

HUB NEWS AND SPECIAL EVENTS

Hub News

Volunteers always needed in the Hub Café

We are always looking for people who would have a few hours to spare one or two days a week to help in the Café. No prior experience needed as training will be given.

If you want more information about Volunteering at the Hub contact: carola@lordshiphub.org.uk

Special Events

International Women's Day Event

Women's Association of Lordship Rec
Saturday 18th March 1-4pm

Celebration of Inspirational Women:
Talks, Workshops, Therapies and Stalls
Free Entry, fee for therapies.

Mother's Day Tea

Delicious, freshly-made afternoon tea to celebrate all you lovely mums!

Sunday, 26th March

2 sessions: 1.00-2.45pm or 3.30-5.15pm
£15 (£7 children) Booking Essential at:
kitchen@lordshiphub.org.uk



New Classes

■ Mindfulness for Stress – 8 week course

Monday 6th March to Monday May 1st, 6.30-8.30pm
Whatever the cause of stress or anxiety, mindfulness can help to rebalance your life.

£130/£80 concessions for 8 week course

Booking required. Contact Shazia Chaudry on:
Shazia@mettamindful.com or mobile: 07813 333625
<http://mettamindful.com>

■ From Small Acorns: Tree Workshops

Saturday 4th March and 25th March 10am-4pm
Introduction to fruit growing/food forest creation:
Types and varieties of trees & soils, practical work in the Rec, pruning, mulching and more. Tutor: Marie O'Connell, Organic fruit farmer, Apricot Centre.

Wednesday 1st March and 15th March 10am-4pm

Saturday 11th March 10am-4pm

Practical Tree Care: planting, protecting, mulching of young trees in Lordship Rec.

Tutor: Russell Miller, Hackney Tree Musketeers.

Book via Brown Paper Tickets or
email: shaywill@fast.co.uk or mobile: 07950467902

Meet in Hub Cafe. Children welcome with an adult.
FREE hot drinks! Bring lunch to share or buy from Hub Café. Wear sensible clothes.

Cost between £1 and £10 per workshop, pay what you can afford. Booking essential.

Supported by Haringey Council & Friends of Lordship Rec

■ Magic and Wonder Workshops

Mondays after school, 4.45-5.45 pm
Workshop and performance for children
8-12yrs. For more info contact Thomas:
tdixon27@gmail.com. Cost £5 per session

For information on all hub activities see
What's on section of Hub website:
www.lordshiphub.org.uk

HUB PROGRAMME

MARCH 2017



Lordship
Hub Co-op 

Lordship Hub
Lordship Recreation Ground,
Higham Road, N17 6NU
020 8885 5684
hello@lordshiphub.org.uk
www.lordshiphub.org.uk

What's on at Lordship Hub Co-op in March

Café open daily 11-5pm. For info on any of the activities below drop in, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

Day	Time	Regular Activities	Price	Book?
Monday	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check becky.yoga .	£5	No
	11-1pm	Watercolour Class. Price includes paints and brushes. Paper and pencils are available to buy. info@tottenhamartclasses.co.uk .	£7	No
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength and flexibility. contact@jessicagreen.net .	£5	Y/N
	4.45-5.45	New Magic and Wonder. Workshop and performance for children 8-12 years. For more info contact Thomas tdixon27@gmail.com .	£5	No
Tuesday	10.30-12.30	Silverfit. Exercise for 45+. Yoga, Cheerleading, Nordic Walking, Badminton. Non-members £2.50. info@silverfit.org.uk . www.silverfit.org.uk	£1	No
	11-2pm	Parent and Toddler Drop in. Charge covers a drink and snack for you and the little one.	£2	No
	12.30-1.30	Chair Exercises. Chair-based exercise for health, balance and co-ordination suitable for older and/or less agile people. Just come along!	£2	No
	12.30-1.30	Coffee with a Cop. Come and discuss any issues affecting you with your local neighbourhood police officer. This month: 21st March.	Free	No
	2-4pm	Wildlife Group. Every 4th Tuesday of the month. 28th March. To plan conservation & optional task in the Rec.	Free	No
	4.45-5.45	Children's Art Club ages 7+. Painting, drawing, model making, batik, shadow puppetry and much more. Contact Jane on 020 8365 7450	£8*	No
Wednesday	9.30-10.30	Awareness through Movement "Feldenkrais". Info: Jessoly02@gmail.com or www.movementaware.co.uk .	£5	No
	10.30-11.30	Baby Yoga from 6wks to 8months. Contact Karen: first-touchmassage@hotmail.co.uk . No session on the 8th March.	£7*	No
	11-1pm	Thinking space. Tea and Coffee morning for Tottenham mums. Every 4th Wednesday of the month. This month: 22nd March.	Free	No
	11.45-12.30	Baby Yoga 8month+. Contact Karen: first-touchmassage@hotmail.co.uk . No session on the 8th March.	£7*	No
	4.45-5.25	Ballet and Modern Dance for 3-5 year olds. Contact Suzanne on 07515 745 529.	£5.50*	No
	5.25-6.05	Ballet and Modern Dance for 6-13 year olds. Contact Suzanne on 07515 745 529.	£5.50*	No
	6.05-6.45	Tap Dance for 6-13 year olds. Contact Suzanne on 07515 745 529.	£5.50*	No
	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8	No
Thursday	9.30-10.30am	Fitburn@TheHub. Calorie burning Aerobic and Body Conditioning Group. Info: lauracaporossi@hotmail.com .	£5	No
	11-2pm	Parent and Toddler Drop in. Charge covers a drink and snack for you and the little one. No session on the 30th March.	£2	No
	2.30-5.30	Drop in Mixed Media Art Sessions for Adults. More info contact Sandra: lastdoorstudio@gmail.com . On the 9th and 23rd March.	£3	No
Friday	10.30-11.30	Fun Music Classes for Babies and Toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50.	£5	No
	11.30-12.30	The Knitting Hub. Knitting group. Babies and children welcome!	Free	No
Saturday	8.45-9.45	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8	No
	9-10am	Open level Vinyasa Yoga Flow. A dynamic sequence set to music. Check becky.yoga . Drop in £7 or book blocks at discounted rate £5.	£7	No
	10-11.30	Antenatal Yoga. Stay fit, strong and supple during pregnancy. To book www.yogaavenue.guru or connect on Facebook https://www.facebook.com/YogaAvenueGuru-1505597533052308/ .	£5	Yes
	10.30-11.30	Capoeira. For children from 5-12yrs. Drop in or book in advance. See facebook.com/bambinhos .	£5/7.50	Y/N
	2-5pm	Hub Music Circle in the Café. Every 1st Saturday of the month. Take turns to play a song, sing or read a poem. This month: 4th March.	Free	No
Sunday	10-11am	Vinyasa Flow Yoga - All levels. Beginners welcome! Check becky.yoga . Drop in £7 or book blocks at discounted rate £5.	£7	No
	11-12	Chi Kung. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com for further info.	£5	No
	11-1pm	Friends of Lordship Rec Practical Volunteering. Every 3rd Sunday of the month. Meet in the Café. This month: 19th March.	Free	No
	1-2.30pm	Friends of Lordship Rec Open Meeting. For all Park Users to share news and views about the park. This month: 5th March.	Free	No
	5-7pm	Lordship Hub Board Meeting. All members welcome. This month: 12th March.	Free	No

The Hub is run by and for the local community. Please get involved by joining the Hub Co-op & park's User Groups.

* Concessions available.