

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. Please book classes in advance online here - https://boookwhen.com/perrypilates .
10.15-11	Toddler Yoga. 18 mths to 3yrs. Stretch, move and relax together. £12 *. Booking essential. For info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669. Not 8 November.
11.15-12	Yoga for 3 to 5yr olds. Not 8 November.
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 Uptop Mini above.
2-4	Music Circle in the Café. This month: 1 Nov.
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 . Not 2 November.
11-12	Capoeira for kids 8-10 yrs. See above. Not 2 Nov.
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.
2-3.30	Friends of Lordship Rec monthly meeting. Find out all about the Rec. This month: 2 November.
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! Insta @songsfromtheland or email songsfromthelandgroup@gmail.com . This month: 16 November

View the Fireworks

View the Ally Pally firework display from Lordship Rec

At the top of the hill near Higham Road Gate from 8pm

LORDSHIP HUB CAFÉ 6-9pm

Will be serving hot drinks, hot food - baked potatoes, meat or veggie hotdogs and hot drinks plus mulled wine and bailey's coffee. (Come early, queue can be long)

Special Film Screening

Haringey Community Cinema and Haringey Welcome present a documentary:

TILKA, set in Lebanon, following 5 women artists

FREE showing on 15 November, 1.30pm with discussion afterwards.

Book through Eventbrite:

<https://eventbrite.co.uk/e/hcc-hw-present-tilka-dir-myriam-geagea-tickets-1816302312109?>

Hub Community Day

BE CREATIVE AT THE HUB!

Saturday November 15th from 1pm

Make your own presents, **JEWELLERY AND CARDS** for friends and family, or even for yourself with Sian (Plastique), using recycled single use plastic (donation). Plus some stalls.

LORDSHIP HUB

community building in every sense

NOVEMBER 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.instagram.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)

Phone us re disabled vehicle access to the park

What's on at LordshipHub in November 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 .	£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.	£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 . Not 5 November.	£10*
	11.15-12	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669 . Not 5 November.	£10*
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 . Class not on until further Notice.	£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