

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://yogawithfolasimplybook.it/ .
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 .
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 .
11.15-12	Yoga for 3 to 5yr olds.
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 23 May.
11.15-12.15	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Vivian. For further info see Uptop Mini above. Not 23 May.
2-4	Music Circle in the Café. This month: 2 May.
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 3 or 24 May.
11-12	Capoeira for kids 8-10 yrs. As above. Not 3 or 24 May.
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 and discounted block bookings available. Not 3 May.
2-3.30	Friends of Lordship Rec monthly meeting. All park users welcome. This month: 3 May.
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: 17 May.

Hub Users' Focus Group & Annual General Meeting

Sunday 17th May, 2-4pm

Thank you for your continued support for Lordship Hub Cooperative.

We'd like to invite you to our **Annual General Meeting** for Hub Cooperative Members and Hub users. We will be celebrating the successes of the last year and asking for your views on what we should do next year. We are running a **USERS' FOCUS GROUP** from **2-3.30pm** with **free refreshments** before the business part of the AGM. We really want to hear your opinions on how we are doing, what you think we could be doing differently and any ideas for new activities or improvements.

Kids Art @ Film Club

Creative Half Term Activities
Wed 27th May to Fri 29th May
10am-3.30pm at Lordship Hub

For little climate heroes to have fun and contribute to a more sustainable future for all

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

Volunteer at our Cafe

Would you like to volunteer and gain work skills at our Hub Cafe?

<https://lordshiphub.org.uk/get-involved/volunteering/>
 or contact: people@lordshiphub.org.uk

LORDSHIPHUB
 Community building in every sense

MAY 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

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

What's on at Lordship Hub in May 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 4 & 25 May.	£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 25 May.	Prices vary see website
	5-6		
	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 4 & 25 May.	£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. Not 19 May.	£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.	£10*
	11.15-12	Baby Yoga 8month+. Booking essential. For more info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669.	£10*
Thursday	11-12	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
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. 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.	£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		

*Concessions available

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