

## HUB NEWS AND SPECIAL EVENTS

### Two Festivals in One

**Saturday, September 16th, 11-7pm**  
**RiverFest & Lordship Harvest Festival**

(inc. Tottenham Flower and Produce Show)  
 Local food, produce and craft stalls, music, children's activities, gardening workshops and talks. Celebrating our local rivers and local food growers, food & drink producers and craftspeople.

Contact: info@tottenhamploughman.com or for Show entry form contact joanhcurtis51@gmail.com

### Creative Recycling

**Creativity with Recycled Plastic**

Friday 8th September from 4-5.30pm

Workshop includes craft activity plus environmental introduction to the material used. **£5 per person.** Bring your own plastic waste! Adults and children 8+  
 katieasqua@gmail.com 07514008460

### New Classes

**Toddler Yoga**

For ages 20 months to 4 years

An introduction for little ones to Yoga with stories, songs and games. Movement, coordination, posture and connecting movements to words and music.

**£8 drop-in or 6 sessions for £40.**

**Counselling Awareness Course**

FREE 6-week course on Sundays

from 10th September to 15th October 9.30-11am

Ideal for those with no prior knowledge of counselling, who are curious about it or thinking of a counselling career. Lloyd Philp (UKCP reg.) introduces core skills needed. 12 places only. Book at: LWPPhilp@live.co.uk

**Zumba with Tara**

Sat 10.30-11.30am. Starts 23rd Sept. 45 mins of aerobic dance workout party followed by 15 mins stretch and relax. **£5 a session.** Contact: 07984 448 488



### Men's Health Check

**FREE NHS HEALTH CHECKS - MEN 40-74**

Tuesday 12th September, 2-4.30pm

Blood pressure, cholesterol, diabetes and BMI (Body Mass Index). You will get the results immediately.

Contact: 020 8365 5138

Run by Tottenham Hotspur Foundation

### Women's Disco

**Women's Association of Lordship Rec**

**Ladies Friday Night Out**

Friday 15th September, 7-10pm. **£3**

Put on your dancing shoes and dance down memory lane to your favourite beats!

www.walordshiprec@gmail.com

### Hub Art Exhibition

Throughout September in the Café:

**Exhibition of Tottenham** iPad drawings by **Candy Amsden.** Free entry



### Tuition

**Kid's World Tuition at the Hub**

Maths, English, 11+ and GCSE Preparation.

Class session with Qualified Teachers for £9 per hour

Contact: 07958668234 or visit:

www.kidsworldtuition.com

### Just for Dads

**Baby Yoga Taster Class**

Saturday, 2nd September, 10.30-11.30am

All babies 6 weeks to 8 months. No yoga experience needed. Booking Essential. **£3** for session.

first-touchmassage@hotmail.com 07902227669

**LORDSHIP HUB**  
 Community building in every sense

## SEPTEMBER 2017 PROGRAMME



**Lordship Hub**

Lordship Recreation Ground,

Higham Road, N17 6NU

020 8885 5684

hello@lordshiphub.org.uk

www.lordshiphub.org.uk

@LordshipHub LordshipHub

# What's on at LordshipHub in September

Hub Café open daily from 11-5pm . For info on any activities below drop in, email: [hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk), ring 020 8885 5684 or visit [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

Monday	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check <a href="http://becky.yoga">becky.yoga</a> . Resumes 11th September.	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils available to buy. <a href="mailto:info@tottenhamartclasses.co.uk">info@tottenhamartclasses.co.uk</a> .	£8
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength & flexibility. <a href="mailto:contact@jessicagreen.net">contact@jessicagreen.net</a> . Suggested Donation £5. Resumes 4th September.	Donation
	5-6pm	<b>New time.</b> Capoeira – for children 5-12yrs. Drop in or book in advance. See <a href="http://www.facebook.com/bambinhos">www.facebook.com/bambinhos</a> . Resumes 11th September.	£5/7.50
	7-8pm	Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. <a href="http://www.facebook.com/bambinhos">www.facebook.com/bambinhos</a> . Resumes 11th Sept.	£5
Tuesday	10.30-12.30	Silverfit. Exercise for 45+. Yoga, Cheerleading, Nordic Walking, Badminton. Non-members £2.50. <a href="mailto:info@silverfit.org.uk">info@silverfit.org.uk</a> , <a href="http://www.silverfit.org.uk">www.silverfit.org.uk</a> .	£1
	11-2pm	Parent & Toddler Drop in. Charge covers a drink & snack for you & the little one.	£2
	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
	12.30-1.30	Coffee with a Cop. Come and discuss any issues affecting you with your local neighbourhood police officer. This month: 26th September.	Free
	1-2pm	Green Gardeners Gathering. Every 4th Tuesday of the month. Share your passion with others. This month: 26th September.	Free
	2-3pm	<b>New</b> Postnatal yoga class- gentle sessions to support you in recovery, getting back into shape & bonding with your baby. Babies pre-crawling welcome, no experience of yoga necessary. For more info check: <a href="http://becky.yoga">becky.yoga</a> .	£6
	2-4pm	Wildlife Group. Every 4th Tuesday of the month. To plan conservation & optional task in the Rec. This month: 26th September.	Free
	4.45-5.45	<b>New time.</b> Magic and Wonder. Magic skills for children 8-12yrs. For more info contact Thomas: <a href="mailto:tdixon27@gmail.com">tdixon27@gmail.com</a> . Resumes 12th September.	£5
	7-8pm	BLISSBOOTCAMP. Full body fat burning & body sculpting fitness classes, all abilities. Walk-ins welcomed. For info Bliss at <a href="mailto:blissbootcamp@gmail.com">blissbootcamp@gmail.com</a> .	£5
Wednesday	10.30-11.30	Baby Yoga from 6wks to 8months. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> .	£7*
	11-1pm	Thinking space. Tea and Coffee morning for Tottenham mums. Every 4th Wednesday of the month. This month: 27th September.	Free
	11.45-12.30	Baby Yoga 8month+. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> .	£7*
	4.45-5.25	Ballet & Modern Dance for 3-5 year olds. Contact Suzanne on 07515 745 529. Resumes 6th September.	£7.50*
	5.25-6.05	Ballet & Modern Dance for 6 to 13 year olds. Contact Suzanne on 07515 745 529. Resumes 6th September.	£7.50*
	6.05-6.45	Tap Dance for 6 to 13 year olds. Contact Suzanne on 07515 745 529. Resumes 6th September.	£7.50*
	7-8pm	Pilates mat class. Ellen: <a href="mailto:persistpilates@gmail.com">persistpilates@gmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5.	£8
Thursday	11-2pm	Parent & Toddler Drop in. Charge covers a drink & snack for you & the little one.	£2
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> .	£3
Friday	9.30-11.30	Fun music classes for babies & toddlers. Singing, bubbles, instruments, colourful scarves, dancing. Siblings £2.50. <a href="mailto:hollyaisbitt@hotmail.com">hollyaisbitt@hotmail.com</a> .	£5
	11.45-12.30	Barefoot African Dance for Toddlers. Contact Miles: <a href="mailto:umzimba.dance@gmail.com">umzimba.dance@gmail.com</a> / 07496905611. Also see: <a href="http://www.umzimba.co.uk">www.umzimba.co.uk</a> Siblings £2.50.	£5
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Saturday	8.45-9.45	Pilates mat class <a href="mailto:persistpilates@gmail.com">persistpilates@gmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5. No session 16th September.	£8
	9-10am	Open level Vinyasa Yoga Flow. Check <a href="http://becky.yoga">becky.yoga</a> . Drop in £7 or book blocks at discounted rate £5. No session 16th September.	£7
	10-11.30	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: <a href="http://www.yogaavenue.guru">www.yogaavenue.guru</a> . Booking essential. No session 16th September.	£6
	10.30-11.30	<b>New.</b> Zumba with Tara. 45 mins Aerobic dance workout party followed by 15 mins stretch and relax. Contact: 07984 448 488. Starts 23rd Sept.	£5
	11.45-12.45	<b>New.</b> Toddler Yoga. 20 months to 4yrs. Stretch, move and relax together. contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> £8 or £40 for 6 sessions. No session 16th Sept.	£8
	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: 2nd September.	Free
Sunday	10-11am	Vinyasa Flow Yoga – All levels. Beginners welcome! Check: <a href="http://becky.yoga">becky.yoga</a> . Drop in £7 or book blocks at discounted rate £5.	£7
	11-12	Chi Kung. Exercises based on the principles of Chinese medicine. Contact: <a href="mailto:darcyphil@hotmail.com">darcyphil@hotmail.com</a> for further information.	£5
	1-2.30pm	Friends of Lordship Rec open meeting. For all Park Users to share news & views about the park. This month: 3rd September	Free
	5-7pm	Lordship Hub Board Meeting. All members welcome. This month: 10th September.	Free

Always check Hub website calendar for any cancellations or last minute changes at [www.lordshiphub.org.uk/whats-on/](http://www.lordshiphub.org.uk/whats-on/)

\* Concessions available.