

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 £25 blocks of 4. Contact Jess: WhatsApp: 0741 861 1324 or jess.macklin.mitchell@gmail.com .
10.15-11	Toddler Yoga. 18 months to 3yrs. Stretch, move and relax together. £10*. Booking essential. For more info contact Karen: first-touchmasage@hotmail.co.uk or 07902 227 669.
11.15-12	Yoga for 3 to 5yr olds. For more info see above.
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 . Not 1 June.
11.15-12.15	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Vivian. For further information please see above.
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: 1 June.
2-4	Music Circle in the Café. All musicians/singers welcome. This month: 8 June.
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 . Only 9 & 16 June.
11-12	Capoeira for kids 8-10 yrs. See above. Only 9 & 16 June.
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 23 June.
2-3.30	Friends of Lordship Rec monthly meeting. Come and find out what is going on in the Park. This month: 2 June.

Vibrant Life Dining Club

Hub Fundraiser event
3 Course meal and entertainment
THURSDAY JUNE 13th 6.30 – 9.30pm
feed your mind, body & soul.

Come along, connect with others and enjoy an evening of delicious, healthy food mixed with great company and a sprinkle of life coaching alchemy.

The theme for the evening will be 'Living Well Together'. You do not need a partner or BF to come along. This evening is designed to introduce you to new flavours, new people and new opportunities. **Strictly Limited Number of Places at the Table (12) £44 p.p. (includes everything: 3 course meal, drinks & entertainment)** – all profits will be donated to: **The Hub Crowdfunder 2024.**
Contact: issy@lordshiphub.org.uk

Shell Theatre Events

Community Events at the Shell
Outdoor Theatre/Skate Park

June 2nd 11am-5pm

Italy Nel invite you to **"Italian Made"** with Italian music, food and more ... A celebration of all things Italian!

June 15th 2-9pm

Open Shell event with Felt Sound System: local established and emerging DJs and refreshments, skate taster sessions with Downside DIY and BMX sessions with Tottenham BMX Club.

LORDSHIP HUB
 Community building in every sense

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

Phone us re disabled vehicle access to the park

What's on at Lordship Hub in June 2024

Hub Café open 11-4pm (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 . Not 3 June	£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.	
	6.30-7.30pm	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 .	£8/£7
6.30-7.30pm	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 .	£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. Not 25 June.	£8/£6
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: 19 June.	FREE
	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 . Not 5 June.	£10*
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 Andrei. 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 Andrei.	
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 .	£9/£8.50
	11.30-1	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. 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.	

*Concessions available

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