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 at: https://yogawithfola.simplybook.it/. **Only 21 & 29 November.**
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. Dates to be confirmed.**
11.15-12.15	**NEW. Just for Dads Baby Yoga. Only 7 November. As above.**
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.
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: **7 November.**
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 1 November.**
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.
2-3.30	**Friends of Lordship Rec monthly meeting**. All park users welcome. This month: **1 November.**

Cafe Fireworks Menu



Pick up hot food and drink from our special menu to take away to watch the **Ally Pally Fireworks** (8pm) from the top of the Hill at Higham Road Gate of the Rec.

CAFE OPEN 6-8pm

Tactile Tea Break

FREE ART AND TEXTILE SESSIONS
English/Turkish drawing and textile workshops for Haringey residents. BPS particularly welcome!
A FREE café token is included.
Tuesday 17th November 12.00pm
The Tactile Tea Break: Sensory Art & Textile Workshop for Adults 16+
Book: https://tactile_tea_break_adult.eventbrite.com
Saturday 21st November 1.30pm
The Tactile Tea Break: Sensory Art & Textile Family/ Intergenerational Workshop
Book: https://tactile_tea_break_adult.eventbrite.com

Documentary Screening

"The Hardest Bridge"
Special Screening of this **inspirational** Documentary
Sunday 22nd November at 2.30pm
It is an amazing story of reconciliation and **Jo Berry**, whose story it is, will attend to speak about her peace work and answer any questions
Book for FREE through Eventbrite:
https://www.eventbrite.com/e/2003766812476?aff=oddtdtcreator

Winter Opening Hours

MONDAY-WEDNESDAY & FRIDAY 10-3pm
SATURDAY & SUNDAY 9-4pm
THURSDAYS - Only open for *OK Foundation's*
FREE food collection & hot meal 11-1.30pm
From November the building will usually be open 30 minutes before cafe opening and closing times

LORDSHIP HUB

Community buiding in every sense

NOVEMBER 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 LordshipHub
Phone us re disabled vehicle access to the park

What's on at Lordship Hub in November 2026

Hub Café open 10-3pm (not Thursdays). Weekends open from 9-4pm. 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/offerings/pilates-matwork-lordship-rec.	£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.	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.	£10*
	11.15-12	**Baby Yoga 8month+. Booking essential.** 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
	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.	£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.	£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.	Prices vary see website
	6-7	**Uptop Dance Youth Company**. **Invitation Only**. Street Dance for 10+yr olds with Andrei.	
	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. **6 November.**	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