

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/ . Only 31 Oct.
9-10	Pilates Mat Class. Combining various exercises with correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: perrypilates@hotmail.com . Drop in £10 - blocks of 5 for £40 valid 6 months from first use. Book in advance 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 07902. Only 24 and 31 October.
11.15-12	Pre school Yoga for 3 to 5yr olds. Only 24 & 31 Oct.
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 31 October.
11.15-12.15	Uptop Dance School. Kids. Street Dance for 6-9yrs with Vivian. Further info see Uptop Mini above.
2-4	Music Circle in the Café. This month: 3 Oct.
SUNDAY	
9.30-10.30	All-levels yoga helps you move with kindness, build energy, and finish feeling lighter and more connected. Complete beginner or an experienced yogi, all welcome. Classes are pay-what-you-can (£4, £6, or £8). Book online or simply drop in. More info contact Michelle on 07700 123456 or email michelle@yogaexample.co.uk .
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 18 October.
11-12	Capoeira for kids 8-10 yrs. As 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 @marthaschildrensyoga. £10 drop in and discounted block bookings available. Not 25 Oct.
2-3.30	Friends of Lordship Rec monthly meeting. All park users welcome. This month: 4 October.

Half Term Fun

ART & FILM CLUB

Children aged 5-10 can make spooky creatures and bring them to life in a stop-motion film from 28-30 October, 10am-3:30pm. Sibling discounts are available; email: artfilmcamp@gmail.com for booking details.

COME & PLAY : UKULELE ADVENTURES

Children aged 5-9 can join Ukulittle for a musical adventure at Lordship Hub on **Wednesday 28 October**. The session for ages 5-6 runs from 3-4pm, followed by ages 7-9 from 4-5pm; book your place here: https://classbento.co.uk/ukulittle-come-and-play-n-ukulele-experience-for-kids-london-0?utm_source=&utm_medium=referral&utm_campaign=provider_social&wtm=hgb5u5mzmqgb

HALLOWEEN LANTERN MAKING, LANTERN WALK & HALLOWEEN DISCO

Friday 30 October (no booking required)

4.30-5.30pm £4 (£2 siblings)

followed by **Lantern Walk in the park**

PLUS **HALLOWEEN DISCO**

from **6.30pm**. £2 (£1 siblings). Put on your best costume - dancing and prizes

Tottenham Flower & Produce Festival 2026 continues ...

SUNDAY October 11, 1.30-3pm

The Folklore of Plants

Talk by Ruth Green from Harmony Gardens. Discover the myths, legends and traditional uses of the plants around us. Just drop in.



SATURDAY October 24, 1-5pm



HARVEST Celebration and APPLE DAY

Share a FREE hearty meal, Traditional Workshops plus **Apple Day** with traditional apple juicer, heritage apple varieties, a longest peel competition and appley cakes for sale. Drop in.

LORDSHIP HUB

Community buiding in every sense

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

What's on at Lordship Hub in October 2026

Hub Café open 11-4pm (not 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. A relaxed, friendly and supportive group. All levels welcome. 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/offering/pilates-matwork-lordship-rec . Not 26 October.	£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 26 October.	Prices vary see website
	5-6	Uptop Dance School. Kids. Street Dance for 6-9yr olds with Andrei. Not 26 October.	
	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 21 October.	£10*
	11.15-12	Baby Yoga 8month+. Booking essential. More info contact Karen: first-touchmassage@hotmail.co.uk or 07902 227 669. Not 21 October.	£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 . Not 22 October.	£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. Not 29 October.	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
	2-3.15	5 week 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 . Not 22 or 29 October.	£10*
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 £11 p/wk, siblings half price. Book via happity or pebble or pay on the door. For more info Holly: tinytimemusic@outlook.com .	£11 (£5.50 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 2 October.	£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 8 60, contact@uptopdance.com . Price list: www.uptopdance.com/fees . Trial registration form: www.uptopdance.com/registration . Not 30 Oct.	Prices vary see website
	6-7	Uptop Dance Youth Company. Invitation Only. Street Dance for 10+yr olds with Andrei. Not 30 October.	
	1-3	The Grief Café facilitated by local charity Carers First is starting this September in a relaxed community space. Former, or current carers who have lost a loved one they were a carer for will be able to talk about loss, share experiences, and find steady support. Come for a warm drink and biscuits, stay for gentle conversation. For more details, please call Peter on 07384 218 985. 2 October.	Free (call to book)

*Concessions available

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