

# What's on at Lordship Hub in September

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](mailto:hello@lordshiphub.org.uk), ring 020 8885 5684 or visit [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

Monday	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: <a href="mailto:jvroberts@mac.com">jvroberts@mac.com</a> . Not on 30th September.	£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! <a href="mailto:hollycullendavies@gmail.com">hollycullendavies@gmail.com</a> or ring 07709438777. The price is £8 drop in £35 for 5 classes or £60 for 10 classes.	£8/£6
	4.30-5.30	<b>Returning. Teen Yoga.</b> 8yrs upwards. For confidence, strength & flexibility. <a href="mailto:contact@jessicagreen.net">contact@jessicagreen.net</a> . To book: <a href="https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138">https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138</a> . £25 for 4 weeks or £8 drop in. Re-starts 9th September.	£7.50/£8
	7-8.15pm	<b>New. Slow Flow Yin Yoga.</b> Limber up with a slow, sensual Vinyasa Flow, settling into grounding Yin and ease into a long blissful relaxation in savasana or yoga nidra. Contact Louise: 07970 577750, <a href="http://www.mindbodyzone.co.uk">www.mindbodyzone.co.uk</a> . Starts 16th September.	£10
	7-8pm	<b>New. Mat Pilates for mixed abilities</b> - improve posture, strength, flexibility and wellbeing. £8 drop in or £6 block booking. For more info, email Kate: <a href="mailto:pilateswithextras@gmail.com">pilateswithextras@gmail.com</a> , 07885 803735. Starts 23rd September.	£8/£6
	7-8pm	Hula Hooping together for fitness & fun. All welcome. Info from <a href="mailto:Sarahall52@gmail.com">Sarahall52@gmail.com</a> or 07932 566 508. This month: 2nd & 9th September only.	£4
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/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not on 3rd September.	£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 Movement Lab - Connection through movement. Dance classes for parents with babies/toddlers up to 3yrs. £8 drop in or £35 for 5 classes. For more info: <a href="mailto:mafe@mafetoledo.com">mafe@mafetoledo.com</a> or 07811 281 497. Re-starts 10th September.	£8/£7
	7-8pm	<b>New. Fitness through Pregnancy.</b> Gets you strong for the life you live and Birth Preparation offering. For further info contact Naomi: 07877151791 <a href="mailto:revivefitnessandwellbeing@gmail.com">revivefitnessandwellbeing@gmail.com</a> . To book: <a href="https://www.revivefitnesswellbeing.com/bookings">https://www.revivefitnesswellbeing.com/bookings</a> . Starts 10th September.	£10
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels. Drop in £7 or book blocks at £6. For more information visit: <a href="http://dorcasyoga.com">dorcasyoga.com</a> . First class FREE.	£7/£6
Wednesday	10-11am	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*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> .	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Info: <a href="mailto:Sarahall52@gmail.com">Sarahall52@gmail.com</a> or 07932 566 508.	£4
	6.45-7.45pm	Pilates mat class. Contact Lauren <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . 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: <a href="mailto:laura@lalitapriyayoga.co.uk">laura@lalitapriyayoga.co.uk</a> .	£7/£6
	7-9.30pm	Tottenham Photography Club. Open to all photography enthusiasts. See: <a href="http://www.facebook.com/groups/TottPhotoClub/">www.facebook.com/groups/TottPhotoClub/</a> . This month: 11th September.	Free
Thursday	10.45-11.15	Postnatal Pilates – bring your baby. Booked as a half termly block. To reserve a place: <a href="http://www.susannasparrowpilatetrainer.co.uk">www.susannasparrowpilatetrainer.co.uk</a> .	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one.	£2
	12-1pm	Wildlife Group. Every 2nd Thursday of the month. Planning conservation work in the rec & optional practical work. This month: 12th September.	Free
	1-2pm	Green Gardeners. Every 2nd Thursday of the month. This month: 12th September.	Free
	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> . Booking essential.	£3
	6.30-7.45	Hub Community Singing. Come and join us – ‘Sing your heart out’. For more info please contact: <a href="mailto:leona@lordshiphub.org.uk">leona@lordshiphub.org.uk</a>	Free
Friday	10-10.45am	Tiny Time Music - Fun music for babies and toddlers. Singing, bubbles, instruments, dancing. Siblings £3. <a href="mailto:hello@tinytimemusic.co.uk">hello@tinytimemusic.co.uk</a> .	£6

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

Saturday	
9-10am	<b>Pilates mat class</b> Contact: Lauren <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £8 or book blocks at discounted rate £7/£5.
10.10-11.40	<b>Antenatal Yoga.</b> Stay fit, strong & supple during pregnancy. To book: <a href="http://www.yogaavenue.guru">www.yogaavenue.guru</a> . £7 or Block of 4 classes £20. <b>Booking essential.</b>
10.15-11.15	<b>Toddler Yoga.</b> 20 months to 4yrs. Stretch, move & relax together. <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> . £8/£40 for 6 sessions.
11.30-12.15	<b>Family Singing.</b> Music, rhythm & singing sessions with a difference. 0-7yrs. Drop in. <a href="mailto:andymusichall@gmail.com">andymusichall@gmail.com</a> . £5 (£2 for siblings).
2-5pm	<b>Hub Music Circle</b> in Café. Every 1st Sat of the month. Take turns to play a song, sing or read a poem. This month: <b>7th September. Free.</b>
Sunday	
10-11	<b>Vinyasa Yoga Flow.</b> Harmonising the movement of body & breath in dynamic sequences. Visit <a href="http://dorcasyoga.com">dorcasyoga.com</a> . Open to all. Drop in £7 or blocks at £6. <b>First Class Free</b>
11-12	<b>Chi Kung.</b> Exercises based on the principles of Chinese medicine. <a href="mailto:kitt@harashiatsu.co.uk">kitt@harashiatsu.co.uk</a> . £7.
12.15-1.15	<b>New. Sip Paint Relate.</b> Creative Art Class. Share experience and organic juice. Contact: Patricia on <a href="tel:07949529596">07949529596</a> or <a href="tel:07852751824">07852751824</a> . £10.
10.30-12.30	<b>Lordship Hub Board Meeting.</b> All welcome! This month: <b>15th September</b>
2-3.30pm	<b>Friends of Lordship Rec Monthly Drop-in.</b> All welcome! This month: <b>1st September.</b>

## Counselling Awareness Course

**Free 6 week Course** for anyone who is wondering if counselling training is for you. **Booking Essential** Sundays from 8th September 9.30-11am  
Contact: [lwphilp@live.co.uk](mailto:lwphilp@live.co.uk)

## Sip Paint Relate

**From Sunday 1st September 11.30-1.30pm**  
Stimulate positivity in mind, body & soul. Create an original piece of art in a non-judgmental way. Sip organic home-made juices & be yourself. Step by step instructions & all supplies provided. **£10. NOT 8th September.**  
Contact Patricia: [07949 529 596](tel:07949529596) or [07852 751 824](tel:07852751824)

## Holistic Core Restore

### RELEASE AND RE-ALIGN WORKSHOP

One day only 8th September 4-5.30pm  
**RELEASE AND REALIGN:** change FOREVER how you feel about 'stretching'. Price: £15

### CORE RESTORE 6-week COURSE

From 10th September Tuesdays 8-9pm  
**A UNIQUE AND GROUND-BREAKING 6 Week 'Every Woman' programme** of education in Pelvic Floor, Core, Nutrition & Fitness/ Wellness, adaptable for virtually all women.

**Booking essential for the above:**  
[www.revivefitnesswellbeing.com/bookings](http://www.revivefitnesswellbeing.com/bookings)  
Contact Naomi: [07877151791](tel:07877151791)  
[revivefitnessandwellbeing@gmail.com](mailto:revivefitnessandwellbeing@gmail.com)

## New Classes

### Slow Flow Yin Yoga Mon 7-8pm. Starts 16th Sept.

Contact Louise: [07970 577750](tel:07970577750)  
[www.mindbodyzone.co.uk](http://www.mindbodyzone.co.uk)

### Pilates Mat Class Mon 7-8pm. Starts 23rd Sept.

Kate [07885 803735](tel:07885803735) [pilateswithextras@gmail.com](mailto:pilateswithextras@gmail.com)

### Fitness through pregnancy class

Tuesdays 7-8pm. Starts 10th  
Naomi: [07877151791](tel:07877151791)  
[revivefitnessandwellbeing@gmail.com](mailto:revivefitnessandwellbeing@gmail.com)

## Friends of Lordship Rec

Saturday 14th September 11-5pm  
**TOTTENHAM FLOWER AND PRODUCE SHOW**  
Competition, workshops & stalls in Harmony Gardens

Friday 20th September 7-10pm at the Hub  
**WOMEN'S DISCO NIGHT** £5 Light Refreshment

Sunday 29th September 11-6pm in the Rec  
**TOTTENHAM PLOUGHMAN TASTER DAY** with Wildes Cheese, Redemption Brewery and more.  
7-10pm Crayfish Bob's **CRAYFISH BOIL** at the Hub  
Book at: [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**LORDSHIP HUB**  
Community building in every sense

## SEPTEMBER 2019 PROGRAMME



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

Lordship Hub

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

[hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk)  
[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

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Phone us re disabled vehicle access to the park