

What's on at Lordship Hub in July

Hub Café open 11-5pm (10-5pm Weekends). For info on any activities below drop in office Mon-Sat 11-4pm, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

Monday	10-11am	Cardio/Barre/Pilates for adults. Mixed discipline exercise class with a full body approach to elevate cardiovascular health, core strength, flexibility & muscle tone. Children are welcome, but will be your responsibility. For further details contact: www.susannasparrowpilatetrainer.co.uk . Not on 29th July.	£7/5*
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: jvroberts@mac.com .	£8
	2-3pm	Thula Mama nourishing group for parents with babies under a year. We sing songs from around the world in beautiful harmony. Open to everyone! hollycullendavies@gmail.com or ring 07709438777. The price is £8 drop in £35 for 5 classes or £60 for 10 classes. Not on 22nd & 29th July.	£8/£6
	7-8pm	Hula Hooping together for fitness & fun. All welcome. Info from Sarahall52@gmail.com or 07932 566 508. Not on 8th & 29th July.	£4
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE.	£6
	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 23rd July.	£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!	£3
	3-4pm	Parent & Child Dance Movement Lab - Creative dance for parents and their little ones. Suitable for babies and toddlers up to 3 years. £8 drop in or £35 for 5 classes (to be used in 3 months). For more info: mafe@mafetoledo.com or ring 07811281497.	£8/£7
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels. Drop in £7 or book blocks at £6. For more information visit: dorcasyoga.com . First class FREE.	£7/£6
Wednesday	10-11am	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . This month only 3rd & 10th July.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . This month only 3rd & 10th July.	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Info: Sarahall52@gmail.com or 07932 566 508.	£4
	6.45-7.45pm	Pilates mat class. Contact Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8/£5
	6.45-8pm	Hatha Yoga - Open Level. Feeling tight and stiff? Come and try your first class for Free! Email: laura@lalitapriyayoga.co.uk .	£7/£6
	7-9pm	Tottenham Photography Club. For anyone passionate about photography. This month: 10th July.	Free
Thursday	10.45-11.45	Postnatal Pilates – bring your baby. Classes booked as a half termly block. To reserve a place: www.susannasparrowpilatetrainer.co.uk . Not on 25th July.	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one.	£2
	1-2pm	Green Gardeners. Gathering for all local gardeners. Every 2nd Thursday of the month. This month: 11th July.	Free
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com . Booking essential.	£3
	6.30-7.45	Hub Community Singing. Come and join us – ‘Sing your heart out’. For more info please contact: leona@lordshiphub.org.uk . Not on 25th July.	Free
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. Drop in £7 or book blocks at £6. For more information visit: dorcasyoga.com . First class FREE.	£7/£6
Friday	10-10.45am	Tiny Time Music - Fun music for babies and toddlers. Singing, bubbles, instruments, dancing. Siblings £3. hello@tinytimemusic.co.uk .	£6
	11.15-12.00	New Parent & Toddler Dance Movement Lab - Creative dance for parents and their little ones. Suitable for toddlers up to 3 years. £8 drop in or £35 for 5 classes (to be used in 3 months). For more info: mafe@mafetoledo.com or ring 07811 281 497.	£8/£7

FOR WEEKEND CLASSES SEE OVER Check Hub website “What’s On” page in case of any cancellations or changes: www.lordshiphub.org.uk *Concessions available



Happy Birthday to Lordship Hub - 5 fantastic years!
 Thanks to all our staff, volunteers, members and loyal customers
 Celebrate with us on Saturday 13th July at the Hub



SATURDAY	
9-10am	Pilates mat class Contact: Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5.
9-10am	Open level Vinyasa Yoga Flow. Harmonising the movement of body & breath in dynamic sequences. Visit dorcasyoga.com . Open to all. Drop in £7 or blocks at £6. First Class Free.
10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru . £7 or Block of 4 classes £20. Booking essential.
10.15-11.15	Toddler Yoga. 20 months to 4yrs. Stretch, move & relax together. first-touchmassage@hotmail.co.uk . £8/£40 for 6 sessions.
11.30-12.15	Family Singing. Music, rhythm & singing sessions with a difference. 0-7yrs. Drop in. andymusichall@gmail.com . £5 (£2 for siblings).
2-5pm	Hub Music Circle in Café. Every 1st Sat of the month. Take turns to play a song, sing or read a poem. This month: 6th July. Free.
SUNDAY	
10-11	Vinyasa Yoga Flow. Harmonising the movement of body & breath in dynamic sequences. Visit dorcasyoga.com . Open to all. Drop in £7 or blocks at £6. First Class Free.
11-12	Chi Kung. Exercises based on the principles of Chinese medicine. darcyphil@hotmail.com . £5.
12-1pm	Lordship Hub Board Meeting. All welcome! Next meeting: 13th July.
2-3.30pm	Friends of Lordship Rec Drop-in. Meeting for all interested park users. All welcome! This month: 7th July.

Broadwater Faces

An exhibition of large photographs of residents of Broadwater Farm Estate

The photos, by Marta Bortoli, are part of a project showing the wide diversity of people living on the estate.

In the Hub Café till 7th July

Contact: marta.bortoli@hotmail.com or 07716491361

Youth Fest

Festival for Young People in Lordship Rec Saturday July 27th, 1-6pm

A variety of sports for girls and boys, Music/DJ, Dance, Stalls, plus Zorbing, Climbing Wall, Inflatable Obstacle Course, Pony Rides and much more.
Contact: 07971113463

Free Yin Yoga Taster Session

Deep Bliss – Yin Yoga and Yoga Nidra Monday 8th July, 7-8.30pm

Connect with yourself, be in the present, let go of tension, and deeply relax. **Info and booking see:** www.eventbrite.com/e/free-workshop-discovering-yin-yoga-yoga-nidra-tickets-62021255244 or contact Louise on: 07970 577750

Blockorama

A live showcase of new steel band music in the heart of Tottenham with DJs

Saturday 6th July, 12-8pm
In the main field, Lordship Rec
Pan.nationuk@gmail.com

Hub 5th Birthday

Lordship Hub will be 5 in July Come and help us celebrate!

From 1pm at the Hub
Opened by the Hub Singers

Free Bouncy Castle, Face Painting, Graffiti Spray Painting workshop, Hula Hooping, Nature Walk in the park at 3pm.

Live Music Performances in the afternoon, Hub birthday cake at 4pm, DJ and Music from 5pm with Caribbean Line Dancing and more.

Emergency General Meeting of Hub Co-op 1.15-2.15pm

LORDSHIP HUB

community building in every sense

JULY 2019 PROGRAMME



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

LordshipHub

Lordship Recreation Ground,
Higham Road, N17 6NU
020 8885 5684

hello@lordshiphub.org.uk
www.lordshiphub.org.uk

[@LordshipHub](https://twitter.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)
Phone us re disabled vehicle access to the park