



The All Saints Community, Arts and Youth Centre July 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 All Saints Centre only sells tickets for Film at All Saints. 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

Zumba Fitness Join the party for a Latin inspired, easy to follow, calorie burning, dance fitness class. 9.30am to 10.30am Main Hall. Classes are pay as you go, no need to book, £6 a class. Join us and get fit, get happy! sarahdexter@zumba.com

Pilates with Hannah Ellicock
Registered Osteopath. 9.15am to 10.15am Small Hall. £9 per class. Payable half termly. For more info call Hannah on 07830190503 or www.lewesfamilyosteopath.co.uk

The Voiceworks Company of Singers If you love singing, you'll love this! A relaxed choir for ALL abilities. Singing workshops for adults with singing coach Haley Stevens. 11am to 12.30pm. Small Hall. £51 for 6 weeks, first workshop is FREE! Contact Haley to book 07984 014509 or visit www.voiceworkshops.co.uk

diddidance Funky preschool dance classes for girls and boys. Ideally suited for 2 to 4 years old but we can take them from as young as 16 months. Exploring a new dance style every half term. 11am (classes are 45 minutes long) Main Hall. Free trial then £6 per class. www.diddidance.com During term time only.

BounceBack Cardiac Exercise Class. Run by a friendly, BACPR accredited cardiac rehab specialist. 3pm to 4pm £5.50/£6 per session. For details contact Toby 07793 241417 or toby@bbfit.co.uk

Turning Pointe School of Dance Ballet & Tap for ages 3 to adult. 4.15pm to 8.30pm Main Hall. Contact Julia Canneaux for details times and prices www.turningpointedanceschool.co.uk

Circus Pearls Trapeze, aerial silks and rope classes for 7s and over. 3.45pm to 5pm (juniors) 5pm to 6.15pm (intermediate) 6.15pm to 7.30pm (seniors) Small Hall. All our teachers are CRB checked & insured. For more information circuspearls@gmail.com

Lewes writing workshop Ever wanted to write about your first love, a memorable journey, or create a better plot for your favourite soap? Led by professional writer Roddy Phillips, the workshops are ideal for writers of all abilities. 10 sessions £120. 7.45pm to 9.45pm Small Hall. For info call Roddy on 07758 367479 roddy.phillips@btinternet.com www.bournetowrite.co.uk

Lewes Circus Society An open drop-in session for all skill levels to come and practice/learn an array of circus skills. 8.45pm to 10.15pm Main Hall. £3 entry. For more info contact robinfwaters@gmail.com Or search Lewes Circus Society on Facebook

Tuesday

Pilates with Hannah Ellicock
Registered Osteopath. 9.30am to 10.30am Small Hall. £9 per class. Payable half termly. For more info call Hannah on 07830190503 or www.lewesfamilyosteopath.co.uk

Creative Movement classes
Expressive body, mind & movement class. Come and experience the joy of movement and peace in stillness 10am to 11am Main Hall. £40/5wks. For details contact Lauren on 07791 339045 or email laurenreddance@gmail.com

Adult Ballet Classes No previous knowledge of ballet needed. A small friendly class designed for all ages and abilities. £6 per class, term only. 10.45am Small Hall. For more info contact Claire Lyons AISTD on 07773 194040 or email claire.lyons@sky.com

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. £9 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. For more info contact the All Saints Centre directly.

BounceBack Cardiac Exercise Class. Run by a friendly, BACPR accredited cardiac rehab specialist. 10.45am to 11.45am £5.50/£6 per session. For details contact Toby 07793 241417 or toby@bbfit.co.uk

Turning Pointe School of Dance Ballet & Tap for ages 3 to adult. 4pm to 8.45pm Both Halls. Contact Julia Canneaux for details times and prices www.turningpointedanceschool.co.uk

ONE OFF EVENTS

Thursday

Pilates with Hannah Ellicock Registered Osteopath. 9.30am to 10.30am Main Hall. £9 per class. Payable half termly. For more info call Hannah on 07830190503 or www.lewesfamilyosteopath.co.uk

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

Lewes Glynde Beddingham

Brass Young beginners and anyone returning to playing 7pm to 7.45pm. 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. £3 per family. For info howephil@gmail.com

BounceBack Cardiac Exercise Class. Run by a friendly, BACPR accredited cardiac rehab specialist. 12.30pm to 1.30pm Main Hall. £5.50/£6 per session. Contact Toby 07793 241417 or email toby@bbfit.co.uk

Circus Pearls Aerial lessons on trapeze, rope & silks! All levels. Great for fitness & fun! Different classes from 3.30pm to 6.15pm. Small Hall For more information circuspearls@gmail.com

Saturday

Duende Dance School Classes for all ages & abilities. Flamenco for adults & children. 9.15am to 1.15pm Small Hall. For more info contact Helena 07963 959262 or email helenadot@aol.com

Let's Get Funked Another dance night in Lewes featuring funk, soul and reggae music for grown-up dance lovers who like to party early. Friday 6th July 7.30pm to 11.00pm Tickets £7 in advance £8 on the door Tickets available from www.wegottickets.com and www.facebook.com/letsgetfunkedlewes

Musicians Of All Saints

Directed by Steve Dummer
C.P.E. Bach Flute Concerto in G major, *Soloist: Anne Hodgson*
Holst A Moorside Suite
Julian Broughton Concerto for Violin, Timpani and Strings, first performance
Soloist: Shereen Godber
Janacek Suite for Strings
Saturday 7th July 7.45pm. Tickets available on the door £12, Con £9, Under 18 free. For more information and season tickets please visit www.mas-lewes.co.uk

Little Edinburgh Comedy

Festival For two days this summer (one in June & one in July), Little Edinburgh brings some of the most exciting comedians in the country to the All Saints Centre in Lewes as they prepare for the Edinburgh Festival Fringe. Each of these brilliant comics will preview their entire Edinburgh show for just £6.50/£4.50 or you can pay a ridiculous £13/£9 to see everyone who's on that day. First Act at 4.30pm. Saturday 14th July. Tickets from Union Music Store or www.seetickets.com

Lewes Tango Milonga Returns

Come and join the Brighton and Lewes tango community for a lovely afternoon tea dance in the heart of Lewes. Brighton's own fabulous DJ Nigel Davies will be playing some great tunes for us. Sunday 15th July. 3.30pm to 7.30pm. Tickets £10.00 on the door only. This event isn't for non-dancers nor for those without previous experience.

Lewes Live Literature presents Zones of

Avoidance Written & performed by Maggie Sawkins. An award-winning multimedia production which explores a mother's quest to understand her daughter's descent into addiction. With Q&A after the show. Tuesday 17th July 7.45pm Tickets £10 in advance or £12 on the door (subject to availability) www.leweslivelit.co.uk

Lewes Live Literature presents Howard

Barker - in conversation. The uncompromising playwright, poet, essayist and artist, Howard Barker, in conversation with LLL's Artistic Director Mark Hewitt, discusses his journey and development as an artist, his theories of theatre and his *bête noires*. Wednesday 18th July 7.45pm. Tickets £10 in advance or £12 on the door (subject to availability) www.leweslivelit.co.uk

Lewes Speakers Festival

Friday 20th

Professor A C Grayling 4.45pm-6pm Democracy and its crises.

Jonathan Aitken 6.30pm-7.45pm Surviving and Growing in Prison.

Professor Sir Lawrence Freedman 8.15-9.30pm The Future of War: A History

Saturday 21st

Angela Eagle and Imran Ahmed 9.15am-10.30pm The New Serfdom.

David Fraser 11am-12.15pm A Licence to Kill: Britain's Surrender to Violence.

John Crace 12.45pm-2pm I, Maybot: The Rise and Fall.

Salley Vickers 2.30pm-3.45pm The Librarian.

Humphrey Hawksley 6.45pm-8pm ASIAN WATERS: The Struggle Over the South China Sea & the Strategy of Chinese Expansion.

Dr Diane Atkinson 7.45pm-9pm Rise Up Women!: The Remarkable Lives of the Suffragettes.

Sunday 22nd

Professor Edzard Ernst 11am-12.15pm SCAM: So-Called Alternative Medicine.

Dharshini David 12.45pm-2pm The Almighty Dollar: Follow the Incredible Journey of a Single Dollar to See How the Global Economy Really Works.

Vicky Pryce 2.30pm-3.45pm Why Women Need Quotas.

Florence Gaub 4.15pm-5.30pm The Cauldron: NATO's Campaign in Libya.

Lt General Hodges in conversation with Andrew Monaghan 6pm-7.45pm What does Russia's resurgence mean for Euro-Atlantic security?

Professor Ali Ansari 7.45pm-9pm Iran: A Very Short Introduction.

To book tickets and for more information, please go to www.leweslivespeakersfestival.com or ring the Booking Line on 0333 666 3366

Unsung Heroes Cello

Ensemble annual 6-day course draws cellists from around the globe. We are playing music that crosses the centuries from Lassus to Debussy. For more information please visit www.cellocourses.com