

# What's on at Lordship Hub in June 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](mailto:hello@lordshiphub.org.uk), phone 020 8885 5684 or see [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk).

Monday	11.00-1.00	Watercolour Group. First session free, then £30 monthly in advance. Booking required. Contact Catherine <a href="mailto:47moonraker@gmail.com">47moonraker@gmail.com</a> .	£30 pcm
	2.30-3.30	Baby Yoga from 6wks to 8months. Booking essential. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902227669. Check Hub website.	£8
	3.45-4.30	Baby Yoga 8months+. Booking essential. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902227669. Check Hub website.	£8
	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, <a href="mailto:contact@uptopdance.com">contact@uptopdance.com</a> .	Prices vary see website
	5-6pm	Uptop Dance School. Kids. Street Dance for 6-11yr olds.	
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 <a href="http://www.movementaware.co.uk">www.movementaware.co.uk</a> . Booking essential <a href="mailto:lynda@movementaware.co.uk">lynda@movementaware.co.uk</a> . 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, <a href="mailto:info@silverfit.org.uk">info@silverfit.org.uk</a> , <a href="http://www.silverfit.org.uk">www.silverfit.org.uk</a> . 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, <a href="mailto:sarahall52@gmail.com">sarahall52@gmail.com</a> .	£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: <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> , 07888 678 780.	£6
	5.30-7pm	Lordship Hub Board Meeting. All Lordship Hub Co-operative members welcome! This month: 28th June.	FREE
	7-8pm	Yoga Flow for ever body. For more info contact Caz: 07975 920 886.	£7
Wednesday	10.00-11am	Baby Yoga from 6wks to 8months. Booking essential. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902227669. Check Hub website.	£8
	11.15-12.00	Baby Yoga 8month+. Booking essential. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902227669. Check Hub website.	£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: <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £8 or book blocks at discounted rate of £6. Not 1st June.	£6/£8
	7-9pm	Tottenham Photography Club. Come and meet other photography enthusiasts in Tottenham at the Hub. Everybody welcome. This month: 15th June.	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
	11am-1pm	Disability Action workshop - Personal Assistant information session. Drop in or for further info & an expression of interest contact <a href="mailto:info@d-a-h.org">info@d-a-h.org</a> . This month: 16th June.	FREE
	6.30-7.30pm	New. Slow Flow Yoga. This moving meditation class uses the breath to find inner calm and stress relief. £8 or £32 for a 5 Class Pass (buy four classes and get one free) Advance booking preferred. Contact Amenda: <a href="mailto:yogamenda@gmail.com">yogamenda@gmail.com</a> for details. Not 2nd and 9th June.	£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: <a href="mailto:hello@tinytimemusic.co.uk">hello@tinytimemusic.co.uk</a> . Limited drop in spaces. Please book via happyty. Not 3rd June.	£6
	10.30-11.30	Post-natal Yoga (babies welcome). An inclusive & therapeutic Mum-focused yoga class for post-natal healing & recovery. Incorporating breath-work, gentle movement & embodiment practices. Booking essential. For more info & to book visit <a href="http://www.clareproudfoot.com">www.clareproudfoot.com</a> or <a href="mailto:clare@clareproudfoot.com">clare@clareproudfoot.com</a> . Not 3rd & 17th June.	£9
	1-1.45pm	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 on 07472 880060, <a href="mailto:stacy@babycollege.co.uk">stacy@babycollege.co.uk</a> or see <a href="https://www.babycollege.co.uk/haringey">https://www.babycollege.co.uk/haringey</a> . Not 3rd June.	£9
	2-2.45pm	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 as above. Not 3rd June.	£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, <a href="mailto:contact@uptopdance.com">contact@uptopdance.com</a> .	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](http://www.lordshiphub.org.uk)

SATURDAY	
9-10am	<b>New. Yoga Open</b> - all levels. Starts 11th June. Slow flow morning yoga class. For more info contact Anna: <a href="tel:07723059327">07723 059 327</a> , <a href="mailto:hello.annapurnayoga@gmail.com">hello.annapurnayoga@gmail.com</a> . £7 drop in. <b>As part of our Hub Birthday celebration this class will be free on the 25th June.</b>
9-10am	<b>Pilates Mat Class.</b> Combining a variety of exercises with the correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £8 or book blocks at discounted rate of £6. <b>Not 4th June.</b>
10.15-11.15	<b>Toddler Yoga.</b> 20 months to 4yrs. Stretch, move and relax together. £9. <b>Booking essential.</b> For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or <a href="tel:07902227669">07902227669</a> . Please check Hub website.
11.15-12 noon	<b>Yoga for 3 to 5 year olds.</b> For more info see above. Please check Hub website.
2-4pm	<b>Music Circle</b> in the Café. This month: 11th June.
SUNDAY	
10-11am	<b>Antenatal Yoga.</b> Stay fit, strong & supple during pregnancy. £10 or Block of 3 classes £25. Details on <a href="http://www.yogaavenue.com">www.yogaavenue.com</a> . <b>Book on eventbrite:</b> <a href="https://www.eventbrite.co.uk/e/antenatal-pregnancy-yoga-online-in-person-registration-85560145699">https://www.eventbrite.co.uk/e/antenatal-pregnancy-yoga-online-in-person-registration-85560145699</a> . <b>Not 5th June.</b>
10-11am	<b>Capoeira for kids 4-7 yrs.</b> 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 <a href="tel:07931916233">07931 916 233</a> or <a href="mailto:info@capoeirabemvindo.co.uk">info@capoeirabemvindo.co.uk</a> .
11-12	<b>Capoeira for kids 8-10 yrs.</b> For more info see above.
2-4pm	<b>Friends of Lordship Rec monthly meeting.</b> Come and find out what is going on in the Rec. This month: 5th June.
4-7pm	<b>Hub Repair Café</b> Bring any small household items. Free but must book in advance: <a href="https://bit.ly/haringeyfixers">bit.ly/haringeyfixers</a> , <a href="mailto:HaringeyFixers@gmail.com">HaringeyFixers@gmail.com</a> , 07887 493658. This month: 5th June.

## Hub Birthday

**Saturday 25th JUNE 11-6pm**  
**Come and join us for our Hub 9th Birthday Celebration**

**11-2pm:** Free class taster sessions

**12-4pm:** Activities for children

**1pm:** Fun Races in Park (egg & spoon etc)

**2.30pm:** Cutting the Hub Birthday Cake and Special Hub Meeting

**3.30pm onwards:** Cream Teas  
 Swing Dance beginners class & Swing Dance Social

**Throughout the day:** Cocktails & Mocktails and Music Performances in the Café

For more info see [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)  
**Everybody welcome!**

## People Need Parks

**GRAND EVENT in Lordship Rec**  
**4th June, 1-6pm**  
**Lots of FREE fun and activities**

for more information contact:  
[get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)  
[www.haringey.gov.uk/people-need-parks](http://www.haringey.gov.uk/people-need-parks)

## McLibel Film Show

**Friday June 24th 6.30pm**

Free screening of the inspirational feature length documentary, "McLibel"

Two Tottenham environmental activists take on the might of a global corporation, McDonalds, exposing its damaging effect on people's health, the global environment, cruelty to animals and child exploitation.

Booking essential by emailing:  
[joanhcurtis51@gmail.com](mailto:joanhcurtis51@gmail.com)

**LORDSHIP HUB**  
 Community building in every sense

**JUNE  
 2022  
 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](mailto:hello@lordshiphub.org.uk)  
[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

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