



The All Saints Community, Arts and Youth Centre May Programme

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
asclwes@lewes-tc.gov.uk
www.lewes-tc.gov.uk

Monday

BounceBack Cardiac Exercise Class.

Back after Covid, a gentle fitness classes at the on at All Saints Centre Firaris 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

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

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 50's

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 Canneaux for details times and prices 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

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@lgbbbrass.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: allsaintsplaygrouplewes@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).

Tokyo Story 3rd 8pm RU

The Audition 13th 8pm R15

AGM from 7.30pm

For more info contact 07809235578 or visit

www.lewes-filmclub.com

The Railway Children - Lewes Drama Collective Youth Group

The captivating story follows a fairly well-to-do family that has to move out of London to a simple country cottage near a railway, after the father, who works for the government, is falsely accused of espionage and sent to prison. After befriending a porter and station master at the local railway station, the well-mannered children Phyllis, Roberta (nicknamed "Bobbie") and Peter are eventually able to help prove their father's innocence before being reunited once again.

Sunday, 1st May at 2pm BST, The All Saints Centre, Friars Walk, Lewes BN7 2LE

Presented by: Lewes Drama Collective Youth Group

<https://www.ticketsource.co.uk/lewes-drama-collective>

Malling Taster Day!

Our sister Centre, Malling Community Centre, is hosting a taster day on Sunday May the 8th.

This is a chance to experience some of the regular classes/workshops for FREE! There will be an open time between 12pm and 2pm for the public to pop in and have a look at the halls that are available to hire. Spaces are limited to capacity. Please contact MCC for details or look out for information and class times on our social media page.

mallingcentre@lewes-tc.gov.uk 01273 407537