

## About Lordship Hub

We are run by a cooperative of local residents; paid staff, volunteers and cooperative members. We want Lordship Hub to be "a community building in every sense".

The Friends of Lordship Rec was started in 2001 to refurbish Lordship Rec after successive government cuts had rendered it neglected and underused. This project was a massive 'people-led' success and the park is now somewhere we can all be proud of and enjoy.

A Heritage Lottery Grant, obtained through a partnership of Haringey Council, the Friends and other local community groups in 2012 saw the park totally refurbished, including the Hub, the first Council eco-building, made of wood, straw and natural render.

The Hub cooperative was set up in 2013 by park users when the Friends of Lordship Rec decided to take on the running of the new building, to ensure it would always be run by and for the benefit of the local community.

In early days, Lordship Hub was run only by volunteers, and it was a while before we had the resources and confidence to take on paid staff to work with them. From the beginning a volunteer board has met to develop and oversee our community ethos and development. We are a membership organisation and as a member you have a say in the running and future of Lordship Hub. We receive no direct funding from the Council, depending totally on trading income, grant funding and donations.

Over the years we have learned and grown and now the possibilities are endless. We actively welcome new members and invite you to come on this journey with us.

For membership details see:

[www.lordshiphub.org.uk/get-involved/membership](http://www.lordshiphub.org.uk/get-involved/membership)

## Lordship Hub 10th Birthday Celebration

**Saturday, 19th August  
1-4pm**

You are invited to celebrate with us on our 10th birthday!

There will be music, a children's entertainer, games and crafts, good food in the café and **BIRTHDAY CAKE!** Plus we will have an artist on site doing quick portraits and other activities to be confirmed.

The photos below show some of the many activities that have taken place at the Hub over the past 10 years.



*RiverFest music stage.*

*Black History month film show.*

*"Up the High Road" community play.*

*Hub Community Day.*

*Halloween lantern making.*

**LORDSHIP HUB**

Community building in every sense

**AUGUST  
2023  
PROGRAMME**



Lordship Hub is a community building at the heart of Lordship Rec, co-operatively run by local staff and volunteers



**Happy 10th birthday  
Lordship Hub!**

**Lordship Hub**

Lordship Recreation Ground,  
Higham Road, N17 6NU  
020 8885 5684

[hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk)  
[www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)

[@LordshipHub](https://twitter.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)

Phone us re disabled vehicle access to the park

# What's on at Lordship Hub in August 2023

Hub Café open daily 11-4pm (not Thursdays). On Saturdays open from 9.30am. For activities see below, drop in office Mon-Fri 11-3pm, email: [hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk), phone 020 8885 5684 or see [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk).

Many of our regular classes close for the Summer holidays throughout August and restart in September

Monday	11.30-1.30	<b>Watercolour Group.</b> First session free, then £30 monthly in advance. <b>Booking required.</b> Contact Catherine <a href="mailto:47moonraker@gmail.com">47moonraker@gmail.com</a> .	£30 pcm
	6.30-7.30pm	<b>Boxing for fitness.</b> Improve fitness, confidence, lose weight and have fun, using boxing gloves and pads. All levels welcome from beginners to advanced. £7 per session or £25 for a block of 4 sessions. For further info contact Bill on <a href="tel:07941434186">07941 434 186</a> . <b>Not on 28th August.</b>	£6.25/£7
Tuesday	11.00-12.00	<b>Silverfit.</b> Exercise for 45+. Yoga. For more information and booking contact <a href="tel:07976547717">07976 547 717</a> , <a href="mailto:info@silverfit.org.uk">info@silverfit.org.uk</a> , <a href="http://www.silverfit.org.uk">www.silverfit.org.uk</a> . Silverfit also organises Nordic Walking in the Rec from 11.00-12.00. <b>All sessions are currently free, but you do need to book in advance.</b>	Currently free
	1.30-3pm	<b>New Mixed Media Art Session</b> Tips and techniques using found & bought art resources to create collage, recycle mixed media art journals & visual journaling. More more info contact Sandra on <a href="tel:07888678780">07888 678 780</a> or <a href="mailto:lastdoorstudio@gmail.com">lastdoorstudio@gmail.com</a> . Some resources provided. £7. <b>First session half price.</b>	£7
	5.45-6.45pm	<b>Pilates Mat Class.</b> Combining a variety of exercises with the correct breathing, alignment & stretching to lengthen, strengthen & tone the body. Mixed abilities. Contact Lauren: <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> . Drop in £8 or book blocks at discounted rate of £6.	£6/£8
Wednesday	10-11am	<b>Baby Yoga from 6wks to 8months.</b> <b>Booking essential.</b> More info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or <a href="tel:0792227669">0792 227 669</a> . <b>Only 9th &amp; 16th August.</b>	£9
	11.15-12.00	<b>Baby Yoga 8month+.</b> <b>Booking essential.</b> For more info contact Karen: <a href="mailto:first-touchmassage@hotmail.co.uk">first-touchmassage@hotmail.co.uk</a> or <a href="tel:07902227669">07902227669</a> . <b>Only 9th &amp; 16th August.</b>	£9
	5.30-7pm	<b>Lordship Hub Board Meeting.</b> All Lordship Hub Co-operative members welcome! This month: <b>9th August.</b>	FREE
Thursday	11am-2pm	<b>Seniors' Coffee Morning.</b> Come and meet new people, have a lively chat and enjoy some refreshment together. All welcome, just drop in.	Donation
	12-2.30pm	<b>Free food on Thursdays.</b> 12-1 Food parcels. Come for a hot meal 1-2.30. For more info contact the OK Foundation <a href="tel:07483172781">07483172781</a> .	FREE
	8-9pm	<b>Capoeira (Group Topazio)</b> Come and learn the lovely art of Capoeira where you will learn/improve movement, martial arts, fitness, acrobatics, strength, coordination, balance. £5 per person. For more details contact Michael Nelson-Cole on <a href="tel:07515032025">07515032025</a> , email <a href="mailto:tpmtraining@aol.com">tpmtraining@aol.com</a> , website <a href="http://www.shuaijiaolondon.co.uk">www.shuaijiaolondon.co.uk</a> .	£5
Saturday	9-10	<b>Pilates Mat Class.</b> Combining a variety of exercises with the correct breathing, alignment and stretching to lengthen, strengthen and tone the body. Mixed abilities. Contact Lauren: <a href="mailto:perrypilates@hotmail.com">perrypilates@hotmail.com</a> Drop in £8 or book blocks at discounted rate of £6.	£8/£6
	12-2.30	<b>Hub Repair Café</b> Bring any small household items. Free but must book in advance: <a href="https://bit.ly/haringeyfixers">bit.ly/haringeyfixers</a> , <a href="mailto:HaringeyFixers@gmail.com">HaringeyFixers@gmail.com</a> <a href="tel:07887493658">07887 493658</a> . First Saturday of each month. This month: <b>5th August.</b>	FREE
	2-4	<b>Music Circle</b> in the Café. All musicians/singers welcome. This month: <b>12th August.</b>	FREE
Sunday	2-3.30	<b>Friends of Lordship Rec monthly meeting.</b> Come and find out what is going on in the Rec. This month: <b>6th August.</b>	FREE

\*Concessions available

Check Hub website "What's On" page in case of any cancellations or changes: [www.lordshiphub.org.uk](http://www.lordshiphub.org.uk)