network news

a guide to inspiring events in north wales

the A5 songline and the meaning of *hiraeth* ~ the hypopressive method
living a textured life ~ staying connected with cefn ~ who don’t we see?

exhibitions ~ workshops ~ festivals ~ groups
February 2018

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www.femkevangent.nl

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Welcome to the February Network News. Fem’s radiant and welcoming cover picture is a not-so-hidden message! We are actively seeking co-workers and partners to keep NN relevant and inspiring through the coming years. In May we will publish our 300th monthly issue, and it will take even more vision and resilience to produce the next 300! We are especially interested in those “millenials” who are fully awake to the precarious state of the world, and who are seeking to do all they can to help transform it.

This strange era in which billions of us spend more time gazing at screens than into the eyes of friends or loved-ones… will pass away, as surely as all the other developmental phases of humanity passed away. The wiser millenials have figured out that even the cleverest algorithm will never replace a human mind, and a search engine will never be as empathic and attuned to our real needs as an actual human being! So do we throw away our screens? Not necessarily. Like a “hive mind”, the world-wide-web gives us access to an ever-growing resource library of pioneering solutions. Like the compasses of the old explorers, our gadgets can be useful tools to help navigate to this new world: the Planetary Era.

But we probably won’t need the iThings when we get there! Or have time to use them. We will be so engaged in real relationships, creative activity, community building, adventures at the edges of life - and cleaning up after the 500 year binge of exploitation.

We are crazy enough to believe that beyond the “age of screens” there will still be a place for Network News - a hand-crafted guide to all that is inspiring in our neighbourhoods and communities. If you would like to help us steer NN through these coming years into awesome and uncharted territory: be in touch!

Blessings to all beings
“What on earth is the Hypopressive Method?” I hear you say.

Well, in a nutshell, it is a sequence of exercise and breathing, whilst adopting a NEGATIVE (hypo) pressure within the thoracic, abdominal and pelvic cavities.

So many of our normal daily experiences, like work, exercise, coughing and gravity, inflict a strong positive (outward) pressure on our spine, abdominal muscles and pelvic floor. What happens, as a result of that, depends entirely on how well our body can respond.

The hypopressive system resets your posture, stimulates the deep core muscles and promotes relief from musculoskeletal pain and issues such as pelvic organ prolapse, sexual dysfunction, incontinence and digestive problems.

The rhythmic flow of the exercises works with our emotional centre, redressing energy imbalances and practitioners often report a feeling of euphoria, after completing the flow. As this method activates the sympathetic nervous system, which means it is stimulating, a few Hypopressives can wake you up as much as a cup of coffee without the negative side effects of caffeine.

Hypopressive method (HM) was first developed in Belgium, in the 1980s, by Marcel Caufriez, a Consultant in Obstetrics Physiotherapy and Doctor of Motor Sciences, as a complementary treatment and postnatal prevention of urinary incontinence in women, but it has since proved beneficial to a much wider range of people.

The method allows athletes to improve their performance, increasing explosive strength and endurance, through improved EPO and hematocrit levels, prevents joint, muscle and visceral injuries, improves back problems and urinary incontinence.

For men it can help prevent prostate problems due to increased vascularisation of the pelvic floor.

For many, the main attraction of HM is related to aesthetics and the fact that it reduces the waist by up to 8%. Other benefits include better posture, increased metabolism, improved sexual function and pleasure and prevention and treatment of prolapse and some hernias.

While hypopressives developed in a clinical setting, in fairly recent history, it has a congruity with the older and well respected practices of tai chi and yoga, especially uddiyana bandha (the abdominal lock) and nauli kriya (cleaning the abdomen).

As in tai chi, hypopressives uses the body’s energies - pneumatic (breath), hydraulic (circulatory), mechanical (muscle & bone), and electromagnetic (nervous system) - in dynamic and subtle ways. The rhythm of the exercises is calming and mindful.

My journey through hypopressives...

I was introduced to hypopressives by a friend, a very knowledgeable yoga teacher. My background is twenty years of physiotherapy practice, specialising predominantly in respiratory care and women’s health, with an added dash of wellbeing and meditation in recent years. After hearing that hypopressives is part of prolapse protocol and hospital practice in some countries in Europe, she recognised that this fitted well with my holistic and
clinical approach to women’s health and postural alignment.

Stories of the risks of non-emergency surgery and misuse of medication, even the relatively safe ‘over the counter’ types, regularly flash into our consciousness. The evidence for self-management of musculoskeletal problems and controlling your own stress ramps up and the inextricable links between good posture, controlled breathing and accessing healthy movement patterns are well documented.

When I started to research and then subsequently trained with UK Hypopressives, I felt that this method brought everything together. Rather than chasing pain from one dysfunctional area to another or improving function in one muscle group but then having to start work elsewhere, this flow, this form, is a global solution, which stimulates change, in a balanced way, throughout the body.

I have testimonials from clients about improved continence, reduced sensation of prolapse, toned muscles, increased lung function but actually the most heartfelt review I could give you is my own. Like many forms of training, I had to learn the craft myself first. Part of our extended study and qualification was to regularly practice hypopressives ourselves. Now, I am a lifelong asthma sufferer and have coughed my way through many winters, like to kid myself from time to time that I am a bit of a runner and had my son in my mid 30s. He took a day and a half to arrive and was facing backwards when he finally did.

All of this, plus the fact that I am now in my forties, caused havoc with my pelvic floor. I had occasional episodes of stress incontinence and, at times, awareness of the prolapse that I had since childbirth. I was also aware of a core weakness, which gives me backache sometimes. I did my pelvic floor exercises (not as often as I knew I should) and was not overly concerned, but I knew it could be better.

Hypopressives made a difference within the first two weeks. The only episodes I experience now are after extreme coughing, a chest infection for example, and even then, I know that I will correct the problem quickly by doing the flow regularly again. Sometimes, doing the exercise is difficult, tedious and even uncomfortable. Also the postures are not all very glamorous, but for me, the additional benefits have been a real sense of wellbeing and uplifted mood, less back pain, much better posture and an improvement in my lung capacity.

Learning the hypopressive method initially takes expert instruction but, once you have got it, you can then continue your practice in your own time and space, with no equipment needed.

Hypopressives should be seen as the foundation for all physical activities, not just as a stand alone exercise. Do you think you would benefit? Almost everyone does...

Jo is a Hypopressives Instructor and Qualified Physiotherapist. She is the founder of Phoenix Posture. She delivers bespoke hypopressive training packages 1:1 or to small groups. Based at Studio Bump, 16 Madoc Street, Llandudno (by appointment only) or at clients’ homes.

Facebook: Phoenix Posture
PhoenixPosture@gmail.com
07731 833011
www.ukhypopressives.com
Woodland Skills Centre is a not-for-profit Social Enterprise with a large woodland site in the heart of the Clwydian Range AONB. We have 40 acres of woodland and 10 acres with the timber-frame Centre buildings (EPC Band A for those who are interested!), workshops, tree nursery, apiary, polytunnel, arboretum, wildflower meadow, heritage orchard, allotments and vineyard. We started off over 20 years ago just running courses in traditional crafts. This part of our work has grown and now we have an extensive programme of over 50 different courses.

When we had been running these courses for about 5 years we asked the question, “Who don’t we see?” and the obvious answer was – children. We started running activities for children and families and now host visits from schools (and colleges and universities) and do Holiday Club in the Woods, Birthday Parties in the Woods, Family Days, Family Weekends and Family Weeks and are visited by many groups of Scouts, Guides, Cubs, Brownies, Beavers and Rainbows.

So these two aspects of our work were going well – we were running activities for people of all ages but it was clear that we were still not connecting with a wide range of the community.

The people on our craft courses are typically white, well-educated, retired or in work, car owning, credit card holding, able to find our courses on the website. There’s nothing wrong with that but, if that’s all we do, then we should close down. We need to reach out to young people who will carry on the crafts and we need to draw in a wider range of people – the people we don’t see. When you look at the children who come on our events, they too are privileged – their parents take them to Brownies or Cubs or pay for them to come to Holiday Club or pay to come as a family on a holiday. It’s wonderful and natural that parents do their best for their children but not all parents have the cash to pay or the car or the time to bring them. We must try to reach out to the people we don’t see.

So what have we done? Our programmes today involve many of the groups we never saw before. We have two days a week when we have groups of adults with multiple disabilities sent to us by Social Services. One day a week we have a group from a residential care home who are all in wheelchairs. One day a week we have a group of youngsters who have been identified as likely to leave school without any qualifications and not going into employment or further education. One day a week we have a group sent to us by MIND who do an OCN in Coppice Products. We work with the long-term
unemployed, with adults with drug and alcohol related problems, with youngsters with autism, with young mothers and their children.

This is some progress but we need to go further. We have a special place which has been set up to get people into the outdoors, to enjoy and understand the woodland, to grow plants, to make things, to enjoy their day and enjoy being with other people. We want people to go home with a smile - having enjoyed the day, other people’s company, being outdoors in a beautiful place and having achieved something positive – planted a tree, worked in the allotment, made something in the workshop.

We may not be able to do all things for all people but we can, and should, try. And so we will continue to ask the question, “Who don’t we see?” and try to reach out to include them.

Rod Waterfield is the founder of the Woodland Skills Centre, The Warren, Bodfari, Denbigh, LL16 4DT

See Calendar for February Events & Page 29 for forthcoming events.

www.woodlandskillscentre.co.uk

Have we done enough? No. We had a man on one of our Christmas Crafts courses. He was blind and had suffered major injuries to his hands. He came with a volunteer support worker. We taught him to make and decorate a willow wreath. We were concerned that we hadn’t been able to do enough. His support worker emailed us the next day to say that she had never seen him so happy with what he had achieved and could we do more for him? Well – we hadn’t really considered what we could do for those who can’t see. Probably we had just assumed that they would never come to us but he did come and the experience showed us that we have to reach out further.
A friend recently told me that he would like to go backpacking around Iran. He said some of the most interesting sights and experiences to be had are off the beaten track. He might find himself in small, out of the way towns and villages without hotels. As in many of the poorer countries of the world, he tells me that there is a culture of hospitality to strangers. You go to the square and, fairly soon, local people will approach you, asking where you have come from and offering you reasonably priced accommodation in their homes.

On hearing this, my first response was to laugh and say that, like my friend’s wife, I would prefer to know where I was staying well in advance, and to have somewhere comfortable, with en suite facilities. Then I found myself telling him about a night twenty five years ago which I spent in the holy city of Moulay Idriss, from where Islam was spread to the whole of Morocco.

The son of the family took my travelling companion and I on a tour of the town as the sun set. I remember standing high on a rock overlooking the town. I remember the dusk, and the call to prayer; the sounds of people laughing, dogs barking, and goats bleating; the smell of spices and of food being prepared. I remember eating with the men of the family in a room looking onto an inner courtyard, typical of a Moroccan house. I recall someone pouring a stream of water from a metal teapot in the courtyard so that I might wash my hands and face in running water, as is the Islamic custom.

What I don’t remember, except in a very detached, factual way, was the discomfort of the sleeping arrangements, how the room we slept in was open to the air and how cold it was, and how our sleep was broken by the early morning crowing of a cockerel. And I am almost certain we would have been anxious about finding a bed for the night the evening before, but I don’t recall that at all.

In the quarter century since that night in Morocco, I have stayed in many, many comfortable hotels with en suite facilities. I cannot recall any of them in any detail, and none with the pleasure of my night in Moulay Idriss.

It seems to me that living life well is less about deciding what experiences are good or bad, safe or dangerous, comfortable or uncomfortable; less about trying to maximise the number of “good” experiences one has; and more about cultivating a willingness to present oneself in the town square of life, and take it as it comes. Some of the most meaningful experiences we have are painful, frightening, distressing, or just plain uncomfortable, but a life well lived is rich in texture, not necessarily in comfort, isn’t it?

©Adam May lives in Llanddaniel where he works as a CBT Psychotherapist. adamatclothhall@gmail.com
THE CHWEDLATHON: A Storytelling & Music Marathon 2nd February, Llan Ffestiniog, with Mair Tomos Ifans, Fiona Collins and Sian Mirrimation; held in aid of CEFN: Supporting Refugees/Cefnogi Ffoduriaid. See Calendar and Berni’s article on page 33

SPOILT FOR CHOICE? Explore and identify different energy supply options that could meet both climate change targets and deliver maximum benefit to the region and its people. Hosted by Bangor Uni. 13th February, see Calendar

CERDDED CONWY WALKS 2018 If you are interested in leading a walk in Conwy, have experience in coordinating a programme, have any ideas, or would like further information please contact Sian Williams 01492 575543, cerddedconwywalks@outlook.com

BRITISH WINTERS A film shot entirely in north Wales by volunteers on a budget of £20,000. 16th Feb, see Calendar.

NW PARTICIPATION NETWORK Participation Cymru would like to celebrate the NHS 70th birthday by holding participation network events across UK. Includes: how to best engage the public in the NHS & ask the ‘Big Questions’. 8th February, see Calendar.

HEALING FAMILY KARMA 11th February. Join Gillian for a day’s workshop to learn how to work intuitively with your past family members (ancestors) and bring about any needed healing. Talysarn, Nantlle. See Calendar.

INTRODUCTION TO ALEXANDER TECHNIQUE Pippa Bondy is running an experiential afternoon session in Porthmadog to learn how to improve your whole being. See Calendar 25th

THE MEN’S SHEDS MOVEMENT is all over North Wales! Currently there are Men’s Sheds in: Abergele, Caernarfon, Blaenau Ffestiniog, Denbigh, Colwyn Bay, Prestatyn, Llandudno, Rhyll, Llandudno and Saltney, nr Chester. If you are interested in finding out what’s going on please call 01267 225536, www.mensshedsnorthwales.co.uk

LOSAR TIBETAN NEW YEAR WEEKEND ~ Year of the Earth-Dog 16th - 18th Feb. Come and join in for the celebrations or stay for the weekend, The Hermitage, Criccieth. See Calendar 16th - 18th

CHINESE NEW YEAR: The Year of the Dog See Calendar for events on 16th - 18th, 17th and 24th Feb.

ASSOCIATION OF ANGLESEY ART CLUBS Exhibition open until 4th March. A diverse range of contemporary two- and three-dimensional artworks. Oriel Ynys Mon, Llangefni. See Exhibitions

SEW COOL A new craft and sewing club for all those interested. Chester. See Calendar 7th

OTTERS Come and hear a talk on them and their environment; Denbigh on 16th; and 21st in Gresford. See Calendar.


PLACE ... A SENSE OF SPACE Book now! Creative writing course on 16th - 18th March. Plas Tan Y Bwlch, Maentwrog. Remy 01766 772600, remydean.blogspot.co.uk

CHWEDL: A First Meeting of Women Storytellers in Wales/ Cyfarfod ymchwilwedd merched yn Nghymru ~ 3rd February Join other women storytellers here in Wales to talk, tell tales, laugh and plan! / Ymunwch a chwedlwradd eraill yma yn Nghymru i sgwrsio, storio, chwerthin a chynllunio! Come to enjoy the conversation, the stories and the companionship/ Dewch i fwyhau’r sgwrs, y chwedlau a’r gyfeillgarwch. There will be a warm welcome for all Welsh women and women living in Wales / Bydd groeso cymraeg i bob Gymraeg a merched sy’n byw yn Nghymru
2 - 4.30pm, free. Medina, 10 Market Street, Aberystwyth SY23 1DL.
More info /Mwy o wybodaeth: Fiona Collins 07941 918 159, fionastory3@gmail.com


Emerging Woman Arts ~ Creativity Circle - 4th FEBRUARY “a soul-infused day of nourishment” Whitchurch SY13 1EB. Visit: www.lisalochhead.com
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Published works include The Other Kingdoms Speak, My Inner Life, My Spiritual Journal, Maria Callas and I (& sequel), Helena’s Book of Healing, Fairies & Sasquatch. Contact:  
info@helenahawley.co.uk  
www.helenahawley.co.uk

North Wales Cancer Care  
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www.northwalescancercare.org.uk
February Calendar

**Full Moon in Aquarius 31st January 1:27pm**

1st THURSDAY

**IMBOLC** The beginnings of Spring and the stirrings of new life. Decorate your altar with snowdrops, a Brigid Cross, a Bridey Doll, white and green candles. Bake a seed cake – plant seeds; goddessandgreenman.co.uk

**The Grief Circles (in the Yurt)** Wild Heart Healing in Snowdonia (find us on Facebook). A chance to share our sorrows and weep together. 7.30pm – 9.30pm, £12 drop in or £50 for 5 if paid in advance. Tregarth, nr Bangor. For more information and to book (places are limited) email alexandrajwilson@yahoo.co.uk

**Tree Planting** We are joining the Snowdonia National Park Authority for a month of tree planting. Every Thursday through February we will be increasing the broad-leaved tree woodland coverage for Snowdonia. Much of our year is spent taking things out of the National Park e.g. invasive species like Rhododendron and Himalayan Balsam, it’s time we added something to it. Come and join in, reduce your carbon footprint and create a lasting memory for years to come. 10am, booking essential. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

**Three Billboards Outside Ebbing, Missouri** (15) Film. A darkly comic and brilliant drama. After months have passed without a culprit being found in her daughter’s murder case, a mother makes a bold move, painting three signs leading into her town. 5.30pm, 8.15pm, £7.50, £6 over 60, £5 student, £5 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

**The Long Forest Project** Hedgerows provide connectivity across the landscape and so are important for wildlife movement as well as for food and shelter. Gareth Evans, from Keep Wales Tidy, explains how work to rejuvenate and extend the network on Anglesey is taking shape. 2 - 4.30pm, £2. NWWT, St. Cyngar’s Church Hall, Llangefni, Anglesey LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

**Neoliberalism: the enslavement of the people by capital** Momentum Cheshire West & Unite Community bring you a 2 hour look at the beginnings of Spring and the stirrings of new life. Decorate your altar with snowdrops, a Brigid Cross, a Bridey Doll, white and green candles. Bake a seed cake – plant seeds; goddessandgreenman.co.uk

**Words for Wellbeing** A fortnightly creative wellbeing session for people experiencing stress in their lives or are part of the recovery community. 12.30 - 2.30pm, £5 or pay what you can. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**The Apartment** (PG) Film. Classic comedy; an office worker uses his apartment to try to rise to the executive suite. 6pm, £5. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**Sing Out Your Song!** 1st, 3rd & 5th Thurs/month. Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. Bishop Lloyd’s Palace, S1 Waterton St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

**Weaving for Health & Wellbeing Evening** 1st Thur/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, guidance given. 6.30 - 8.30pm, £25 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor LL57 1DQ (by traffic lights below the train station). 01248 345325, www.saorimor.co.uk

**Gwynedd Astronomy Society** 1st Thur/month, 7.30pm. Arts and Drama Rehearsal Room, Bangor University. Parking is available directly outside the main entrance. Davyth Fear 01286 672882.

**Llangollen Friends of the Earth** 1st Thurs/month; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

**May Day Wrexham Planning Meeting** Open to all to help plan a May day event for Wrexham. It’s time we brought May Day, Workers Day and Green Day back. Early thoughts are stalls, march and rally, gigs. Open to reds, greens, peace and environmental campaigners, Trades Union, Co-ops, etc… let’s make it big and loud 7 - 10pm. Saith Seren Wrexham, 18 Chester St., LL13. Facebook: same name

2nd FRIDAY

**Yin Yoga and Gong Bath** 65 minutes of yin yoga followed by a short comfort break and then an hours Gong Bath. 6.30, £23. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. To book please visit here https://bookwhen.com/sourceyoga

**The Chwedlathon: A Storytelling & Music Marathon** in aid of Cefn: with Mair Toms Ifans, Fiona Collins, Sian Miriam and as many other storytellers and musicians as we can gather! Please come .... to tell, sing, listen or support! 5 - 11pm. Free entry. Donations in aid of CEFN Cefnog Ffoduriaid / Supporting Refugees. CEFN is a group based in Blaenau Ffestiniog, supporting refugees by gathering, sorting, washing, packing and sending much-needed clothing and essentials to refugees in camps in Europe and further afield. Held at Y Pengwern, Sgwar yr Eglwys, Llan Ffestiniog LL41 4PB. More information: Facebook: NorthWalesRefugeeSupport

**Birds, Snow and Bugs: Working with Siberian Jays in Northern Sweden** by Kathering Bowgen (BTO). An illustrative lecture about Katherine’s research to investigate susceptibility to predation in social populations of Siberian Jay. 7.30pm, £1 members, £2 non-members. Pensychnant Conservation Centre, Conwy LL32 8BJ, 01492 592595.

**Soup & Circus** 1st Fri/month, 5 - 7pm in Rhwlas Village Hall. Circus skills, music and soup to share - donations welcome. Lucy 07900 637333.

**Grosvener Museum Quiet Afternoon** Aimed at those who enjoy a ‘quieter’ visit to the museum, including people living with autism and their families and carers. Wherever possible, we dim the lights and turn the recorded sounds down. Our ‘quiets’ afternoons are themed, with hands-on activities to engage all ages and abilities. Grosvener Museum, Chester CH1 2DD. Pre-visit orientation pack available on request from Virginia Kettle 01244 972120 or virginia.kettle@cheshirewest.gov.uk.
Walk With Me (PG) Film. Slow down and breathe. This contemplative journey follows in the steps of Zen master Thich Nhat Hanh and is a rare insight into life within a monastic community. 7.30pm, Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Mindfulness: Working with 3 - 11 yrs How would it be if children were encouraged to tune in to and value the learning arising from their present moment experiences? This Masterclass will offer the opportunity to explore how the last 7 years of experience of this work have led Sarah, Tabitha Sawyer and Dusana Dorjee to create The Present, a mindfulness programme for adults working with young children in schools and other settings. £130, Crowne Plaza, Chester. Booking through CMRP, Bangor, 01248 382498, mindfulness@bangor.ac.uk

Levellers Acoustic British folk rock band. 7.30pm, £27.40, William Aston Hall, Wrexham LL11 2AW, 0844 888 9991, glynndwr.ac.uk

2nd FRIDAY & 3rd SATURDAY

Bangor Music Festival A unique opportunity to explore space, planets, stars and galaxies through the medium of music and science that will be an inspiration to the whole family. Music by Electroacoustic Wales, Birmingham Ensemble, Jo Thomas and Ed Wright. Children’s activities. Various times and prices. Pontio, Bangor 01248 382828, pontio.co.uk

Wy, Chips and Nain Film. A truly heart-warming family tale celebrating the unique relationship between grandparent and grandchild. In Welsh, 10.15am & 1.30pm, £8, £6 children. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Wonder (PG) Film. The story of August - a little boy who has facial differences as he joins mainstream education. 2.30 & 7.30pm, £6.25, £5.25, Neuadd Ogwen, Pwllheli 01758 704088.

2nd FRIDAY - 4th SUNDAY

Hypnobirth Retreat During this retreat Marie will teach you and your partner hypnobirthing techniques that will change the way you approach your birth, allowing you to enjoy and feel more confident about your pregnancy. £399 for 2 night stay, £249 without accomm. Includes 12hr antenatal course, KG Hypnobirthing book, Relaxation CD, handouts, follow-up care, light lunch and refreshments. Held on Anglesey, directions on booking. Marie 07900 7711767, marie@relaxingbirths.co.uk

Winter Warmer Yoga Retreat Invigorate, re-balance and restore the body and mind. A time to let go of the old and bring in the new. Get motivated and inspired to start a daily yoga practice, eat healthily and breathe! The Yoga sessions are suitable for beginners and more experienced yogis alike. There will be an energizing morning yoga to kick start the day and a restorative Yin class in the late afternoon. Pranayama practices and yoga Nidra to truly relax and unwind. 3 meals a day and tea at 4pm. Trigonos, Nantlle. Contact Tracey 07809 485323, 01766 770610, traceyyogamassage.co.uk

The Post (12A) Film. Drama about the Washington Post newspaper’s race with The New York Times to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents. £7.50, £6 over 60, £5.50 student, £5 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

The Darkest Hour (12A) Film. The British Prime Minister, Winston Churchill must decide whether to negotiate with Hitler, or fight on against incredible odds. £6, £5. Includes 2pm senior screen £5 5th & 7th. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

3rd SATURDAY

Introduction to P.V. You’ll learn how PV works, electricity, how to combine modules, inverters, cable sizes, calculate load demands, issues and considerations of on-grid systems. 9.30am - 5pm, £60 course fee only. CAT, Machynlleth 01654 704966, cat.org.uk

Reiki Refresher (One Day Workshop) Wild Heart Healing in Snowdonia (find us on facebook). For all attuned to any level of Reiki who want to revisit, revise and reconnect with healing. 10am – 4pm (soup and bread provided). £20/£10 concessions. Tregarth, nr Bangor. For more information and to book (places are limited) email alexandrajwilson@yahoo.co.uk

Exhibition Tour With Alfredo Cramerotti. To look at the work of Evgeny Antufiev: Organic resistance: body and knife - crossing the border. 11am, free, please book. Mostyn, Llandudno 01492 868819, mostyn.org

Journeying with Sound Join Steph Healy (Sound Practitioner) and Claire Freeman (Shamanic Practitioner) for a special evening of Journeying with Sound using Gongs and the Drum. All you need to do is arrive, lie on a yoga mat and make a nest with your blanket and pillow, so that you are warm and comfortable. Breathe and relax... 6.30 - 8.30pm, £20. Neuadd Goffa, Mynydd Llandegai. puresound.org.uk

Dod Adre – Coming Home With Drymbago, Hedge Gods & DJs, Racubah. Fundraising event for Sophie Williams Trust. Sophie contracted Japanese Encephalitis and wishes to move back home in north Wales. 7.30pm, £10 adv; £12 door. Neuadd Ogwen, Bethesda LL57 3AN. post@neuaddogwen.com

Iwan Llewelyn-Jones ~ Piano Iwan enters the beguiling world of children to explore some of the most colourful and captivating piano music ever composed. With Claude Debussy’s ‘Children’s Corner’ and Robert Schumann ‘Scenes from Childhood’ plus contributions from two child prodigies, Wolfgang Amadeus Mozart and Felix Mendelssohn. 7.30pm, £12, £10 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Greatest Showman (PG) Film musical of the showman P.T. Barnum. 7.30pm, Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Forged Iron Letter Opener This short taster course covers forge safety, basic forging techniques such as drawing out, forging point, twisting, and scrolling. Hot forging with anvil and fire. 1.30 - 4pm, £70. IARD, Parc Glynniffon, nr Caernarfon, 01286 672472, www.iard.co.uk
Three Dimensional Birds  Inspired by Luned Rhys Parri's quirky style you'll create a 3-dimensional bird in paper, card and wire. You'll create a foundation for your unique 3D structure, then to build on this and embellish using layers of paper mache, scraps and paint. 10am - 4pm, £55. Parc Glynllifon, nr Caernarfon 01286 672472, www.iard.co.uk

A Day to Dance 5 Rhythms™  Dancing the 5Rhythms is a practice - a dynamic way to both workout and meditate in the same breath. This workshop is suitable for beginners and experienced practitioners alike. Coming back to the basics of the practice we deepen our bodies experience of what it is to be grounded, centred, free, easy and present. Repetition is the mother of mastery. 11.30am - 5.30pm, £35, £30 concs. Tal-y-Bont, Conwy LL32 8QF. Bookings: 07946 913911, gremlincat@aol.com

Country & Western Evening  For one night only, Colin James Fidoe 'The Black Country Cowboy' & a local supporting act will be hosting an evening of modern country and western music along with line dancing. There isn’t a bar but you are more than welcome to bring your own alcohol (18+). 7pm, £5, £2 children. Tea/coffee/light refreshments, raffle. Amlwch Memorial Hall, Anglesey.

Where The Poetry’s At  Join former Young Person’s Laureate for Wales, Martin Daws, for monthly word sessions. 1.30 - 4.30pm. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Community Awareness Day  Support people with disabilities in Wales. A day of entertainment, information and discussion to highlight, promote and grow the Campaign to Save the Welsh Independent Living Grant. 1pm - late. Set The Bar, Lord St., Wrexham LL1 1LF. Facebook: same name

3rd SATURDAY & 4th SUNDAY

Reiki, 1st Degree Course  Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, nr Bangor LL57 4NP. 07771 280824, vivreiki@hotmail.com

Crowdfunding  Are you considering crowdfunding for your big dream? Reluctant to go begging for approval or selling your ideas for a tiny percentage of royalties? Crowdfunding is about so much more than money. Thanks to the wonders of the internet, you can engage with your audience, fans or customers and invite them to shape your project from the off. But there are pitfalls. Crowdfunding is stressful, risky, and two thirds of campaigns fail - many with great ideas. £120 fee only, accommodation extra. CAT, Machynlleth 01654 704966, cat.org.uk

Yin Yoga & Gong Bath  Steph from Pure Sound and Freddie from Simply Yoga & Therapies will take you on a wonderful journey of flowing yoga and sound with the aim of bringing you to a level of total relaxation. Our theme for the workshop is connecting with the earth, and will include gentle sequences and Dru Yoga postures, followed by a short relaxation. Then Steph will take us on a sound journey with gongs, singing bowls, chimes and grounding instruments. 1 - 3.30pm, £18. Abersoch Village Hall LL53 7EA. To book please visit here https://bookwhen.com/sourceyoga

Pruning and Grafting Fruit Trees  How to prune fruit trees and to create more from the prunings by grafting. You can take 2 or 3 trees home. £60, deposit £30. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT 01745 710626, woodlandskillcentre.co.uk

Clybod Acoustic Club  Meets 1st Sun/month, 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Green Woodworking  Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, www.eternalforest.org

Solar P.V. Off-grid Systems  Combining theory and practice, calculating loads, off-grid systems, inverters, batteries and model efficiency. 9.30am - 4pm, £60 course fee only. CAT, Machynlleth 01654 704966, cat.org.uk

Meditation outdoors, bearing witness to the life of the city around us. Open to all, free of charge, 2 - 4.30pm. Bring simple food to share. Children (and dogs!) are very welcome too as long as parents stay responsible for them at all times. Chris Starbuck 07906 040159, greathearthchester@gmail.com

An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and woodwork or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

Clybod Acoustic Club  Meets 1st Sun/month, 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Lady of The Camellias  Live broadcast of Bolshoi Ballet. 3pm, £13, £10 concs., with music by Chopin. Neuadd Dwyfor, Pwllheli 01758 704088.
5th MONDAY

**Dance Class** For people with Dementia and their carers, 2.15 - 4pm, free, just drop-in. Caernarfon Leisure Centre. Helen McGeary 01775 017157, dance-classes-north-wales.co.uk

**Gong Bath** Relax to the sound of harmonious gongs. 7.30pm, Canolfan Thomas Telford Centre, Menai Bridge LL55 5EA. Bookings: puresound.org

**Belcio Bangor** Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Basement Fat Café, High Street, Bangor. Details: accounts@belciobangor.org.uk

**NW Arthritis and Chronic Pain Support Group** 1st Mon/month. Helping people living with pain. 12.30 - 2.30pm. Seminar Room, Holywell Community Hospital, Halkyn Rd., Holywell CH8 7TZ. Arthritis Care 020 7380 6522, nwacpsg@gmail.com

**Singing Soles** Singing in a group is a beautiful experience that needs to be tried out! A group harmony is more than the sum of individual voices. It can be heavenly. 8 - 9.30pm, single session £6, term ticket for 8 sessions is £32. New venue: Neuadd Goffa, Tremadog (on the junction between the Spar shop and Tremadog garden centre), Christine 01766 513307, christine15@outlook.com

**Pride in P3** An inclusive group for people who identify as LGBT+. Free, drop-in 5.30pm. Runs on alternate Mondays. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

6th TUESDAY

**Writing, Illness and Wellbeing** A thoughtful and reflective evening with writer in residence Polly Atkin. Through writing and speaking about her life with chronic conditions, Polly hopes to raise awareness and provoke discussion. 8pm, £15. Gladstone’s Library, Hawarden CH5 3DF, 01244 532350, gladstoneslibrary.org.uk

**The Healing Well** Hands on Healing, by donation. All welcome, 7 - 9pm. Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

**2071 Cwmni Pendraw / Environmental Project** A production outlining some of the environmental issues of the day - air pollution, plastic waste, loss of species, deforestation, loss of bees and of course climate change. A Welsh language show with songs, spoken word, music and video. Team includes Wyn Bowen Harries (Actor), Angharad Jenkins (Musician – Calan), Gwilym Bowen Rees (Musician - Bandana, Plu), Sion Eirwyn Richards (Video). 10.30am & 7.30pm, £10, £8 students, U18s. The Studio, Pontio, Bangor 01248 383828, pontio.co.uk

**Talk: Remember When... Clothes Shops in Llandudno Over The Years** As part of MOSTYN’s exhibition Miles of Creativity, join us to discuss fashion buying and clothes making in Llandudno over the years. Come and share your memories and bring along any photographs or memorabilia relating to the subject. 2pm, free. Mostyn, Llandudno 01492 868191, mostyn.org

**Noddfa Circle Dance** 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

Meditation at Hillside Retreat is a mixture of guided meditation, silence and some sharing, finishing with a cup of tea. No charge, just donations towards refreshments. It is not necessary to have done any meditation before – everyone welcome. It is helpful if you can email me to let me know you are intending to come. 7.30 - 9pm. 1st Tues/month. Hillside Retreat, Rhosesmor, nr Mold CH7 6PP. Contact helens@soul-life.co.uk, www.soul-life.co.uk

rop-In Everyone is welcome, whether new to mindfulness or wishing to keep their practice going. 2 practice sessions between 5 and 6pm so it is fine to arrive at 5pm or to slip in at 5.30pm for the second practice. At 6pm there will be the opportunity to connect and chat about how we are getting on bringing mindfulness into our lives. 5 - 6.30pm. Tara Dew, Ynys Graianog, Criccieth. More information: gwyneddmeditation.co.uk

7th WEDNESDAY

**Jonathan Radford** (Saxophone) and **Kaoli Ono** (piano) Music by Gershwin, Debussy, Grieg and Albeniz. 7.30pm, £12; u16s free entry. Rhyd Music Club, Rhyd Town Hall. Contact 01745 890564, chair@rhylmusic.com

**Happy End** (15) Film. When her mother falls ill under mysterious circumstances, young Eve is sent to live with her estranged father’s relatives in Calais. 2pm & 7.30pm, £6. £5. Galeri, Caernarfon 01286 685222, galericarernafon.com
SAORI Weaving Taster Session 1st Weds/month. Half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/make maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, www.saorimor.co.uk

Vintage Matinee Movie Held on the 1st Wed/month. Denbigh Film Club. Theatr Twm O’r Nant, Station Rd., Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

ROH Opera Live: Tosca (Puccini) Sung in Italian with English surtitles, 7.15pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Sew Cool We are Ariane and Fliss, 2 crazy sewing addicts of 30 and 28 starting a new club for all crafters; whatever your age, ability level or favourite craft, come and join us. 7pm, free, drop-in, provide your own materials. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspiers@hotmail.com

Cwmni Pendraw’s Environment Project A production outlining some of the environmental issues that will affect us all more and more as the century continues - air pollution, plastic waste, loss of species, deforestation, loss of bees and of course climate change. A Welsh language show with songs, music, words and video. 1.30 & 7.30pm, £8, £7. Neuadd Dwyfor, Pwllheli 01758 704088.

7th WEDNESDAY & 8th THURSDAY

Hanna Theatre. Sam Potter asks what family means in a modern society, delicately weaving in questions of racial identity, economic privilege, and the lottery of birth. 7.45pm, £15, £13 concs. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

8th THURSDAY

Atlantis and the Early Races of Humanity Study and discussion with Eric McGough. 2pm. Admission £5, TS members £3. Colwyn Bay Theosophical Society. Held at Park Way Community Hall, Rhos Road, Rhos on Sea. LL28 4SE. Enquiries: Pauline 0161 980 4942, theosophywaless@yahoo.co.uk

Laughter Yoga The unique concept of using laughter itself as exercise, combined with mindful relaxation. No humour or high mood needed. It is suitable for all ages and abilities and can boost your immune system, help with chronic pain and insomnia, lift your spirits and what’s more, it’s just good clean fun! 2nd Thurs/month, 6.30pm, £4 donation suggested. Llanfairfechan Town Hall Community Centre. Contact Jo 07731 833011, laugheryogawales@gmail.com. Facebook: Laughter Yoga Wales

Tree Planting See 1st

The Grief Circles (in the Yurt) Wild Heart Healing in Snowdonia (find us on facebook). A chance to share our sorrows and weep together. 7.30pm – 9.30pm, £12 drop in or £50 for 5 if paid in advance. Tregarth, nr Bangor. For more information and to book (places are limited) email alexandrajwilson@yahoo.co.uk

NW Participation Network Participation Cymru will be celebrating the NHS’ 70th Birthday at our free regional participation networks. The Bevan Commission would like to collaborate with Participation Cymru to explore engaging the public in a wider conversation about ensuring sustainable health and care in Wales. This ‘Big Conversation’ will help the Commission get a better understanding of what people think, understand their views and experiences and make sure these are acted on. This conversation will lead up to the celebration of 70 years of the National Health Service in July 2018. Free to attend, 10am - 1pm. The Management Centre, Bangor Business School, College Rd., Bangor LL57 2DG. To register a place: eventbrite.co.uk and look for North Wales Participation Network event.

Morning Gong Relax to the sound of harmonious gongs. 9am, Y Festi, Goodman St., Caernarfon LL55 4HL. Bookings: puresound.org

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

8th THURSDAY - 11th SUNDAY

Zenways Retreat Our 3-day intensive Zen retreats are designed specifically to create the ideal conditions for you to find your true nature – to find out who you really are (kensho in Japanese). The format is based on the “group sanzen” format. You do not need to have previous meditation experience. £170 for 3 nights accomm; we do not charge a fixed amount for the course, and suggest a donation of between £100 and £250, depending on your means. Held at Noddfa, Penmaenmawr, LL34 6YF. 01492 623473, noddfa.org.uk

Lit Soc with Fiona Owen Casting spells: characters in worlds. A creative writing workshop with Fiona Owen, exploring realist and non-realist fictional characters in worlds to believe in, where setting can work as backdrop, metaphor, mood and more. 1.30pm, £5, £4 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

What Is Happening in Korea? Who are the war mongers? Dermot Hudson, President of the Korean Friendship Association will speak about the struggle for independence, peace and reunification in Korea from the North’s perspective. Lindis Percy, co-ordinator of the Campaign for Accountability of American Bases, will talk on her experiences and reflections after a visit to South Korea last summer. There will be a Q & A session and light refreshments. Free event, 6.30pm. St. John’s Methodist Church Hall, Mostyn St., (between the two M & S Stores) Sponsored by Conwy County Peace Group.
Hanes Sinema In the company of Mici Plwm, a conversation regarding the history of Cinema in Blaenau Ffestiniog and surrounding areas. A chance to share your experiences and memories through pictures and film. 7pm, £5. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Dance of Love Core Star offer an evening of cacao, dance, sound and meditation to explore our centre of love. Using a combination of Chakradance, the magic of cacao from the Peruvian rainforest, crystals and sound we invite you to journey with us in a relaxed and playful way as we explore the heart centre. 7 - 10pm, £20. Y Festri, Goodman St., Llanberis LL55 4JB. Tickets: Roz 07717 076360, Belinda 07591 608079, roz4harmony.co.uk

Guardians of The Galaxy: Vol 2 (12A) Film. Adventures that traverse the outer reaches of the cosmos. Denbigh Film Club. 7pm doors open, 7.30pm, Theatr Twm O’r Nant, Station rd., Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

Eight Legs Good! Richard Gallon, of the British Arachnological Society and local expert, will talk about the identification and behaviour of UK spiders – highlighting some regional rarities. 2 - 4pm, £2. NWWT, St David’s Church Hall, Penrhyn Bay, Llandudno LL30 3NT. John Underwood 01492 533459, john.underwood100@gmail.com

Adult Willow Workshops Session 1: Willow Hare (9th); Session 2 Dragon Fly Obelisks and Butterfly Sticks (10th). Juliette will talk you through the preparation of the willow and then take you step by step through the construction of the sculpture. 10.30am - 4.30pm, £75 each session, light lunch included. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Reshape: Yoga & Fitness Weekend This retreat will be a chance to be with like minded folks to share your experiences and memories through pictures and film. 7pm, £5. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

9th FRIDAY - 11th SUNDAY

Adult Willow Workshops Session 1: Willow Hare (9th); Session 2 Dragon Fly Obelisks and Butterfly Sticks (10th). Juliette will talk you through the preparation of the willow and then take you step by step through the construction of the sculpture. 10.30am - 4.30pm, £75 each session, light lunch included. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Festival for the Flowers Create A Single Latch Bangle A latch bangle is a chunky wire bangle which uses a decorative hook and loop system to open and close. Tutor is Angela Evans, 10am - 4pm, £120. Parc Glynllifon, nr Caernarfon 01286 672472, www.iard.co.uk

Practical Candle Making For those who wish to explore a variety of candle making techniques. Our candle workshop includes all materials and equipment – choose your own colours and candle fragrance. At the end of the class you will have 4 exquisite candles and a selection of scented wax melts to take home and enjoy – or give away as special gifts to friends and family! £55. The Candle Alchemist, Llanfair PG, LL61 6RP. 07770 894281, thecandlealchemist.co.uk

North West Wales Permaculture Meetup All welcome to meet like minded folk interested in Permaculture in the region. 10am - 4pm. This meeting is at The Old Rectory, Llanfachraeth LL65 4YA. Call Claire for directions on 07970 409 724

Beginners Acrylic Painting Workshop This class intends to teach you the skills of painting portraits in acrylics – the subject in focus will be an all-time favourite female star. 1 - 3pm, £22, all materials and refreshments provided. Chester Arts Centre, Northgate St CH1 2HT, 01244 313700, chesterartcentre.co.uk

Dry Stone Walling The Pensychnant Conservation Centre is a fabulous source of information and a conservationists dream. Come and join the wonderful Mike McCabe for an afternoon of yoga. Mike will lead us through the Ashtanga primary series at the end of which there will be time for a cup of tea before we move into a 2 hour session of yin and restorative yoga. 1 - 5.45pm, £40. Source Yoga, 294 Conwy Rd, Mochdre, Colwyn Bay. Bookings: bookwhen.com Mike: yogacheadle.com/mike/

Practical Candle Making For those who wish to explore a variety of candle making techniques. Our candle workshop includes all materials and equipment – choose your own colours and candle fragrance. At the end of the class you will have 4 exquisite candles and a selection of scented wax melts to take home and enjoy – or give away as special gifts to friends and family! £55. The Candle Alchemist, Llanfair PG, LL61 6RP. 07770 894281, thecandlealchemist.co.uk
Chester Film Society Social Evening All welcome - open to everyone! Invite your friends along! The evening includes our famous wall quiz, raffle, caption competition and audio quiz. 7.15pm, £12. St. Mary’s Creative Space, Chester. More from: chesterfilmfans.co.uk

NY Met Live Screening: L’Elisir d’Amore (Donizetti) A poor country boy is in love with a woman out of his league; he finds a love potion but gets more than he bargained for. 5pm, £10 - £13, sung in Italian with English subtitles. Galeri, Caernarfon 01286 685222, galericaernarfon.com.

10th SATURDAY & 11th SUNDAY

Home Chainsaw During this course an experienced local forestry worker will cover the construction and maintenance of a chainsaw including sharpening the chain, cross-cutting logs and felling small diameter trees. You must have your own chainsaw and appropriate protective chainsaw clothing – helmet, visor and ear defenders, gloves, trousers and boots. £135, £70 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT 01745 710626, woodlandskillcentre.co.uk

Reiki, 2nd degree Course As we deepen our commitment to Reiki with self treatments and treating our family and friends, we may feel ready to move on to the next level. Learn to use symbols with Reiki, and to send Reiki distantly. A weekend of peace and healing. £300 class fee, accommodation is available £30 per night. The Healing Centre, Tregrarth, nr Bangor LL57 4NP. 07771 280824, vivreiki@hotmail.com

Coco (PG) Film. A journey to unlock the real story behind Miguel's family history of banning music. 2pm, £7, £6 U16s. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

11th SUNDAY

The Bangor Forest Garden An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from bangorforestgarden@gmail.com, www.thebfg.org.uk Or have a look on Facebook bangorforestgarden

Blasu Cain A warm welcome to new members to join Cain dance group taster session in the afternoon 3 - 5pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Yoga Workshop A fun, full day of yoga in the Hercules Hall, within the gorgeous seaside village of Portmeirion. Expect a dynamic, challenging morning and a chilled afternoon session including restorative Yin yoga and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! During the lunch break or after the workshop, you can take the opportunity to explore the village and beaches with its wonderful gardens, shops and café. Bookings Tracey 07809 485323, traceyyogamassage.co.uk

Estdyneto Join the inspirational dancer and choreographer, Cai Tomos as he leads monthly dance/movement sessions for those over the age of 60. 1.30pm, £3. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Andy Kirkpatrick ~ Psychovertical: A Higher Education Andy Kirkpatrick looks back at forty years of climbing and adventures, from the Alp to Patagonia, Yosemite to Greenland, a story of all the things that make life amazing. 7.30pm, £16, £15 concs. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Quiltfest Trading Day All kinds of stalls and sales available at the Exhibition of Quilts. 10am - 4pm, £3.50, free parking, light refreshments. Llangollen Pavilion LL20 8SW. Contact Val Shields 01978 852856, shieldsval@gmail.com See Exhibitions

It’s Never Too Late To Write! Join us for a fascinating look at how one of our very first Writers in Residence cracked the age issue in her writing career - not starting until well into her 50s, and having books published every year since - from novel, to short fictions, to poetry and non-fiction. 2.30pm, £8. Gladstone’s Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

Disability of Arts Wales Writing Group Do you write non-fiction, poetry, drama, or novels.....in the Welsh language? Do you self-identify as a disabled person and/or have a long-term physical mental health condition? Come and participate in a monthly group. 4.30 - 6.30pm, free. Caernarfon Library LL55 1AS. Contact post@dacymru.com / 029 2055 1040.

12th MONDAY

Wildlife Gardening Whether you are completely new to gardening or have years of experience, whether you can spare one day each month or one day every week, we need you! 10am, Snowdonia Society 01286 685498, tyhyll@snowdonia-society.org.uk

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other's work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.
**Make Your Own Valentine / St. Dwynwen’s Card**
Family workshop, free, 10.30 - 11.30am, or 2 - 3 pm. Oriel Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

**Wrexham Meditation Group** Three meditations including a body scan and a mindfulness of breathing practice. 7.30 - 9pm, £6, includes refreshments. Drop-in. Quaker Meeting House, Holt Rd., Wrexham LL13 8HN. Alan 07816 988124, newmindfulness.net

**Sustainability & Adaption for Cities and Communities** You will gain a thorough understanding of key elements, infrastructures, maintenance issues, energy budgets, material flows, waste disposal, transportation, social dynamics that underlie the development and management of communities and cities. £700 waged, £625 concs. CAT, Machynlleth 01654 704966, cat.org.uk

**The Print Symposium: Wood, Lino, & Letterpress**
A one-day symposium led by artist printmakers discussing their practice, residencies and recent projects. 10am - 4.30pm, £35 includes lunch and refreshments. Booking essential. Held at Regional Print Centre, Coleg Cambria, Grove Park Rd., Wrexham. LL12 7AB. 01978 267629, regionalprintcentre.co.uk

**Wrexham Arts Market**
A monthly market held at Wrexham Art Centre. A great opportunity to visit local artists, crafters and makers from the local area. This month: Chilli, Candles and Craft! 10am - 4pm.

**Cwmni Beirdd Trefin** (Municipal Poetry Circle) - A meeting for local poets to discuss their work and share ideas. 7.30pm.

**Cerdd Dafod yn y Doc**
Rhys will lead a series of Welsh strict meter poetry classes for beginners and those who wish to improve their craft. 7.30pm, £7 per session. Galeri, Caernarfon 01286 685222, galercynaerfon.com

**Treacle Junior**
A fun mix of behind-the-scenes films, audience Q&As, challenges and a drawing competition. This event highlights the talent behind the nominations from actors to animators, designers to directors. For 7 - 12 year olds. 2.30pm, £5, £2 children. Galeri, Caernarfon 01286 685222, galercynaerfon.com

**The Print Symposium: Wood, Lino, & Letterpress**
A one-day symposium led by artist printmakers discussing their practice, residencies and recent projects. 10am - 4.30pm, £35 includes lunch and refreshments. Booking essential. Held at Regional Print Centre, Coleg Cambria, Grove Park Rd., Wrexham. LL12 7AB. 01978 267629, regionalprintcentre.co.uk

**RSC Live: Twelfth Night** Mistaken identity and role reversal are key to this popular Shakespeare comedy, influenced by the traditional themes of end of Christmas celebrations. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also £12, £11, Theatre Colwyn, Colwyn Bay 01492 872000, theatrcolwyn.co.uk Also £13, £10, Neudd Dwyfor, Pwllheli 01758 704088.

**Llandudno and District Writers Group** This month: AGM, 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk/Gavin Pike

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Branded ~ Sophie Willan  Sophie Willan has had a lifetime of being branded by others. In her smash hit show, Sophie returns to tell us why. 8pm, £12, 20 students and U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Circle Dance  2nd Weds/month. A relaxing afternoon with a friendly welcoming group. No experience or partner needed. 2-4pm, Old Colwyn Methodist Church Hall. Phone Janice 01492 545587 / Susan 01352 219464.

Lindsay Lou And Band  The band is renowned for a fresh approach to the American roots genres which are explored and confidently conquered. Lindsay’s voice has a stunning range. 8pm, £12 tickets from Palas Print in Caernarfon and Mudshark Records in Bangor. The Vic, Menai Bridge LL59 5DR, 01248 712309, vicmenai.com

Ruthin Reading Group  2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

14th WEDNESDAY & 15th THURSDAY

Holiday Club  The programme includes learning about the woods and what lives in them, bushcraft activities, art and craft work and games £20 per day, discounts for families with more than one child; midday meal provided. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT 01745 710626, woodlandskillcentre.co.uk

Tudur Owen ~ The Size of Wales  What does it actually mean to be Welsh - are we different? What do other people think of us? Do we even care? 8pm, £10, 16+. Theatr Clwyd Mold CH7 1YA. 01352 701521, theatrclwyd.com

15th THURSDAY

New Moon in Aquarius 9:05pm

The Grief Circles (in the Yurt)  Wild Heart Healing in Snowdonia (find us on facebook). A chance to share our sorrows and weep together. 7.30pm – 9.30pm, £12 drop in or £50 for 5 if paid in advance. Tregarth, nr Bangor. For more information and to book (places are limited) email alexandrajwilson@yahoo.co.uk

Chester CND  Our monthly meeting, all welcome, free. 7.30 - 9pm. Quaker Meeting House, Fodorham St., Chester chercensrd@gmail.com

Pop Up Vinyl Record Shop  2000+ records, 60’s, 70’s, 80’s, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, country, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. 4 - 8.30pm, Ty Glyndwr, 1 Castle St., Caernarfon LL55 1SE. Contact 01248 238280.

New Dru Yoga Class  Starts today! Relax and destress, improve posture, relieve back pain, feel more positive, boost energy levels, increase flexibility and so much more! All abilities, all fitness levels and all age groups welcome. 7 - 8.30pm, £6, every Monday. Please contact me to confirm class is on. Bring water and comfortable clothing with layers. Bring a yoga mat and a blanket - I have a few spare if you need to borrow these. Quaker Meeting House, Dean Street, Bangor LL57 1UR. Naomi Dalton: naomidruyoga@gmail.com

Mindfulness  Led by Davy Greenough. Fortnightly group, 6pm. More details from Ucheldre Centre 01407 763361, ucheldre.org

Tree Planting  See 1st

Sing Out Your Song!  Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. 1st, 3rd & 5th Thurs/month. Bishop Lloyd’s Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

Words for Wellbeing  A fortnightly creative well-being session for people experiencing stress in their lives or are part of the recovery community. 12.30 - 2.30pm, £5 or pay what you can. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

Arty Folk and Friendship  A new group for people who are interested in both creating art through a variety of mediums and in making new friends. Each week members of the group will be encouraged to share their favourite style of artwork, show others how it is done, and the group will create new pieces and styles of artwork. Tea and coffee will be provided. 1 -3pm, £2 per participant to help cover utility costs. Basic art materials will be provided. Numbers are limited to 10 people. Held at RainbowBiz Hippy Shop, Mold CH7 1AP. Contact: info@rainbowbiz.org.uk

16th FRIDAY

Yoga Dance  Experience the fun and uplifting energy of yoga dance. Powerful yoga postures, mudras and movements combined together in wonderful dance sequences. 6.15 - 7.15pm, £10. Oddfellows Hall, 65 High St., Saltney, Chester CH4 8SG. Teresa Keast 07876 254518, teresa@teresa4yoga.co.uk

Otters: The State of Play  Kim Johnson, wildlife ecologist, gives a broad assessment of the current otter population including interesting otter facts, ecology and conservation practice during 2017. 7.30 - 9.30pm, £2. Eirianfa Community Centre, Denbigh LL16 3TS. Carl Payne 01352 780636, shyoneforty@yahoo.co.uk

Sound Relaxation  Relax to the sound of harmonious gongs. 7pm, Bodhi Movement Studio, Betws y Coed LL24 0AH. To book your space, please visit www.bodhi-movement.co.uk/sound-bath

Monthly Yin Yoga  3rd Fri/month 7 - 8.30pm, booking essential. The Verve, Llangollen. Info info@bebalancedyoga.co.uk

Coco  See 10th & 11th

Ferns and Their Allies of North Wales  Experienced biological recorder David Hill describes examples from the wide range of pteridophytes found growing in the region. 7.30 - 9.30pm, £2. Eirianfa Community Centre, Denbigh LL16 3TS. Carl Payne 01352 780636, shyoneforty@yahoo.co.uk

Ferns and Their Allies of North Wales  Experienced biological recorder David Hill describes examples from the wide range of pteridophytes found growing in the region. 7.30 - 9.30pm, £2, includes refreshments. NWWT, St Cyngar’s Church Hall, Llangefni, Anglesey LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

New Year New People  Attracting supporters to your community project/event. This event, part of the Eden Communities Wales Network, will look at ways to help you bring more people from your community on board, whether as a volunteer or by coming along to your events. We’ll hear from a representative of ‘Friends of Wepre Park’ about their community project in Connahs Quay and the challenges they’ve faced in bringing people in. 11am - 3pm. Connah’s Quay Town Council Offices, Fron Rd., Connah’s Quay CH5 4PJ. To register: www.eventbrite.co.uk and look for New Year New People
Call Me By Your Name (15) Film. Set in Italy; a summer that will alter lives forever. 7.30pm, £6.50. Rialto Film Night, Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

St Petersburg Classic Ballet: Giselle Live performance. A quintessential story of unrequited love. 7.30pm, £20.50 - £39.50. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

British Winters (15) Film. The tale of one man’s struggle with apathy and despondency. The film was shot in North Wales and made almost entirely by an army of volunteers on a budget of £20,000. The producer, Steve Swindon will present the film and host a Q+A post-screening to discuss the making of the film and their latest feature film 'Below the Waves'. 6pm, Galeri, Caernarfon 01286 685222, galercararfnon.com

Falcon Hildred Join us for an evening with Falcon as we get to know the artist and his method of working, his inspirations and his passion for water colour and a chance to see some of his work. 7pm, 40 mins. £5. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Caffi Stori Llangollen Storytelling Café 3rd Fri/ month. Katy Cawkwell premieres her brand new version of Tristan and Isult in Llangollen. Katy picks a clear, brilliant path through this many-layered legend, touching her listeners with the excitement, beauty and tragedy of one of the greatest ever love stories, spanning the lands and seas of Cornwall, Ireland and Brittany. 7.30pm, £5, £4 concs. In the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Croeso cynnes i bawb! A warm welcome to all! Suzi 01490 460563.

The Gentle Good: The Immortal Bard Fusing Celtic and Chinese folk sounds, this captivating performance tells the magical story of 8th century Chinese poet, Li Bai. The evening begins with a short set by Chinese musician Zining Wang who will introduce us to the traditional Chinese Pipa. Zining will then join The Gentle Good to perform songs from the album. 8pm, £14, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk

David Crystal Grammar Day First of a series of talks. Introduction to English grammar; grammar in child language acquisition; grammar in relation to reading and writing; grammar clinic (dealing with questions raised by participants). Booking; per day £150 (includes morning and afternoon refreshment and buffet lunch). Certificates of attendance will be provided if required. 9.30am - 4pm. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

16th FRIDAY - 18th SUNDAY

Wales - China Festival Celebrate Chinese New Year at Pontio with a weekend of eclectic performances, films, live music and family friendly activities. In addition to the productions and live events, our cinema will be hosting a range of Chinese films throughout the weekend. On Saturday, enjoy live music and pop up events in the foyer, as well as family-friendly craft workshops - all for free. Welcome to the Year of the Dog! Various times and prices. Pontio, Bangor 01248 382828, pontio.co.uk

Losar Tibetan New Year Weekend In addition to our usual Losar celebrations, this year we will have a special treat - a double celebration, greeting back our old friend Dashu as he brings to an end his one year retreat during this weekend! The weekend will be one of celebration, feasting and auspicious practice - all welcome! Please register via website www.ahs.org.uk Held at the Hermitage, Ynys Graianog, Criccieth LL52 0NT. 01766 330839, hermitage@ahs.org.uk

Chamber Music Held at Plas Tan Y Bwlch, Maentwrog. For further information and booking forms, please contact the organiser Dr Julia Johnson on 01743 362416 or juliajohnson99@yahoo.co.uk

17th SATURDAY

Self Love and Sensuality Workshop (for women). Wild Heart Healing in Snowdonia (find us on Facebook). A space to explore what self love and sensuality means to you (with tips, skills and info on how to go deeper). 10am – 4pm (soup and bread included), £20/£10 concessions. Tregarth, nr Bangor. For more information and to book (places are limited) email alexandrajwilson@yahoo.co.uk

Live. Laugh. Love. Taking time to understand the real source of happiness is essential, otherwise our lives are so easily wasted in discontentment and unhappiness. In this course you will discover your untapped potential for joy and lightness, and see that through learning to cherish others you can become closer to the happiness you were always seeking. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatenorthwales.com

SAORI Weaving for Health & Wellbeing Day 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book/m maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, www.saorimor.co.uk

Bird Watch Day Call in to see what’s about, with experts on hand to help identify the birds and chat about wildlife. Best views of estuary birds approx an hour before and after high tide (10:50). 11am - 3pm, donations welcome. Aberogwen/Spinnies NWWT Nature Reserve, Bangor LL57 3YH. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

Chinese Lanterns Join us to celebrate Chinese New Year and the Year of the Dog by making your very own Chinese paper lantern to decorate your home. 2 hour before and after high tide (10:50). 11am - 3pm, donations welcome. Aberogwen/Spinnies NWWT Nature Reserve, Bangor LL57 3YH. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

Rag Rug Making Bring any rag rug supplies you have or have inherited, hessian for backing, strips of fabric and tools, if you have any books or ‘how to’ patterns bring them along. Pia will also be on hand to help with heel shaping if you’ve got that far with the socks you started knitting in January. 10am - 4pm, part of Crafty Mammals Mamau Crefftus. The Vestry, Porthmadog. Facebook: of same name

Potato Day There will be a wide variety of seed potatoes and vegetable seeds for sale, plus onion sets, garlic bulbs, rhubarb crowns, fruit trees, strawberry plants and other soft fruits. 9am - 2pm, free, refreshments available. The Daniel Owen Centre, Mold CH7 1AP. Contact 07960 816870.

Coco See 10th & 11th
Voice Workshop with Marian Bryfdir and Kiefer Jones. Aimed at developing your voice whether your interest lies in jazz, folk, opera or choral music. Come along and try it. All ages and levels of experience and interest are welcome. 10am - 4pm. £12, £6 students. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Rice Paper Diaries Francesca Rhydderch and Yan Ying. Francesca reads from her award-winning novel and is joined by Yan whose Mandarin translation was recently published. 3 - 4pm, £5. Cemlyn Jones Lecture Rm, Pontio, Bangor 01248 382828, pontio.co.uk Part of Wales-China Festival

Orlando Warrior Dance. Presented by House of Absolute, choreographed by Julia Cheng, this solo contemporary dance piece accompanied by live music explores the myths of a modern Mu-Lan. Externalising her inner battles through wu-shu martial arts and waacking, this piece examines displacement and hybrid identity, masking a yang (male) fighter behind a yin (female) form, travelling through time via physical paintings of a Warrior Poet in motion. The dance piece is followed by a discussion with performer Sam Lu. 4.30 - 5.15pm, £5, Theatr Bryn Terfel, Pontio, Bangor 01248 382828, pontio.co.uk Part of Wales-China Festival

Lladron a Llanc (Burglars and Boy) Theatre. Hao Jingga’s contemporary Chinese play. Two construction workers turn vigilante, trying to right the wrongs of society by burgling the home of a high-ranking, corrupt official. However, once they get inside, it appears they both have very different ideas about justice. Welsh, with English and Mandarin subtitles. 14yrs+; 7 - 8pm, £5. Studio, Pontio, Bangor 01248 382828, pontio.co.uk Part of Wales-China Festival

Supper Club with Moel Faban Suppers The first of the year brings a little romance with it being so close to Valentine’s Day and not long after St Dwynwyn’s Day. 7 - 11pm, £25, dietary requirements taken into consideration if booked in advance. We will be joined by singer Jess Whyke. Portion of the proceeds go to a charity. Limited numbers, booking essential. Held at Pay As You Feel Cafe, Bethesda High St LL57 3AN. Contact: moelfabansuppers@gmail.com

Electric Jalaba with DJ Adam Isbell (Racubah), Psychedelic Gnawa, African Rhythms, Driving Electronica. Haunting vocals and driving North African rhythms underpin this remarkable Anglo-Moroccan fusion project, a space-age collaboration between electro-groovers Soundspecies and gnawa master musician Simo Lagnawi that slinks along like the best desert blues yet kicks like the subtlest kind of dub. 7.30pm, £10 earlybird, £12 adv/door. Neuadd Ogwen, Bethesda LL57 3AN. post@neuaddogwen.com

17th SATURDAY & 18th SUNDAY

Make Your Writing Dazzle With Judy Brown. One-to-one sessions with Judy to discuss a short piece of work in progress are available on the Saturday evening as part of this course. Residential prices from £125, non-residential from £90. Gladstone’s Library, Hawarden CH5 3DF, 01244 532350, gladstoneslibrary.org

Wales China Festival Films On 17th: Mulan 11am; Mountains May Depart (12A) A love story. A Bite of China 5.30pm - documentary inviting us around Chinese dinner tables. The Great Wall 3D 8.30pm, Epic fantasy of mercenary warrior who discovers the mysteries of one of the great wonders of the world. On 18th: The Great Wall 3D 5.30pm, Human Flow 2pm, Ai Weiwei brings his artist eye to create a panoramic document of the global refugee crisis. Various priced tickets. Pontio, Bangor 01248 382828, pontio.co.uk

Wonder (PG) Film. The inspiring and heart-warming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, “Auggie” becomes the most unlikely of heroes when he enters the local 5th grade. 17th - 6.30pm; 18th - 2pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

18th SUNDAY

Reiki Refresher See 3rd

Quaker Meeting 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, northwalesquakers.org

Red Tent Gwynedd A close-to-the-new-moon gathering. Arrive 1pm for 2pm start, finish circle by 5pm for food and social time. Can we make this one more bilingual? Mwy o Gymraeg, os gwelwch yn dda? Bring a dish of food to share, blanket or cushion, mug. Liftshare if possible. This meeting is at The Old Rectory, Llanfachraeth LL65 4YA. Claire for directions 07970 409 724. Join Facebook group (Red Tent Gwynedd) and find out more.

Getting in Touch With Your Back Be more at ease in everyday life by developing more awareness and sensation in your back. 10am - 1pm, £30. With Veronica Rock, held at Verve Health, Fitness and Wellbeing, George St., Llangollen LL20 8RE. Veronica 07990 825783, vhrock@feldenkrais.co.uk

Laughter Yoga A light-hearted afternoon of yoga and relaxation followed by an hour with Jo Dixon, the North Wales Guru of Laughter Yoga! Jo explains the science behind why laughing is so good for us and then we start with a chuckle, which leads to a giggle and ends with laughing until your side hurt. 2 - 5pm, with refreshments £25 per person. Mochdre Village Hall, Colwyn Bay. Bookings: katehamiltonhunter.com

18th SUNDAY - 23rd FRIDAY

Slate: The Good, The Bad and The Inbetweens Most of the programme will entail walking in the mountains over rough, exposed, and occasionally steep terrain; including walks of lengthy duration. Course members should come prepared for this though average fitness should suffice. £450 - £500. Plas Tan y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

18th SUNDAY - 24th SATURDAY

19th MONDAY
Understanding Rare Books with Saint Augustine, Dante, Aristotle and Butler Gary Butler helps look after the rare books and special collections at Gladstone’s Library. He trained as a librarian at Aberystwyth. 7.30pm, £8. Gladstone’s Library, Hawarden CH5 3DF, 01244 532350, gladstoneslibrary.org

Chester Amnesty International We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, this month in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Contact Alan 01244 679185/ Facebook for more details, www.amnesty.org

Snowdrop Planting Days Join us and the garden team to help us ‘grow’ our stunning display of Snowdrops. 11am - 3pm. Penrhyn Castle, Bangor LL57 4HT. 01248 353084, nationaltrust.org

Seriously Sentences - Writer’s Group Meets 3rd/ Monday each month to review each other’s submissions, share competition, market and publishing news and welcome all levels of expertise - prolific or wannabe! Gladstone’s Library, Hawarden. Contact Hazel: seriouslysentences@gmail.com

Abstract Paper Things In celebration of the fabulous abstract shapes in the From Icon to Red Square exhibition, design and make your own piece of abstract 3D art. There’ll be no patterns to follow, so bring along your imagination and our assistants will help you create something spectacular. 2 - 4pm, £1.50, Newstead Gallery, Grosvenor Museum, Chester CH1 2DD. 01244 972197. See Exhibitions

Bangor Cellar Writing Group Meetings allow writers of prose and poetry to share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and able to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

Pride in P3 See 5th

19th MONDAY - 23rd FRIDAY
Winter Birds The course will be an excellent opportunity for you to familiarise yourself with the area and some of its best birdwatching spots while learning more about how birds adapt and cope with the vagaries of winter. We will also discuss the changing fortunes of certain species – how, when and why some species have declined, while others have increased and moved into the area in recent times, e.g. red kite, white egret and osprey. £360 - £400. Plas Tan y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

Of Mice and Men A thrilling new production of the most iconic and powerful story in American literature. Set in the trying times of the Great Depression, Of Mice And Men is a powerful portrait of the American spirit and a heartbreaking testament to the bonds of friendship and what it means to be human. 7.30pm daily, plus 1pm 22nd & 2.30pm 24th. £10, Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

20th TUESDAY
SAORI Weaving for Health & Wellbeing Day 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, www.saurimir.co.uk

The Healing Well Hands on Healing, by donation. All welcome, 7 - 9pm. Ganolfan Pentrefelin, nr Criccieth. Mayamar 01766 770874.

Tree Planting We are joining the Snowdonia National Park Authority for a month of tree planting. Much of our year is spent taking things out of the National Park e.g. invasive species like Rhododendron and Himalayan Balsam, it’s time we added something to it. Come and join in, reduce your carbon footprint and create a lasting memory for years to come. 10am, booking essential. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

The Ensemble of St. Luke’s Chamber concert. 8pm, £12/£10 over 60s, £5 students and under 18s. Pontio, Bangor 01248 382828, pontio.co.uk

Botanical Painting Classes Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost if you just want to give it a try and not have to buy expensive materials at the start. 12.30pm - 3.30pm; followed by tea/coffee. £15, students £10. Treborth Gardens, nr Bangor. Booking not required - but please let Doreen know by e-mail the previous week and then just turn up; doreen@botanicals.com

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddafa.org.uk

The Fencer (PG) Film. Set in the Stalinist era of the early 1950’s, a champion fencer on the run from Leningrad’s secret service finds refuge and renewed purpose teaching at a provincial Estonian school. Estonia/Germany, with subtitles. 7.15pm. £4. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theaetrclywd.com

Casablanca (PG) Classic film. Dementia friendly screening. In Casablanca in 1941, a cynical American expatriate encounters a former lover, with unforeseen complications. The lights are left on low, there are no trailers and the audience members are welcome to move around the space and talk. 11am, £4. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

Wy, Chips and Nain Film. A truly heart-warming family tale celebrating the unique relationship between grandparent and grandchild. In Welsh, £8, £7. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com
Chester Humanists 3rd Tues/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7.30pm, Custom House, Watergate St., Chester. Contact Peter Benson 07740 179939.

21st WEDNESDAY
Chester and District Friends of the Earth 3rd Weds/month, 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

Wy, Chips and Nain See 20th
New Storytelling Club 3rd Weds/month. Special guest woodsmyth every month. All welcome. No charge! 7.30pm. The Blue Bell Inn, 19 Castle Street, Conwy LL32 8AT. Suzi & Simon on 01490 460563 or 07984 637068.

Mindful Meditation 3rd Weds/month. A monthly meditation group, open to all and suitable for beginners. If you have not meditated before, this can help you get started. Also, experienced meditators welcome to come and practise in a group setting. 7.30 - 9pm. Kit'n'Heels, 3 Penrhyn Ave, LL28 4PS Rhos-on-Sea Facebook: Wings of Change

Terns and Otters of Cemlyn Bay Ben Stammers presents an account of recent terns’ breeding, return of the otter and possible conflict between the two. 7.30 - 9.30pm, donations welcome. NWWT, Gresford Memorial Hall, High Street, Gresford, Wrexham LL12 8PS. Steve Palin 07876 501014, stevepalin@supanet.com

Piano Concert: Isata, Konya and Jeneba Kanneh-Mason with Rhyl Music Club. Music played includes Ravel, Haydn and Scarlatti. Before each movement of the Ravel we will have the relevant poem by Aloysius Bertrand which inspired Ravel to write this music and club member Denis Pithon will help us to understand why. 7.30pm, £12; u16s free entry. Rhyl Town Hall. Contact 01745 890564, chair@rhylmusic.com

Sew Cool See 7th
Write Now Meets 3rd Weds/month at 7.30pm. All types of writing welcome, we read our work aloud and share tips and news. Meet in Gales Wine Bar, 18 Bridge St., Llangollen. Rachel 07706 101349.

Three Billboards Outside Ebbing, Missouri (15) Film. A darkly comic drama. After months have passed without a culprit being found in her daughter’s murder case, a mother makes a bold move, painting three signs leading into her town. 2pm & 7.30pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com

22nd THURSDAY
The Grief Circles (in the Yurt) Wild Heart Healing in Snowdonia (find us on facebook). A chance to share our sorrows and weep together. 7.30pm – 9.30pm, £12 drop in or £50 for 5 if paid in advance. Tregarth, nr Bangor. For more information and to book (places are limited) email alexandrajwilson@yahoo.co.uk

Chester Poets Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

Mindfulness Practice Group – Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 1 pm. No need to feel you are a ‘good’ singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. Please email helen@soul-life.co.uk

Tree Planting See 1st
Arty Folk and Friendship See 15th
Kendal Mountain Festival (12A) Film. Join us for an evening packed full of amazing films and awe-inspiring talks from some of the world’s most impressive adventurers. 7.30pm, £15, £10/u25s. Galeri, Caernarfon 01286 685222, galericaernarfon.com ~ mountainfest.co.uk

NT Live: Cat on a Hot Tin Roof Live Screening. One night in Mississippi Brick and Maggie dance round the secrets and sexual tensions that threaten to destroy their marriage, the scorching heat is almost as oppressive as the lies they tell. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also: £12.50, £15, Pontio, Bangor 01248 382828, pontio.co.uk Also Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

The Barbarian Invasions (18) Comedy, crime drama with Occasional Cinema. In French with subtitles. 7.30pm, food served from 6.30pm. Blue Sky Café, Bangor LL57 1PA, 01248 355444, blueskybangor.co.uk

Open Doors A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Blue Sky Café, Theatr Clwyd, Mold CH7, 01352 701521, theatrclwyd.com

Bird Walk Find out about the birds of Bodnant Garden on a walk led by a local expert. 11am - 12.30pm; free but admission charges apply. Sorry no dogs. Bodnant Garden, Conwy 01492 650460.
23rd FRIDAY & 24th SATURDAY
Woman of Flowers A poetic reimagination of the Mabinogi myth of Blodeuwedd by award-winning Welsh writer Siôn Eirian to create a captivating dark fantasy. Blodeuwedd was conjured from wild flowers by a wizard to be the perfect wife for a warrior prince. When the dark desires woven into her nature are awakened the consequences are bloody for all. 7.45pm, £13, £11 concs. 12+. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

23rd FRIDAY - 25th SUNDAY
Pure Yoga: Yoga Immersion Weekend Yoga classes of various styles, detailed instruction, learning cleansing techniques, self-study, recharge in the gardens, local walks. Gong bath; yoga philosophy and quiet evening guided meditations. Everyone is welcome of any ability! £405 - £545, Plas Cadnant, Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

Introduction to Permaculture You will develop your own portfolio of small, achievable designs through projects carried out during and between each weekend, with support and feedback from the tutor team. This will culminate in a larger design exercise over the last weekend – an opportunity for you to apply and integrate your learning throughout the course. 9.30am, course fee £120, £100 concs. Please book through Aberystwyth University 01970 621580, before booking. Full board accom at CAT £118. Held at CAT, Machynlleth 01654 704966, cat.org.uk

The Love School: the Pre-Raphaelites and Their World In this lavishly-illustrated course, Adrian Sumner looks more closely at John Millais, William Holman-Hunt, Dante Gabriel Rossetti and his inspired pupil Edward Burne-Jones, and the waves of influence they exerted on William Morris, the Arts and Crafts Movement, the Aesthetic Movement, Symbolism, Decadence and the period style of Art Nouveau. Residential £230, non-residential £160. Gladstone’s Library, Hawarden CH5 3DF, 01244 532350, gladstoneslibrary.org

23rd FRIDAY - 28th WEDNESDAY
The Shape of Water (15) Film. At a secret research facility, a lonely janitor forms a unique relationship with an amphibious creature that is in captivity. 8pm 23rd & 27th; 2pm 24th, 26th, 28th. £6, £5. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

23rd FRIDAY - 2nd MARCH, FRIDAY
Renew and Deepen ~ Everyday Liberations If your practice is going well, but you feel it could be going further or deeper, we can offer ways to cut through unconscious views and assumptions that may be holding you back. This can in turn lead to liberations from negative emotions and afflictions, here and now. Suitable for people who have experience of Triratna meditation practices. £280, £252 concs., Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

24th SATURDAY
Chinese New Year Gala Chase away the winter blues and join us to celebrate Chinese New Year 2018 – Year of the Dog – with a colourful Dragon Parade and Chinese Gala in the heart of Bangor. 12 - 12.30pm Dragon Parade (Cathedral to Town Clock and back). 12.30 - 2pm Chinese Gala (Bangor Cathedral) More from bangor.ac.uk/confucius-institute

Freeform Weaving and Needle Felting Create a wonderful woven and needle felted wall-hanging using beautifully hand-dyed wool and silks with designer/artist Sophia Ingham, 10am - 5pm, £45 for the day including all materials plus teas, coffee and lunch. of homemade soup and a selection of cold treats; £5 per head. Held at Pensychnant Centre, Conwy LL32 8BJ. Sophia on 07391 930719, phiaeeco@gmail.com Facebook: Phia Eco

Capturing Our Coast ~ Training Day To get involved in the CoCoast project, your first step is to attend one of our training days. The training day includes a short introduction to us, the project and the marine environment. The event is open to anyone over the age of 18 and is free of charge (including a free lunch and refreshments!). We need 10 people for the day to run. 10am - 4.30pm. Tickets through Eventbrite: Look for title of event. Organised by School of Ocean Sciences, Bangor Uni, Menai Bridge LL59 5AB. If you have any questions please email us at cocoast@bangor.ac.uk

Rhwn: with Fiona Owen Under-ground, over-ground: the art of both. A writing for wellbeing day. A warm welcome to all / Croeso cynnes i bawb. 10am - 4pm, £15, £10 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Managing A Small Woodland We will look at the 50 acres of Warren Woods as a whole and at several different compartments – coppice with standards, continuous cover, new plantings, conversion of softwood to hardwood etc. £50, £25 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT 01745 710626, woodlandskillscentre.co.uk

The Great Gatsby Theatre. Step into the era of bootleg liquor and red hot jazz. 1920’s dress encouraged, dancing shoes required! 4pm, £10. Held in The Dolphin Pub, Mold. Tickets from Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

Masterclass ~ Writing the Body A Masterclass with Writer in Residence Polly Atkin using examples of writing about bodies in different scenarios, pen a creative piece of work of your own! 10am, £35, includes lunch and refreshments. Gladstone’s Library, Hawarden CH5 3DF, 01244 532350, gladstoneslibrary.org
Wildlife Art Class Led by Claire Shaughnessy. Enjoy a day filled with various art mediums and animals! Bring your own photos to use for inspiration or use Clare’s extensive collection of images to draw/paint from! 12 - 5pm, £35. Chester Arts Centre, Northgate St CH1 2HT, 01244 313700, chesterartcentre.co.uk

Practical Candle Making See 10th
Mark Steel: Every Little Thing’s Gonna Be Alright
Well-known comedian, radio and newspaper columnist. A year ago all was well - but not anymore ... 8pm, £15, Pontio, Bangor 01248 382828, pontio.co.uk

Vibrant Watercolours with Glyn Price. On this one-day course, Glyn will guide you through how to use watercolour to create colourful and strong reactions to your chosen subjects. It will include discussion on how to turn photographs and quick sketches into paintings in the studio. 10am - 4pm, £50, Parc Glynllifon, nr Caernarfon 01286 672472, iard.co.uk

Met Opera Live: La Boheme Sung in Italian with English subtitles. 5.55pm, £10, £8 concs., £3 children. Uchelldre Centre, Holyhead 01407 763361, uchelldre.org Also Galeri, Caernarfon 01286 685222, gallericaernarfon.com

Craft Fair Range of quality handmade crafts. 9am - 2pm, light refreshments available. Y Canolfan, High St., Portmadog LL49 9LU. paulinedurham@live.co.uk

24th SATURDAY & 25th SUNDAY
Hypnotherapy Practitioner Diploma One weekend/month over 10 months. The HPD Course is approximately 120 hours duration of classroom study plus practice between sessions and required reading over a period of 10 months. No experience is necessary as the training programme is professionally designed and written to give you a thorough and sound knowledge of the application of ethical clinical hypnosis and hypnotherapy, even if you have no previous experience in the field. Led by Claire Wiggins and Melanie Cook. Conwy LL32 8UB, 07838 469174, cphtnorthwales.co.uk

25th SUNDAY
Introduction to Alexander Technique Learn how to release your body and mind from old habits and attitudes. Improve your whole well-being and learn to manage and prevent tension, stress and pain. 1.30 - 4.30pm, £30. Porthmadog. Bookings: Pip Bondy 01766 780557, pipbondy.com

George Harrison Night Celebrate George Harrison’s 75th Birthday with an exciting evening of talks, tours, food, film and music. Discover more about George’s links with the village on a unique tour. 6.30pm: Film and Q & A with Freda Kelly, The Beatles’ PA from 1962-1972. From 5pm, £30 includes veg/non-veg dinner. Portmeirion Village, Penrhynعدraetha 01766 770000.

Chakras Workshop 3 hour yoga workshop with Claire Mace exploring the seven chakra system experientially through an extended Forrest yoga sequence and long meditation. Learn about how the chakras are a useful focus for yoga or meditation practice. Either 10am - 1pm or 2 - 5pm, £30 each. The Llanfachraeth LL65 4YA. Book online at www.inspiratrix.co.uk or call 07970 409 724.

Estyneto Join the inspirational dancer and choreographer, Cai Tomos as he leads monthly dance/movement sessions for those over the age of 60. 1.30pm, £3. Galeri, Caernarfon 01286 685222, gallericaernarfon.com

Mindfulness Practice Group -- Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

RainbowBiz Mind, Body and Spirit Festival An array of over 50 stalls, crafts, vintage, recycled, upcycled, artisans, vegan traders, crystals, aromatherapy, jewellery, readers, holistic and spiritual treatments and therapies. Free workshops throughout the day. A variety of hot food and refreshments available. Raffle with a lovely range of prizes. 11am - 4pm, held in Theatr Clwyd, Mold CH7 1YA. New traders and exhibitors always welcome, please email: info@rainbowbiz.org.uk or download all your application forms from rainbowbiz.org.uk/mbs/

Practical Woodland Tasks This Course can be done on its own or in conjunction with the theoretical course on the day before. We will plant some trees and learn about techniques for planting and aftercare. We will harvest some coppice hazel and look at its uses. We will visit an area of new planting and consider which trees need to be marked as potential standards and how they can be improved by formative pruning and then prune them. £50, £25 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT 01745 710626, woodlandskillscentre.co.uk

Wings of Desire (Der Himmel Uber Berlin) (12A) Film, Invisible angels populate Berlin, listening to the thoughts of the population and comforting those in need. In German with subtitles. 7.30pm, £6.25, £5.25. Neuadd Dwyfor, Pwllheli 01758 704088

26th MONDAY
Memory Café Last Monday/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150.

Wrexham Meditation Group Three meditations including a body scan and a mindfulness of breathing practice. 7.30 - 9pm, £6, includes refreshments. Drop-in. Quaker Meeting House, Holt Rd., Wrexham LL13 8HN. Alan 07816 988124, newmindfulness.net

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other’s work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

Darkest Hour (PG) Film. Winston Churchill faces one of his most turbulent and defining trials. 10.30am, with tea/panad. Neuadd Dwyfor, Pwllheli 01758 704088.
NT Live: Cat on a Hot Tin Roof Live screening. One night in Mississippi Brick and Maggie dance round the secrets and sexual tensions that threaten to destroy their marriage, the scorching heat is almost as oppressive as the lies they tell. 7pm, £6.25, £5.25. Neuadd Dewyfor, Pwllheli 01758 704088.

27th TUESDAY

Woodland Workday Interested in gaining some practical skills in woodland management? The upkeep and maintenance of our spectacular woodland depends on the generosity of our fantastic team of dedicated volunteers. Whether you’d like to help out with our bird survey or you fancy something a bit more physically challenging like footpath maintenance, join us to tackle this month’s woodland tasks! 10am, booking essential. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

The Great Gatsby Theatre. Step into the era of bootleg liquor and red hot jazz. 1920’s dress encouraged, dancing shoes required! 4pm, £10. Held in The Dolphin Pub, Mold. Tickets from Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

Cerdd Dafod yn y Doc See 13th

Gadael Lenin (12A) Film. The film follows a school party and their teachers as they head for Russia to see St Petersburg’s artistic treasures. 7.30pm, Galeri, Caernarfon 01286 685222, galericarnafernfon.com

NW Region Arts Health & Wellbeing Network An opportunity to network, share practice and hear updates from Welsh Government Cross Party Arts and Health Group and Arts Council of Wales mapping survey. Further booking details will be on the Engage Cymru homepage. 9.30 - 11.30am, Mostyn, Vaughan St., Llandudno LL30 1AB. Facebook: same name

27th TUESDAY & 28th WEDNESDAY

Ventoux The story of Lance Armstrong and Marco Pantani’s rivalry on the fearsome Mont Ventoux in the 2000 Tour de France. Using breathtaking video and a pair of road bikes we ask the question – how far will you go to succeed. 7.45pm, £15, £13. Theatr Clwyd Mold CH7 1YA. 01352 701521, theatrclywd.com

Sure for Mental Health Two day training - Places are offered free of charge. This training has been developed to enable people who do not have access to Mental Health training, due to monetary restrictions, to get Mental Awareness training that we believe everyone should have. The course has been developed by New Pathways, and ratified by Mental Health professionals. 9.30am - 4.30pm. Bangor University. Register your place: www.eventbrite.co.uk and look for Sure for Mental Health

27th TUESDAY - 3rd MARCH, SATURDAY

Great Expectations A powerful drama of Charles Dickens’ masterpiece. 7.30pm, plus 1pm on 1st and 2.30pm on 3rd. £10 - £25. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

28th WEDNESDAY

Butterflies and Moths - Jewels of the Day and Night Steve Palin gives an illustrated talk about these attractive and sometimes mysterious insects. 7.30 - 9.30pm, donations welcome. NWWT, Brambell Building, Deiniol Road, Bangor LL57 2UW. Sue Carter 01248 371769, sue@gorad.co.uk

The Orthodox Eastern Tradition A talk by Matthew Sutton. 7pm for 7.30pm, Book Sale, CD sale, refreshments, £5.50, £3.50 concs. Quaker Meeting House, Fredsham Street, Chester, CH1 3LF. Enquiries: 01244 370461, chestertheosophy.org

ROH Ballet Live: The Winter’s Tale Live screening. Shakespeare’s great romantic tale. 7.15pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Conifer Regen Control Help control Conifer regeneration in Llanuwchllyn. The site is an old Conifer Woodland which has been felled to promote a more native marshland. Our work will go a long way to help advance the project and make the marshland a reality. Booking essential, Free transport from Bangor and Caernarfon. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

All The Money in the World (15) Film. The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather to pay the ransom. 2pm & 7.30pm, Galeri, Caernarfon 01286 685222, galericarnafernfon.com

Darkest Hour (PG) Film. Winston Churchill faces one of his most turbulent and defining trials. 7.30pm, £5.50, £4.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrclywd.co.uk

Copydate for March Issue: February 18th 07777 688440 www.network-news.org

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Solution Focused Hypnotherapy combines positive psychotherapy and relaxing hypnosis. It can help with a range of common conditions – helping to put you back in control.

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- Anxiety
- Sleep problems
- Confidence
- Weight issues
- Birthing
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- Addictions
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www.northwaleshypnotherapy.co.uk

*Book appointments online for a 10% discount.

£25

Initial consultation*
## Workshops in March & April

### MARCH

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>2 - 5</td>
<td><strong>Yoga &amp; Detox Weekend</strong> Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk</td>
<td>Menai Bridge</td>
<td>Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<tr>
<td>3</td>
<td><strong>Yoga Chakra Experience 2 - Swadisthana</strong> Trefnant Village Hall, Denbigh. Bookings: thezestlife.co.uk</td>
<td>Trefnant Village Hall, Denbigh</td>
<td>Bookings: Sophia on 07391 930719, <a href="mailto:phiaeco@gmail.com">phiaeco@gmail.com</a> Facebook: Phia Eco</td>
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<tr>
<td>3</td>
<td><strong>Introduction to Navigation</strong> Betws y Coed. Contact Breese Adventures 07525 625375, breeseadventures.co.uk</td>
<td>Betws y Coed. Contact Breese Adventures 07525 625375, breeseadventures.co.uk</td>
<td>Also 10th, 17th, 31st</td>
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<tr>
<td>9</td>
<td><strong>An Introduction to Pattern Cutting</strong> Trigonos, Nantlle. Bookings:</td>
<td>Trigonos, Nantlle</td>
<td>Bookings: Sophia on 07391 930719, <a href="mailto:phiaeco@gmail.com">phiaeco@gmail.com</a> Facebook: Phia Eco</td>
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<tr>
<td>10</td>
<td><strong>Voice Workshop</strong> Ucheldre Centre, Holyhead 01407 763361, ucheldre.org</td>
<td>Ucheldre Centre, Holyhead</td>
<td>01407 763361, ucheldre.org</td>
</tr>
<tr>
<td>10</td>
<td><strong>Glaciation of Snowdonia</strong> Nature's Work, Snowdonia 01248 361142, naturework.co.uk</td>
<td>Nature's Work, Snowdonia</td>
<td>01248 361142, naturework.co.uk</td>
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<tr>
<td>10</td>
<td><strong>Yoga Day</strong> Coed y Brenin Visitor Centre and Venue, near Dolgellau. Mountain Yoga</td>
<td>Coed y Brenin Visitor Centre and Venue, near Dolgellau. Mountain Yoga</td>
<td>Mountain Yoga Breaks 07737 261614, mountainyogabreaks.co.uk</td>
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<td>11</td>
<td><strong>Meditation and Teaching Day</strong> Hermitage of the Awakened Heart, Criccieth. Info:</td>
<td>Hermitage of the Awakened Heart, Criccieth. Info:</td>
<td>ahs.org.uk</td>
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<tr>
<td>16</td>
<td><strong>Yoga &amp; Detox Weekend</strong> Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk</td>
<td>Menai Bridge</td>
<td>Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<tr>
<td>17 &amp; 18</td>
<td><strong>Practical Candle Making</strong> LlanfairPG, LL61 6RP, 07770 894281, thencandlealchemist.co.uk</td>
<td>LlanfairPG</td>
<td>07770 894281, thencandlealchemist.co.uk</td>
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<tr>
<td>17 &amp; 18</td>
<td><strong>Reiki 1</strong> Tregarth, nr Bangor LL57 4NP.</td>
<td>Tregarth, nr Bangor LL57 4NP.</td>
<td>Viv 01248 601388, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
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<tr>
<td>17 &amp; 18</td>
<td><strong>Adult Tapestry Workshop</strong> Ruthin Craft Centre LL15 1BB, 01824 704774,</td>
<td>Ruthin Craft Centre LL15 1BB</td>
<td>01824 704774, ruthincareftcentre.org</td>
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<tr>
<td>18</td>
<td><strong>Yoga &amp; Vegan Soul Food Mini Retreat</strong> Mynydd Llandygai LL57 4LQ. Ticket/info -</td>
<td>Mynydd Llandygai LL57 4LQ.</td>
<td>northwalesretreats.com or <a href="mailto:hellobeachhousekitchen@gmail.com">hellobeachhousekitchen@gmail.com</a></td>
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<tr>
<td>18</td>
<td><strong>The Mountain Environment</strong> Nature’s Work, Snowdonia 01248 361142, naturework.co.uk</td>
<td>Nature’s Work, Snowdonia</td>
<td>01248 361142, naturework.co.uk</td>
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<tr>
<td>23 - 25</td>
<td><strong>Walking Weekend</strong> with Cerdded Conwy Walks. Sian Williams 01492 575543,</td>
<td>Cerdded Conwy Walks</td>
<td>01492 575543, <a href="mailto:cerddedconwywalks@outlook.com">cerddedconwywalks@outlook.com</a></td>
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<td>24</td>
<td><strong>Dance Masterclass</strong> with Serge Koffi. Held at Chic Fitness, Denbigh. Facebook: Chic</td>
<td>Dance Masterclass with Serge Koffi. Held at Chic Fitness, Denbigh.</td>
<td>Facebook: Chic Fitness</td>
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<tr>
<td>24</td>
<td><strong>How To Meditate</strong> Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno 01492 878778,</td>
<td>How To Meditate Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno</td>
<td>01492 878778, meditatenorthwales.com</td>
</tr>
<tr>
<td>25</td>
<td><strong>Spring Detox Workshop</strong> Mochdre Village Hall, Colwyn Bay. Bookings:</td>
<td>Spring Detox Workshop</td>
<td>Kate Hamilton Hunter</td>
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<tr>
<td>25 - 29</td>
<td><strong>Mindful Movement Retreat</strong> Trigonos, Nantlle LL54 6BW, 01286 882388,</td>
<td>Mindful Movement Retreat</td>
<td>trigonos.org/courses</td>
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<td>31</td>
<td><strong>Phil Bowen: Poetry</strong> Ucheldre Centre, Holyhead 01407 763361, ucheldre.org</td>
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### APRIL

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<tr>
<td>7</td>
<td><strong>Dowsing for Beginners</strong> Contact Chris 01244 509933, <a href="http://www.house-dowser.co.uk">www.house-dowser.co.uk</a> See ad on page 10</td>
<td>Contact Chris</td>
<td>Chris 01244 509933, <a href="http://www.house-dowser.co.uk">www.house-dowser.co.uk</a> See ad on page 10</td>
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<td>14 &amp; 15</td>
<td><strong>Reiki 1</strong> The Healing Centre, Tregarth, Bangor LL57 4NP.</td>
<td>The Healing Centre, Tregarth, Bangor LL57 4NP.</td>
<td>Viv 01248 601388, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
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<tr>
<td>20</td>
<td><strong>Super Vitality Foods</strong> Chester CH4 8SG. Teresa Keast 07876 254518,</td>
<td>Super Vitality Foods Chester CH4 8SG. Teresa Keast 07876 254518,</td>
<td>Teresa Keast 07876 254518, <a href="mailto:teresa@teresa4yoga.co.uk">teresa@teresa4yoga.co.uk</a></td>
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<tr>
<td>20 - 27</td>
<td><strong>Evolve Yoga Teachers Training</strong> Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org</td>
<td>Evolve Yoga Teachers Training Trigonos, Nantlle LL54 6BW, 01286 882388,</td>
<td>trigonos.org</td>
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<td>thencandlealchemist.co.uk</td>
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<tr>
<td>21</td>
<td><strong>Ancient Woodland Restoration in Action</strong> For woodland owners and professionals.</td>
<td>Ancient Woodland Restoration in Action For woodland owners and</td>
<td>Coed Llys, Glyndwr Uni, Northop. 0343 7705604, <a href="mailto:nigeldouglas@woodlandtrust.org.uk">nigeldouglas@woodlandtrust.org.uk</a></td>
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<td>21</td>
<td><strong>Yoga/Meditation Home Practise Workshop</strong> Mochdre Village Hall, Colwyn Bay. Bookings:</td>
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<td>Kate Hamilton Hunter</td>
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<td>naturework.co.uk</td>
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<td>Glaciation of Snowdonia</td>
<td>naturework.co.uk</td>
</tr>
<tr>
<td>29</td>
<td><strong>Gentle Yoga, Tai Chi and Qi Gong</strong> with Rose Preston. Trefriw Village Hall, Conwy.</td>
<td>Gentle Yoga, Tai Chi and Qi Gong with Rose Preston. Trefriw Village</td>
<td>LL27 0NQ. Rose 01407 769571, 07759 105504, roseyoga.net</td>
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### Centres in North Wales: Workshops in March & April

#### Centre for Alternative Technology (CAT)
Machynlleth SY20 9AZ
01654 705959, www.cat.org.uk

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<td>Mindful Green Woodworking</td>
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<td>4</td>
<td>Introduction to Horse Logging</td>
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<tr>
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<td>A Spring Work Retreat - Working Towards a Sustainable Future</td>
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#### Centre for Mindfulness, Research & Practice (CMRP)
Bangor University LL57 2DG
01248 382498, mindfulness@bangor.ac.uk, www.bangor.ac.uk

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#### Gladstone’s Library
Hawarden, nr Chester CH5 3DF, 01244 532350, www.gladstoneslibrary.org

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<td>You’ve Got To Have A Dream: The Theology of Musicals</td>
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Do you run a Centre which holds workshops for a brighter, positive world? Information can be listed here alongside other beacons of light in North Wales.

Contact Network News
07777 688440,
www.network-news.org
IARD
Parc Glynllifon, nr Caernarfon
01286 672472, www.iard.co.uk

MARCH
3 Silver Pendant & Earrings
10 & 11 Willow Basket Making
17 Stitched Story Brooches
18 Miniature Patchwork

APRIL
21 Nuno Felting
28 Silver Stacking Rings
29 Introduction to Green Woodworking, Spoon Carving

Woodland Skills Centre
Bodfari, Denbigh LL16 4DT
01745 710626, www.woodlandskillscentre.co.uk

MARCH
3 Introduction to Willow Work
3 & 4 Make A Pole Lathe
10 & 11 Split Hazel Basket; Home Chainsaw
18 Forest Schools Taster Day
24 Bushcraft Family Day
24 & 25 Coppice Crafts
25 Bushcraft Tracking
28 & 29 Holiday Club
31 Introduction to Coppice Crafts

Plas Tan Y Bwlch
Maentwrog LL41 3YU,
01766 772600, www.eryri-npa.gov.uk

MARCH
16 - 18 Tales of the Mabinogion
16 - 18 Creative Landscape Photography
16 - 18 Place ... A Sense of Space Writing Course
19 - 23 Spring Painting Experience
23 - 25 Spinning: Felt a Spindle Bag
23 - 25 Painting for Beginners and Improvers
24 - 26 Beadwork Weekend

APRIL
2 - 6 Snowdonia Coastal Walks
6 - 8 Embroiderer’s Guild
16 - 20 Landscape Photography

Tŷ Newydd Writing Centre
Llanystumdwy, Criccieth LL52 0LW
01766 522811, www.tynewydd.wales

MARCH
16 - 18 Creative Writing for Welsh Learners
23 - 25 Writing About Climate Change

APRIL
7 Short Story Writing
9 - 14 Songs and Lyric Writing
16 - 21 Spring Poetry Masterclass
21 Welsh Poetry Measures

Vajraloka Buddhist Retreat Centre
Corwen LL21 0EN
01490 460406, www.vajraloka.org

MARCH
9 - 18 Emptiness & The Heart Sutra
23 Mar - 2 Apr The Brahmaviharas ~ A Complete Path

APRIL
6 - 15 Dhyana Through The Body
21 April - 1 May Simply Being
divisions. The work is about the surface, its depth, its construction, the quiet, crisp whites, the dense warm yellow, sensuous dark soil with lozenge shaped stone walls with bright yellow lichen patches. The spaces are important, as are the gaps between.’ Jilly Edwards. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Photomarathon Llandudno Until 28th February. On the 17th June 2017, 75 intrepid photographers set off on an amazingly sunny day and took the images you can see here in this exhibition. The 8 topics were: Your number - Yellow - I see a Creature - Connections - Sanctuary - Old - Common Ground - One and Only. The images by each participant are arranged in topic order and give a poignant insight into Llandudno life in the 21st Century. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Our Colour Reflection ~ Liz West 1st February - 1st March. The installation creates a conversation between the viewer and the setting using hundreds of mirrors made of coloured acrylic. West creates vivid environments that mix luminous colour and radiant light. Working across a variety of mediums, West aims to provoke a heightened sensory awareness in the viewer through her works. She is interested in exploring how sensory phenomena can invoke psychological and physical responses that tap into our own deeply entrenched relationships to colour. Mon - Sat 11am - 5pm. Chester Cathedral CH1 2HU. 01244 324756, chestercathedral.com

Right Here, Right Now: 21st Century Art Until 8th May. Arranged around the themes of people and animals, landscapes and buildings, still life, faith and abstraction, the exhibition celebrates the quality and diversity of art made since the year 2000. Grosvenor Museum, Chester CH1 2DD, 01244 972197, grosvenormuseum.wестcheshiremuseums.co.uk

Unexpected Elegance: Female Fashion From the 70s Until 1st July 2019. From 1970s minis to midis and maxis, in fabrics ranging from cotton and corduroy to polyester and fake leopard-skin, with designs by Ossie Clark, Givenchy and Zandra Rhodes, we celebrate some of the more subtle pleasures of 1970s fashion. Grosvenor Museum, Chester 01244 972197.

Joy - Yellow is the New Blue ~ Jilly Edwards 3rd February - 8th April. ‘I watched as the field sizes and divisions changed, a dry stonewall, a hedge, a wooden fence and huge fields with no

A Darker Thread 3rd February - 8th April. Wales has a much celebrated tradition of creating both utilitarian and decorative textiles of distinctive design. From power-loomed blankets to hand-stitched quilts, textiles are a key part of Welsh visual culture and history. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Open 2018 Until 10th February. A selection of work submitted by non-members of the Academy, offering a broad range of subjects and media. 11am - 5pm, RCA, Conwy LL32 8AN, 01492 593413, rcaconwy.org

Made For The Table 3rd February - 8th April.

Contemporary silver from the Goldsmiths’ Company Collection, together with the curated work of leading UK artisans in furniture design, glass, ceramics and textiles. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org

Techno: Creating Art Until 4th February. Five artists – Chris Bebbington (photography), Greg Fuller (printmaking and drawing), Tom Hignett (digital), Tabitha Jussa (photography) and Chris Millward (sculpture). Their expertise covers a vast array of methods and techniques including modern and traditional processes. Grosvenor Museum, Chester CH1 2DD, 01244 972197. Tour on 16th, 2 - 3pm, £3.

Opening Exhibitions 2018 Until 18th March. Ap Tomos Family Tribute - an exhibition to celebrate the legacy of Gwyneth and Dafydd ap Tomos, who saved the Plas from dereliction in the last quarter of the 20th century. Work by Gwyneth and a selection of gallery artists, old and new. And Group Exhibition ~ Petals and Claws Celebrating the 50th anniversary of Alan Garner’s novel The Owl Service, based on the story of Blodeuwedd, a woman created from flowers and later turned into an owl in The Mabinogion. Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Mum Mam Dumb Damn ~ Eli Acheson Elmassry Until 20th February. “This exhibition is about my mother and the experience of her Alzheimer’s Disease. The show includes sonic artworks and an experimental composition ‘mumMAM’ made in collaboration with Huw McGregor, and a performance by Wanda Zyborska. Works include the ‘Anger Pantry’ a participatory hitting artwork with sonic feedback, a video of a floating piano seaweed and a suspended blue soft cast of a Renault Clio like the one my Mum loved to drive”. Art Space, Galeri, Caernarfon 01286 685222.
Jeremy Yates PRCA: Recent Paintings and Drawings Until 3rd March. “For many years I have been interested in painting water and its fluid, transparent and reflective properties - in the rivers, lakes and rains of north Wales”. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

Quillfest 2018 1st - 28th February. Exhibition of Wall Hangings from Region 13 of the Quilters’ Guild of the British Isles. 10am - 4pm, weekday’s entry by donation, £2 weekends, free parking. Llangollen Pavilion LL20 8SW. Also 10.30am - 4pm, free, Museum and Art Gallery, Parade St., Llangollen LL20 8PW www.quillfest.org.uk Contact Val Shields 01978 852856, shieldsval@gmail.com

Gareth Owen 20th February - 18th June. Gareth’s artwork from his book Rhyw LUN o Hunangofliant. Long Gallery, Oriel Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Evgeny Antufiev ~ Organic Resistance: Body & Knife - Crossing the Border. Until 18th February. Inspired by the traces of shamanic practice in the Siberian region of Tuva, where he was raised, the artist slowly crafts his own mythologies through a semi-anthropological approach to exhibition making, mixed with a degree of kitsch aesthetic. He combines imagination with aspects of Russian and international cultures, personal stories, and a skilled appreciation for the effect on human culture of different materials such as stone, bone, wood, amber and bronze. Mostyn, Llandudno 01492 879201, mostyn.org Talk on 3rd Feb at 11am, free.

NW Potters Gallery February. Pots inspired by “Wild Wales”. 1 High St., Conwy LL32 8BD. 01492 593590, pottersgallery.co.uk

Kyffin Williams: Celebrating a Centenary 3rd February – 1st July. In honour of Sir Kyffin, this exhibition will provide a glimpse into his life and work; from his early influences and training at the Slade, to his foreign travels, portraits and well-known landscapes. Oriel Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Fda Exhibition 18 - Fold Until 23rd February. 8 artists from 2nd year college completing Llandrillo College’s Photography Course. Oriel Colwyn, Abergele Rd., Colwyn Bay LL29 7RU. 01492 577888, orielcolwyn.org

Martin Lewis 5th - 24th February. A series of abstract and semi-abstract paintings based on natural and historic forms. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

Susie Liddle and Barbara Larkin 26th February – 17th March. Contemporary paintings using the ancient medium of encaustic wax. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclywd.com

Association of Anglesey Arts Clubs Until 4th March. The AAAC biennial exhibition presents a diverse range of contemporary two- and three-dimensional artworks by members of the various art groups on Anglesey. Oriel Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Sarah Adams ~ Watercolour Open Exhibition 7th - 21st February. A self-taught local artist whose primary interest is in experimenting with acrylic brush work with free-flowing water colour to create art that captures different aspects of human anatomy. Chester Arts Centre, Northgate St CH1 2HT, 01244 313700, chesterartcentre.co.uk

Miles of Creativity Until 18th February. Over 20 artists exploring the creative act and its relationship to Llandudno. Open 10.30am - 4pm. Mostyn, Llandudno 01492 879201, mostyn.org

Tunncliffe’s Measured Drawings 24th February - 2nd September. They were the artist’s personal visual reference library, which he used for commercial illustrations and finished paintings. This exhibition shows a selection of these detailed studies, together with some of the finished works they inspired. Oriel Charles Tunncliffe, Oriel Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info


Red Square: Paintings by Adrian Sumner ~ Inspired by the Art of Russia 10th February - 7th May. This exhibition explores the ideas, innovations and styles of The Russian Avant-Garde ground-breaking work, filtered through Adrian’s unique way of contrasting and complimenting cultural references old and new. Looking at the Great War, the October Revolution and Suprematism, among other themes. Grosvenor Museum, Chester CH1 2DD, 01244 972197.

Ongoing Exhibitions

Castle Gallery Various artists, media; most are for sale. Open 9am - 5pm, Mon - Sat. 1 Castle Square, Criccieth LL52 0D, 01766 522803.

Galeri Betws Y Coed Ever-changing selection of paintings, prints, drawings and mixed media by well known and emerging artists from Wales. Open weekdays 10am - 4.30pm, Sat & Sun 10am - 5pm. Holyhead Rd., Betws Y Coed LL24 0BW, 01690 710432, info@galeribetwsycoed.co.uk

Illuminarté Stained Glass - Photography - Mosaic. Designers and creators of beautiful traditional and contemporary handmade stained glass and mosaics for all your living spaces, Ysgubor Ifaf, Bala LL23 7NW, 01678 520256, illuminarte.co.uk

Oriel Bangor Arts Initiative Art Gallery Paintings, Sculptures, Prints, Photographs by local artists. Open 11am - 4pm, Tuesday - Saturday. All are welcome, Deiniol Centre in Bangor; bangor.arts.initiative@outlook.com or see www.facebook.com/bangorartsinitiative

Storiel Art from community groups, voluntary organisations and learning groups. Open Tues - Sat 11am - 5pm. Fford Gwynedd, Bangor LL57 1DT. 01248 353368, storiel.org

Agora Join us and follow the online Gwynedd Arts thread in general to keep networking for artists alive. Facebook: Agora
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Can’t make or sustain positive change? Want to change but don’t know how?
Whether emotional, physical or life style issues,
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Shaktidance: combining yoga and dance
New Shaktidance class in Llangollen!

Mondays:
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with Maria Prabhucharan Kaur
Contact 07778 912521
mrsmariasutton@gmail.com
Facebook: Shaktidance Chester

Drop-in to Lifedrawing sessions at Caernarfon Institute
Wednesdays 6.30 - 9.30pm
Look forward to seeing you there.
Pass the word on!
Information and mailing list
galeritonic@gmail.com
In the December issue, I wrote a review of CEFN’s achievements in 2017 - which of course means CEFN’s supporters’ achievements. There is the concrete collection, sorting, cleaning (sometimes), packing and transporting of the goods that you donate. Clothes mostly, but also toys, medicines and food. These get sorted at the Church of All Saints of Wales in Blaenau Ffestiniog, then loaded into kindly lent transit vans and driven to the container depots in North England – seventeen times last year. CEFN used financial donations to buy new goods (underwear, sanitary pads, nappies, baby food for example), but mostly – around £4000 - was paid towards the Shipping Costs of seven containers. And where did the aid end up? Here’s an account by Neda Kedri, a volunteer on Lesvos: “Towards the end of our day yesterday I noticed a young mother standing on the side with a crying toddler. He was crying so hard I walked up to him and put my hand on his back in an effort to calm him. He was wet. REALLY wet. I asked her why this was and she said she hadn't changed his “diaper” and was waiting her turn so she could get him a change of clothes because he didn’t have any. I asked her to come upstairs with me so we could change him. When she removed his pants she had used a clear supermarket bag as a diaper. This baby... This poor baby was in agonizing pain from the diaper rash caused by the bag. His cries so fierce his mother and I started crying with him. I asked her why he didn’t have a diaper and she said she had been asking in the camp and they simply didn’t have any to give.”

In December, we ran our first ever Christmas Appeal with a modest target of £500 – which soared to £1080. This money goes towards the costs of the next two shipments of aid.

In January we teamed up with One Nation and sent food to Syria.

I get goose bumps every time one of the refugee camps posts a video of “our” aid arriving in its distinctive pink bags.

The connection is concrete; the sense that “this could be me” is strong; and the joy of giving prevails. Your contributions mean that no baby on Lesvos has a plastic bag as a nappy. Blankets keep refugees warm while they wait for Greek government clearance to move on to more structured camps on the mainland. And the boxes of wipes that were loaded onto one of the shipments in December mean that people can keep cleaner where there is no running water.

If you would like to volunteer – as well as sorters, we need drivers, IT specialists, events organisers, stall holders, “laundry fairies” to clean shoes and clothes, please email us (see below). We are holding another fundraising evening on Friday February 2nd at the Pengwern Arms in Llan Ffestiniog – a magical story telling marathon from 5pm to 11pm!

Berni Cavanagh is a volunteer fundraiser at CEFN / Cefnogi Ffoaduriaid / Supporting Refugees.

cefn.cymru@gmail.com

Facebook: NorthWalesRefugeeSupport

See Calendar for event details and facing page for Collection Points.
Driving back home I sometimes go around what I think of as ‘the badlands of Birmingham’. I know this is unfair to people who live there and love it. But for me navigating that industrialised, polluted, congested and commercialised M5-M6 intersection is a nightmare. There must be thousands of people nearby but I see none of them. Their heads all face forward, their bodies are trapped in cars, trucks, offices and factories. For them, I imagine, other humans have become headphones or the radio. Nature and the outside world is the Sat-Nav. We’re all connected in this digital world, but the price we pay seems to be the stress of speed and rush. It makes me anxious. I feel intimidated, brutalised, alone. The feeling represents for me the dark extremity of urban civilisation. It’s what I turned away from a long time ago.

So branching off the M6 onto the M54 towards Telford comes as a slight relief. The traffic thins, the pressure lifts… a little. As we’re still very much in motorwayland it’s not obvious that I’m turning onto an ancient road, the one that once went from Dover to Wroxeter (near the Welsh Border), and, some say, all the way through North Wales to Holyhead. Today the route mostly follows the A5. The Romans called it Watling Street, but it goes back long before the Empire. For this direction takes you to Old Gwynedd, wherein lie the sacred mountains of Snowdonia and the holy island of Mon. This was the hub of old Britain and is, to this day, the heartland of Welsh-speaking Wales and the home of the Brythonic Celts, the Cymry. The road could be seen as an ancient songline of Britain, a thread hung with radiant sacred, historical and mythic jewels.

If you have an affinity for Wales or the Welsh you may have heard the word ‘hiraeth’. It’s often used by Welsh ex-pats and is usually accompanied by the phrase: ‘it can’t be easily translated.’ But generally it’s said to mean something like ‘the sad longing for one’s homeland’. I’ve recently realised that driving home along the A5 is a layer-by-layer revelation of my hiraeth. The further I go the more it builds, the closer I get to the hiraeth-full heart. I may not have grown up in Wales (apart from holidays) but over the last thirty-one years I have grown into it. I now feel hiraeth for what has become my spiritual home.

So after passing Telford the next geographic landmark is the two crossings of the Severn River as it winds around the English Marcher town of Shrewsbury. That’s followed by the Old Oswestry Hillfort, a magnificent Iron Age stronghold slumbering in the Shropshire countryside, one of the best-preserved of its type and lived in long ago by the Cornovii tribe of Brythonic Celts.

Oswestry is borderland. Beyond it the road, train and canal ways are lifted up high over the Chirk Valley. The river that runs far below is the boundary between England and Wales. There is no doubt that you are crossing from one country to another.
Over the border the landscape changes, becoming hilly, green and lush, paving the way for Llangollen, the elegant home of the International Eisteddfod. Every year people come here from afar bringing their folk traditions of dance, music and poetry. It is Wales’s window to the world. With its steam trains and canals it is also connected to the industrial world of England in the east. But it’s the end of the line. The great, black spider of industrialisation came this far but no further.

High above the town is Dinas Bran hillfort, known locally as Crow Castle. Bran means 'raven' or 'crow' but could also derive from Bendigeidfran, Bran the Blessed, the giant-god-king of the Second Branch of the Mabinogion. He may well have been an ancient Bronze Age god of Britain.

Some also say that because of its location - the dramatic ascent and Dee River winding through the valley below - Dinas Bran could have been the Castle of the Grail. Of course really the Grail Castle exists only in the imaginal world. But if it were to be manifested somewhere in our reality then Dinas Bran could be it. It’s a ruin now, a ragged crown on the hill, but the zigzagging path leading to the summit lends it an air of medieval romance.

Ten miles further into Wales is Corwen, a Welsh market town, plainer and less decorative than Llangollen. But at its hub is a statue of Owain Glyndŵr reminding us of the man who, over six hundred years ago, led an uprising of the Welsh against the English.

He was a legendary ‘son of prophecy’, reputed to control the weather and to have the power to be in two places at once. He outwitted English kings – including Henry V – for ten years, making his by far the longest lasting rebellion in Europe at the time. Just before entering Corwen you pass an old Norman motte, now covered in trees, where Glyndŵr and his followers met to launch their first raid. Passing through Corwen peels away layers of modernity and reveals a glimpse of the fierce resistance the Cymry put up to invaders from the east.

Here and there along the way are signs describing this road as an ‘historic route’. It’s almost as if they’re apologising for it not being a dual carriageway all the way. Perhaps it’s as close as we get in Britain to acknowledging something as a 'songline'.

Continuing west along the A5 (or ‘Ah Pim' as the Welsh call it) and you come to Cerrigydrudion, a small moorland village whose name means ‘Stones of the Druids’. Maybe long ago this was a Druid waymarker pointing the way home to those aforementioned sacred mountains of Eryri and the Druid college heartland of Môn.

A few miles after Cerrig the road enters the Snowdonia National Park, twisting and turning through the infamous Padog Bends then diving a long way down into the upper Conwy Valley. There we come to Betws y Coed, meaning Chapel in the Wood, now a Victorian spa town filled with large shops and grand hotels. There are those who cannot abide the tourist-oriented consumerism of Betws, but because it’s in a forest at the foot of the mountains by a fork in the river it has many attractions.
For me it’s the potential association with the story of the Grail that gives Betws its strongest allure. At the beginning of the ‘Le Conte du Graal’ (by the 12th century French poet, Chrétien de Troyes) the boy who becomes Parsifal, the only Arthurian hero to achieve the Grail, is said to be from ‘the foothills of Mount Snowdon’.

From Betws the road climbs steadily upward, passing Swallow Falls (another big hotel) and then Ty Hŷll, the so-called Ugly House. I worked there many years ago assisting Esmé Kirby, founder of the Snowdonia Society. When I looked into the meaning of Hŷll I found it could also mean ‘rugged’, which seemed much more fitting than ‘ugly’. But I suppose ‘Ugly House’ catches the attention more than ‘Rugged House’. Don’t they say bad publicity is better than no publicity?

And so to Capel Curig. On a clouded moonlit night it’s possible to see the unmistakeable black silhouette of Moel Siabod against the dark grey sky. Capel Curig is a mountain town with hostels, campsites, pubs and small outdoor shops. It’s a good place from which to go hillwalking, for many paths go from here into the mountains. There’s a weather station here too. Capel Curig is often reported as having the highest rainfall in the country.

Turn left at the end of Capel and you pass Plas y Brenin, the Palace of the Kings, now a training centre for the mountain skills of climbing, hillwalking, canoeing and skiing. But this must once have been the location for a hunting lodge of the Lords of Gwynedd. From here, as you head southwest, you are in the heart of the mountains, Siabod looming to the left, the Glyders brooding on the right, and ahead the mighty Snowdon Horseshoe. By the road must be the lake of dreams for this is one of the most spectacular views, not just in Britain but, arguably, in the whole of northwestern Europe.

It’s not hard to imagine that long ago this was a pilgrimage route to the sacred peak. There would have been other ways from the south and west, all converging, I believe, on the ‘Eternal Citadel’ of Dinas Emrys at the foot of yr Wyddfa. It was a hollow hill, benign and offering shelter from elements and enemies. It was the place where the Cymry met and took counsel with each other for hundreds if not thousands of years. It is where dragons are said to have slept, woken and risen up from the earth. It’s where Merlin made his first great and still resonant prophecy. It was a sacred gathering place.

Five miles through this dramatic mountainscape and I come to a junction marked by the Pen y Gwryd Hotel. This is a ‘sacred site’ too because it was here, in the fifties, that Edmund Hillary trained for the first ascent of Everest. Eryri provides the nursery slopes for the Himalayas.

I’m still climbing upwards from Pen y Gwryd until at last I shoot through Pen y Pass and am born into the world beyond. From there I drop down, down, ever down as if through the mighty thighs of the goddess.

Once I was here on a midwinter night when the sky was starry bright. I stopped lower down the hill and looked back to the
Pass, from there I saw, through the thighs of the goddess (the V made by the Pass), streaming up across the night sky the astonishing sight of the Milky Way (Caer Gwydion in Welsh) with a dynamic star-studded Orion leading the way.

After a few more miles I’m at last through the mountains, past Nant Peris and Llanberis, and into the fertile coastal plain of Arfon. Whereas the mountains are sparsely populated, here are many towns and villages. This is the Welsh heartland.

Llanrug, between Llanberis and Caernarfon, has the highest proportion of Welsh speakers anywhere in Wales – the world for that matter. We are getting close to the heart of hiraeth.

But I still have a little further to go. At the foot of Llyn Padarn I cross the old bridge, look up at cloud-shrouded Snowdon and say hello to some of the oldest rocks in the world, the rounded, pre-Cambrian granite of Fachwen. Then I head up through forest on a narrow winding lane the other side of the valley. After a mile there is a scatter of houses and a sharp turning to the right onto a steep downhill track. Another bumpy half mile and I am literally at the end of the road.

This is it. Cae Mabon. I’ve recently taken to thinking of it as a Neolithic village with Wi-Fi! Down the hill, just facing the thatched roundhouse, is a woodshed. On the side of the woodshed one word is painted beneath a rainbow: HEARTH. What a word! It contains ‘earth’, ‘ear’, ‘art’ and ‘heart’. All are rich associations with the meaning of the world ‘hearth’, which also, of course, includes fire and cooking and stories and warmth.

In Welsh, the word ‘arth’ means ‘bear’ and is the root of the name Arthur. Another rich layer of meaning. What I’ve only just realised is that if I put myself into the word, if I add an ‘i’, then I have all the right letters to make HIRAETH.

So this is the hub of my ‘hiraeth’. At the end of this journey, this Ah Pim songline so rich in memory and story, is my earth-art-hearth-ear-bear-heart. My hiraeth!

Eric Maddern is an Australian-born storyteller, writer, singer-songwriter and founder of the beloved Cae Mabon retreat. [www.caemabon.co.uk](http://www.caemabon.co.uk)

### The Great Invocation

From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

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