

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. Restarts 11 Jan.
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: <a href="tel:07418611324">07418 611 324</a> or <a href="mailto:Jess.macklin.mitchell@gmail.com">Jess.macklin.mitchell@gmail.com</a> . Restarts 4 January.
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 <a href="tel:07902227669">07902 227 669</a> . Restarts 18th January.
11.15-12	<b>Yoga for 3 to 5yr olds.</b> For more info see above. Restarts 18 January.
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: <a href="tel:07448588860">07448 588 860</a> . Price list: <a href="http://www.uptopdance.com/fees">www.uptopdance.com/fees</a> , Restarts 11 January. 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. Restarts 11 January. 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> <a href="tel:07887493658">07887 493 658</a> . This month: 4 January.
2-4	<b>Music Circle</b> in the Café. This month: 4 January.
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 <a href="tel:07931916233">07931 916 233</a> or <a href="mailto:info@capoeirabemvindo.co.uk">info@capoeirabemvindo.co.uk</a> . Only 19 and 26 January.
11-12	<b>Capoeira for kids 8-10 yrs.</b> For info 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 <a href="tel:07765243087">07765 243 087</a> or DM Martha on Instagram <a href="https://www.instagram.com/marthaschildrencyoga">@marthaschildrencyoga</a> . £9 pre book only. Restarts 12 January.
2-3.30	<b>Friends of Lordship Rec</b> monthly meeting. Come and find out how to get involved in the Rec. This month: 5 January.

## Wassail 2025

**Wassail - Traditional, Fun Celebration**  
**Sunday 12th January 2-5pm**  
 In Lordship Rec Orchard and the Hub

**2-3.30pm** Lantern Making and Procession  
**3.30pm** Singing around the Wassail Tree with members of Tottenham Community Choir  
**3.50pm** Children hang 'toast' on tree branches  
**4pm** Back to the Hub for warming refreshments, more singing with Hackney Songworks, story telling and spoken word poetry by Abe Gibson.  
**Close time 4.45pm**  
**Donations go to Haringey Migrant Centre**

## Hire a Room in 2025

If you want to run a regular class, hold a private party or run a community event/activity or meeting at the Hub  
**See Lordship Hub website or**  
**Contact [people@lordshiphub.org.uk](mailto:people@lordshiphub.org.uk)**

## Exhibit in the Hub Cafe

Are you a local artist? You can exhibit for a month in the Lordship Hub Café for FREE  
**Contact: [joanhcurtis51@gmail.com](mailto:joanhcurtis51@gmail.com)**

## Volunteer at the Hub

You can volunteer at the Hub, in the cafe, helping with events or other duties  
**Contact: [people@lordshiphub.org.uk](mailto:people@lordshiphub.org.uk)**

**LORDSHIP HUB**  
 Community building in every sense

## JANUARY 2025 PROGRAMME



Lordship Hub is a community building at the heart of Lordship Rec, co-operatively run by local staff and volunteers

**Happy New Year**  
**from all at the Hub**

**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.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 January 2025

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 <b>£30</b> 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: <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> .	Prices vary see website
	5-6	<b>Uptop Dance School. Kids.</b> Street Dance for 6-9yr olds with Andrei. Restarts 6 January.	
	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</b> per session or <b>£28 for a block of 4 sessions</b> . For further info contact Bill on <b>07941 434 186</b> . Restarts 6 January.	£8/£7
Tuesday	11-12	<b>Silverfit.</b> Exercise for 45+. Yoga. For more information and booking contact <b>07976 547 717</b> , <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</b> per session.	£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: <b>07932566508</b> , <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 <b>07888 678 780</b> or <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . Some resources provided.	£7
	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</b> drop in or <b>5 classes for £30</b> . E-mail: <a href="mailto:Erinwolson@gmail.com">Erinwolson@gmail.com</a> to book. Restarts 14 January.	£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 <b>07902 227 669</b> . Restarts 8 January.	£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 <b>07902 227 669</b> . Restarts 8 January.	£9*
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 <b>07709 438 777</b> . <b>£11</b> for one class, <b>£9</b> for a block. <b>Booking essential:</b> <a href="http://happity.co.uk/thula-mama-london">happity.co.uk/thula-mama-london</a> . Restarts 9 January.	£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. Ongoing.</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 <b>07483 172 781</b> . Restart 9 January.	FREE
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</b> p/wk, 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>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. Pay what you can, with a suggested donation of <b>£10</b> per class. Book via Eventbrite. For more information contact Sally on <b>07757 333 202</b> . <b>Only 31 January.</b>	£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: <b>07448 588 860</b> , <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. Restarts 10 January.	

\*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)**