



## The All Saints Community, Arts and Youth Centre

### November Programme

(Covid secure venue)

To get our monthly guide to what is taking place at the All Saints please e-mail us on the address below.  
The All Saints Centre cannot take responsibility for any programme changes. All events are the responsibility of the individual organisers. For tickets and more information please see individual listings. The Centre is open 7 days, but hours vary with the programme of events. Please call to arrange a time if you wish to view the space.

The All Saints Centre  
Friars Walk, Lewes,  
East Sussex, BN7 2LE  
01273 486391  
asclewes@lewes-tc.gov.uk  
[www.lewes-tc.gov.uk](http://www.lewes-tc.gov.uk)

## Monday

### **BounceBack Cardiac Exercise Class.**

Run by a friendly, BACPR accredited cardiac rehab specialist. 3pm to 4pm £7 per session. For details contact Anita on 07852986914 or [anitaasghar@msn.com](mailto:anitaasghar@msn.com)

### **Lewes Youth Rock Orchestra**

L.Y.R.O offers a place for young budding musicians to come and hang out, develop as a musician, and to gain the knowledge and experience needed to succeed in the music industry. From age 8-16yrs  
Main hall 4:30-6pm FIRST SESSION FREE  
For more information visit: [lewesyouthrockorchestra.com](http://lewesyouthrockorchestra.com)  
Email: [james@lewesyouthrockorchestra.com](mailto:james@lewesyouthrockorchestra.com)  
Facebook: @Lewesyouthrockorchestra  
Phone: James on 07812822471

### **Circus Pearls Trapeze, aerial silks and rope classes for 7s and over.**

Classes between 3.45pm to 6.15pm Small Hall. All our teachers are CRB checked & insured. For more information [circuspearls@gmail.com](mailto:circuspearls@gmail.com)

## Tuesday

### **Adult Ballet Classes No previous**

**knowledge of ballet needed.** A small friendly class designed for all ages and abilities. £8 per class, term only. 09.30am Main Hall. For more info & to book contact Claire Lyons AISTD on 07773 194040 or [claire.lyons@sky.com](mailto:claire.lyons@sky.com)

### **Medieval Sword fighting**

"Princes and Lords learn to survive with this art, in earnest and in play. But if you are fearful, then you should not learn to fence. Because a despondent heart will always be defeated, regardless of all skill." Sigmund Ringeck 1389. Come and practice medieval sword fighting. Tuesdays from 7pm-8.30pm. Small Hall. Contact Neal at [nealmatheson2@gmail.com](mailto:nealmatheson2@gmail.com) for more information and to book.

## Wednesday

### **Pilates with Hannah Ellicock**

Registered Osteopath. A Pilates class to help you strengthen, tone and refine your core with an emphasis on precision and control. 9.15am to 10.15am Main Hall. £10 per class. Payable half termly. For more info call Hannah on 07830190503 or [www.lewesfamilyosteopath.co.uk](http://www.lewesfamilyosteopath.co.uk)

### **Toy Library Loads of toys to choose from for play & for hire!**

Stay and play or just pop in and borrow. Refreshments provided. 9.30am to 11.30am Small Hall. £5 for a year membership. Playgroup £2 drop in per family. For more info contact the All Saints Centre directly. **\*PLEASE NOTE NO TOY LIBRARY ON 17/11\***

### **Turning Pointe School of Dance**

**Ballet & Tap for ages 3 to adult.** 3.30pm to 7.15pm Both Halls. Contact Julia Canneaux for details times and prices [www.turningpointedanceschool.co.uk](http://www.turningpointedanceschool.co.uk)

### **BAM BAM Dance Fitness**

**A high energy mixed ability dance fitness class.**

7.45-8.45pm Wednesdays, Main Hall. Taking inspiration from Afro-Caribbean dance styles and beat driven music, such as Dancehall, Afro-beat, Reggaeton, UK Garage and Dub/ Reggae. The class will consist of simple choreographed routines, aimed to improve cardio fitness, flexibility, muscle strength, and most importantly raise levels of happy hormones!

£6 class entry, first session free. Drop ins welcome or to book or get more info email Hayley at [bambamdancefitness@gmail.com](mailto:bambamdancefitness@gmail.com)

## Thursday

**Pilates with Hannah Ellicock** Registered Osteopath. 9.30am to 10.30am Main Hall. £10 per class. Payable half termly. For more info call Hannah on 07830190503 or [www.lewesfamilyosteopath.co.uk](http://www.lewesfamilyosteopath.co.uk)

**Turning Pointe School of Dance Ballet & Tap for ages 3 to adult.** 1.15pm to 3.15pm Small Hall. Contact Julia Canneaux for details times and prices [www.turningpointedanceschool.co.uk](http://www.turningpointedanceschool.co.uk)

**Iyengar Yoga with Sallie Adults, all levels.** 1.30pm to 3pm. Main Hall. £10 per class drop in or reduced rates for block booking. For more information or to book your place please email [sallie.sullivan8@btinternet.com](mailto:sallie.sullivan8@btinternet.com)

**Windmill Young Actors Lewes**  
A one-hour drama workshop for infant actors aged 5 to 7 years. Our young actors learn drama skills as part of a team in a nurturing and inspiring environment with the guidance of experienced teachers who are also industry professionals. 3.45pm to 6.15pm. Main Hall. First session is a FREE trial. For more information contact Denise on 07961986245 or [lewes@windmillyoungactors.com](mailto:lewes@windmillyoungactors.com)  
[www.windmillyoungactors.com](http://www.windmillyoungactors.com)

**Circus Pearls Trapeze, aerial silks and rope classes for 7s and over.** Classes between 3.45pm to 6.30pm. Small Hall. All our teachers are CRB checked & insured. For more information [circuspearls@gmail.com](mailto:circuspearls@gmail.com)

## Lewes Glynde Beddingham

**Brass** Full band 8pm to 10pm. Experienced players welcome along. More details email Jane Stewart on [secretary@lgbbrass.co.uk](mailto:secretary@lgbbrass.co.uk)

## Friday

**PlayGroup Informal drop-in for parents & tots for play and for conversation!** Lots of toys, activities & refreshments. 10am to 11.30am. Main Hall. £2 per family. Email: [allsaintsplaygroup@lewes@gmail.com](mailto:allsaintsplaygroup@lewes@gmail.com)

**Circus Pearls Aerial lessons on trapeze, rope & silks!** All levels. Great for fitness & fun! Different classes from 3.45pm to 6.15pm. Small Hall For more information [circuspearls@gmail.com](mailto:circuspearls@gmail.com)

## ONE OFF EVENTS

### A FIRE OF BONES - A HISTORY OF BONFIRE NIGHT

Lewes Bonfire Night, with its amazing displays and historic traditions, lies at the heart of Sussex celebrations and holds a unique spot in the history of "Firework Night". Join actor and tour guide Nick Richmond for a fiery journey into the history of the 5th of November celebrations. Using pictures, music and eyewitness accounts, you can find out the turbulent Tudor history that led to Guy Fawkes Night, and the story of the Catholic plot to kill the king and the traditions of Lewes Bonfire Night that make it so special. Saturday 6<sup>th</sup> November 7.30pm Tickets are £7 and can be booked through [www.paypal.com/cgi-bin/webscr](http://www.paypal.com/cgi-bin/webscr) Numbers are limited to 70 people so early booking is strongly advised.

**Lewes Film Club** A community group run by film enthusiasts bringing art-house, classic, and foreign films to Lewes. Members only due to covid measures in place £100 for one year membership (incl. 35 films).  
**The Kingmaker** Tuesday 9<sup>th</sup> 8pm R15  
**The Perfect Candidate** Friday 12<sup>th</sup> 8pm  
**Pain and Glory** Tuesday 16<sup>th</sup> 8pm R15  
**Proxima** Friday 19<sup>th</sup> 8pm R12A  
**The Chambermaid** Sunday 21<sup>st</sup> 2pm R15  
**Richard Jewell** Sunday 21<sup>st</sup> 4.30pm R15  
For more info contact 07809235578 or visit [www.lewes-filmclub.com](http://www.lewes-filmclub.com)

### Musicians of All Saints

**Directed by Andrew Sherwood**  
**Bach** Brandenburg Concerto No.3 in G major  
**Peter Copley** Music of Exile for Viola and Thirteen solo strings; Raghad Haddad (viola)  
**David Jenner** The Sky above Cissbury  
**Holst** St Paul's Suite for Strings  
Saturday 13<sup>th</sup> November at 7.45pm  
Tickets £5-£15  
Visit [www.musiciansofallsaints.co.uk/events](http://www.musiciansofallsaints.co.uk/events) to book

### Lewes Live Literature presents Tormenta Flamenca "TABLAO"

Authentic flamenco returns to Lewes with a new show by Tormenta Flamenca entitled TABLAO, a journey through the tradition and evolution of Flamenco. Their sell out performances are breath-taking and dramatic in their electric changes of pace, mood and energy. Sunday 14<sup>th</sup> November 4pm Tickets £14 in advance/£17 on the door To book, visit [www.leweslivelit.co.uk](http://www.leweslivelit.co.uk)

### Not Another lullaby

Baby disco for little ones and their grownups! Friday 26<sup>th</sup> 1-2pm Main hall £3 suggested donation with all profits going to The Trevor Mann Baby Unit. For more info & to book your ticket please make contact via Facebook and Instagram @NotAnotherBabyDisco

### Lewes Creatives Christmas Emporium

A unique opportunity to buy beautiful gifts from local artists and makers. Including jewellery, textiles, prints, photography, ceramics and aromatherapy oils. Main Hall  
Opening hours -  
Friday 26<sup>th</sup> November 6-8pm (private view)  
Saturday 27<sup>th</sup> November 10-6pm.

### Baby & Child First Aid Class

Our award winning 2-hour baby and child first aid class is ideal for new parents, expectant parents, not so new parents, grandparents, carers, babysitters and more. It includes CPR, choking, bumps, breaks, burns, bleeding, febrile seizures and meningitis awareness from newborn to puberty. Sunday 28<sup>th</sup> September 10am-12pm Main hall. £20 per person – to book please visit [www.minifirstaid.co.uk](http://www.minifirstaid.co.uk)