

What's on at Lordship Hub July 2024

Hub Café open 10-4pm (not Thursday). Weekends open from 9am. For activities see below, drop in office Mon-Fri 11-3pm, email: people@lordshiphub.org.uk, phone 020 8885 5684 or see www.lordshiphub.org.uk.

Monday	10.00-11.00	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 pm
	4-4.45pm	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, Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration .	Prices vary see website
	5-6pm	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Only 1 and 8.	
	6.30-7.30	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. £8 per session or £28 for a block of 4 sessions. For further info contact Bill on 07941 434 186.	£6.25/£7
Tuesday	11.00-12.00	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
	5.45-6.45pm	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
Wednesday	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
	10-11am	Baby Yoga from 6wks to 8months. Booking essential. More info contact Karen: first-touchmassage@hotmail.co.uk or 0792 227 669. Only 7 and 14 July	£9*
	11.15-12.00	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669. Only 7 and 14 July	£9*
	5.30-7.30	Lordship Hub Board Meeting. All Lordship Hub Co-operative Members welcome! This month: 17 July.	Free
	7- 8pm	NEW Time. 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*
Thursday	10-11am	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 . Only 4 and 11 July.	£11/£9*
	11-2pm	Seniors' Coffee Morning. Come to 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 07483 172 781. Ongoing.	Free
	4-5pm	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, 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. Only 4 and 11 July.	
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 per week, siblings half price. Book via happity or pebble or pay on the door. For more info Holly: tinytimemusic@outlook.com .	£9/£8.50
	11.30-1.00	Breastfeeding Support Group. Drop-in run by NMUH midwives & 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
	4-5pm	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, Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration .	Prices vary see website
	5-6pm	Uptop Dance School. Juniors. Street Dance for 10+yr olds with Andrei. Only 5 and 12 July.	

*Concessions available

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

SATURDAY	
9-10am	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 .
9-10am	Vinyasa Flow Jess's class is a mixed-ability gentle vinyasa flow yoga class suitable for all adults of any fitness level. Each session will focus on connecting movement with breath using a variety of postures that help to strengthen, tone, align and stretch the body building a sense of well-being and calm both physically and mentally. Mats and props are provided. Adults only Classes are £7 a session or £25 blocks of 4 . Contact Jess: WhatsApp: 07418 611 324 or Jess.macklin.mitchell@gmail.com . Not 27 July.
10.15-11.00am	Uptop Dance School. Mini. Street Dance for 4+5yr olds with Vivian Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860 . Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration . Only 6 and 13 July.
11.15-12.15	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Vivian. For further information please see above . Only 6 and 13 July.
10.15-11am	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 .
11.15-12	Yoga for 3 to 5yr olds. For more info 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 6 July.
2-4pm	Music Circle in the Café. This month: 13 July.
SUNDAY	
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11-12am	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. Only
2-3.30pm	Friends of Lordship Rec monthly meeting. Come and find out what is going on in the Rec. This month: 7 July.

Note New Time

Pregnancy Yoga. On Wednesdays. **Now 7-8pm**
visit www.clareproudfoot.com or contact clare@clareproudfoot.com.

Volunteering at the Hub

Lordship Hub is a great place to volunteer. You can use your skills, learn new skills and play a big part in the life of the community.

If you would like to volunteer or to find out more about the volunteering opportunities at the Hub. Contact: people@lordshiphub.org.uk

Vibrant Life Dining Club

Hub Fundraising Event - Dinner Club, 4 July
See: <https://www.eventbrite.co.uk/e/vibrant-life-dinner-club-living-well-together-tickets-912110185117>

Blockorama

Steel Pan Music Festival.
6th July 12-8pm
Free event in Lordship Rec, main field

New Staff at the Hub

Carola, who worked with us for over 9 years, has sadly left us. We are now happy to introduce 2 new Hub staff:

Nura Nur, people coordinator is happy to assist and be the "go to person" for private and group room hire for parties, workshops, classes or community events. In the office Monday-Thursday and alternate Saturdays

Contact: people@lordshiphub.org.uk

Nora White, for office admin and financial matters.

Contact: office@lordshiphub.org.uk

LORDSHIP HUB

Community building in every sense

July 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  @LordshipHub

Phone us re disabled vehicle access to the park 