

What's on at Lordship Hub in May 2022

Hub Café open daily 11-4pm (not Thursdays) and from 10am on Saturdays. For activities see below, drop in office Mon-Fri 11-3pm, email: hello@lordshiphub.org.uk, phone 020 8885 5684 or see www.lordshiphub.org.uk.

Monday	11.00-1.00	Watercolour Group. First session free, then £30 monthly in advance. Booking required. Contact Catherine 47moonraker@gmail.com .	£30 pcm
	2.30-3.30	Baby Yoga from 6wks to 8months. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902227669. Not 2nd May.	£8
	3.45-4.30	Baby Yoga 8months+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902227669. Not 2nd May.	£8
	4-5pm	Uptop Dance School. Mini. Street Dance for 3-5yr olds. Not 2nd May. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588860, contact@uptodance.com .	Prices vary see website
	5-6pm	Uptop Dance School. Kids. Street Dance for 6-11yr olds. Not 2nd May.	
Tuesday	9.30-10.45	Awareness through Movement: Feldenkrais Method. £48 for 6 sessions either in person or online. Ease, flexibility & improved posture. More info www.movementaware.co.uk . Booking essential lynda@movementaware.co.uk . The price includes an audio recording. Concessions available.	£8
	11.00-12.00	Silverfit. Exercise for 45+. Yoga. For more information and booking contact 07976 547 717, info@silverfit.org.uk , www.silverfit.org.uk . Silverfit also organises Nordic Walking in the Rec from 11.00-12.00. All sessions are currently free, but you do need to book in advance.	Currently free
	12.30-1.15	Fair weather Hula Hooping - For fitness and fun. Booking essential due to limited numbers. Block book 4 consecutive weeks for £21. Limited drop in spaces available. For further info and concessions contact Sara: 07932566508, sarahall52@gmail.com .	£7
	1.30-3.30	Mixed Media Art Club for adults. Explore several mediums & techniques as you create art that is inspiring & unique. Basic material provided. For further info contact Sandra: lastdoorstudio@gmail.com , 07888 678 780.	£6
	5.30-7pm	Lordship Hub Board Meeting. All Lordship Hub Co-operative members welcome! This month: 3rd May.	FREE
	7-8pm	Yoga Flow, Pregnancy welcome (2nd & 3rd trimester). For more info contact Claire: 07854 581 874. Not 3rd May.	£7
Wednesday	10.00-11am	Baby Yoga from 6wks to 8months. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902227669.	£8
	11.15-12.00	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902227669.	£8
	6.30-7.30	Pilates Mat Class. Combining a variety of exercises with the correct breathing, alignment & stretching to lengthen, strengthen & tone the body. Mixed abilities. Contact Lauren: perrypilates@hotmail.com . Drop in £8 or book blocks at discounted rate of £6.	£6/£8
	7-9pm	Tottenham Photography Club. Come and meet other photography enthusiasts in Tottenham. Everybody welcome. First meeting in person after lockdown with refreshments. This month: 11th May.	FREE
Thursday	11am-1pm	Seniors' Coffee Morning. Come to meet new people, have a lively chat and enjoy some refreshment together. All welcome, just drop in.	Donation
	2-3pm	Disability Action workshop - Personal Assistant information session. Drop in or for further info & an expression of interest contact info@d-a-h.org . This month: 12th May	FREE
	6.30-7.30pm	Power Yoga. An energising & uplifting class. Build heat, develop strength & flexibility. Use the breath to find inner calm & stress relief. £8 or £32 for a 5 Class Pass. Advance booking preferred. Contact Amenda: yogamenda@gmail.com for details.	£6.40/£8
Friday	10.30-11.15	Tiny Time Music. Cheery introduction to music for babies & toddlers. Singing, instruments, bubbles, dancing. Siblings £4. For more info: hello@tinytimemusic.co.uk . Limited drop in spaces. Please book via happyty.	£6
	10.30-11.30	Post-natal Yoga (babies welcome). An inclusive and therapeutic Mum-focused yoga class for post-natal healing and recovery. Incorporating breath-work, gentle movement and embodiment practices. Booking essential. For more info & to book visit www.clareproudfoot.com or clare@clareproudfoot.com .	£9
	12.45-1.30	Baby College – Toddlers & Juniors (9mths-3yrs). Join us for a wide range of fun activities: Sing, Dance, Language Development, Speech Development, Learning through Play, Yoga, Musical Play, Bubbles, Parachute Play and more in every class! For more info contact Stacy on 07472 880060, stacy@babycollege.co.uk or see https://www.babycollege.co.uk/haringey .	£9
	2-2.45	Baby College – Infants (Newborns-9mths). All our fun activities are suitable from birth with the exercises progressing as your baby grows. Sing, Dance, Language Development, Imagination Play, Speech Development, Learning, Yoga, Tummy Time, Social Baby, Parachute, Bubbles, Sensory Toys and More! For more info contact Stacy as above.	£9
	4-5pm	Uptop Dance School. Mini. Street Dance for 3-5yr olds. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588860, contact@uptodance.com .	Prices vary see website
	5-6pm	Uptop Dance School. Kids. Street Dance for 6-11yr olds.	

*Concessions available

WEEKEND CLASSES SEE OVER - Check Hub website "What's On" page in case of any cancellations or changes: www.lordshiphub.org.uk

SATURDAY	
9-10am	Yoga class. To be confirmed Please check Hub website, What's On for confirmation.
9-10am	Pilates Mat Class. Combining a variety of exercises with the correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: perryPilates@hotmail.com . Drop in £8 or book blocks at discounted rate £6 .
10.15-11.15	Toddler Yoga. 20 months to 4yrs. Stretch, move and relax together. £9. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902227669. Not 14th May.
11.15-12 noon	Yoga for 3 to 5year olds. For more info see above. Not 14th May.
2-4pm	Music Circle in the Café. This month: 14th May.
SUNDAY	
10-11am	Antenatal Yoga. Stay fit, strong & supple during pregnancy. £10 or Block of 3 classes £25 . Details on www.yogaavenue.com . Book on eventbrite: https://www.eventbrite.co.uk/e/antenatal-pregnancy-yoga-online-in-person-registration-85560145699 . Not 1st May.
10-11am	Capoeira for kids 4-7 yrs. Develop balance, coordination, general fitness & flexibility, a sense of rhythm & body awareness, concentration & social interaction. £10 drop in or £55 for 8. For more info contact Paulina on 07931 916 233 or info@capoeirabemvindo.co.uk . Not 29th May.
11-12	Capoeira for kids 8-10 yrs. For more info see above. Not 29 May.
2-4pm	Friends of Lordship Rec regular, open Meeting. Find out about the work of the Friends. All welcome. This month: 1st May

Special Film Screening

A great opportunity to see **"HOSTILE"**, an inspirational, feature-length documentary focusing on the impact of the 'hostile environment' policies, which make living conditions so difficult for migrants in the UK. Told through the stories of 4 participants from black and Asian backgrounds.

Meet the Director, Sonita Gale. FREE event.
Places are limited (50). For a seat contact: joanhcurtis51@gmail.com
First come, first served.

Photography Club

The **Tottenham Photography Club** is meeting in person again at the Hub for the first time for over 2 years.

Wednesday 11 May 7-9pm

meet other members in person and enjoy some refreshments. All Welcome!

Hub Repair Cafe

Bring clothes, gadgets, toys or any small household items and let our experienced fixers help you repair them. FREE but must book in advance.

Got fixing skills? Pitch in, plenty to do.

Book a session bit.ly/haringeyfixers,
For more info contact
HaringeyFixers@gmail.com or phone Chris
on 07787 493658.

LORDSHIP HUB
Community building in every sense

MAY 2022 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
www.lordshiphub.org.uk

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