

## Monday

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

**BounceBack 2pm to 3pm Main Hall** Cardiac  
Exercise Class. Gentle, simple to do fitness class, suitable for  
all, including those recovering from Cardiac/Cancer/ Pulmonary  
events Come along and see how we can help you improve your  
fitness. Contact Anita on 07852986914 or email  
[anitaasghar@msn.com](mailto:anitaasghar@msn.com)

**Circus Pearls 3.45pm to 6.15pm Small Hall**  
Trapeze, aerial silks and rope classes for 7s and over. Classes  
between. All our teachers are CRB checked & insured. For more  
information please email [circuspearls@gmail.com](mailto:circuspearls@gmail.com)

**Dancing in the dark 8pm to 9pm Main Hall** A  
chance for people who like dancing but can't remember the last  
time they had a good boogie. Different soundtrack each week.  
Mixed music, house, hip hop, funk, soul, reggae, break beat, drum  
and bass, pop. Aged 18+ Hosted by Rick. £4 Pay on the door or  
[www.eventbrite.co.uk/e/dancing-in-the-dark-tickets-333433296967](http://www.eventbrite.co.uk/e/dancing-in-the-dark-tickets-333433296967)

## Tuesday

**Creative Movement 10am to 11am Main Hall**  
Expressive body, mind & movement class. Come and experience  
the joy of movement and peace in stillness. £80/8 weeks. For  
details contact Lauren on 07791 339045 or email  
[laurenreddance@gmail.com](mailto:laurenreddance@gmail.com)

**Bam Bam Dance Fitness 12:15pm to 1pm**  
**Main Hall** A high energy mixed ability dance fitness class. Taking  
inspiration from Afro-Caribbean dance styles and beat driven  
music. The class will consist of simple choreographed routines,  
aimed to improve cardio fitness, flexibility, muscle strength, and  
most importantly raise levels of happy hormones! £7 drop in. For  
more info email Hayley at [Bookwhen.com/bambamdancefitness](http://Bookwhen.com/bambamdancefitness)

**Yoga for the over 50's 12pm to 1:15pm Small**  
**Hall** You will be introduced to postures, breath work, sound and  
short meditative practices, within each of these tools. You will be  
encouraged to find the right level of engagement for yourself. We  
will work towards releasing tensions and stress, improving  
flexibility and building up stamina.

**Medieval Sword fighting 7pm to 8.30pm**  
**Small Hall** "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. Contact Neal at  
[nealmatheson2@gmail.com](mailto:nealmatheson2@gmail.com) for more information and to book.

## Wednesday

**Toy Library 9.30am to 11.30am Small Hall**  
We are actively and urgently seeking volunteers to run this  
popular and longstanding group – please contact  
[asclewes@lewes-tc.gov.uk](mailto:asclewes@lewes-tc.gov.uk) or call 01273 486391 for more  
information. Return date to be advised, please call first.

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

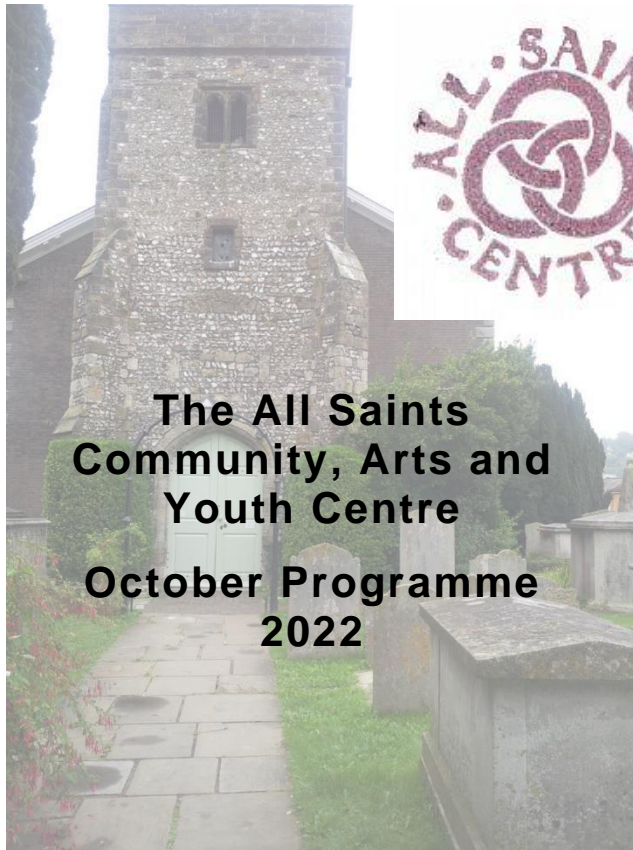
**Turning Pointe School of Dance 3.30pm**  
**to 7.15pm Both Halls** Ballet & Tap for ages 3 to adult. For details  
times and prices please visit  
[www.turningpointedanceschool.co.uk](http://www.turningpointedanceschool.co.uk)

## Thursday

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

**Iyengar Yoga 1.30pm to 3pm Main Hall** with Sallie.  
Adults, all levels. £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**  
**3.45pm to 6.15pm Main Hall** 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. First session is a FREE trial. For more information  
contact Denise on 07961986245, email  
[lewes@windmillyoungactors.com](mailto:lewes@windmillyoungactors.com) or visit  
[www.windmillyoungactors.com](http://www.windmillyoungactors.com)



## The All Saints Community, Arts and Youth Centre October Programme 2022

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](mailto:asclewes@lewes-tc.gov.uk)  
[www.lewes-tc.gov.uk](http://www.lewes-tc.gov.uk)

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

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

## Friday

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

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

## ONE OFF EVENTS

### Let's Get Funked

**Saturday 1 October 7.30pm 18 and over.**

Funk, Soul and Reggae music for grown up dance lovers who like to party early. Half price bar before 8.30pm. Great atmosphere and a mix of great music from DJ Earl E Riser with party visuals .£6 in advance / £8 on the door. For tickets and more info [www.wegotickets.com/event/554132](http://www.wegotickets.com/event/554132)

### Lewes Live Literature

**Tuesday 4 October 7.45pm**

A talk/performance by on the history of Sound Poetry.

Writer/performer/musician **Xéls de Toro** gives an overview of the artists and art movements that developed 'phonetic poetry' - from Dadaists Hugo Ball and Kurt Schwitters in the early 20th century to French 'Poesie Sonore' to British 'Concrete Poetry' to artists working today. £7.00 advance / £10.00 door For tickets and more info please call 07923 405362, email [leweslivelit@gmail.com](mailto:leweslivelit@gmail.com) or visit [www.leweslivelit.co.uk](http://www.leweslivelit.co.uk)

### Lewes Film Club

**Friday 7 October 8pm**

**'Before Sunrise' 15 101mins** Richard Linklater

A rare big-screen opportunity to see all three parts of Linklater's (allegedly) unintended romantic trilogy set in different but invariably photogenic European locations. The first part: in which archetypal U.S-slacker doing Europe (Hawke) meets Frenchwoman (Delpy) on the train to Vienna. A day spent together in the city of Schubert leads to mutual attraction – but can it survive an inevitable parting of ways? Become a member or pay £7 on the door. For tickets and more info visit [www.lewes-filmclub.com](http://www.lewes-filmclub.com)

### Rhiannon Unbridled

**Saturday 8 October 7.30pm** Myth - Memoir - Music - Shadow

Puppets - a one-woman storytelling show about finding your voice. What happens when a middle-aged mother goes in search of an oppressed horse goddess? Myth and personal story collide, culminating in a passionate vision of a better world for all our daughters. With music and shadow puppets. Suitable for ages 10+. [www.eventbrite.co.uk/e/unbridled-women-tickets-419564638127](http://www.eventbrite.co.uk/e/unbridled-women-tickets-419564638127) Tickets between £5 and £15 and are offered on a sliding scale for you to self-select: Standard / Concession / Generous. Please pay what feels right for you. [www.jackiesinger.co.uk/rhiannon-unbridled/](http://www.jackiesinger.co.uk/rhiannon-unbridled/) [www.facebook.com/JackieSingerHummingbird](https://www.facebook.com/JackieSingerHummingbird)

### Lewes Film Club Sunday 9 October 4pm

**'Before Sunset' 15 80mins** Richard Linklater

The Second Part: in which Jesse (Hawke) is now the bestselling author of This Time, a book based on his Viennese encounter with Celine (Delpy) nine years earlier. While in Paris to promote this enigmatic tome, he spots her in the crowd at a bookstore event – and, given that he must fly back to New York within the day, one thing leads to another. This is perhaps the cutest of the trilogy, prompting even the august David Thompson to describe our sliding-door couple as “dull and complacent”; on the other hand, many have found it a revelation. And yes- in a (surely intentional) tribute to Jacques Rivette's masterpiece – Celine and Jesse do indeed Go Boating. Become a member or pay £7 on the door. For tickets and more info visit [www.lewes-filmclub.com](http://www.lewes-filmclub.com)

### Unsung Heroes Extreme Cello

**Orchestra Weekend Friday 14<sup>th</sup> to Sunday 16<sup>th</sup>**

**1pm October.** Come and be thrilled by passionate late music by Verdi. It is chromatic and dramatic and this will be a powerful experience and challenge to rise to. For more info please visit [www.cellocourse.com](http://www.cellocourse.com)

### Lewes Literary Society present an

**evening with DAVID HENDY Tuesday 18**

**October 8pm** David Hendy is a media historian with interests in the role of sound, images, and communication in human cultures across time. He joined the BBC in 1987 as a journalist and producer, and he continues to write and present regularly on BBC Radio 3 and BBC Radio 4. He has taught at the University of Westminster and the University of Sussex, and his latest book is *The BBC: A People's History*. For more info and tickets please visit [www.lewesliterarysociety.co.uk](http://www.lewesliterarysociety.co.uk)

### Lewes Film Club Friday 21 October 8pm

**'Before Midnight' 15 109mins** Richard Linklater

The Third Part. a trilogy focusing on three days across a span of 18 years.. Become a member or pay £7 on the door. For tickets and more info visit [www.lewes-filmclub.com](http://www.lewes-filmclub.com)

Lewes Live Literature presents **Poetry by George Szirtes and Zena Edwards, music by Pam and De Femmes.** **Saturday 22 October 7:30pm** George

Szirtes's first book of poems, *The Slant Door* (1979) was joint-winner of the Faber Prize and his twelfth book, *Reel* (2004) won the T S Eliot Prize for which he has been twice shortlisted since. His latest collection is *Fresh Out of the Sky* (2021). He has also published a memoir, *The Photographer at Sixteen* (2019). Zena Edwards is one the most unique voices in contemporary performance poetry. She is an accomplished writer/performer with two one-woman shows under her belt: *Security* (2009) and *Travelling Light* (2011). Pam and de Femmes are a phenomenally talented multilingual harmony group covering songs from around the globe. With a repertoire encompassing songs in over 30 languages. Tickets £7.50 advance or £10.00 door. For tickets and more info please call 07923 405362, email [leweslivelit@gmail.com](mailto:leweslivelit@gmail.com) or visit [www.leweslivelit.co.uk](http://www.leweslivelit.co.uk)

### Lewes Live Literature presents **Lost In The**

**Willows** by Christine Foster, directed by Margot

**Jobbins. Saturday 29 October 7.30pm** Loss and loneliness stalked Kenneth Grahame, the author of *The Wind in The Willows*. This play's action flows freely through Grahame's memories in soliloquies and extracts from his letters. He loved nature and once said he preferred places to people, but while his stubborn belief in the innocence of rural tranquility creates a gift of literature for an admiring world it ultimately destroys his own family. Tickets £13.50 / £11 concession. No age restrictions. Advance ticket sales via [TicketSource.co.uk](http://TicketSource.co.uk). [www.ticketsource.co.uk/lostinthewillows/lost-in-the-willows-all-saints-centre-lewes/e-jejvzd](http://www.ticketsource.co.uk/lostinthewillows/lost-in-the-willows-all-saints-centre-lewes/e-jejvzd)