

What's on at Lordship Hub in February

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	9.30-10.15	Creative Movements for 2-4yrs. In our classes, we invite children to participate in movement and storytelling to encourage creativity, curiosity and independent thought. £8 for drop in or £30 for 5 classes. Contact Aly: aly@creativemovements.co.uk or 07743 414 760.	£8/6
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils to buy. Contact: jvroberts@mac.com . If you book 3 sessions in advance £8. Drop-in £10.	£8/10
	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.	£8/£6
	7-8pm	Mat Pilates for mixed abilities - improve posture, strength, flexibility and wellbeing. £8 drop in or £6 block booking. For more info, email Kate: pilateswithextras@gmail.com or 07885 803735.	£8/£6
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE.	£7
	9.30-10.30	Hatha Yoga with Tre. Take some time out for yourself and let's stretch, breathe and move through some asanas together. I look forward to meeting you. Drop in £7 or book a block of 6 classes for £30 (used within 3 months). Contact: yogawithtre@gmail.com or 07428 868 555.	£7/£5
	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
	10.30-12.30	Reach and Connect. Advice and support sessions for 50+ Haringey residents to help people to manage acute issues. This month: 4th February.	Free
	11-2pm	Parent/Carer & Toddler drop-in playgroup. 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 for older and/or less agile people. Just come along! For more information please contact Candy: 07961044079.	£3
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels. £8 (concessions available). For more information visit: dorcasyoga.com . First class FREE.	£8*
	7-8pm	HCR® Bump - Fitness through Pregnancy. Gets you strong for the life you live and Birth Preparation offering. For further info contact Naomi: 07877151791 or revivefitnessandwellbeing@gmail.com . To book: https://www.revivefitnesswellbeing.com/bookings .	£10
	8-9pm	HIIT Bootcamp. Full body workout, using HIIT to burn the most calories! 6 sessions £42. For further info contact Naomi: 07877151791 or revivefitnessandwellbeing@gmail.com . To book: https://www.revivefitnesswellbeing.com/hiit-bootcamp .	£7
Wednesday	10-11am	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 19th February.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 19th February.	£7*
	12.30-1.30	Hula Hooping together for fitness & fun. All welcome. Book 4 sessions £20, drop-ins £5 if space. Info: Sarahall52@gmail.com or 07932 566 508. Not on 5th Feb.	£5
	6.45-7.45	Pilates mat class. Contact Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8/£5
	7-9pm	Tottenham Photography Club. For all who are passionate about photography. See: www.facebook.com/groups/TottPhotoClub/ . This month: 12th February.	Free
Thursday	9.15-10.30	Hatha Yoga Class. Do you struggle to find time and space for you? Try your first class Free! £8 drop in or £35 for 5 classes. Email: laura@shaktiyogalondon.com or www.shaktiyogalondon.com .	£8/£7
	10.45-11.45	Postnatal Pilates - bring your baby. Booked as a half termly block. To reserve a place: www.susannsparrowpilatestrainer.co.uk .	£10
	12.15-1.45	Parent/Carer & Toddler drop-in playgroup. 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: 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 .	Free
	7-8pm	Yoga Flow with Claire. Class links music, movement and breath. All levels welcome. £8 (concessions available). Visit: yogaintottenhamn17.com . First class free.	£8*
Friday	9.15-10.15	New Pilates Mat Class - Contact Lauren perrypilates@hotmail.com . Drop in £8 or book blocks £42 for 6 sessions or £60 for 12 sessions. Starts 28th February.	£8/£5
	10.30-11.15	Tiny Time Music - Fun music for babies and toddlers. Singing, bubbles, instruments, dancing. Siblings £3. hello@tinytimemusic.co.uk . Not on 21st February.	£6

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

Saturday	
9-10am	Pilates mat class. Contact: Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5 .
9-10am	Hatha Yoga with Tre: Let's stretch, breathe and move through some asanas together. Leave the class feeling calm, refreshed & rejuvenated. Drop in £7 or block of 6 classes for £30 . yogawithtre@gmail.com or 07428 868 555 .
10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. £7 or block of 4 classes £20 . To book: www.yogaavenue.guru . 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. Not 15th and 22nd Feb.
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 the Café. Every 1st Sat of the month. Take turns to play a song, sing or read a poem. This month: 1st February . Free
Sunday	
10-11	Vinyasa Yoga Flow. Harmonising the movement of body & breath in dynamic sequences. Visit dorcasyoga.com . Open to all. All levels £8 (concessions available). First Class Free.
10-11	Chi Kung. Exercises based on the principles of Chinese medicine. kitt@harashiatsu.co.uk . £7.
10.30-12.30	Lordship Hub Board Meeting. All members welcome! This month: 9th February
11.15-12.15	Soca Dance Workout with Sheneka 07753622742 or shenika@defeme.net . £6 or £25 for 5 classes.
1-3pm	AGM Friends of Lordship Rec Find out about the work of the Friends and what has been achieved in the park over the past year and get involved. Free refreshments available. All Welcome. This month: 2nd February

Restore

**Starts 23rd February
Sundays 11.15-12.15**

Free 6-week user-led, peer support group for those who are worried about **Self Harm**. It offers a confidential, supportive environment in which to share experiences, coping techniques and the opportunity to talk with others. It is not a clinical service.

Contact Brenda (facilitator)
brendaellenicholson@gmail.com
or Lloyd (psychotherapist) lwphilp@live.co.uk

New Classes

**Pilates Mat class with Lauren
Fridays 9.15 - 10.15**
£8 per session, £42 6 sessions or £60 12 sessions
perrypilates@hotmail.com or ring **07818 272874**
Starts 28th February

**Hatha Yoga with Tre
Saturdays 9-10am**
Drop in **£7** or block of 6 **£30** (used within 3mths)
Contact: yogawithtre@gmail.com

Straw Building Courses

**School of Natural Building
Thursday 20th February 10-4pm**
Preparing to Build with Straw Bales
With Barbara Jones and Eileen Sutherland

Friday 21st February 10-4pm
Designing Your Straw Bale Building
With Barbara Jones and Eileen Sutherland
Each Course **£75** (early bird offer **£100** for 2 people if booked 3 weeks in advance).
To book either course:
Email: allan@schoolofnaturalbuilding.co.uk

LORDSHIP HUB

Community building in every sense

February 2020 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](#) [LordshipHub](#)
Phone us re disabled vehicle access to the park