENUES
SUPPORTED**



**7 ALTERNATIVE PROVISION
PROGRAMMES**

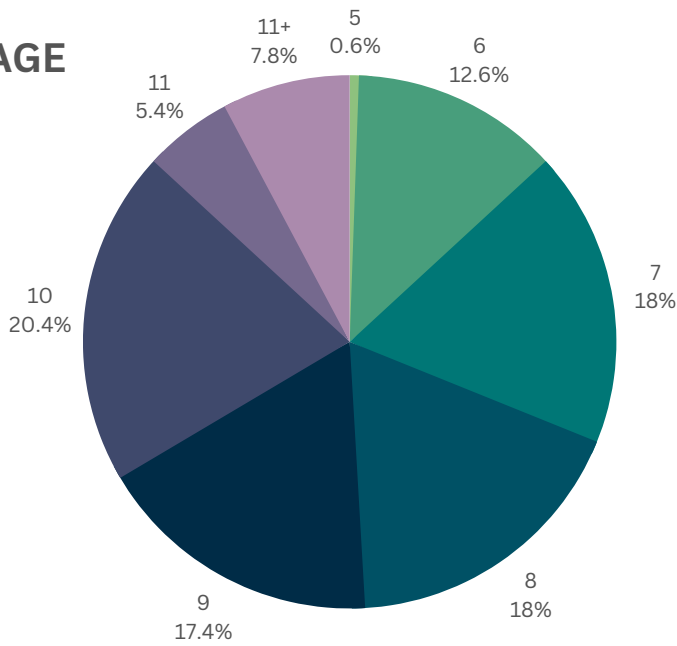


4 SEND PROGRAMMES

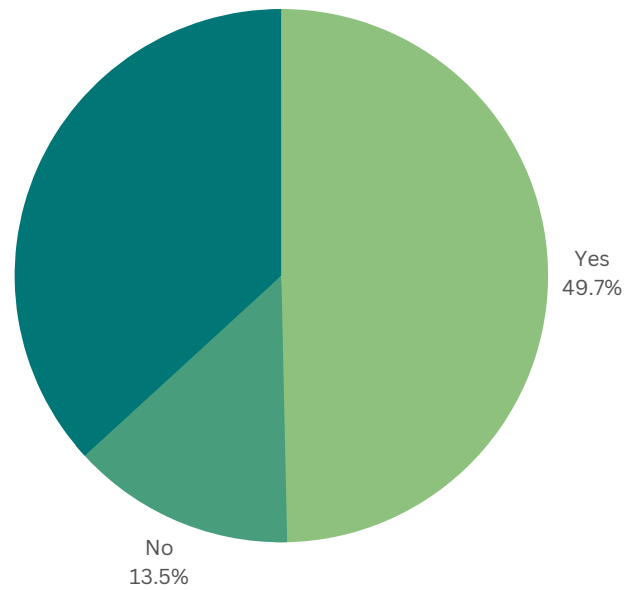
PRE-HAF EVALUATION SUMMARY

288 STUDENTS ANSWERED THESE QUESTIONS

AGE



DO THEY ENJOY SINGING?



63.9%

OF STUDENTS HAD DANCED **BEFORE** JOINING THE HAF PROGRAMME

CONSISTENCY

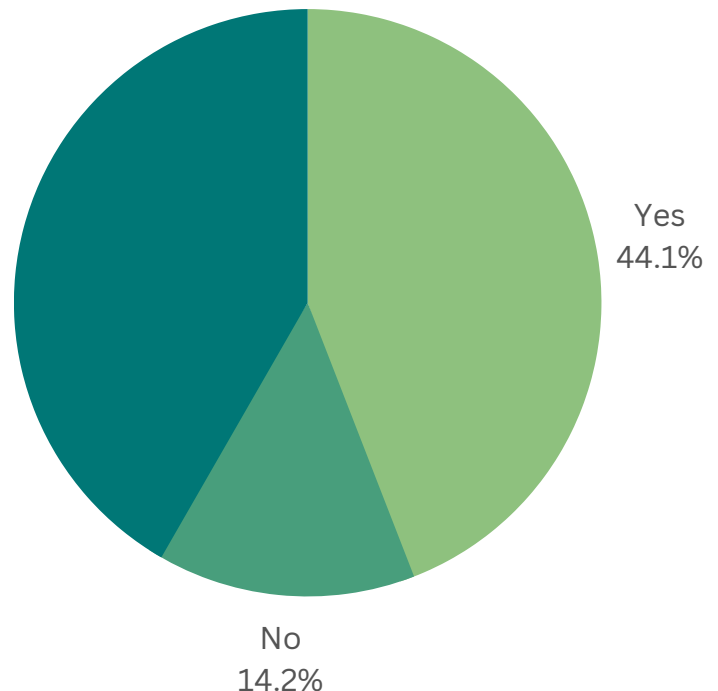


63.5%

OF THE STUDENTS WHO RESPONDED SAID THEY WOULD CARRY ON DANCING / SINGING **FOLLOWING** HAF

HAVE THEY EVER WRITTEN A SONG OR POEM?

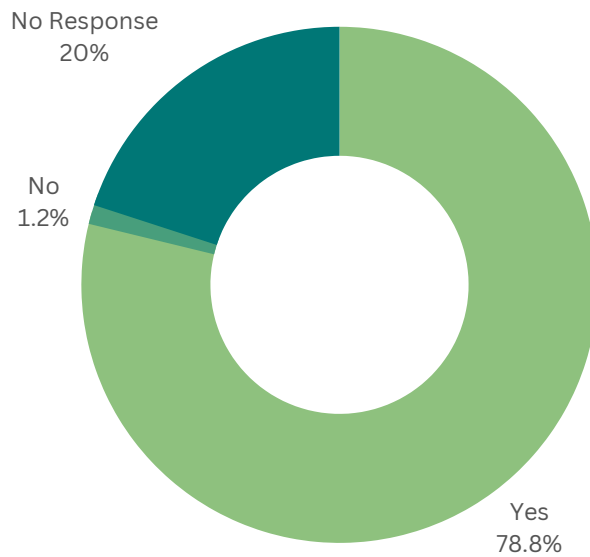
No Response
41.7%



POST-HAF EVALUATION SUMMARY

260 STUDENTS ANSWERED THE FOLLOWING QUESTIONS

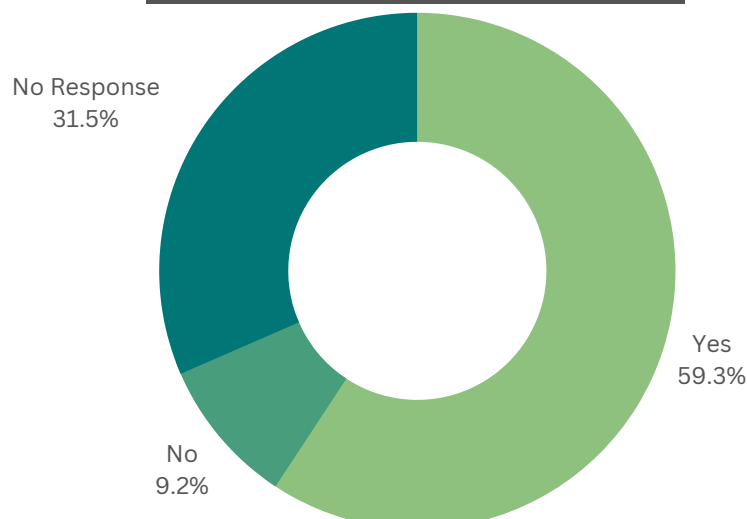
DID THE STUDENTS ENJOY THE PROGRAMME?



WHAT HAVE THE STUDENTS ENJOYED MOST ABOUT THE PROGRAMME?

- HOW THE STAFF SUPPORTED US
- RELAXING
- TEAMWORK
- MAKING OUR OWN DANCE
- SONGWRITING
- HAVING FUN
- BEING ABLE TO BE MYSELF
- AFFIRMATIONS
- THE FACILITATORS
- BEING HERE
- FOOD
- SINGING
- HELPED TO FEEL UNDERSTOOD
- GAMES
- BREATHING TECHNIQUES
- PLAYING WITH MY FRIENDS
- HAVING NEW TEACHERS
- DOING THE PERFORMANCE
- MAKING NEW FRIENDS
- DANCING
- SESSION TIME AT THE STUDIO
- MUSIC
- RAP
- IT MAKES MY DAY
- WRITING POEMS
- BEING HERE EVERY DAY
- THAT WE COULD USE OUR CREATIVITY HOWEVER WE WANTED TO
- EVERYTHING

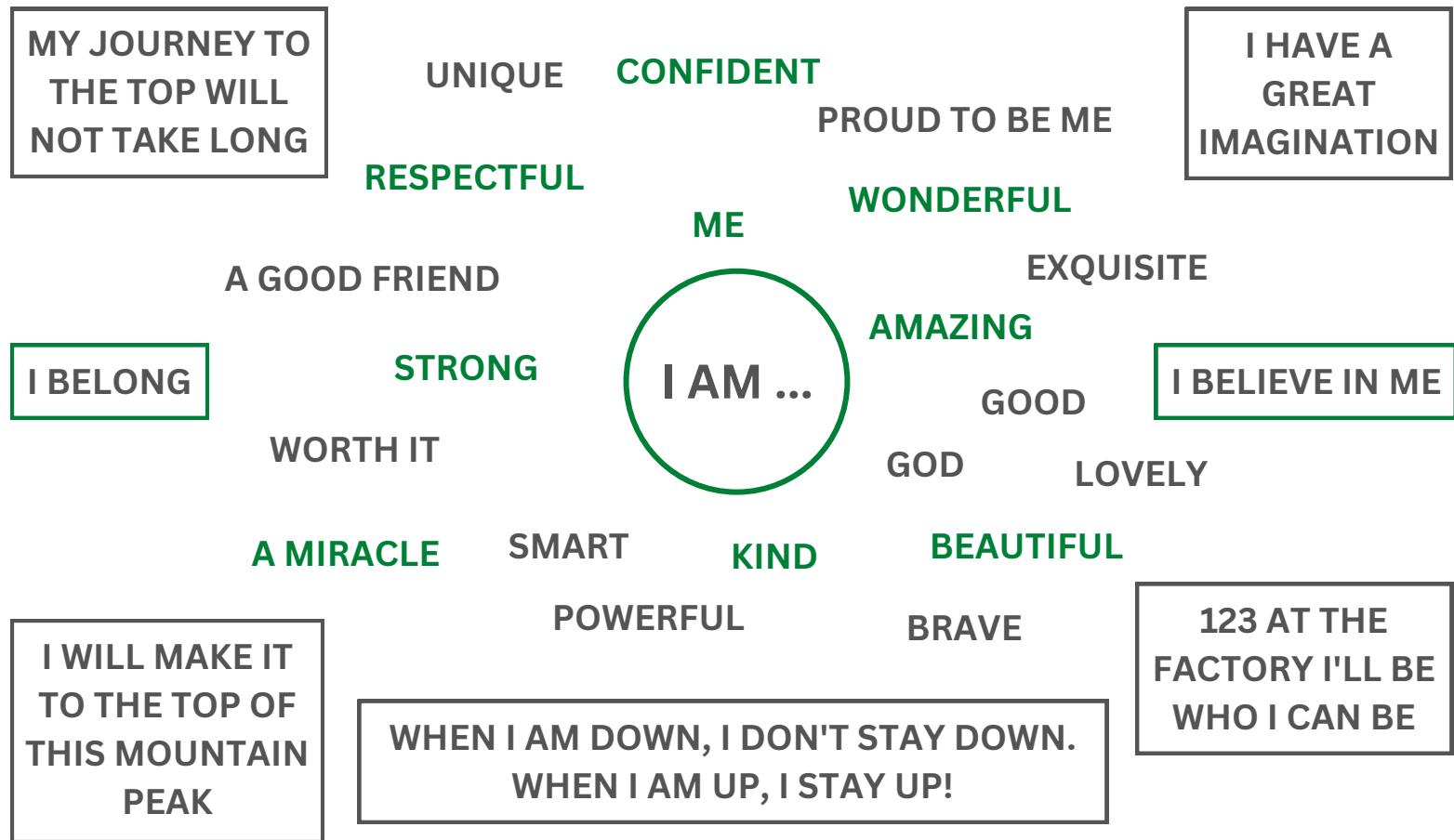
HAS THE PROGRAMME HELPED THE STUDENTS TO WRITE DOWN THEIR EMOTIONS AND FEELINGS?



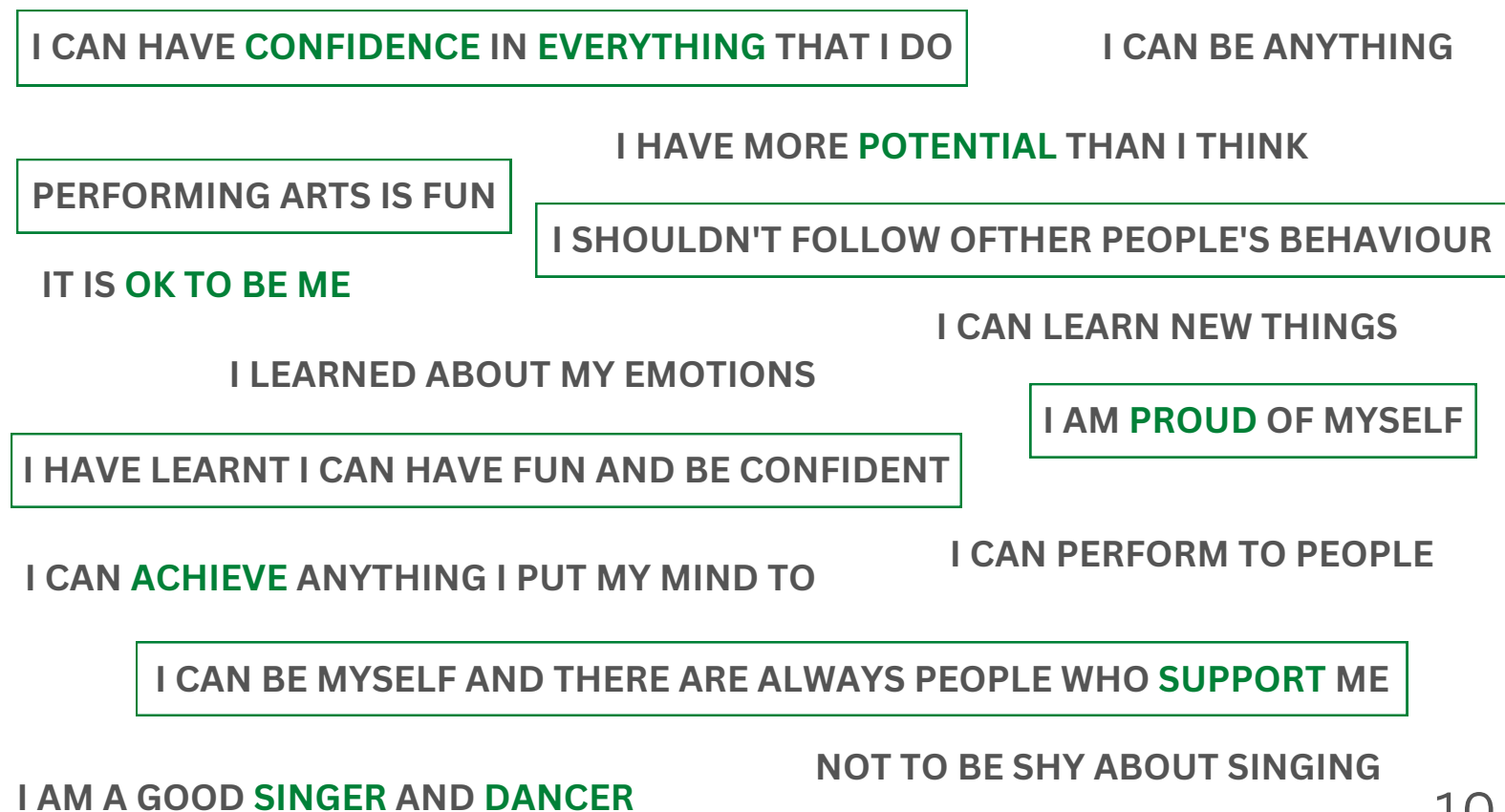
POST-HAF EVALUATION SUMMARY

260 STUDENTS WERE PRESENT AT THIS SESSION

THE STUDENTS LEARNED ABOUT AND WROTE DOWN AFFIRMATIONS...



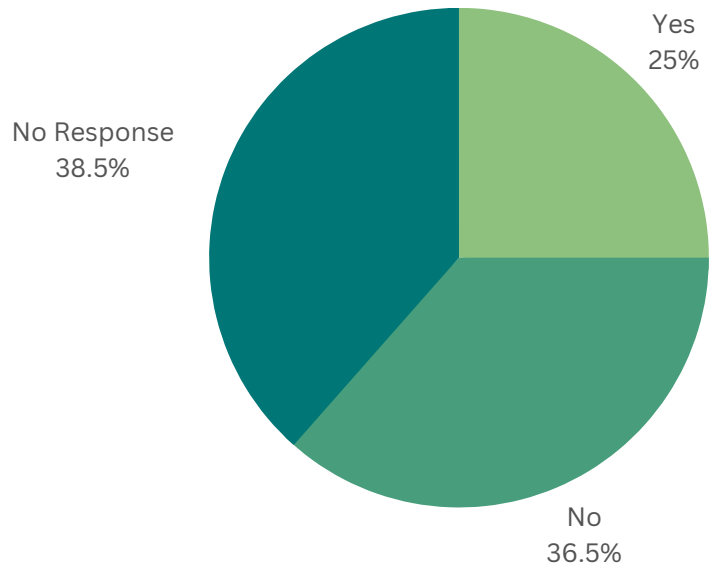
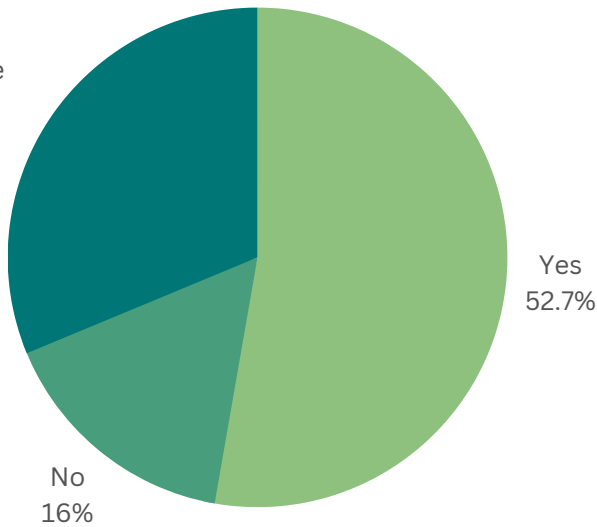
THE STUDENTS LEARNED A LOT ABOUT THEMSELVES...



SOCIAL MEDIA IMPACT

DO THE STUDENTS HAVE A SOCIAL MEDIA PROFILE?

HAVE THE STUDENTS EVER FELT UNSAFE ONLINE?



WHICH SOCIAL MEDIA SITES DO THEY USE?

ROBLOX FACEBOOK INSTAGRAM
 YOUTUBE GAMING SNAPCHAT TWITTER
 TIKTOK WHATSAPP SPOTIFY MESSENGER
 MINECRAFT

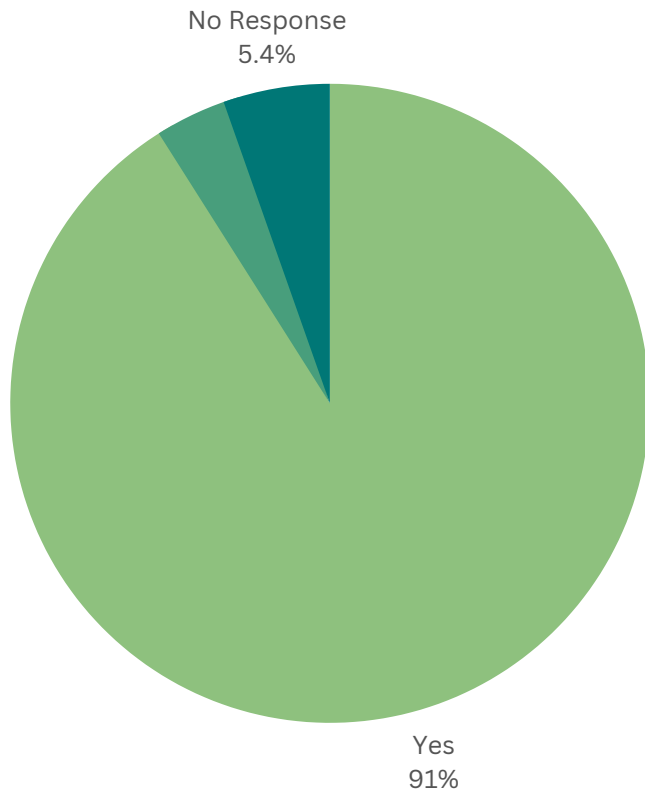
THE STUDENTS GAINED AN UNDERSTANDING ABOUT BEING SAFE ONLINE...

- DELETE, REPORT, OR TELL A TRUSTED ADULT
- DO NOT TALK TO STRANGERS
- THERE ARE TROLLS
- ALWAYS BE KIND TO PEOPLE
- PEOPLE CAN SCAM YOU
- IF UNSAFE SPEAK TO POLICE, CHILDLINE, OR A TRUSTED ADULT
- BE KIND ONLINE
- IF SOMEONE IS BEING MEAN OR ANNOYING, BLOCK THEM!
- DON'T WATCH ANYTHING INAPPROPRIATE
- BE CAREFUL WHO YOU TALK TO
- DO NOT TELL PERSONAL INFORMATION OR LOCATION
- TELL AN ADULT IF SOMETHING STRANGE HAPPENS ONLINE
- KEEP ACCOUNTS ON PRIVATE
- DON'T SHARE PERSONAL INFORMATION - PASSWORD
- DO NOT TRUST ANYONE WITH YOUR PUBLIC AND PERSONAL INFORMATION
- DO NOT SAY YES TO ANYTHING YOU DON'T WANT TO
- BE CAREFUL WHO YOU MEET
- DO NOT CLICK LINKS WITHOUT CHECKING
- BLOCK PEOPLE AND REPORT THEM
- ONLY ANSWER THE PHONE TO SOMEONE YOU KNOW
- REPORTING WRONGDOING

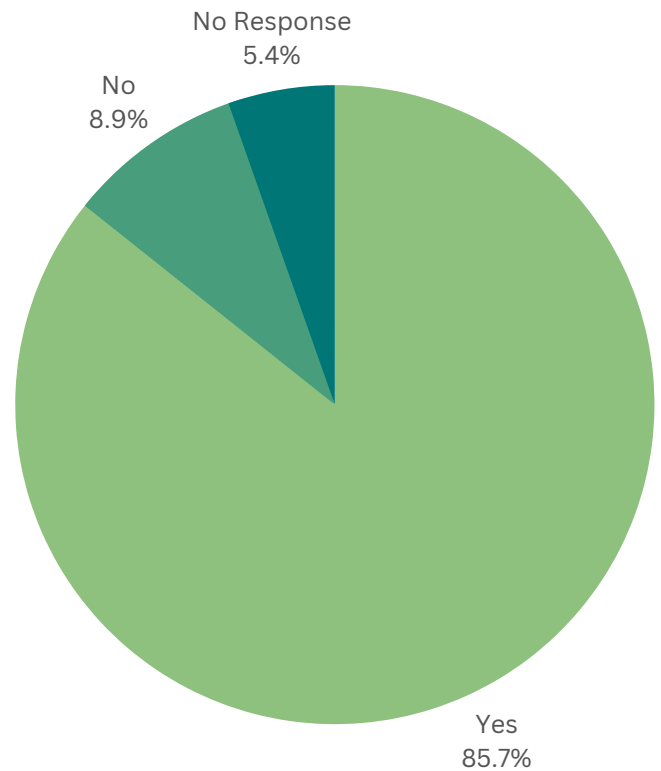
CASE STUDY - CHILD

UP TO TWO STUDENTS FROM EACH VENUE WERE ASKED ADDITIONAL QUESTIONS
RESPONSES ARE BASED FROM 56 STUDENTS WITH AN AVERAGE AGE OF 10 YEARS

HAS THE PROGRAMME HELPED INCREASE THE STUDENTS' CONFIDENCE?



HAS THE PROGRAMME HELPED THE STUDENTS TO WRITE DOWN THEIR FEELINGS AND EMOTIONS?



WHAT DO THE STUDENTS FEEL THE PROGRAMME HAS HELPED THEM WITH?

GETTING HELP TALKING ABOUT MY DARK SECRETS AND HELPING ME WITH MY THOUGHTS

NOT TO SPEND TOO MUCH TIME ON YOUR PHONE

REALISING IT IS NOT GOOD TO ISOLATE YOURSELF FROM OTHER PEOPLE

CONFIDENCE

MY MENTAL HEALTH

EMOTIONAL RELEASE

RELAXING

PERFORMING IN FRONT OF EVERYONE

SINGING AND DANCING BETTER

LEARNT MORE ABOUT SOCIAL MEDIA

BEING KIND

NEW SKILLS

BELIEVING IN MYSELF

GETTING MORE ENERGY

EXPRESSING EMOTIONS

HELPED TO PUSH MYSELF

WRITING LYRICS

SOCIAL ANXIETY

BOOSTING MY SELF-ESTEEM

LISTENING

THIS HAS HELPED ME HAVE FOCUS ON A TASK

WRITING

BEING AND FEELING MORE POWERFUL/CONFIDENT

MAKING NEW FRIENDS

COURAGE

OUR FAVOURITE CHILD QUOTES

I HAVE ENJOYED THIS PROGRAMME BECAUSE IT HAS ALLOWED ME TO EXPRESS MYSELF WITH SONGWRITING, IT ALLOWED ME TO FOCUS AND PULL MYSELF AWAY

CAN WE HAVE MORE?

I LIKE HOW THE TEACHERS ARE REALLY CALM AND NICE AND HOW THEY HAVE SUPPORTED US - I HAVE ENJOYED MAKING UP THE SHOW AND LIKE I HAVE GOT MY BESTFRIEND AS MY PARTNER

I HAVE DANCED AND SANG BEFORE BUT I HAVE A REAL PASSION FOR SONGWRITING AND RAPPING - I'D DO THIS OVER COLLEGE ANY DAY

I LOVE RELEASE!

I WISH THE PROGRAMME LASTED LONGER - I DON'T WANT IT TO END

THIS IS THE MOST FUN I HAVE HAD OUTSIDE OF HOME

IT MAKES ME FEEL HAPPY BECAUSE I LIKE SINGING AND DANCING

I HAVE ENJOYED THIS PROGRAMME SO MUCH, I HAVE BEEN WRITING DAY AND NIGHT - I AM SO PLEASED THAT I HAVE BEEN SHOWN HOW TO WRITE CORRECT AND CLEAN LYRICS

CASE STUDY - ADULT

UP TO TWO ADULTS FROM EACH VENUE WERE ASKED ADDITIONAL QUESTIONS
RESPONSES BASED FROM 56 ADULTS

91.1%

REPORTED THAT FOLLOWING
THE PROGRAMME THEIR
CHILD'S CONFIDENCE HAS
INCREASED

95.8%

REPORTED THAT THEY THINK
THE RELEASE PROGRAMME
HAS HELPED THEIR CHILD TO
DEVELOP NEW SKILLS AND
ABILITIES

WHAT CHANGES HAD THE PARENTS SEEN IN THEIR CHILD FOLLOWING

THEY HAVE BECOME
MORE FOCUSED
WHEN ASKED TO
COMPLETE
SOMETHING

THEY HAVE SHOWN
THEY CAN TALK IN
FRONT OF PEOPLE
THEY HAVE NOT
SPOKEN TO BEFORE

THEY SEEM HAPPY
EVERY TIME THEY
COME BACK - THEY
DON'T STOP TALKING
ABOUT IT

THEY ARE TALKING
MORE AT HOME

THEY HAVE BEEN
VERY HAPPY AND DO
NOT WANT THE
PROGRAMME TO END
- THEY HAVE
ENJOYED EVERY
MINUTE

THE RELEASE PROGRAMME?

I THINK THE PROGRAMME HAS
INCREASED THEIR CONFIDENCE
OF SHARING THEIR MUSIC WITH
OTHERS WHICH THEY AREN'T
FAMILIAR WITH DOING

INCREASED CONFIDENCE IN
SHARING OWN STORY

I HAVE SEEN DIFFERENCES,
THEY STRUGGLE WITH ANXIETY
AND PERFORMING. TO SEE THEM
STAND ON STAGE AND SING
WAS GREAT.

INCREASED ENTHUSIASM FOR
MUSIC AND DANCE

MY CHILD IS USUALLY SHY, SO IT
IS NICE TO SEE THEM PUSH
THEMSELVES TO PERFORM

THEY KEEP ON COMING AND
WANTING TO BE INVOLVED

THEIR CONFIDENCE HAS GROWN

THEY HAVE OPENED
UP MORE ABOUT
THEIR LIFE AND HOW
THEY SEE THINGS

THEY HAVE RELAXED

THEY HAVE BECOME
MORE WILLING TO
JOIN IN WITH OTHERS

THEY USED TO
WANDER QUITE
OFTEN, HOWEVER,
THEY ATTEND TO
TABLE WORK,
DANCING, SINGING,
AND DRAWING AT
LEAST FOR A SHORT
PERIOD OF TIME

THEY HAVE MATURED
QUITE A BIT

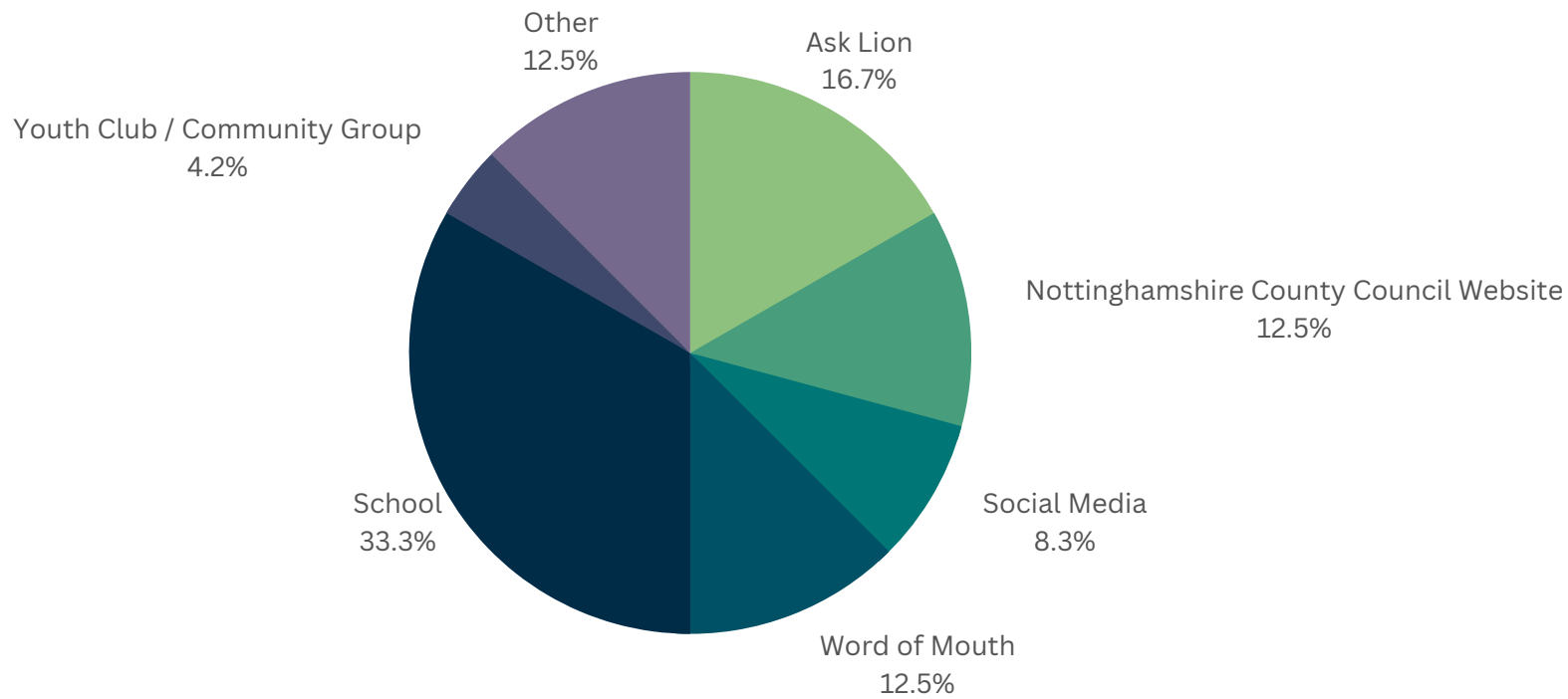
SEEN POSITIVE
CHANGES

ADULT FEEDBACK

FEEDBACK PROVIDED BY 24 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

ONLY 4 OUT OF THE 24 ADULTS KNEW ABOUT FREEDOM FOUNDATION PRIOR TO BOOKING ONTO THE RELEASE PROGRAMME

WHERE DID THE ADULTS HEAR ABOUT THE PROGRAMME?



100%

WOULD RECOMMEND THE FREEDOM FOUNDATION RELEASE PROGRAMME TO FAMILY AND FRIENDS

91.7%

REPORTED 'VERY GOOD' WHEN ASKED HOW THEY WOULD RATE THEIR EXPERIENCE OF THE RELEASE PROGRAMME

100%

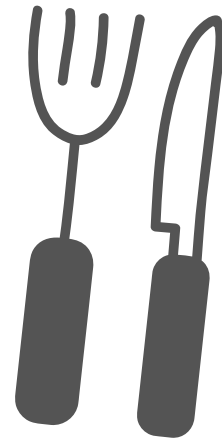
REPORTED THAT THEY WOULD LIKE TO SEE THIS SUPPORT FOR THEIR FAMILY IN THE FUTURE

ADULT FEEDBACK

FEEDBACK PROVIDED BY 24 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

70.8%

RATED THE FOOD PROVIDED TO BE 'VERY GOOD' OR 'GOOD'

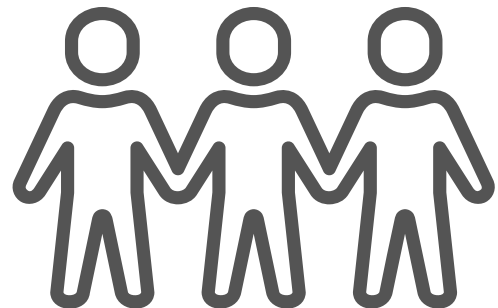


100%

RATED THE VENUE TO BE 'VERY GOOD' OR 'GOOD'

100%

REPORTED THAT THE FACILITATORS WERE KNOWLEDGEABLE AND SUPPORTIVE



100%

RATED THE BOOKING PROCESS TO BE 'VERY GOOD' OR 'GOOD'

OUR FAVOURITE ADULT QUOTES

IT HAS BEEN GREAT TO HEAR THE STUDENTS REFLECT ON WHAT THEY HAVE LEARNT OVER THE DAYS; SELF-REFLECTION, EXPRESSING THEIR EMOTIONS, SELF-ESTEEM, AND CONFIDENCE BUILDING. WELL DONE FREEDOM FOUNDATION!

MY CHILD BECAME POLITER AND KINDER TO FRIENDS AND TO ME

THEY ENJOYED THEMSELVES DESPITE THERE BEING COMPLETELY NEW PEOPLE AND CHILDREN. THEY MADE FRIENDS AND INITIALLY WERE RELUCTANT TO GO, HOWEVER, AFTER DAY 1 THEY WERE VERY HAPPY AND WANTED TO GO EVEN AFTER THE 4-DAY PROGRAMME ENDED!

WE NEED MORE YOUTH GROUPS RUNNING. THE COMMUNITY GIVES A SAFE PLACE FOR CHILDREN TO GROW, MAKE FRIENDS, AND HAVE FUN. IT STOPS THEM GETTING SUNK INTO CRIME LIFE.

THE CHILD HAS ENJOYED EVERY DAY COMING AND I THINK THEY HAVE BENEFITTED A LOT FROM THIS

THESE ACTIVITIES GIVE MUCH VARIETY TO THEIR LIVES - THEY WILL BE ABLE TO GROW UP WITH MUCH CONFIDENCE

I JUST WANTED TO LET YOU KNOW MY BOYS ARE ABSOLUTELY OBSESSED WITH YOUR CLASSES, THEY COME HOME EVERY SINGLE NIGHT WANTING MORE!! THEY ARE 7 & 9 AND COULDN'T BE MORE DIFFERENT, SO TO CAPTURE BOTH OF THEIR IMAGINATIONS IS SIMPLY BEYOND ME!! SO THANK YOU SOOO MUCH!!

MY CHILD WAS UNSURE ABOUT GOING BUT ENJOYED IT THAT MUCH THEY HAVE ASKED TO FIND MORE GROUPS LIKE IT AND IT IS LOVELY TO SEE HIM EXCITED ABOUT THIS

I DON'T THINK THE TIME SPENT AT FREEDOM FOUNDATION WAS LONG ENOUGH TO HAVE AN IMPACT - IF IT WAS ON A REGULAR THEN NO DOUBT THERE WILL BE A HUGE IMPACT

KEEP IT UP & THANK YOU!

FACILITATOR FEEDBACK

HOW MUCH DID YOU ENJOY YOUR EXPERIENCE OF THE HOLIDAY
ACTIVITY FUND?

100%

RESPONDED THAT THEY 'LOVED IT, IT WAS WONDERFUL AND I CAN'T WAIT TO DO IT AGAIN!' OR THAT 'IT WAS GOOD AND I ENJOYED IT'

88.2%

REPORTED THAT THE
RESOURCES PROVIDED
FULLY SUPPORTED THEIR
ROLE

88.2%

REPORTED THAT THE
FREEDOM FOUNDATION
TRAINING PROVIDED FULLY
SUPPORTED THEIR ROLE



94.1%

REPORTED THAT THE
SAFEGUARDING TRAINING
WAS VERY EASY TO
UNDERSTAND/ACCESS
AND VERY USER-FRIENDLY

88.2%

REPORTED THAT THE FIRST-
AID TRAINING WAS VERY
EASY TO
UNDERSTAND/ACCESS AND
VERY USER-FRIENDLY

OUR FAVOURITE FACILITATOR QUOTES

I THOUGHT THE ACTUAL CONTENT OF THE PROGRAMME WAS REALLY GOOD AND REALLY PROGRESSIVE, I FOUND IT OPENED UP REALLY IMPORTANT CONVERSATIONS WITH THE YOUNG PEOPLE. I REALLY ENJOYED DELIVERING THIS CONTENT!

IT WAS FUN AND ORGANISED AND I FOUND THE PROCESS ENJOYABLE

ABSOLUTELY LOVED IT, THE OTHER FACILITATOR I WAS WORKING WITH WAS SO CREATIVE AND BROUGHT SO MANY INNOVATIVE IDEAS THAT TAUGHT THE KIDS ABOUT HOW IMPORTANT SELF-ESTEEM IS, OPENING UP INTERESTING CONVERSATIONS WITH THE STUDENTS ABOUT THEIR EMOTIONS, AND THE JOY OF DANCE AND SONGWRITING!

DELIVERING THE CONTENT WAS TOUGH AT FIRST BUT THE TEAM WAS GREAT AND VERY HELPFUL. DELIVERING THE PROGRAMME HAS ITS UPS AND DOWNS BUT IT WAS ALWAYS A GOOD CHALLENGE.

IT WAS SO REWARDING TO DELIVER AND IT HAD GREAT CONTENT

OVER THE 4 DAYS, WE SAW CONFIDENCE IMPROVE, ATTENTION SPAN INCREASE, AND ENTHUSIASM INCREASE WITH COMPLETING TASKS SET. THE TOPICS WE DISCUSSED WERE VERY POWERFUL AND I BELIEVE IMPACTED THE STUDENTS IN A POSITIVE WAY.

FANTASTIC TEAM, SO SUPPORTIVE AND PASSIONATE ABOUT WHAT THEY DO, IT HAS BEEN AMAZING!

I LIKE THE CREATIVITY THAT IS ALLOWED WITHIN DELIVERY OF THE RELEASE PROGRAMME

THE STUDENTS OPENED UP ABOUT THINGS THEY HAVE EXPERIENCED AND HAVE DONE AND WERE VERY HONEST WITH THIS. IT HELPED US GAIN AN UNDERSTANDING OF WHO THEY WERE. THEY HAVE BIG DREAMS AND ASPIRATIONS WHICH IS FANTASTIC, AND WE SPOKE ABOUT WAYS TO ACHIEVE THIS.

FEEDFORWARD COMMENTS

"BETTER ADVERTISING" - PARENT/GUARDIAN

"PROVIDE TIPS DURING THE TRAINING ON HOW TO DEAL WITH OVERWHELMING SITUATIONS OR BIG GROUPS" - FACILITATOR

"DELIVERING THE CONTENT WAS LESS EASY AT THE HAF CLUB DUE TO THE SHORT SESSIONS WITH THE CHILDREN" - FACILITATOR - SUGGESTS THAT LONGER SESSIONS WOULD BE MORE BENEFICIAL FOR DELIVERING THE CONTENT THOROUGHLY

"AFTER THE TRAINING, PROVIDE A SHORT BULLET POINT SUMMARY" - FACILITATOR

"A PLAYLIST TO USE WOULD BE GREAT WITH SONG IDEAS FOR BOTH THE SINGING AND DANCING!" - FACILITATOR

"PERHAPS FURTHER MARKETING TO RAISE AWARENESS" - PARENT/GUARDIAN

EMAIL SENT BY A PARENT AFTER ATTENDING A RELEASE SESSION

Dear Ladies & Gents

I would be extremely grateful if you could circulate this ode of gratitude to your fellow employees. Right now this club, it's just a fun kiddies club for laughs and loves! It is genuinely urgently needed respite care for both myself and my husband!

I struggle daily with Bipolar Disorder, Type 1 Diabetes, and Historical Chronic Pancreatitis and my brain continually toys with the idea that suicide is the answer to all of my family's problems! I know that my 7 & 9 year olds have seen more pain, hurt, and distress than more people will ever see in their entire lives! I take over 30 medications daily and my children have found me unresponsive several times resulting in hospitalisation!

This isn't just 'A Club' this is respite care for my entire family! This isn't just 'A club', it's a reminder to my children that they are, JUST THAT!!! JUST CHILDREN! For 4 hours daily they are FREE!! FREE from the constrain on their 'POORLY MUMMY' free from that school yard bully, who saw me injecting insulin and then circulated the rumour I was a heroin addict and got me banned from picking my own children up from school, just incase those rumours were true!!!

So for 4 days this week my children have soared free, laughed loudly, and run wildly!!

So for 4 hours today, my children have breathed soooo deep and soooo sweetly, that for those 4 hours today YOU!! YOU !!! HAVE ALL given our sweet little boys the chance to live a NORMAL LIFE!! Today might have been that first beautiful spark of light, of positivity, of freedom, of joy that may have saved them from a life of pain! A life free of victimhood! A life devoid of emotional anchors that may well have stunted them from aiming to cut that beautiful pure light short! Today you really did save a life! If I'm honest... It was my life that you saved because today, like most days in recent history, I felt like this should be my last! BUT, today my children ran into my arms, screaming, laughing, infecting my entire spirit with sooo much warmth, love and joy, that it wiped today's slate clean! You pressed reset on that button that has ALWAYS been too far from my reach! You truly delivered my boys, my beautiful children, the chance to be free to play, to laugh, and to live their very best life!! This is no gimmick, no T-shirt or bumper sticker!

I will NEVER be able to repay you because I found your group, I filled the form out and secured a spot for them! I, ME, MISERABLE, self loathing self, managed to turn my usual, low, horrible self to seek help... To find a different future path to my boys and boy did you accept the challenge you absolutely BEASTED IT!!! You transformed my family and I will NEVER EVER be able to thank you for what you have done to my family! Thank you, THANK YOU SOOOOOO MUCH. I know, life doesn't just flip 360, BUT THE STEPS HAVE BEEN MADE! The thoughts have been imbedded, the new routes have been planted and those smiles, will NEVER be forgotten!!!

Thank you!

From the bottom of my newly warmed heart!!

XXXXXXXXX THANK YOU XXXXXXX



THANK YOU!

**TO ALL OF OUR STAFF
AND
DELIVERY PARTNERS**



FREEDOM FOUNDATION

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