



The All Saints Community, Arts and Youth Centre September 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. 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. £48 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 pm Main Hall. Contact Julia Canneaux for details times and prices on 01825 840568 or juliacanneaux@hotmail.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

Bourne to Write Ever wanted to write about your first love, a memorable journey, or create a better plot for your favourite soap? Learn how to nurture your imagination while making new friends in a creative environment. 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

Tuesday

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

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

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 Lyon 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 on 01825 840568 or juliacanneaux@hotmail.co.uk www.turningpointedanceschool.co.uk

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

YogaDance Yoga, dance, stories, partner yoga, dance routines, yoga games and meditation
Mini Yogis (3-5 years) 3pm to 3.30pm £30/£36 for 5/6 weeks. Midis class (5-9 years) 3.45pm to 4.30pm £35/£42 for 5/6 weeks. Tweens class (9 to 12 years) 4.45pm to 5.30pm £35/£42 for 5/6 weeks. Main Hall £35/£42 for blocks of 5/6 weeks. First class free! To book please contact Andi jaffay.littlelightyoag@mail.com or visit www.littlelightyoga.net

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 contact bewilderedwilderbeast@live.co.uk

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. For details 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

ONE OFF EVENTS

Baby and Child First Aid Course Essential lifesaving skills for babies and children. Cover what to do in an emergency, unconsciousness, resuscitation, choking, head injuries, bleeding, burns and some accident prevention. Ideal for parents, grandparents, antenatal and postnatal groups, and anyone looking after children, Thursday 7th September 12noon to 2pm. £30 per person. To book please email info@babyfirstaidsussex.co.uk or call 07946 391117 www.babyfirstaidsussex.co.uk

The great Lewes Octoberfeast fundraising food and drink Quiz

Support Octoberfeast! Come along to an evening of frivolity fun and a sumptuous buffet feast supplied by Dominic McCartan, Chef/ Proprietor of the Snowdrop Inn, Lewes and The Roebuck, Loughton. Sharpen up your \minds, olfactory and gustatory skills for a range of food and drink related questions at the First Octoberfeast Food and Drink Quiz. There will be a prize for the winning team. Relax with a drink from the bar and listen to Tasty Tunes from Lewkulele and Poetry to Tingle your Tastebuds from Catherine Smith. (warning.....this item may contain traces of eroticism) Maximum 6 people to a team. Tuesday 19th September. Doors 7pm Start 7.30pm. £15 per person – includes buffet. Ticket from www.lewesoctoberfeast.com

The Lewes District Green Party's September Ceilidh. Dance your way into autumn with an evening of live music. All welcome. Saturday 23rd September 7.30pm Tickets £10 (£8 con) Family tickets £30 available from www.wegotickets.com search 'September Ceilidh'.

Lewes Live Lit presents **Cook-Up Cabaret** part of Lewes OctoberFeast

Intercultural performing arts company **Crosspath** presents an evening of Caribbean / South American themed words and music flavoured with Guyanese cuisine cooked up by chef and writer, **Nathalie Mulvan**, born to Guyanese parents and now living near Lewes. The cabaret entertainment includes Guyana-born poet **John Agard** with the first performance of his specially composed calypso for Mrs Beeton; actress **Leann O'Kasi** (pictured right) performing a few earthy extracts from Isabel Allende's *Aphrodite*; chanteuse **Pam Hewitt** and her uke knocking out a few Latin and calypso classics and **Nathalie Mulvan**, interviewed with her daughter **Jade**, talking about Guyana, food and their appearance together on Channel 4's 'My Kitchen Rules'. (Food will be separately priced at less than a fiver!)

Sunday 24th September 4pm Tickets £8 adv £10 on the door. For tickets please call 07972037612 or visit www.leweslivelit.co.uk

Lewes Live Lit presents **Half Hour Hits**

One day festival of live literature events all no longer than 30 minutes in duration, from rough performances of new work to polished half hour performances and contemporary revisiting's of modernist classics. Performances every hour throughout the afternoon from 12pm Saturday 30th September Ticket prices tbc 07972037612 or www.leweslivelit.co.uk

Film at All Saints

VICEROY'S HOUSE 12A 104mins

Historical drama about Lord Mountbatten's period as the final Viceroy of India. Lord Mountbatten is tasked with overseeing the transition of British India to independence, but meets with conflict as different sides clash in the face of monumental change.

Starring Gillian Anderson, Michael Gambon, Hugh Bonneville, Manish Dayal, Simon Callow & Om Puri.
Friday 29th Sept 8pm

To keep up-to date with our future screenings please visit www.filmatallsaints.com

You can also follow us on Facebook & Twitter!

**Tickets: Tiered £5.50 (£5.00 con)
Balcony £6.50 (£6.00 con)**

Cash only on the door

Booking fee may apply when booking online.

Please call 01273 486391 or email admin@filmatallsaints.com