



The All Saints Community, Arts and Youth Centre

January 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

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

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
Email: 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

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

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 for more information and to book.

Yoga for the over 50s

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.

Classes between 12pm and 1:15pm in the small hall.

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

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.

Turning Pointe School of Dance

Ballet & Tap for ages 3 to adult. 3.30pm to 7.15pm Both Halls. Contact Julia Canneau for details times and prices 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

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

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

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@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

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

ONE-OFF EVENTS

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).
I Never Cry 15 Friday 7th 8pm R15
The Reason I Jumped Tuesday 11th 8pm R12A
Limbo PG Friday 21st 8pm
For more info contact 07809235578 or visit www.lewes-filmclub.com

Lewes Speakers Festival 22nd and 23rd January

Lewes Speakers Festival returns with a lineup of speaker and authors giving talks
Visit speakersfestivals.com/lewes-speakers-festival for full lineup and to purchase tickets
Tickets & Special Discounts
1-Day Festival Pass: £45 - available for either the 22nd or 23rd January 2022
2-Day Festival Pass: £70 - For both the 22nd and 23rd January 2022
Alternatively, single tickets cost £12.50 for each individual talk.
Purchase two tickets to one talk for £11 each, 3 or more for £10 each.
To book by telephone please call the Box Office on: 0333 666 3366.
(This new box office number qualifies as inclusive call minute packages for mobiles and landlines)
Tickets are strictly limited so book early to avoid disappointment.
Any queries, please email: marcratrayuk@yahoo.co.uk

Lewes Psychedelic Festival 29th January

Melting Vinyl and Lewes Psych Festival presents:
Lewes Psychedelic Festival 2022
6-11pm (main psych room)
Afternoon events at Union Music Store and All Saints Centre (small psych room) 3-5pm, Bar/box office opens at 2-11pm
Address: All Saints Centre, Friars Walk, Lewes, BN7 2LE
Ticket price: £25 + Booking Fee/ £29, on the door (if available)
Age restrictions - All ages welcome, under 16's to be accompanied by an adult
FB event:
<https://www.facebook.com/events/1061390474402326>
On sale online See and in person Resident music, Brighton
<https://meltingvinyl.seetickets.com/event/lewes-psychedelic-festival-2022/all-saints-centre/2160950>