

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 £10 or blocks of 5 for £40 valid for 6 months from first use. Please book classes in advance online here - <a href="https://bookwhen.com/perrypilates">https://bookwhen.com/perrypilates</a> .
9-10	<b>Gentle and dynamic yoga class</b> - A beginner friendly class to explore the body, build strength and develop flexibility physically and mentally. Mats and props provided. £8 or blocks of 5 for £30 (class £6) To book : <a href="http://www.rewildwithjess.com">www.rewildwithjess.com</a>
10.15-11	<b>Toddler Yoga.</b> 18 mths to 3yrs. Stretch, move and relax together. £12 *. <b>Booking essential.</b> For info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or 07902 227 669. <b>Not 4 October.</b>
11.15-12	<b>Yoga for 3 to 5yr olds. Back on 11 October</b>
10.15-11	<b>Uptop Dance School. Mini. Street Dance for 4+5yrs</b> with Vivian. Develop coordination, confidence & make new friends. 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> . <b>Not 25 Oct</b>
11.15-12.15	<b>Uptop Dance School. Kids. Street Dance for 6-9yr olds</b> with Vivian. For further info see above. <b>Not 25 October.</b>
2-4	<b>Music Circle</b> in the Café. This month: <b>4 October.</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 07931 916 233 or <a href="mailto:info@capoeirabemvindo.co.uk">info@capoeirabemvindo.co.uk</a> . <b>Not 12 October.</b>
11-12	<b>Capoeira for kids 8-10 yrs.</b> See above. <b>Not 12 Oct.</b>
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 07765 243 087 or DM Martha on Instagram <a href="https://www.instagram.com/marthaschildrencyoga">@marthaschildrencyoga</a> . £10 drop in. discounted blocks available. <b>Not 26 October.</b>
2-3.30	<b>Friends of Lordship Rec monthly meeting.</b> Find out all about the Rec. This month: <b>5 October.</b>
2-4	<b>Songs from the Land</b> 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! Insta <a href="https://www.instagram.com/songsfromtheland">@songsfromtheland</a> or email <a href="mailto:songsfromthelandgroup@gmail.com">songsfromthelandgroup@gmail.com</a> . <b>19 Oct.</b>

## Half Term Halloween Lantern Making

**Make and Decorate your own  
Halloween Lantern**

**Wednesday 29th October  
From 4.30pm**

**Followed by  
Spooky lantern walk in the park  
with Mr Squash**

**£4 (£2 for siblings)**

## Hire a room at the Hub

**Hire a room for a party,  
event or meeting**

**Go to venue hire section of the  
Lordship Hub website**

**[www.lordshiphub.org.uk/venue-hire](http://www.lordshiphub.org.uk/venue-hire)**

## Volunteer at the Hub

**You can gain great experience  
volunteering at the hub.  
Many volunteer tasks available**

**Contact: [people@lordshiphub.org.uk](mailto:people@lordshiphub.org.uk) or  
call 020 8885 5684**

**LORDSHIP HUB**  
community building in every sense

## OCTOBER 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](mailto:hello@lordshiphub.org.uk)  
[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

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

# What's on at Lordship Hub in October 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>£45</b> monthly in advance. Booking required. Contact Catherine <a href="mailto:47moonraker@gmail.com">47moonraker@gmail.com</a> .	£45 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> . <b>Not on 27 October.</b>	Prices vary see website
	5-6	<b>Uptop Dance School. Kids.</b> Street Dance for 6-9yr olds with Andrei. <b>Not on 27 October.</b>	
	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</b> sessions. For further info contact Bill on <b>07941 434 186</b> .	£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
	12.30-1.30	<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
	7-8pm	<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.	£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> .	£10*
	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> .	£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 <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> .	£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.</b> 12-1 Food parcels. Come for a hot meal 1-2.30. For more info contact the OK Foundation <b>07483 172 781</b> .	FREE
	6-7.30pm	<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> . <b>Back soon</b>	£7 (general admission) or £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</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 for one or more classes via Eventbrite. For more information contact Sally on <b>07757 333 202</b> . <b>Only 24 &amp; 31 October.</b>	£10 suggested (pay what you can)
	5-6	<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
	6-7	<b>Uptop Dance Youth Company.</b> Invitation Only. Street Dance for <b>10+yr olds</b> with Andrei. <b>Not on 31 October.</b>	

\*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)**