

SATURDAY	
9-10	<b>Pilates Mat Class.</b> Combining a variety of exercises with the correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £8 or book blocks at discounted rate of £6.
9-10	<b>Vinyasa Flow</b> A mixed ability gentle class for 16yrs+ connecting breath with movement. Classes are £8 a session or £30 blocks of 4. Contact Jess: WhatsApp: <b>07418 611 324</b> or <a href="mailto:Jess.macklin.mitchell@gmail.com">Jess.macklin.mitchell@gmail.com</a> .
10.15-11	<b>Toddler Yoga.</b> 18 months to 3yrs. Stretch, move and relax together. £10 *. <b>Booking essential.</b> For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902 227 669. <b>Not 2 November.</b>
11.15-12	<b>Yoga for 3 to 5yr olds.</b> For more info see above. <b>Not 2 November.</b>
10.15-11	<b>Uptop Dance School. Mini. Street Dance for 4+5yr olds</b> with Vivian Develop coordination, confidence and make new friends. Further info contact Andrei: <b>07448 588 860</b> . Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .
11.15-12.15	<b>Uptop Dance School. Kids. Street Dance for 6-9yr olds</b> with Vivian. <b>Not 26 October.</b> For further information please see above.
12.30	<b>Hub Repair Café</b> Bring any small household items. Free but must book in advance: <a href="http://bit.ly/haringeyfixers">bit.ly/haringeyfixers</a> , <a href="mailto:HaringeyFixers@gmail.com">HaringeyFixers@gmail.com</a> <b>07887 493 658</b> . This month: <b>2 November</b> .
2-4	<b>Music Circle</b> in the Café. This month: <b>9 Nov.</b>
SUNDAY	
10-11	<b>Capoeira for kids 4-7 yrs.</b> 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 <b>07931 916 233</b> or <a href="mailto:info@capoeirabemvindo.co.uk">info@capoeirabemvindo.co.uk</a> .
11-12	<b>Capoeira for kids 8-10 yrs.</b> See above.
11-12	<b>Children's Yoga for 4-8 yrs.</b> Fun approach to yoga using gentle poses, music, games, breathing and mindfulness techniques, storytelling and visualisation. Info & booking <b>07765 243 087</b> or DM Martha on Instagram <a href="https://www.instagram.com/marthaschildrencyoga">@marthaschildrencyoga</a> . £9 pre book only. <b>Not 3 November.</b>
2-3.30	<b>Friends of Lordship Rec</b> monthly meeting Come and find out what is going on in the Rec. This month: <b>3 November.</b>

**View Ally Pally Fireworks**

**Saturday 2 November**

See the Ally Pally Fireworks for **FREE** from the top of the Hill in Lordship Rec by the Higham Road Gate (8pm)

**SPECIAL TAKEAWAY MENU** from the Hub café with hot food and drinks from **6-9pm**

**Hub Art Fair**

**Sunday 17 November 1-4pm**

Local artists will be selling their original cards, prints and small artworks. Great gifts for the festive season!

**Exciting New Class**

**Botanical Drawing**

**3 Friday Classes on 22, 29 November and 6 December 10-12noon**

With the expert guidance of Joanne Roberts, a Botanical Illustrator, draw plants from the Rec Orchard and surrounding park. No experience necessary! All materials will be provided. Pay what you can, with a suggested donation of £10 per class.

For more information contact Sally on **07757 333 202**.

**Hub Festive Fair**

**Date for your diary!**

**Saturday 7 December 1-5pm**

With *Santa's Grotto*, festive stalls, music and delicious food from the Hub Cafe

**LORDSHIP HUB**  
Community building in every sense

**NOVEMBER 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](mailto:hello@lordshiphub.org.uk)  
[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

[@LordshipHub](https://www.tiktok.com/@LordshipHub) [LordshipHub](https://www.facebook.com/LordshipHub)  
Phone us re disabled vehicle access to the park

# What's on at Lordship Hub in November 2024

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

Monday	10-11	<b>Postnatal Yoga (with babies).</b> 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 <a href="http://www.clareproudfoot.com">www.clareproudfoot.com</a> or contact <a href="mailto:clare@clareproudfoot.com">clare@clareproudfoot.com</a> .	£10*
	11.30-1.30	<b>Watercolour Painting Group.</b> First session free, then £30 monthly in advance. Booking required. Contact Catherine <a href="mailto:47moonraker@gmail.com">47moonraker@gmail.com</a> .	£35 pcm
	4-4.45	<b>Uptop Dance School. Mini.</b> 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: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .	Prices vary see website
	5-6	<b>Uptop Dance School. Kids.</b> 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. <b>£8 per session or £28 for a block of 4 sessions.</b> For further info contact Bill on 07941 434 186.	£8/£7
Tuesday	11-12	<b>Silverfit.</b> Exercise for 45+. Yoga. For more information and booking contact 07976 547 717, <a href="mailto:info@silverfit.org.uk">info@silverfit.org.uk</a> , <a href="http://www.silverfit.org.uk">www.silverfit.org.uk</a> . Silverfit also organises Nordic Walking in the Rec from 11.00-12.00. <b>£3 per session.</b>	£3
	12.30-1.15	<b>Hula Hooping with Sara</b> - For fitness and fun. <b>Everybody welcome.</b> Hoops provided. For further info contact Sara: 07932566508, <a href="mailto:sarahall52@gmail.com">sarahall52@gmail.com</a> .	£5
	1.30-2.30	<b>Mixed Media Art Session</b> 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 <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . Some resources provided.	£7
	5.45-6.45	<b>Pilates Mat Class.</b> Combining a variety of exercises with the correct breathing, alignment & stretching to lengthen, strengthen & tone the body. Mixed abilities. Contact Lauren: <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in <b>£8</b> or book blocks at discounted rate of <b>£6</b> .	£8/£6
	7-8	<b>Yoga – all levels.</b> Erin's classes offer relaxing sequences that are accessible for all levels. No experience necessary. Join her for fun & nurturing classes. <b>£8 drop in or 5 classes for £30.</b> E-mail: <a href="mailto:Erinwolson@gmail.com">Erinwolson@gmail.com</a> to book.	£8/£6
Wednesday	10-11	<b>Baby Yoga from 6wks to 8months.</b> Booking essential. More info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902 227 669.	£9*
	11.15-12	<b>Baby Yoga 8month+.</b> Booking essential. For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902 227 669.	£9*
	5.30-7	<b>Lordship Hub Board Meeting.</b> All Lordship Hub Co-operative members welcome! <b>Not this month. Now 3rd Wednesday of each other month.</b>	FREE
	7-8	<b>Pregnancy Yoga.</b> 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 <a href="http://www.clareproudfoot.com">www.clareproudfoot.com</a> or contact <a href="mailto:clare@clareproudfoot.com">clare@clareproudfoot.com</a> .	£10*
Thursday	10-11	<b>Thula Mama.</b> 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. <b>£11 for one class, £9 for a block. Booking essential: <a href="http://happity.co.uk/thula-mama-london">happity.co.uk/thula-mama-london</a>. Not 31 October.</b>	£11/£9*
	11-2	<b>Seniors' Coffee Morning.</b> Come and meet new people, have a lively chat and enjoy some refreshment together. <b>All welcome, just drop in.</b>	Donation
	12-2.30	<b>Free food on Thursdays. 12-1 Food parcels.</b> Come for a hot meal 1-2.30. For more info contact the OK Foundation 07483 172 781. <b>Ongoing.</b>	FREE
	6-8pm	<b>Creative Movement classes.</b> An open level dance class for adults to find joy and intrigue in movement. Classes will combine a mixture of learning phrases, improvisation and group work. Contact Loe with any questions and for booking: <a href="mailto:loe.e.darcy@gmail.com">loe.e.darcy@gmail.com</a> .	£3, £5, £10 (pay it forward)
Friday	10.30-11.15	<b>Tiny Time Music.</b> Cheery introduction to musical concepts. Expect instruments, scarves, singing, shaking and bubbles! Block booking for the half term is <b>£59.50</b> , drop in <b>£10 p/wk</b> , siblings half price. Book via happity or pebble or pay on the door. For more info Holly: <a href="mailto:tinytimemusic@outlook.com">tinytimemusic@outlook.com</a> .	£10 (£5 siblings)
	10-12	<b>NEW. Botanical Drawing Class.</b> Join a friendly relaxed Botanical Drawing class under the expert guidance of Joanne Roberts, a Botanical Illustrator. No experience necessary! We will use plant and tree materials from The Orchard and surrounding park of Lordship Recreation Ground. All materials will be provided. There will be <b>3 classes, on Fridays 22, 29 November and 6 December.</b> Pay what you can, with a suggested donation of <b>£10 per class.</b> Book for one or all 3 classes via Eventbrite. For more information contact Sally on 07757 333 202.	£10 suggested (pay what you can)
	4-5	<b>Uptop Dance School. Kids.</b> Street Dance for <b>6-9yr olds</b> with Andrei. Develop coordination, confidence and make new friends. For further info contact Andrei: 07448 588 860, <a href="mailto:contact@uptopdance.com">contact@uptopdance.com</a> . Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> . Trial registration form: <a href="http://www.uptopdance.com/registration">www.uptopdance.com/registration</a> .	Prices vary see website
	5-6	<b>Uptop Dance School. Juniors.</b> Street Dance for <b>10+yr olds</b> 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](http://www.lordshiphub.org.uk)**