

What's on at Lordship Hub in April

Hub Café open daily from 11-5pm (10-5pm on Saturdays and Sundays) . For info on any activities below drop in, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

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| Monday | 9.30-10.30 | Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check becky.yoga . Not on 2nd and 9th April. | £5 |
| | 11.30-1.30 | Watercolour class. Price includes paints & brushes. Paper & pencils available to buy. info@tottenhamartclasses.co.uk . Not on 2nd April. | £8 |
| | 4.30-5.30 | Kids Yoga, 8yrs upwards. For confidence, strength & flexibility. contact@jessicagreen.net . To book: https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138 . Suggested Donation £5. Not on 2nd and 9th April. | Donation |
| | 5-6pm | Capoeira – for children 5-12yrs. Drop in or book in advance. See www.facebook.com/bambinhos . Not on 2nd April. | £5/7.50 |
| | 7-8pm | Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos . Not on 2nd April. | £5 |
| Tuesday | 9.30-10.30 | Awareness through Movement: Feldenkrais Method® for ease, flexibility and improved posture – lynda@movementaware.co.uk . First class FREE. | £6 |
| | 10-11am | Postnatal Yoga. Focusing on maternal wellbeing and healing. Gently ease back into yoga. Sessions include calming breath work, pelvic floor & core toning, and overall strengthening and stretching. Babies welcome until crawling. carlysandland@hotmail.com 07985277315. Not 3rd April. | £8 |
| | 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 |
| | 11-2pm | Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not on 10th April. | £2 |
| | 12.30-1.30 | Chair Exercises. Chair-based exercise for health, balance and co-ordination for older and/or less agile people. Just come along! | £2 |
| | 1-2pm | Back again. Green Gardeners Group. Every 4th Tuesday of the month. This month baby plant sharing. This month: 24th April. | Free |
| | 2-4pm | Back again Wildlife Group. Every 4th Tuesday of the month. Planning conservation work in the rec & optional practical work. This month: 24th April. | Free |
| | 7-8pm | Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: dorcasyoga.com . First class FREE. | £5 |
| | 7-8pm | Mindfulness. Do you want a quieter mind? And to experience more peace and happiness into your life? Join us to learn to live in a stress-free way! For more information contact: Boyan 07543824928 , hello@boyanm.com . | £5 |
| Wednesday | 10.00-11.00 | Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 11th April. | £7* |
| | 11.15-12.00 | Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 11th April. | £7* |
| | 7-8pm | Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Not on 4th April. | £8/5 |
| | 7.30-10pm | Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 11th April. | Free |
| | 8-9pm | Salsa Dance Class. Beginners. For more information contact Ceyhun: ceyhunburat@hotmail.com , 07522 318198 or www.jayjaydance.com | £5 |
| Thursday | 11-2pm | Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not on 12th April. | £2 |
| | 2.30-4.30 | Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com . Booking essential. | £3 |
| | 7.30-9pm | Monthly Yin Style Yoga class. Offers deep relaxation & a chance to turn your attention inward. This month: 5th April. becky.yoga . Booking essential. | £15 |
| Friday | 10-10.45am | Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . Not on 6th April. | £5 |
| | 11.45-12.30 | Barefoot African Dance for Toddlers. umzimba.dance@gmail.com / 07496905611. See: www.umzimba.co.uk Siblings £2.50. | £5 |
| Saturday | 9-10am | Pilates mat class Drop in £8 or book blocks at discounted rate £7/£5 persistpilates@gmail.com . Not on 7th April. | £8/5 |
| | 9-10am | Open level Vinyasa Yoga Flow. Check: becky.yoga Drop in £7 or book blocks at discounted rate £5. | £7/5 |
| | 10.10-11.40 | Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru . Block of 4 classes £20. Booking essential. | £7/5 |
| | 10.15-11.15 | Toddler Yoga. 20mths to 4yrs. Stretch, move & relax together. Contact: first-touchmassage@hotmail.co.uk . £8 or £40 for 6 sessions. | £8/6.60 |
| | 11.30-12.15 | Family Singing. Music, rhythm & singing sessions with a difference. Suitable for 0-4yr olds. Just Drop In. £2 for siblings. | £5 |
| | 11.45-1.15 | Special Magic Workshop. Monthly drop-in for 8-12yrs. Learn magic and have fun. Contact: info@thomasdixonmagic.com . This month: 7th April. | £7 |
| | 11.45-1.15 | Special Tinkering Club. Monthly drop-in for 8-12yrs. Parents/carers please stay and tinker too! Contact Amy: 07813 069990. This month: 21st April. | £4 |
| | 2-5pm | Hub Music Circle in the Café. Usually every 1st Saturday of the month. Take turns to play a song, sing or read a poem. This month: 7th April. | Free |
| Sunday | 10-11am | Vinyasa Yoga Flow – All levels. Beginners welcome! Check: becky.yoga . Drop in £7 or book blocks at discounted rate £5. Not on 1st April. | £7/5 |
| | 10.30-12.30 | Lordship Hub Co-operative Board Meeting. All members welcome. This month: 8th April. | Free |
| | 11-12am | Chi Kung. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com for further information. Not on 1st April. | £5 |
| | 11.15-12.15 | Slow Flow yoga. Suitable for all levels, but especially suited to beginners. Drop in £7 or book blocks at discounted rate £5. Not on 1st April. | £7/5 |
| | 1-2.30pm | Lordship Hub Members Meet-up. Meet other Hub Co-op members over a bit of lunch and discuss the progress of the Hub. This month: 8th April. | Free |

HUB NEWS AND SPECIAL EVENTS

Documentary Event

Concrete Soldiers Uk and SA61-Home
Sunday, 15th April 2-5pm



2 documentaries: *Concrete Soldiers UK*, by Nikita Woolfe about the state of social housing in London, residents' campaigns against demolitions and alternative approaches and *SA61-Home*, an interview with a Broadwater Farm Estate resident, by local artist, Wendy Charlton. There will be guest speakers and Q&A session after the films. Resident of Broadwater Farm, Inga Bystram will have an exhibition of paintings of Broadwater Farm and its people, called *I Love My Home* in the Hub Cafe (throughout April).

Minimum donation £3

Easter Egg Hunt



EGG PAINTING Workshop
Monday, April 2nd 11.30-1.30pm
£4 (£3 for siblings) for eggs and materials.

EASTER EGG HUNT Find the Easter Bunny and friends round the park and win a prize!
From 2-4pm Thursday 5th April.
Pick up Egg Hunt Sheet at the Hub . £3 per child

Immigration Advice

Friday 13th April, 11-3pm
FREE legal advice from *The Legal Guys*, qualified immigration lawyers. 020 8801 7422

Ladies Night

Ladies Friday Night - QUIZ NIGHT

Friday 20th April, 7-10pm

Test your knowledge of all the amazing contributions women have made to the world throughout history.
£3 donation for snacks.

Up on the High Road

Saturday 14th April, 3.00-5.00pm



N17 Community Play

Performed by Tottenham Theatre, devised by Lynda Brennan and residents. Tottenham residents' stories - their journeys here, and the changes in the area. The stories are told with musical backing by local people themselves. Entry **£5**

Part of a weekend of activities at the Hub about Housing in Haringey (see documentary Event)

Kids Clothes Sale

Saturday 7th April, 1-2.30pm

The Goose in the Papoose presents:
Baby and Kids Clothes, Toys, Equipment, Books Sale (0-6yrs), preloved and new.
Contact: annamariacasson@gmail.com

Hub Members' Lunch

Sunday 8th April, 1-2.30pm

All members of Lordship Hub Co-operative are invited to a special members' meet-up and lunch. Meet other Hub members and discuss the Hub.
All Co-op members welcome

LORDSHIP HUB
Community building in every sense

APRIL 2018 PROGRAMME



Lordship Hub is a community building at the heart of Lordship Rec, co-operatively run by staff and volunteers

Lordship Hub

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

@LordshipHub LordshipHub

Phone us re disabled vehicle access to the park