



## The All Saints Community, Arts and Youth Centre

### June Programme

The All Saints Centre  
Friars Walk, Lewes,  
East Sussex, BN7 2LE  
Tel: 01273 486391  
asclewes@lewes-tc.gov.uk  
[www.lewes-tc.gov.uk](http://www.lewes-tc.gov.uk)

## Monday

### **Pilates with Hannah Ellicock 9.30am to 10.30am**

Registered Osteopath. 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)  
Termtime only.

### **BounceBack Cardiac Exercise Class, 3-4pm.**

A gentle 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)

### **Dancing in the dark 8pm-8:45pm**

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.  
Tickets £4 through <https://www.eventbrite.co.uk/e/dancing-in-the-dark-tickets-333433296967>

### **Circus Pearls 3.45pm to 6.15pm**

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

## Tuesday

### **Adult Ballet Classes 09.30am – 10.30am**

**No previous knowledge of ballet needed.** A small friendly class designed for all ages and abilities. £8 per class, term only.  
Main Hall. For more info & to book contact Claire Lyons AISTD on 07773 194040 or [claire.lyons@sky.com](mailto:claire.lyons@sky.com)

### **Creative Movement classes 10am - 11am**

**Expressive body, mind & movement class.** Come and experience the joy of movement and peace in stillness Main Hall. For details contact Lauren on 07791 339045 or [laurenreddance@gmail.com](mailto:laurenreddance@gmail.com)

### **Medieval Sword fighting 7pm-8.30pm.**

"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. Small Hall. Contact Neal at [nealmatheson2@gmail.com](mailto:nealmatheson2@gmail.com) for more information and to book.

## Yoga for the over 50's 12pm- 1:15pm

with Sabine in the small hall  
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.com](mailto:sabinedahn61@gmail.com)

## Wednesday

### **Pilates with Hannah Ellicock 9.15am - 10.15am**

Registered Osteopath. A Pilates class to help you strengthen, tone and refine your core with an emphasis on precision and control.  
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 9.30am - 10.30am with Hannah Ellicock**

Registered Osteopath. 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)

### **Mindful Dance 11.15am - 12.45pm with Sophia**

**Campeau-Ferman** Main hall sliding cost scale £8,£10, £12.  
Connect deeper with your own physical body & find ways to feel free. Booking essential contact Sophia on messenger or email [sophiacampeau@me.com](mailto:sophiacampeau@me.com)

### **Iyengar Yoga 1.30pm - 3pm with Sallie Adults, all**

**levels.** 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 3.45pm - 6.15pm

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.. Main Hall. First session is a FREE trial. For more information contact Denise on 07961986245 or lewes@windmillyoungactors.com  
[www.windmillyoungactors.com](http://www.windmillyoungactors.com)

## Circus Pearls 3.45pm to 6.30pm

Trapeze, aerial silks and rope classes for 7s and over.. Small Hall. All our teachers are CRB checked & insured. For more information email [circuspearls@gmail.com](mailto:circuspearls@gmail.com)

## Lewes Glynde Beddingham Brass

8pm - 10pm

Full band. Experienced players welcome along. More details email Jane Stewart on [secretary@lgbbrass.co.uk](mailto:secretary@lgbbrass.co.uk)

## Friday

### Playgroup 10am - 11.30am

**Informal drop-in for parents & tots for play and for conversation!** Lots of toys, activities & refreshments., termtime only. Main Hall. £2 per family.  
Email: [allsaintsplaygrouplewes@gmail.com](mailto:allsaintsplaygrouplewes@gmail.com)

### Circus Pearls 3.45pm - 6.15pm

**Aerial lessons on trapeze, rope & silks!**

All levels. Great for fitness & fun! Different classes from. Small Hall  
For more information email [circuspearls@gmail.com](mailto:circuspearls@gmail.com)

## ONE OFF EVENTS

### New Sussex Opera

'Acis and Galatea', Handel.

Live Opera. Fully staged.

**Sunday 5 June 4.00pm**

**Saturday 18 June 7.00pm**

Community-based opera company founded 1978. High quality opera at affordable prices.

<https://www.newsussexopera.org/>

Tickets - <https://www.ticketsource.co.uk/nso>

### Lewes Speakers Festival 2022 10th, 11th and 12th of June 2022

We have hosted authors for many years now and we are so pleased to be back!

Hundreds of books have been discussed by the person that knows them best (the author!)

For more information, please visit:

<https://www.speakersfestivals.com/lewes-speakers-festival>

And for tickets: <https://www.speakersfestivals.com/tickets-lewes-speakers-festival>

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 get in touch to arrange a time if you wish to view the space.

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