



## The All Saints Community, Arts and Youth Centre

### April 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.**

Back after Covid, a gentle fitness classes at the on at All Saints Centre Friars Walk BN7 2LE @Mondays from 3-4pm. 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)

### **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

### **Dancing in the dark**

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+, 8-8:45

### **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.

### **Yoga for the over 50's**

You will be introduced to postures, breath work, sound and short meditative practices and within each of these tools you will be encouraged to find the right level of engagement for yourself. We will work towards releasing tension 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. To join please contact Sabine on [sabinedahn61@gmail.co](mailto:sabinedahn61@gmail.co)

## 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.

### **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)

## 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)

**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@lgbrass.co.uk](mailto:secretary@lgbrass.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

### **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 Invisible Life of Euridice Gusmao**  
1<sup>st</sup> 8pm RU

**Rocks** 15<sup>th</sup> 8pm R12

**Maurice** 29<sup>th</sup> 8pm R15

For more info contact 07809235578 or visit [www.lewes-filmclub.com](http://www.lewes-filmclub.com)

## New Poetry 2022– Lewes Live Lit

Lewes Live Lit kicks off its 2022 programme by bringing together three outstanding poets - all with a strong collection to LLL - for an evening of shared insights, great lines and good-humoured cultural connection.

**Mimi Khalvati** is well-known to many in Lewes for her outstanding poetry seminars (next season beginning March), while **Maria Jastrzębska** (pictured) and **Maggie Sawkins** both have new collections out this year with Brighton-based Waterloo Press.

**Tues 19 April, 7.45pm**

**All Saints Centre Lewes**

**For tickets please visit:**

<https://www.leweslivelit.co.uk/>

## BORDER ZONES– Lewes Live Lit

Lewes book launch celebrating the publication of John Agard's latest poetry collection, Border Zones.

**Sat 30 April, 7.30pm**

**All Saints Centre Lewes**

**For tickets please visit:**

<https://www.leweslivelit.co.uk/>

## Lewes Creatives Spring Show

Jewellery, textiles, ceramics, prints, photography and aromatherapy sprays by local artists and makers.

Open 2<sup>nd</sup> April 10:30 – 5pm

Free