

SATURDAY	
9-10	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 of £6.
9-10	Vinyasa Flow A mixed ability gentle class for 16yrs+ connecting breath with movement. Classes are £7 a session or or £25 blocks of 4. Contact Jess: WhatsApp: 0741 861 1324 or jess.macklin.mitchell@gmail.com .
10.15-11	Uptop Dance School. Mini. Street Dance for 4+5yr olds with Vivian Develop coordination, confidence and make new friends. Further info contact Andrei: 07448 588 860. Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration .
11.15-12.15	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Vivian. For further information please see above.
10.15-11	Toddler Yoga. 18 months to 3yrs. Stretch, move and relax together. £10*. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669. Not 23 & 30 March.
11.15-12	Yoga for 3 to 5yr olds. For more info see above. Not 23 & 30 March.
12.30	Hub Repair Café Bring any small household items. Free but must book in advance: bit.ly/haringeyfixers , HaringeyFixers@gmail.com 07887 493 658. This month: 2 March.
2-4	Music Circle in the Café. All musicians/singers welcome. This month: 9 March.
SUNDAY	
10-11	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 / info@capoeirabemvindo.co.uk . Not 31 March.
11-12	Capoeira for kids 8-10 yrs. See above.
11-12	Children's Yoga for 4-8 yrs. 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 @marthaschildrencyoga . £9 drop-in/pre book. Not 31 March.
2-3.30	Friends of Lordship Rec monthly meeting. Come and find out what is going on in the Rec. This month: 3 March.

Women's Circle

Saturday 9 March 5-7.30pm
with Issy Harvey, inspired by International Women's Day - Connect with other women & enjoy your feminine energy & power. Recharge! Spaces limited. Recommended payment £15. Book at: <https://www.eventbrite.co.uk/e/womens-workshop-international-womens-day-2024-tickets-828794315107?aff=oddttdcreator>

Mother's Day Tea

Sunday 10 March 1-3.30pm
No booking, just come along and enjoy a nice Mother's Day afternoon in a beautiful setting.
Mother's Day menu £9.75 per person: selection of finger sandwiches, mini pastries & cakes, scones with home-made jam and clotted cream & glass of Nozeco.

Dementia Workshop

Tuesday 12 March 12.15-1.15pm
Workshop organised by Bluebird Care
Find out more about dementia and how you can support friends and family living with the condition.
FREE event.

Easter Egg Hunt

Saturday 30 March, 12-2pm
Firstly pick up an Egg Hunt map at the Hub, find Easter Bunny's animal friends around the park and then collect your egg. Just come along.
£5 per child, £3 for siblings, Discounts available.
Most suitable for children 3-11years.

Easter Egg Painting

Easter Monday 1 April 11.30-1.30pm
A traditional custom from Czech Republic with Leona from the Hub Cafe.
Decorate your own special egg and make a 'whip' and find out about the traditions of Czech Republic.
£6 per child (£3.50 for siblings, includes materials.)

LORDSHIP HUB
Community building in every sense

MARCH 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
www.lordshiphub.org.uk

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

Phone us re disabled vehicle access to the park

What's on at Lordship Hub in March 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@lordshiphub.org.uk, phone 020 8885 5684 or see www.lordshiphub.org.uk

Monday	10-11	Postnatal Yoga (with babies). 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 www.clareproudfoot.com or contact clare@clareproudfoot.com .	£10*
	11.30-1.30	Watercolour Painting Group. First session free, then £30 monthly in advance. Booking required. Contact Catherine 47moonraker@gmail.com .	£30 pcm
	4-4.45	Uptop Dance School. Mini. Street Dance for 4-5yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860, contact@uptopdance.com . Prices: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration .	Prices vary see website
	5-6	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei.	
	6.30-7.30	Boxing for fitness. 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 07941 434 186.	£7/£6.25
Tuesday	11-12	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. £3 per session.	£3
	12.30-1.15	Hula Hooping with Sara - For fitness and fun. Everybody welcome. Hoops provided. For further info contact Sara: 07932566508, sarahall52@gmail.com . Not 12 March.	£5
	1.30-3.30	Mixed Media Art Session Tips & Techniques using found & bought art resources to create collage, recycle mixed media art journals & visual journaling, For more info contact Sandra on 07888 678 780 or lastdoorstudio@gmail.com . Some resources provided.	£7
	5.45-6.45	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.	£8/£6
	7-8	Yoga – all levels. 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: Erinwolson@gmail.com to book.	£8/£6
	7-8	Pregnancy Yoga. 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 www.clareproudfoot.com or contact clare@clareproudfoot.com .	£10*
Wednesday	10-11	Baby Yoga from 6wks to 8months. Booking essential. More info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669.	£9*
	11.15-12	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669.	£9*
	5.30-7	Lordship Hub Board Meeting. All Lordship Hub Co-operative members welcome! This month: 20 March.	Free
Thursday	10-11	Thula Mama. 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 07709 438 777. £11 for one class, £9 for a block. Booking essential: happity.co.uk/thula-mama-london .	£11/£9*
	11-2	Seniors' Coffee Morning. Come and meet new people, have a lively chat and enjoy some refreshment together. All welcome, just drop in. Ongoing.	Donation
	12-2.30	Free food on Thursdays. 12-1 Food parcels. Come for a hot meal 1-2.30. For more info contact the OK Foundation 07483172781. Ongoing.	FREE
	4-5	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Vivian. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588860, Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration .	Prices vary see website
	5-6	Uptop Dance School. Juniors. Street Dance for 10+yr olds with Vivian.	
Friday	10.30-11.15	Tiny Time Music. 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: tinytimemusic@outlook.com . Not 29 March.	£9/£8.50
	11.30-1.30	Breastfeeding Support Group. 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: northmid.breastfeedingtogether@nhs.net . Not 29 March.	Free
	4-5	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860, contact@uptopdance.com . Price list: www.uptopdance.com/fees . Trial registration form: www.uptopdance.com/registration .	Prices vary see website
	5-6	Uptop Dance School. Juniors. Street Dance for 10+yr olds with Andrei.	
	7-8pm	Sound Meditation with Gongs. All that's required is that you get comfortable, let go and allow yourself to be guided into a relaxed state before being immersed in healing sound waves. Just drop in. Please bring a blanket and an eye mask if you like. £10 per session. For more info contact Lauran 079596 316 163 or ascensionsounds22@gmail.com . This month: 22 March.	£10

*Concessions available

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