

SATURDAY	
9-10	Yoga with Fola. A comfortable space to move, rest & be present. Vinyasa yoga, blending traditional and contemporary practice and linking breath with movement. Move fluidly through a creative and dynamic sequence leaving you feeling balanced and energised. All levels. £10. Book your space at: https://yogawithfolia.simplybook.it/ . Not 11 April.
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://bookwhen.com/perrypilates . Not 4 April.
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 07902 . Not 4 April.
11.15-12	Yoga for 3 to 5yr olds. Not 4 April.
10.15-11.00	Uptop Dance School. Mini. Street Dance for 4+5yrs with Vivian. Develop coordination, confidence & make new friends. Contact Andrei: 07448 588 860 . Price list: www.uptopdance.com/fees , Trial registration form: www.uptopdance.com/registration . Not 4 & 11 April.
11.15-12.15	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Vivian. For further info see Uptop Mini above. Not 4 or 11 April.
2-4	Music Circle in the Café. This month: 4 April.
SATURDAY	
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 5 or 12 April.
11-12	Capoeira for kids 8-10 yrs. As above. Not 5 or 12 April.
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 @marthaschildrencyoga . £10 drop in and discounted block bookings available. Not 5 or 12 April.
2-3.30	Friends of Lordship Rec monthly meeting. All park users welcome. This month: 5 April.
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: 19 April.

Hub Easter Egg Trail

Saturday 4th April, 12-2pm

A chance to have a lovely walk looking for pictures of our Easter Animal Friends on trees and benches around the park.

Pick up your TRAIL MAP at the Hub and try to find all the animals. When you have found as many as you can come and claim your free Easter Egg from the Hub. **GOOD LUCK.**

£5 & £3 for siblings (concessions available). (Most suitable for 3-12 yrs)

Kids Art @ Film Club

**Creative Easter Holiday Activities
31st March to Thursday 2nd April
at Lordship Hub**

A few days for kids to make things, tell stories and to genuinely feel proud of what they have created. No screens-for-the-sake-of-it. Just digital skills combined with real creative maker craft, guided by people who love this stuff.

Places are limited

For up-to-date details and more information contact: artfilmcamp@gmail.com

Special Cafe Opening

**FOOD BANK & FREE FOOD
NOT OPERATING**

**on Thursday 2nd and 9th APRIL
The regular LORDSHIP HUB CAFE will be OPEN
from 10-3pm on these dates**

LORDSHIP HUB

Community building in every sense

**APRIL
2026
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

[Instagram: lordshiphub_n17](https://www.instagram.com/lordshiphub_n17) [Facebook: LordshipHub](https://www.facebook.com/LordshipHub)
Phone us re disabled vehicle access to the park

What's on at Lordship Hub in April 2026

Hub Café open 11-4pm (not *most* Thursdays). Weekends open from 9am. **drop-in office hours Mon/Tues/Thur/Sat 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
	1.45-2.45	Pilates with Marguerite - A general level Pilates Matwork Class, suitable for anyone with recurring lower back pain, shoulder/ neck pain or general stiffness. We work on developing sound technical foundations before powering up into some stronger moves, always moving at a steady pace. £10 per class, bookings at https://www.margueritepilates.com/offerings/pilates-matwork-lordship-rec . Not on 6 April.	£10
	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 . Not on 6 April.	Prices vary see website
	5-6	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Not on 6 April.	
	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. Not on 6 April.	£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 on 8 April.	£10*
	11.15-12	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669. Not on 8 April.	£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 . Not on 2 or 9 April.	£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. NOT ON 2 and 9 April. Regular Hub Cafe will be open to sell food and drink from 10-3pm on 2 and 9 April.	FREE
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: tinymusic@outlook.com . Not on 3 April.	£10 (£5 siblings)
	10-12	Botanical Drawing Class. Join a friendly relaxed Botanical Drawing class. 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. Please note that we only take cash now, £10 per class on the day. For more information contact Sally on 07757 333 202. Not on 3 April.	£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 . Not 3 or 10 April.	Prices vary see website
	6-7	Uptop Dance Youth Company. Invitation Only. Street Dance for 10+yr olds with Andrei. Not on 3 or 10 April.	

*Concessions available

WEEKEND CLASSES SEE OVER - Check Hub website "What's On" page in case of any cancellations or changes: www.lordshiphub.org.uk