

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. Restarts 20 April. 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. Restarts 20 April. 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-touchmas-sage@hotmail.co.uk or 07902 227 669. Not 27 April.
11.15-12	Yoga for 3 to 5yr olds. For more info see above. Not 27 April.
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: 6 April.
2-4	Music Circle in the Café. All musicians/singers welcome. This month: 13 April.
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 7 April.
11-12	Capoeira for kids 8-10 yrs. See above. Not 7 Apr.
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 7 April.
2-3.30	Friends of Lordship Rec monthly meeting. Come and find out what is going on in the Rec. This month: 7 April.

Food and Environment Event

Sunday 28 April 1-4pm

Our Food and Our Environment

A celebration of local activities and groups making a difference locally.

Organised by Green Action for Central Tottenham & Haringey Right to Food Campaign
Food, Films, Speaker and Discussion

Free Entry. All welcome to attend

New Yoga Classes

Saturdays 9-10am Vinyasa Flow with Jess £7 per class or £25 for block of 4.
For WhatsApp: 07418 611 32

Mondays 6.30-7.30pm Restorative Flow Yoga with Aine. £8 per class, or book block of 4 for £28.
Contact aineprettyyoga@gmail.com. Starts 8 April.

Lordship Hub Cafe

Open every day but Thursday 10-4pm

For hot meals, toasties, packaged snacks, hot and cold drinks and Hub-made cakes plus healthy food for the lake birds!



Hire Rooms at the Hub

Hire a room at the Hub for a regular class, a party, training or meeting/conference.
For more information contact: carola@lordshiphub.org.uk

LORDSHIP HUB
Community building in every sense

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

Phone us re disabled vehicle access to the park

What's on at Lordship Hub in April 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, phone 020 8885 5684 or see www.lordshipub.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. Restarts 15 April. 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. Restarts 15 April.	
	4-4.45	NEW. Restorative Flow Yoga. A mixed ability class with a focus on the breath and mindful movement. Drop in for £8 per class, or book 4 for £28. For more information, contact aineprettyyoga@gmail.com . Starts 8 April.	£8/£7
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 . Not 1 April	£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 .	£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
	7-8pm	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
	7-8pm	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 . Not 24 April.	£9*
	11.15-12	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669 . Not 24 April.	£9*
	5.30-7	Lordship Hub Board Meeting. All Lordship Hub Co-operative members welcome! This month: 17 April.	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 . Restarts 18 April.	£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. Restarts 18 April. 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. Restarts 18 April	
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: tinymusic@outlook.com . Not 5 April	£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 .	Free
	4-5	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Restarts 19 April. 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. Restarts 19 April.	

*Concessions available

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