

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 £10 or blocks of 5 for £40 valid for 6 months from first use.
9-10	Vinyasa Flow Mixed-ability class suitable for any fitness level 16yrs+. Connecting movement with breath using a variety of postures that help tone, strengthen, align and stretch the body building a sense of well-being and calm both physically and mentally. Mats and props provided. £8 or blocks of 5 £30. Contact Jess on 07418611324. Book on www.rewildwithjess.com . Back in October.
10.15-11	Toddler Yoga. 18 mths to 3yrs. Stretch, move and relax together. £10 *. Booking essential. For info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669.
11.15-12	Yoga for 3 to 5yr olds. See above
10.15-11	Uptop Dance School. Mini. Street Dance for 4+5yrs with Vivian. Develop coordination, confidence & make new friends. 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 info see above.
2-4	Music Circle in the Café. This month: 6 Sept.
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 or info@capoeirabemvindo.co.uk . Back 14 Sept.
11-12	Capoeira for kids 8-10 yrs. See above.
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 @marthaschildrensyoga. £10 drop in. discounted blocks available. Not 21 September.
2-3.30	Friends of Lordship Rec monthly meeting. Find out all about the Rec. This month: 7 September.
2-4	Songs from the Land is a free queer-led, inclusive singing group celebrating the beauty of folk music & nature through song. No experience necessary. Sing with us in a welcoming and supportive space! Contact: Insta @songsfromtheland or email songsfromthelandgroup@gmail.com . 21 Sept.

Tottenham Flower & Produce Festival 2025

Lordship Rec & Lordship Hub Saturday September 13th, 11-5pm

Popular annual community event - all about sustainability, wellbeing and caring for our planet.

FREE EVENT with stalls, activities, talks and workshops and entertainment for adults and children including:

Gardeners' Question Time
Herbs for Women's Health
Making Kimchi and Sourdough
Growing Mushrooms and Microgreens
Making Jewellery or Flower Crowns
Bees, Honey and candle rolling
Flower Arranging or Wool Spinning
Info on Climate Change & Conservation
Bike Rides and Doctor Bike
Local choir and much more!!

PLUS the SHOW, showcasing the Home Growing, Home Baking, Hand Crafting of our community of all ages
Enter Show for free using the entry form available at the Hub and bring it between 9-11am to the Show Tent on the day of the show.

Free Children's Workshops

Saturday Sept 6th 1-3pm at the Hub
Make a Bird Feeder and/or bug hotel from recycled objects

Sunday Sept 7th 1-3pm at the Hub
Make your own Lemonade

Tuesday Sept 9th 4-6pm at the Hub
Transfer Print your designs on Fabric

LORDSHIP HUB
community building in every sense

SEPTEMBER 2025 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.facebook.com/LordshipHub) [LordshipHub](https://www.facebook.com/LordshipHub)
Phone us re disabled vehicle access to the park

What's on at Lordship Hub in September 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, 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 .	£10*
	11.30-1.30	Watercolour Painting Group. First session free, then £45 monthly in advance. Booking required. Contact Catherine 47moonraker@gmail.com .	£45 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 , Price list: 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.	
	6.30-7.30	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	11-12	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
	12.30-1.30	Hula Hooping with Sara - For fitness and fun. Everybody welcome. Hoops provided. For further info contact Sara: 07932566508 , sarahall52@gmail.com . Back October	£5
	1.30-2.30	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
	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 9 September.	£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*
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.	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 .	FREE
	6-7.30pm	Creative Movement classes. 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: loe.e.darcy@gmail.com .	£7 (general admission) or £10 (pay it forward)
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 p/wk, siblings half price. Book via happity or pebble or pay on the door. For more info Holly: tinytimemusic@outlook.com .	£10 (£5 siblings)
	10-12	Botanical Drawing Class. 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 £10 per class. Book for one or more classes via Eventbrite. For more information contact Sally on 07757 333 202 .	£10 suggested (pay what you can)
	5-6	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
	6-7	Uptop Dance Youth Company. Invitation Only. 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

SORRY FOR ANY INCONVENIENCE CAUSED BY THE EXTENSIVE AND NECESSARY BUILDING REPAIRS OVER THE PAST 2 MONTHS