

WELCOME TO FREEDOM FOUNDATION

Developing children's mental well-being through creative arts

FREEDOM FOUNDATION APPROACH

Freedom Foundation CIC is an organisation that empowers children and young people to explore their individuality, learn to value themselves and build their confidence using the creative arts.

FREEDOM FOUNDATION MISSION

Our mission is to educate and motivate the minds of young people, to explore who they are and who they could be, whilst unlocking their talents and nurturing their creative individuality through our development programmes.

FREEDOM FOUNDATION VISION

Our vision is to improve the emotional and mental wellbeing of children and young people by inspiring them to believe that creative thinking can lead to achieving anything.

OVERCOMING MENTAL HEALTH CHALLENGES

We take a holistic approach to educating, motivating and empowering children to participate and share their feelings and ideas. Our programmes teach young people to value themselves without comparison, equip them to cope better with difficult circumstances, preventing them from experiencing common mental health problems before they become serious issues.

FREEDOM FOUNDATION AND THE HOLIDAY ACTIVITY FUND

As part of the Nottingham and Nottinghamshire Holiday Activity Fund offer, Freedom Foundation will deliver weekly music and dance sessions throughout the summer holidays to offer children the opportunity to learn about working within the commercial industry as a dancer and singer/songwriter. The sessions will be led by our experienced dance facilitators and will include dance based on commercial styles, learning various hip-hop techniques, understanding routines and choreography, singing popular music, learning to rap or spit bars and developing song writing techniques through collaboration.

FREEDOM FOUNDATION HOLIDAY ACTIVITY FUND DATES AND VENUES

Each Freedom Foundation music and dance session will take place for 4 hours per day across 4 days of the week at a variety of venues across Nottingham City and Nottinghamshire. You can choose the week(s) and venue(s) that you would like your child to attend a Freedom Foundation session, but please note that City and County dates vary. All sessions take place over 4 days of each week and where possible children should attend on all 4 days. If your child is unable to attend on a particular day, please let us know as soon as possible by using the contact details below.

COST AND RESOURCES

All sessions are free of charge and your child will be provided with food and a Freedom Foundation T-shirt, song writing book and pencil. Comfortable clothing and flat shoes are advised for all sessions.

Antenna, 9a Beck Street, Nottingham, NG1 1EQ

Tel: 0115 9932370

Email: info@freedomfoundationuk.org

Website www.freedomfoundationuk.org



@freedomfoundationuk



@FreedomFDN_UK



@freedomfoundation_uk