



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

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

BounceBack 2-3pm 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

Dancing in the dark 8-8:45pm 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+

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 circuspearls@gmail.com

Tuesday

BAM BAM Dance Fitness 12-1.15pm Main Hall. A high energy mixed ability dance fitness class. 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

Yoga for the over 50's 12pm-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. Individual support is offered to each participant so that particular health conditions can be accommodated and hopefully improved.

Medieval Sword fighting 7pm-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 for more information and to book.

Wednesday

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

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 or call 01273 486391 for more information. Return date to be advised soon, please call first.

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

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

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

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 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

Lewes Glynde Beddingham Brass Full band 8pm to 10pm. Experienced players welcome along. More details email Jane Stewart on secretary@lqbbrass.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.
Email: 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

ONE OFF EVENTS

'The Power of Movement' Saturday 10 September 9.15am

Led by choreographer Anne Carlisle – with a focus on the effect of movement on the Psyche. An exploration of the ideas of Rudolf Laban and the links between the expressive effects of movement on the psyche and the practice of psychotherapy. Open to practitioners and non- practitioners alike. The session will begin with an inclusive movement workshop accessible to all. A guided discussion will follow on principles of dance and movement that resonate with therapeutic practice, an invitation to share experiences connecting to these ideas. All ages welcome.

[WeGotTickets](#) | [Simple, honest ticketing](#) | [The Power of Movement](#)



Artwave Saturday 17 September & Sunday 18th September 2022 11am – 5pm

Collective of local makers - ceramics, prints, photography, jewellery, aromatherapy, textile art, children's clothes, guest makers and Zu cafe. Chill with us - with mimosa fizz and live jazz singer! Disabled access, refreshments available, credit card facility, accessible by public transport & dog friendly. click for more information lewescreatives.co.uk



Lewes Live Literature 'Works in Progress' Tuesday 13 September, 7.45pm

New writing for theatre. LLL presents another evening of professionally performed rehearsed readings of new works and works in progress by local playwrights. A chance to see exciting new plays at an early stage of development.

The programme will include Coleridge in the Afterlife Half by John Agard (performed by the author), the Prologue and Epilogue of Mark C. Hewitt's contemporary tragedy, Civilization and its Discontents: 11 Movements for Theatre, and Flowering by Ukrainian playwright, Olga Matsiupa.



Lewes Film Club Friday 23 September - 8pm

'Drive My Car' A major hit at festivals and fully deserving of all the prizes and popular acclaim it has received, this is a mysterious and beautiful film. A successful actor and theater director has a complex relationship with his wife – a writer and TV dramatist. While faced with devastating events in his life and his marriage, the film shows his growing relationship with the driver he hires while directing a revival of Chekov's *Uncle Vanya* in Hiroshima. As the story progresses they drivers background and history grows in importance and this very moving film becomes a truly engrossing and exalting experience.

[Lewes Film Club showing Drive My Car \(lewes-filmclub.com\)](http://lewes-filmclub.com)

Ryūsuke Hamaguchi'
Hidetoshi Nishijima, Toko Miura, Reika Kirishima
Rated15
Run time 179 mins
Pre-order tickets
For more info contact 07809235578 or visit www.lewes-filmclub.com



Musicians of All Saints, 24 September, 7.45pm

directed by Andrew Sherwood

An all string programme of Purcell, arr. Holst, The Virtuous Wife Suite; Mozart, Divertimento in F major, K.138; Peter Copley, A Copper Garland and Bartók, Divertimento. We look forward to welcoming you back to the All Saints Centre for this diverse and interesting programme. Tickets £15, no age restrictions.

For more information, please visit

<https://www.musiciansofallsaints.co.uk/events>



Sing with Ben and Dom Saturday 25 September 2-5pm workshop 5-6pm performance

Join singers and choir leaders Ben & Dom for an afternoon of fun and uplifting harmony singing. This workshop is open to all, regardless of singing experience. The teaching will be inclusive and accessible, with a focus on connection and community. The workshop will finish with a short performance from Ben & Dom. For tickets and more info: www.BenAndDom.com

