

SATURDAY	
9-10	<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.
9-10	<b>Vinyasa Flow</b> A mixed ability gentle class for 16yrs+ connecting breath with movement. Classes are £7 a session or blocks of 4 for £25. For further info contact Roberta <a href="mailto:jenkinsonrea@gmail.com">jenkinsonrea@gmail.com</a> .
10.15-11	<b>Uptop Dance School. Mini. Street Dance for 4+5yr olds</b> with Vivian. Develop coordination, confidence and make new friends. Further info contact Andrei: 07448 588 860. Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .
11.15-12.15	<b>Uptop Dance School. Kids. Street Dance for 6-9yr olds</b> with Vivian. For further information please see above.
10.15-11	<b>Toddler Yoga.</b> 18 months to 3yrs. Stretch, move and relax together. £10*. <b>Booking essential.</b> For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902 227 669. <b>Not 3 Feb.</b>
11.15-12	<b>Yoga for 3 to 5yr olds.</b> For more info see above. <b>Not 3 Feb.</b>
12.30	<b>Hub Repair Café</b> Bring any small household items. Free but must book in advance: <a href="http://bit.ly/haringeyfixers">bit.ly/haringeyfixers</a> , <a href="mailto:HaringeyFixers@gmail.com">HaringeyFixers@gmail.com</a> 07887 493 658. This month: <b>3 Feb.</b>
2-4	<b>Music Circle</b> in the Café. All musicians/singers welcome. This month: <b>10 Feb.</b>
SUNDAY	
10-11	<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 07931 916 233 / <a href="mailto:info@capoeirabemvindo.co.uk">info@capoeirabemvindo.co.uk</a> . <b>Not 11 Feb.</b>
11-12	<b>Capoeira for kids 8-10 yrs.</b> See above. <b>Not 11 Feb</b>
11-12	<b>Children's Yoga for 4-8 yrs.</b> Fun approach to yoga using gentle poses, music, games, breathing and mindfulness techniques, storytelling and visualisation. Info & booking 07765 243 087 or DM Martha on Instagram <a href="https://www.instagram.com/marthaschildrensyoga">@marthaschildrensyoga</a> . £9 drop-in/pre book. <b>Not 18 Feb.</b>
2-3.30	<b>Friends of Lordship Rec</b> monthly meeting. Come and find out what is going on in the Rec. This month: <b>4 Feb.</b>

## Looking for space to host your activities & classes?

### What we offer our regular hirers

- ♦ Special rates for Regular Activities & Classes
- ♦ Inclusion in our Monthly Programme and on our Website

### How to Book

Email Carola: [carola@lordshiphub.org.uk](mailto:carola@lordshiphub.org.uk)



At Lordship Hub, we have two rooms available for hire during the week, at weekends and in the evenings. Perfect for meetings, cultural events, parties, small conferences, weddings or funerals in addition to regular classes and activities.

Both rooms boast natural light and access to outdoor terraces and the surrounding park. After 5pm the Cafe area may also be hired.

Rooms may be hired as a one-off as well as on a regular basis. For more information see:

<https://lordshiphub.org.uk/venue-hire/> or give us a ring on 0208885 5684

We look forward to hearing from you

## Hub Bric-a-Brac Sale

**Sunday 11 February, 1-4pm**  
**FREE ENTRY**

If you would like a stall (£10) contact:  
[hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk)

**LORDSHIP HUB**  
Community building in every sense

## FEBRUARY 2024 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)

[@LordshipHub](https://www.tiktok.com/@LordshipHub) [LordshipHub](https://www.facebook.com/LordshipHub)

Phone us re disabled vehicle access to the park

# What's on at Lordship Hub in February 2024

Hub Café open 10-4pm (not Thursdays). Weekends open from 9am. For activities see below, **drop in office Mon-Fri 11-3pm**, email: [hello@lordshipub.org.uk](mailto:hello@lordshipub.org.uk), phone 020 8885 5684 or see [www.lordshipub.org.uk](http://www.lordshipub.org.uk)

Monday	10-11	<b>Postnatal Yoga (with babies).</b> A therapeutic mum-focused yoga class for postnatal healing and recovery. Incorporating breath-work, gentle movement and embodiment practices. For more info and to book visit <a href="http://www.clareproudfoot.com">www.clareproudfoot.com</a> or contact <a href="mailto:clare@clareproudfoot.com">clare@clareproudfoot.com</a> .	£10*
	11.30-1.30	<b>Watercolour Painting Group.</b> First session free, then £30 monthly in advance. <b>Booking required.</b> Contact Catherine <a href="mailto:47moonraker@gmail.com">47moonraker@gmail.com</a> .	£30 pcm
	4-4.45	<b>Uptop Dance School. Mini.</b> Street Dance for 4-5yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: <a href="tel:0744858860">07448 588 860</a> , <a href="mailto:contact@uptopdance.com">contact@uptopdance.com</a> . Prices: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .	Prices vary see website
	5-6	<b>Uptop Dance School. Kids.</b> Street Dance for 6-9yr olds with Andrei.	
	6.30-7.30	<b>Boxing for fitness.</b> Improve fitness, confidence, lose weight and have fun, using boxing gloves and pads. All levels welcome from beginners to advanced. £7 per session or £25 for a block of 4 sessions. For further info contact Bill on <a href="tel:07941434186">07941 434 186</a> .	£7/£6.25
Tuesday	11-12	<b>Silverfit.</b> Exercise for 45+. Yoga. For more information and booking contact <a href="tel:07976547717">07976 547 717</a> , <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. £3 per session.	£3
	12.30-1.15	<b>Hula Hooping with Sara</b> - For fitness and fun. <b>Everybody welcome.</b> Hoops provided. For further info contact Sara: <a href="tel:07932566508">07932566508</a> , <a href="mailto:sarahall52@gmail.com">sarahall52@gmail.com</a> .	£5
	1.30-3.30	<b>Mixed Media Art Session</b> Tips & Techniques using found & bought art resources to create collage, recycle mixed media art journals & visual journaling, For more info contact Sandra on <a href="tel:07888678780">07888 678 780</a> or <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . Some resources provided.	£7
	5.45-6.45	<b>Pilates Mat Class.</b> 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.	£8/£6
	7-8	<b>Yoga – all levels.</b> Erin's classes offer relaxing sequences that are accessible for all levels. No experience necessary. Join her for fun & nurturing classes. £8 drop in or 5 classes for £30. E-mail: <a href="mailto:Erinwolson@gmail.com">Erinwolson@gmail.com</a> to book.	£8/£6
	7-8	<b>Pregnancy Yoga.</b> A pregnancy focused yoga class incorporating a varied and balanced mix of embodied movement, strength-building exercises and nourishing relaxation. For more info and to book visit <a href="http://www.clareproudfoot.com">www.clareproudfoot.com</a> or contact <a href="mailto:clare@clareproudfoot.com">clare@clareproudfoot.com</a> .	£10*
Wednesday	10-11	<b>Baby Yoga from 6wks to 8months. Booking essential.</b> More info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or <a href="tel:07902227669">07902 227 669</a> .	£9*
	11.15-12	<b>Baby Yoga 8month+. 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">07902 227 669</a> .	£9*
	5.30-7	<b>Lordship Hub Board Meeting.</b> All Lordship Hub Co-operative members welcome! This month: <b>14 Feb.</b>	Free
Thursday	10-11	<b>Thula Mama.</b> Nourishing group for parents with babies under one year. We sing songs from around the world in beautiful harmony. Open to everyone – no experience necessary. Ring Holly for info <a href="tel:07709438777">07709 438 777</a> . £11 for one class, £9 for a block. <b>Booking essential:</b> <a href="http://happity.co.uk/thula-mama-london">happity.co.uk/thula-mama-london</a> . <b>Not 15 Feb.</b>	£11/£9*
	11-2	<b>Seniors' Coffee Morning.</b> Come and meet new people, have a lively chat and enjoy some refreshment together. <b>All welcome, just drop in. Ongoing.</b>	Donation
	12-2.30	<b>Free food on Thursdays.</b> 12-1 Food parcels. Come for a hot meal 1-2.30. For more info contact the OK Foundation <a href="tel:07483172781">07483172781</a> . <b>Ongoing.</b>	FREE
	4-5	<b>Uptop Dance School. Kids.</b> Street Dance for 6-9yr olds with Vivian. Develop coordination, confidence and make new friends. For further info contact Andrei: <a href="tel:07448588860">07448 588860</a> , Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .	Prices vary see website
	5-6	<b>Uptop Dance School. Juniors.</b> Street Dance for 10+yr olds with Vivian.	
Friday	10-11	<b>Sound Bath with Breath work &amp; Voice practices with Belle.</b> Deeply relax & calm your body & mind. For more info contact: <a href="mailto:bellhumble@gmail.com">bellhumble@gmail.com</a> Instagram: <a href="https://www.instagram.com/sunlight_sound">@sunlight_sound</a> . Drop in £10, block of 4: £8 per class. Bring a blanket for extra comfort. This month: <b>only 2 and 23 Feb.</b>	£10/8*
	10.30-11.15	<b>Tiny Time Music.</b> Cheery introduction to musical concepts. Expect instruments, scarves, singing, shaking and bubbles! Block booking for the half term is £59.50, drop in £9 p/wk, siblings half price. Book via happity or pebble or pay on the door. For more info Holly: <a href="mailto:tinymusic@outlook.com">tinymusic@outlook.com</a> .	£9/£8.50
	11.30-130	<b>Breastfeeding Support Group.</b> Drop-in group run by NMUH midwives and ABC Breastfeeding Champions. Come at any stage of your breastfeeding Journey. Language support available. All welcome! For further info contact the Infant Feeding Team at: <a href="mailto:northmid.breastfeedingtogether@nhs.net">northmid.breastfeedingtogether@nhs.net</a> .	FREE
	4-5	<b>Uptop Dance School. Kids.</b> Street Dance for 6-9yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: <a href="tel:07448588860">07448 588 860</a> , <a href="mailto:contact@uptopdance.com">contact@uptopdance.com</a> . Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> . Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .	Prices vary see website
	5-6	<b>Uptop Dance School. Juniors.</b> Street Dance for 10+yr olds with Andrei.	

\*Concessions available

**WEEKEND CLASSES SEE OVER - Check Hub website "What's On" page in case of any cancellations or changes: [www.lordshipub.org.uk](http://www.lordshipub.org.uk)**