

What's on at Lordship Hub in March

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 . Drop-in £10. If you book 3 sessions in advance £8.	£10/£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 30th March.	£8/£6
	3.45-4.30	New Creative Movements Children 4-6 yrs. In our classes, we invite children to participate in movement and storytelling to encourage creativity, curiosity, and independent thought. Contact Aly: aly@creativemovements.co.uk or 07743 414 760. £8 for drop in or £30 for 5 classes.	£8/£6
	4.30-5.30	Kids Yoga for 8yrs+ for confidence, strength and flexibility. £8 drop in or 5 sessions for £32. contact@jessicagreen.net , 07904517465	£8/£6.40
	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.	£6
	9.30-10.30	Hatha Yoga with Tre. We'll be moving with our breath, holding different asanas whilst building up strength, combining stretching and opening. My aim is for you to leave the class feeling calm, refreshed & rejuvenated. Drop in £7 or block of 6 classes for £30. Contact: yogawithtre@gmail.com or 07428 868 555.	£7/£5
	10.00-11.00	Reach and Connect. Advice and support sessions for 50+ Haringey residents to help people to manage acute issues. This month: 3rd March.	Free
	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.	£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
	2-4pm	New Self Help Group. A chance to talk about past/present personal/psychological issues. User led group, no health professional present. Donations to the Hub welcome.	Free
	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 .	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk .	£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.	£5
	6.45-7.45	Pilates mat class. Contact Lauren perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Not on 25th March	£8/£5
	7-9pm	Tottenham Photography Club. For all who are passionate about photography. See: www.facebook.com/groups/TottPhotoClub/ . This month: 11th March.	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	£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
	12-1pm	Wildlife Group. Planning conservation work in the rec & optional practical work. This month: 12th March.	Free
	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: 12th March.	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 .	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. Not on 13th March	£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 13th March	£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.
10.15-11.45	Antenatal Yoga. Stay fit, strong & supple during pregnancy. £7 or block of 4 classes £20. To book: www.yogaavenue.guru . Booking essential. Not on 14th March.
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 on 14th March.
11.30-12.15	Family Singing. Music, rhythm & singing sessions with a difference. 0-7yrs. Drop in. andymusichall@gmail.com . £5 (£2 for siblings). Not on 14th March.
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: 7th March. 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. Not on 15th March.
10.30-12.30	Lordship Hub Board Meeting. All members welcome! This month: 8th March.
11.15-12.15	Soca Dance Workout with Sheneka 07753622742 or shenika@defeme.net . £6 or £25 for 5 classes. Not on 29th March.
2-3.30	Friends of Lordship Rec monthly drop in. Come and find out about whats going on in the Rec. This month: 1st March.

Self Harm Support Group
Free peer support group, Sundays 11.15-12.15
Contact:
brendaellenicholson@gmail.com

Let's Talk
21st March 1-5pm
Celebrate International Women's Day with workshops exploring issues of concern to women in our community and inspirational and motivational speakers.
Organised by Women's Association of Lordship Rec
walordshiprec@gmail.com

New Classes
Self Help Group
Tuesdays 2-4pm. Starts 3rd March. FREE.
A chance to talk about emotional/psychological issues. No health professional present just conversation, personal experience, recovery, change etc.
Creative Movements for Children 4-6yrs.
Mondays 3.45-4.30pm
Movement and storytelling to encourage creativity, independent thought & curiosity. Contact Aly: aly@creativemovements.co.uk or 07743 414 760. £8 drop in, 5 classes £30.

International Women's Day
Sunday 8th March, 11-7pm
A FREE celebration of International Women's Day in Broadwater Farm Community Centre, Lordship Rec and Lordship Hub. Sports, cycling, dance, wellbeing, advice
Plus inspirational speakers and performers.
For full programme visit: www.haringey.gov.uk/whm
Organised by Lordship Sports and Activities Consortium.
Supported by Haringey Housing and Regeneration.

Lordship Hub Community Day
Saturday 14th March, 11-4.30pm
Workshops and free taster sessions + Hub Co-op AGM
See www.lordshiphub.org.uk for details

LORDSHIP HUB
Community building in every sense

March 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