

What's on at Lordship September 2024

Hub Café open 10-4pm (not Thursday). 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	10.00-11.00	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 £35 monthly in advance. Booking required. Contact Catherine 47moonraker@gmail.com .	£35 pcm
	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. Restarting 9 September	
	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. Not 9 September	£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.	£8/£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. Returning in October.	£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
	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
Wednesday	10-11am	Baby Yoga from 6wks to 8months. Booking essential. More info contact Karen: first-touchmassage@hotmail.co.uk or 0792 227 669.	£9*
	11.15-12.00	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669.	£9*
	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*
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 .	£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.	Donation
	12-2.30pm	Free Food on Thursdays. 12-1pm Food Parcels. Come for a hot meal 1-2.30pm. For more info contact the OK Foundation 07483 172 781.	FREE
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 £10 per week, siblings half price. Book via happity or pebble or pay on the door. For more info Holly: tinytimemusic@outlook.com .	£10
	4-5pm	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Restarting 13 September 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. Restarting 13 September	

*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 A mixed ability gentle class for 16yrs+ connecting breath with movement. Classes are £7 a session or £25 blocks of 4 . Contact Jess: WhatsApp: 07418 611 324 or Jess.macklin.mitchell@gmail.com .
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 .
11.15-12.15	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Vivian. For further information please see above . Restarts 14 September.
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 14 September.
11.15-12	Yoga for 3 to 5yr olds. For more info see above . Not 14 September
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: 7 September
2-4pm	Music Circle in the Café. This month: 14 September
SUNDAY	
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10-11am	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 or info@capoeirabemvindo.co.uk . Restarts 15 September.
11-12am	Capoeira for kids 8-10 yrs. See above.
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. Restarts 8 September
2-3.30pm	Friends of Lordship Rec monthly meeting. Come and find out what is going on in the Rec. This month: Sunday 8 September

Tottenham Flower & Produce Festival and Show

Saturday 14th September 11-5pm

All about sustainability & care for the planet
Showcase for home growing, home cooking and hand crafting. Register entries on the day from 9-11am, pick up an entry form from Lordship Hub. Workshops, stalls and talks including Tottenham's own "Gardeners' Question Time" (1-2pm). Mushroom growing, Mythology of plants, Herbal remedies, natural cleaning products, the uses of nettles, flower arranging, climate quizzes. Lots of activities for children, chickens and ponies (weather permitting) and Mr Squash. Right to Food March to the Rec. free food from Haringey Community Food Network. Haringey Cycling Campaign Bike Ride at 11am Doctor Bike, Haringey Fixers, Growing in Haringey, Harmony Gardens, Friends of the Earth, XR, Climate Fresk, Wheely Tots, Tottenham Clouds and local community growers and makers

Dementia Awareness

Wednesday 18th September, 1-2pm

Learn how to support friends or family members living with dementia. Spot early signs and gain helpful insights and support whether you have been diagnosed yourself or care for others.

Flower Show Workshops

Sunday 1 Sept 1.30-3.30 - Love Me Natural

Make your own hair and skincare products with natural ingredients.

Sunday 8 Sept 12.30-2.30 - Lemonade Challenge

Fun activity for children who would love to start their own lemonade stand business

LORDSHIP HUB
Community building in every sense

September 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 