

network news

a guide to inspiring events in north wales



the beatles, bangor and meditation ~ my body ~ celebrating our diversity
this is our time ~ cefnogi ffoaduriaid / supporting refugees ~ mindfulness
exhibitions ~ workshops ~ festivals ~ groups

Network News

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A Guide to Inspiring Events
in North Wales including
Chester and the Welsh Borders

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January 2017

Articles

This Is Our Time <i>Robert Gilman</i>	4
Vaccine Or Voodoo? <i>Chris Hemmings</i>	6
My Body <i>Adam May</i>	8
Mindfulness Training <i>Katherine Betteridge</i>	10
Cefnogi Ffoaduriaid ~ Supporting Refugees <i>Berni Cavanagh & Sara Roberts</i>	32
Celebrating Our Diversity <i>Helen McCreary</i>	34
The Beatles, Bangor, and Meditation <i>David Hughes</i>	36

Regular Features

Noticeboard	11
January Calendar	13
Exhibitions	22
Workshops In February & March	24
Regular Weekly Classes	26
Full Moon Meditation Network	37
Advertisers Index	38
Network News Outlets	Inside Back Cover
A Network Of Goodwill	Back Cover

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Welcome to the January Network News. As we enter 2017, it seems the world is in even more of a spin than usual! Russia, America, China, Europe... there are big question marks over all the "big powers" - and the relationships between them. Fem's cover gives us a perfect picture of how to prepare for the year to come. It is a time for deep, peaceful, warm and optimistic dreaming of the world we are preparing to co-create. This is how we learn to swim *with* the currents of the universe... the only enduring "big power" around!

There is a lot in this issue, and we'd like to introduce three of the contributors: **Adam May, Berni Cavanagh & Robert Gilman**. **Adam** has been part of Network News longer than any of us, and while he was actually a young man when he wrote his first column in the 1990's, we have tended to think of him as our "wise uncle". The one you turn to when relationships get messy, or a life crisis hits, or just to get some good tips for the road. Six months ago he was diagnosed with a complex cancer and we feel truly privileged that he has chosen to open his experience of this to us all. *(See Page 8)*

Berni has played a vital role in recent months as our eyes and ears in Calais and the Mediterranean amidst the unfolding crisis. Her work has helped offset our sense of powerlessness by giving us simple and local ways to be part of the solution. *(See Page 32)*

Robert worked as an astrophysicist until the mid-70s, when he decided that "the stars could wait, but the planet couldn't"! He co-founded the Global Ecovillage Network which links pioneering community experiments around the world. He recently launched a training for aspiring planetary stewards, and here he shares his up-to-the-minute advice for keeping focussed on construction, even if everything around seems to be falling apart! *(See Page 4)*

Blessings to all beings



This Is Our Time

Robert Gilman

Are you struggling to find your bearings in these times of change – or do you know people who are?

If so, I'd like to offer a suggestion and some encouragement based on my understanding of the cultural dynamics going on around us – dynamics that have already been going on for hundreds of years during the Empire-to-Planetary transition.

The visible breakdown of old institutions and cultural norms is exactly what's to be expected in such a profound cultural transformation. New forms are also emerging although they're still less visible.

Nevertheless, like with a human birth, this time of breakdown and breakthrough can be painful to go through – even more so if you don't understand the bigger picture of what's happening.

As I see it, recent phenomena like Brexit, Trump, Syria, etc. are mostly a reaction against the long-term cultural trends that are moving the world toward more humane and sustainable cultures. These trends are bringing more knowledge, more choice and more ability to impact the world to larger and larger percentages of humanity – at the same time that the challenges of sharing one small planet are becoming more urgent. This combination of increased human capability and increased need for change is driving an accelerating co-evolution that won't stabilize until we achieve much deeper

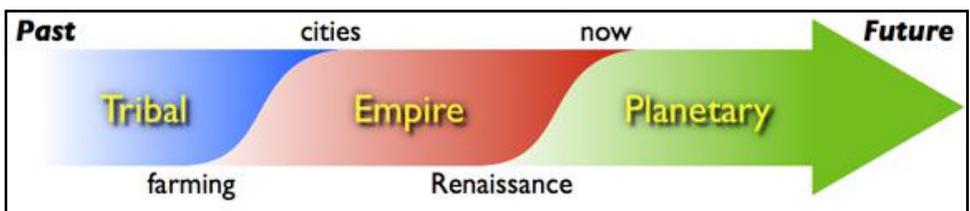
levels of harmony – within ourselves, with each other and with the natural world. Why? Because that's the way complex adaptive systems (that's us!) evolve.

There are some legitimate concerns mixed in with the reaction to this cultural co-evolution, but that reaction is mostly driven by people who sense they are on the wrong side of history, who are still loyal to Empire Era ways and who are trying to stop the momentum of change. They will do damage but they won't be able to turn the tide.

They will do damage in two ways: There will be the obvious damage done by regressive and repressive government policies. But there will also be the subtler, yet perhaps more profound, damage done to the extent that *those who would otherwise be building a better future can be distracted and diverted.*

So here's my suggestion for an 80/20 rule to minimize the damage: Devote at least 80% of your energy and resources to building toward a more humane and sustainable future. We have the cultural wind at our backs, more than most people realize, but each of us must raise our sails if it is to carry us forward. If you can see ways to innovate, implement and/or educate that move us toward the Planetary Era, now is the time to do so.

Then devote some time and energy, but no more than 20%, to engaging with the Empire Era loyalists. This may mean



resisting regressive and repressive policies – and helping those most impacted by these policies. It may mean reaching out in a human-to-human way to work with at least some of these loyalists to resolve legitimate issues and reduce everyone's level of fear.

This 80/20 rule is, of course, a gross generalization. Some people will feel called to put all of their focus on confronting the reaction against a Planetary future. That's great if it's a real inner calling but not so good if you are just getting sucked into the drama. If you feel any inner calling to build the new, the future needs your efforts now. The fastest way through this time of turmoil is to keep moving forward. The ricochet of reactions to reactions rarely provides much long-term benefit.

So in these Northern Hemisphere dark days, take heart in the bigger picture. This

is our time, and it will be for years to come. Let's make the most of it.

Dr Robert Gilman spent a number of years teaching and doing research as a theoretical astrophysicist. Since then he has been exploring the development of a humane sustainable culture at a personal and community level.



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Vaccine Or Voodoo?

Chris Hemmings

Illness is scary. When she was less than eight months old our first child developed a life threatening bacterial infection. No, not one of the well known “childhood illnesses”; this was a urinary tract infection, UTI, and even that took some time to establish. (Pneumonia was diagnosed by a medical team until their consultant pointed out that the “shading on her lungs” was her thymus!)

UTI we could understand and similarly we accepted the urgent need to give her antibiotics to clear out the infecting organisms. She was still wholly breast fed and had shown no sign of unwellness leading up to this sudden infliction. A few days later she was home again, and life went back to our new normal.

Very soon after she had a relapse – post antibiotic, recolonising bacteria. This time the bacteriology lab told us the infection was due to a soil bacterium. We were told she'd have to be on antibiotics for five years – “until she was old enough to resist” which we balked at. Another consultant told us “They never get UTIs in Tanzania, where I used to work. D'you know why? They don't wear nappies!”

After that, neither did our daughter. Nor did she relapse again. Nor did she have any antibiotics after the week was up. But it was very scary. She quite soon after had a brother and a sister and we all lived semi feral, rural lives on a smallholding, with

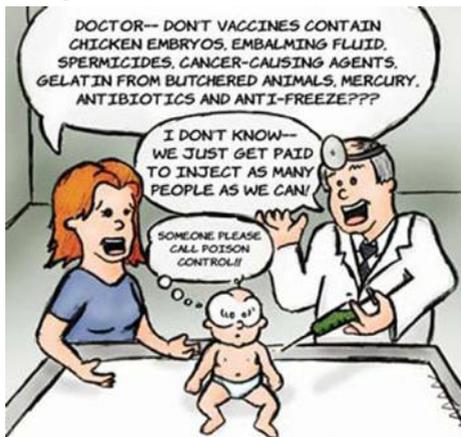
chickens, goats, mud and trees. When the eldest was eight she and her sibs caught chicken pox, over four very stressful weeks, with the youngest being worst impacted, even having spots in her mouth. All recovered and were soon laughing about the event.

Two years later, eldest and her brother developed mumps, but the youngest

showed no symptoms whatsoever, despite living cheek by jowl, as t'were. At school, most of the other kids also had mumps and the GP practice nurse, taking confirmatory mouth swabs from my two after they'd fully recovered, said the whole of North West Wales had been rife with mumps.

Virtually all despite being “fully vaccinated against the illness”.

Ours had not had any jabs whatsoever. We made the policy decision based on my university laboratory immunology research experience, on a general mistrust of “top-down recommendation” systems and a very severe auto-immune reaction, luckily cured by an “Epipen”, in one of their Grannies. The latter, the next day in hospital, said “I feel absolutely fine now but, twenty four hours ago, I could have died”. We read a lot, I went to a London conference of “The Informed Parent” and we continued very happy with our decision, resolving to be ultra aware of all signs of malaise in the kids and deal with any such very quickly. To be “good parents”, essentially.



However, just after our third was born, the Wakefield MMR saga broke out. Only then did we start to see the size and force of the industry. It wasn't just the GP and school nurse involved. It sank in that in due course our kids would have the same pressures placed upon them to have their own kids vaccinated. We could see no benefits and many negative outcomes from the process.

You see, we are in constant contact with bacteria and viral particles, as well as a range of fungal spores and other micro-organisms. Our skin, our breathing and digestive tracts are constantly reacting to all this biology. We "know" countless different examples – intimately. And keep them all in their places – outside our body tissues.

Over the years subsequently, I have studied the topic in as many of its manifestations and impacts as I can find. From the opportunistic dabbings of an eighteenth century rural doctor, Edward Jenner, who introduced the pus derived from "cowpox" scar tissue into gashes he cut into the arms of his clients and said this enabled them to be "immune to smallpox", through the confusions between DDT poisoning and "polio", in the US in the early 1950s, up to today's MMR scandals or the ludicrous outcomes of "2% benefits to the population" from flu jabs, there are countless exemplars of its folly.

It is the developed World's voodoo, in fact. The needles so often have the same impact, although medicine promises them to be beneficial! And Haitian Voodoo is, amusingly, homeopathic in comparison as the vodouisants (priests) work indirectly on tiny dolls!

Pressure to conform has been tightened as the industry has greatly expanded over the last twenty years. Andy Wakefield

published in the Lancet, the prime medical reporting professional periodical, studies linking the MMR jab to both gastro-intestinal problems and also autism in the patients. He was then made a ritual sacrifice to the Church of Vaccinology, his career ruined by the Star Chamber of the General Medical Council only for daring to urge caution in the vaccination process. He never has been "anti-vaccine" yet is still regarded by the Industry – GPs, pharmaceutical companies, the media, and all the support systems – as a leper.

There is no dissent allowed. "The science is in", they say. "If opposition is entertained, then vaccination rates fall and 'herd immunity' is lost".

We are not a herd and any such subtle passage of bacteriotypes between animals close to each other happens naturally – without needles – and most importantly between mother and new-borns. The process of vaccination seems, as one of the many examples of its collateral damage, to impact very negatively on the materno-foetal and materno-neo-nate transfer of "immune function" - the ability to defend oneself against infection.

You see, my young daughter was four times ill from infection as infant and child. Twice to bacteria that are not on the vaccinologist's list, one that is not on the UK list and the fourth, of course, to a virus which the given jab, the MMR, gave all her co-students utterly no "protection" at all. Good health is kept naturally with good nutrition, good housing and good lifestyle.

Chris Hemmings is a writer, grower of food, gardens and landscapes, would-be Green environmental impresario, left wing libertarian, holistic health envisager who does yoga and walks a lot.

crishtrees@gmail.com

<https://fivetrilliontrees.wordpress.com/>

My Body

Adam May

At around the time of my fifty-fifth birthday in early June 2016, I developed major health problems. I now find myself living with cancer cells in my biliary system and a much shortened life expectancy. This is a testing time. Will the ideas behind Cognitive Behaviourism and its precursor philosophy, Stoicism, which inform my life and my psychotherapy practice, be of any help?

I came across an old photograph of myself the other day. I must have been about thirty. My hair, now more salt than pepper, was black, back then. Then, I met the camera's lense with a confident gaze, whereas now I peer. The tendency to stoop was less then than it is now. A quarter century of life, and a much shorter period of having cancer, has aged me.

No amount of Stoic rhetoric can persuade me this body is as beautiful, strong, or healthy as the one captured in the image. In the first

moments of looking at that photograph it was only natural to feel a twinge of regret.

Although my younger self had little experience of frailty, he was sufficiently aware of physical infirmity in others to be grateful for his health. I am grateful now, for the greater quality of life and happiness he had for being grateful then, although he was not perhaps as grateful as he should have been. My body is older now, and still recovering from the major

operation that removed most of a cancerous tumour from my bile duct, along with my gall bladder, duodenum, and eighty percent of my pancreas. With an intensity that would have been alien to the younger me, my mature self celebrates daily the fact I have a body which, though battered, works well enough.

When I was younger, I spent much more of my time living from the outside looking in. I was conscious of how I must look to others. Then, I chose clothing more for how it looked, whereas now it matters

more how it feels.

Then, I was pleased to attract the occasional admiring glance, nowadays I'll settle for not looking unkempt. In my youthful vanity, I wanted my body to be loved by others, whereas now it is more than enough that I love my body. Rob, my partner loves my body too, and that fact has been hugely helpful.

In the first few days

after my operation, he came daily to Liverpool Royal.

He would help me walk slowly and oh so painfully from my bed to a washroom. I felt disgusting. My mouth tasted sour. My body was clammy. I was breathing from my upper chest because any abdominal movement was excruciating. It seemed as if I had tubes inserted everywhere. Warm, soapy water has never felt so comforting as on those first few post-operative days.



This work by art student Lynn Han was inspired by her perception of the the beauty of cancer cells.

I remember the shock when, stepping out of the shower shortly after returning home, I saw my body in the mirror.

I had lost quite a bit of weight.

Metal staples ran across the operation scar just below my ribs from left to right, like a huge, uneven zip.

I felt repelled and disgusted, but, where I saw the body of a Frankenstein, Rob saw me: battered, certainly, but alive.

His appreciation, that my re-plumbed digestive system worked well enough, helped me make the psychological journey from an acute episode of body dysmorphia to a wholehearted gratitude for what I have.

There is no point in comparing my new body with the old one, or with anyone else's body. This is the body I have. The important thing is not how it looks, but that it works. It was nice to be young and ornamental all those years ago, but

nowadays I live more often from the inside looking out.

I value my body now because it is my interface with the world. It is my point of connection, with Rob, and with everyone else.

Adam May lives in Llanddaniel where he continues to work as an independent cognitive-behavioural psychotherapist and contemporary stoic.

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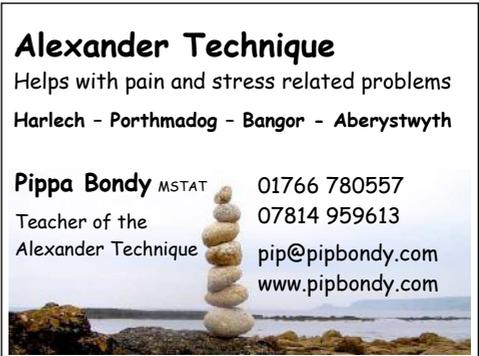
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Mindfulness Training

Katherine Betteridge

Are you looking to reduce stress and have greater wellbeing?

Mindfulness is the skill of bringing awareness to our present moments in a non-judgmental way. People from all walks of life have benefitted from mindfulness, and this is backed up by many peer-reviewed research studies which show that mindfulness is effective for lowering depression, stress, and anxiety, and increasing self-compassion. There is even some research that shows that it changes your brain structure by increasing grey matter density in areas of the prefrontal lobe, which is responsible for things like problem solving and emotion regulation.

Mindfulness will also help you to create some space to nurture yourself, discover more about yourself, discover new possibilities in your life, restore balance, control, and peace of mind.

North Wales may seem like an unlikely place to have the oldest and largest Mindfulness centre in the UK, yet the Centre for Mindfulness Research and Practice at Bangor University was established in 2001 and has taught thousands of people the potential benefits



of mindfulness. We offer Mindfulness-Based Stress Reduction courses to the general public. They run over 8 weeks, and some are in the day time and some in the evening. You will be taught by a highly trained and experienced mindfulness teacher. Classes are available across the North Wales coast and we run around five courses each year. Go to the website (below) to find out more about courses and what mindfulness could do for you!

Katherine Betteridge is Marketing Officer for the Centre for Mindfulness Research and Practice at Bangor University.

k.betteridge@bangor.ac.uk

01248 382939

www.bangor.ac.uk/mindfulness

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In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

network news

a guide to inspiring events in north wales

COLD PLACES WITH SUE FLOOD

Photographer Sue is running a masterclass (13th), giving talks (10th & 12th) and having an exhibition about her polar exploits; all held at Grosvenor Museum, Chester. See *Calendar & Exhibitions*

NOURISH YOUR SPIRIT RETREAT 5th - 8th January. The magic of Forrest Yoga and Wild Plants, with Claire Mace and Jules Cooper. Trigonos, Nantlle. See *Calendar 5th - 8th*

CELTIC RAINFOREST WORKDAY 24th January. Join Snowdonia Society on a volunteer workday in the Celtic rainforest of Coed Felinrhyd. See *Calendar 24th*

DEATH: THE ONLY BEAUTY THAT LASTS "The only beauty that lasts is the beauty of the human heart" Rumi. 28th & 29th January. A workshop for all faiths and none to explore this inevitable and mysterious feature of our lives. Run by Jan Parker, Blaenau Ffestiniog. Jan 07909 643221, www.janparker.co.uk See *Calendar*

SNOWDEN Film of the life of ex-NSA whistleblower, Edward Snowden. Theatr Clwyd, Mold See *Calendar 27th - 31st*.

ART THERAPY DAYS 4th, 5th & 6th February. Led by Judith Moss, Art Therapist. 3 separate but linked days. 10am - 4pm, 12 places. Held on Ynys Mon. More details www.lliwiio.co.uk Judith: 01248 717239, judith.moss@lliwiio.co.uk

MINDFULNESS TRAINING 2017

Freedom From Stress: Mindfulness Training for Health and Wellbeing. Starting February; please see the advert on page 31 or visit www.artofmindfulness.co.uk

Mindfulness Network CIC

is running retreats 25th March - 1st April and from 22nd May - 28th May in Trigonos, Nantlle. Updates and info: www.mindfulness-network.org

Centre for Mindfulness Research & Practice:

8-week Mindfulness-based Stress Reduction (MBSR) Course for the general public: 8th Feb - 12th April. 1- 3.30pm, £205, Brigantia Building, Bangor University 01248 388091, www.bangor.ac.uk/mindfulness/calendar

See article on page 10

JANUARY NOTICEBOARD

"Let us drop our antagonisms and our antipathies, and think in terms of the one family, the one life, and the one humanity."



HOPE NOT HATE ~ GOBAITH NID CASINEB North Wales

22nd January - Visioning Meeting
(see *Calendar* for details)

13th - 15th February - Rhyl Peoples Assembly: Peace Weekend. Showing film "We Are Many"; Discussion with Chair of CND Prof. David Webb; & Annual Peace Service. Contact Pauline Cutress, Rhyl Peace Group 07951 300781, pauline@cutress1.freeserve.co.uk

12th March Community Activism Training 1.30 - 6.30pm, free. Quaker Meeting House Bangor LL57 1UR.

See Helen's article on page 34 & ad on page 12

The Official Trojan Records Tour with Pama Int'l

11 March £15 7pm



To celebrate the first cinema in Blaenau in over 40 years and Trojan record's first official tour in 40 years - Cellb and London International Ska Festival have teamed up to offer you an exclusive special all day event of film and music - this event is part of a wider cause to fund raise for Cellb youth film, cinema and journalism project. A special event for all classic Jamaican reggae lovers.
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#MoreInCommon

Let's get together and celebrate what we have in common

Community: “a group of people living in the same place or having a particular characteristic in common”

Follow the news and it is easy to get depressed. Division, hatred and fear is so often the daily diet of our media. Good news is no news.

But that is often not the reality in our communities. Most people – the vast majority of people – want to get along together. Most of us want to get to know people of different cultures and backgrounds. Some of us would simply like to know our neighbours better.

And that's what the #MoreInCommon campaign is all about

It is an opportunity for people to enjoy each other's company in a relaxed and fun setting.

It's a way of getting to know other people who live locally and recognise that we have more in common than what divides us.

Even where there are differences and divisions, this campaign is about working through our problems in a positive and constructive way.

This campaign is dedicated to the memory of Jo Cox, the MP for Batley & Spen who, in her short time as an MP before she was so tragically murdered, strove to bring different communities together.

Please try and attend the #MoreInCommon event and let's celebrate what we have in common.

“We Are Far More United Than
The Things That Divide Us”

Jo Cox



See Page 34!



HOPE not hate



**To find out more, go to:
www.hopenothate.org.uk**



Printed and published by HOPE not hate Charitable Trust, PO Box 1085, London HA9 1HU

January Calendar

1st SUNDAY

Street Circle Training Meditation outdoors in Chester; bearing witness to the life of the city around us. Open to all, free, 2 - 4.30pm. Bring simple food to share. Accompanied children (and dogs!) welcome too. Chris Starbuck, greatheartchester@gmail.com 07906 040159

Big Allotment Growing Day 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 Myfyr, 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 allowed! Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org

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

2nd MONDAY

Beicio Bangor Meets 1st Mon/month (*except August*). 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@beiciobangor.org.uk

Viennese Gala Concert Celebrate the New Year with singers from NW Open Studio. 3 - 6pm, £15, £10 concs., £3 students and U18s. St Giles Parish Church, Wrexham, LL13 8LY. 07725 050510.

3rd TUESDAY

Conwy County Peace Group Meets 1st Tues/month, 7.30pm, St. John's Church hall (between the two M & S stores on Mostyn St., Llandudno). Contact Don Saunders 07748 927643, donsaunders@aol.com

Heathland Restoration in Buckley Cutting back and burning encroaching bramble, scrub and young trees from the remnant heathland to encourage spread of this important habitat within the site. We will also do a quick litter pick! 10.30am - 4pm. Meet at the Glynne Arms Pub, Buckley. NEW Wildlife, Kate Wilson 01978 269568, pfurnborough@newwildlife.org.uk

Cygnus Café in Chester An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

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

Chocolat Theatre performance. Rafael Padilla, a former slave in Cuba, unexpectedly became a star clown in the Paris. 8pm, £6. Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

4th WEDNESDAY

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. All guidance provided. £10 per class including materials. Please book/maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk ~ FB saorimor

Moel Findeg Help clear scrub off the heathland at Moel Findeg. Meeting point between Maeshafn village and the Old Youth Hostel; 10am - 3pm. (SJ 205608). For more information 01352 810614, clwydianrangeanddeevalley@denbighshire.gov.uk

Guided Visualisation 1st Weds/month. The high vibrational guided meditation evenings with Jonathan involve self healing, chakra work, visualisation and healing. 7.30 - 9pm, £6. To register for this group contact 07548 998439; Facebook: Ty Cariad Spiritual Sanctuary, Colwyn Bay.

Chocolat See 3rd

5th THURSDAY

Women's Soul Retrieval Circle The circle is open to 4 women, who will come together to love, honour and support each other, whilst we undergo this sacred work. Each week one woman will experience this profound healing, whilst the other women will hold the space with drumming. It truly is a beautiful experience to work together in this way. 6.45 - 9pm. £100 for all sessions including your own soul retrieval session. Held at Cae Mabon, Llanberis. Contact Nicola at: nicola@silverbirchshamanichealing.com *Other dates are 12th, 19th, 26th, 31st January.*

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, saorimor.co.uk ~ post@saorimor.co.uk ~ FB saorimor

Dru Meditation 1st Thurs/month, 8.30-9pm, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda. Contact Christiane 01248 602900, christiane@druworldwide.com

Our Wild Coast This exciting and ambitious project to connect young people with the coastal natural environment is building up a head of steam! A progress report from Chris Baker, Project Manager. 2 - 4.30pm, £2. St Cyngar's Church Hall, Llangefni, Anglesey LL77 7ED. Penny Radford 01248 713022, radfords713@btinternet.com

Coppicing The Line Help needed to coppice hazel stools and give the spring flowers a chance. Meet 10am - 4pm, Stamp lay by (SJ 062423). **ALSO Fire Away** Burning the brush from the site to open up the hay meadow for the summer. 10am - 3pm, meet Glasdir, off north Links Rd. Ruthin (SJ 118590). Info: Loggerhead Country Park, 01352 810614, clwydianrangeanddeevalley@denbighshire.gov.uk

The Wailing (15) Film. Korean crime thriller with an edge. A stranger arrives in a little village and soon after, a mysterious sickness starts spreading. 8pm, Korean with English Subtitles. Theatr Clwyd, Mold 01352 701521, www.theatrclywd.com

Gwynedd Astronomy Society 1st Thurs/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

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

5th THURSDAY - 8th SUNDAY

Nourish Your Spirit Claire Mace will lead you through daily Forrest Yoga classes and ceremonies; (inspired by Ana Forrest). It is a physical but internally focused practice that

emphasises how to carry a transformative experience off the mat and into daily life and helps you to build strength and integrity in your body. Jules Cooper will lead afternoon sessions to help you connect to your wild nature through plants, working with the energy of the season stored in roots and dormant seeds. Various price options; non-residential, campervans, shared and en-suites. Held at Trigonos, Nantlle. Book with Claire 07970 409724, www.northwalesretreats.com/nourish-your-spirit



6th FRIDAY

Healing as a Complementary Therapy 1st Fri/month. A 2 year nationally recognised course. 6-7pm, new starters are welcome. £10 per session plus small annual membership fee. Quaker Meeting House, Dean St. Bangor. Claire Wiggins 07838 469174.

Polar Animal Drop-In Come and have a look at the breathtaking photographs of Arctic and Antarctic animals in our Cold Places exhibition, then make your own miniature collection of fold-and-stand-up polar bears, penguins, walrus and more. 2 - 4pm, £1.50, Grosvenor Museum, Chester 01244 972197. See Exhibitions - "Cold Places" by Sue Flood.

The Golden Age of the Silver Screen Join Adrian Sumner to look at Art Deco picture palaces, their diverse architecture outside and in; posters, pin-ups, vamps and matinee-idols, and the set- and costume-designers who served them. With examples from near and far, in living colour and sparkling black and white, explore the dream factories around the world whose flickering silver shadows became the perfect antidote to the Great Depression. 1.30 - 3pm, £3. Grosvenor Museum, Chester 01244 972197.

6th FRIDAY - 11th WEDNESDAY

A United Kingdom (12A) Film based on the true story of Prince Seretse Khama of Botswana who marries an English white wife. 6th & 9th - 8pm; 7th & 11th - 2pm; 10th - 11am. Theatr Clwyd, Mold 01352 701521, www.theatrclywd.com

7th SATURDAY

Qigong and Sound Bath with Jeff Cushing and Steph Healy, 6pm - 8.30pm, £20. Both systems are powerful ways to access the body's natural healing systems. Mynydd Llandegai Community Hall. Facebook: Yoga Tai Chi and Qigong North Wales

Carry Your Baby in Style - Pregnancy Postural Workshop Stay fit and well during your pregnancy and beyond. Learn ways of breaking painful postural habits and feeling stronger. Course taught by instructor with 20 years of physiotherapy and wellbeing experience. 9.30 - 11am, £15. Neuadd Goffa, Mynydd Llandegai. Booking essential 07731 833011. Facebook: Phoenix Posture

Swallows and Amazons (PG) Film. Four children (the Swallows) on holiday in the Lake District sail on their own to an island and start a war with rival children (the Amazons). Family Film Club, 11am, Theatr Clwyd, Mold 01352 701521, www.theatrclywd.com

Survey Saturday A fun, family-friendly introduction to some coastal Citizen Science! (e.g. eggcase hunts, seaweed surveys, nurdle hunts and more) Bring warm clothes, footwear you don't mind getting wet and a drink! 10am - 12pm. Porth Eirias slipway, LL29 8HF. Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org

The Met Opera Live: Nabucco Verdi's epic opera goes back in time to Babylon, where tensions are arising. 5.55pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org

8th SUNDAY

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

9th MONDAY

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.

Seriously Books Meets 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Here you'll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Books selected by vote and alternate between contemporary and classic fiction. Gladstone's Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

American Pastoral (15) Film. A perfect family life begins to fall apart. 7.30pm, (plus 10.30am - Mon £3 & tea). Neuadd Dwyfwr, Pwllheli 01758 704 088.

10th TUESDAY

Bangor Lodge Theosophical Society AGM For TS members only. 7.30pm, Hiraal Hall, Bangor LL57 1DF. Enquiries 01248 600267, toddyalc@gmail.com

Cold Places with Sue Flood Sue Flood's polar adventures as a wildlife filmmaker and photographer have taken her from the North Pole to the Antarctic, and both above and below the icy waves. 1.30 - 2.30pm, £7. Grosvenor Museum, Chester 01244 972197. Bookings through: www.ticketsource.co.uk/westcheshiremuseums

Life, Animated (PG) Film. A young man unable to speak, discovers a unique way to communicate by immersing himself in the world of classic Disney animated films. 8pm, Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

American Pastoral See 9th

Into The Wilderness: Writing and the concept of Wilderness An evening with Writer in Residence William Atkins. Join our first Writer in Residence of 2017 on an illustrated journey into the concept of wilderness, from Exodus and the Desert Fathers to the European Romantics and the American conservation movement, with reference to his own experiences in the world's deserts. 7.30pm for 8pm. Tickets £15, includes a copy of *The Moor*. Gladstones Library, Hawarden, nr Chester 01244 532350, www.gladstoneslibrary.org

My Body Welsh A lyrical watery thriller about Welsh identity. 8 - 9pm, £10, £8. Pontio, Bangor 01248 382828, www.pontio.co.uk

Coppicing This traditional woodland management technique increases biodiversity within the woodland. 10am - 3pm, meet Loggerheads. For more information Loggerhead Country Park, 01352 810614, clwydianrangeanaddeevalley@denbighshire.gov.uk

Beginners Sewing Machine Skills Class 12 week course with Wendy Lord. This is a new beginners class suitable for all. If you want to refresh your skills or have no experience at all this could be for you. Easy access and plenty of free parking. 12.30pm - 3pm, Young Farmers Centre, Mona showground, Anglesey. 01492 536693; run by Adult Learners Wales (formerly WEA)

Heathland Restoration in Buckley See 3rd

Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle All styles of acoustic guitarists - from non players to professional (non vocal). 2nd Tues/month, 7.45pm, £1 per person. Anglesey Arms Hotel, Menai Bridge. Jane and Dave Sinnett 01407 831480, jane.sinnett@btinternet.com ~ Facebook: [northwalesguitarcircle](https://www.facebook.com/northwalesguitarcircle)

Mia Madre (15) Film from Italy with subtitles. A director in the middle of an existential crisis, deals with the unacceptable loss of her mother. 7.30pm. £4 non-members. Grosvenor Museum, Chester CH1. Chester Film Society 01244 371750, chesterfilmfans.co.uk

11th WEDNESDAY

Circle Dance 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 01492 585198.

Prestatyn Path Improvements The well used paths need improving. 10am - 3pm. Meet small c.p. below Hillside Gardens, Prestatyn (SJ071821). More info Loggerheads Country Park 01352 810614, clwydianrangeanddeevalley@denbighshire.gov.uk

Monasteries in the Anglo-Saxon Landscape, AD 650-1066 The conversion of the Anglo-Saxons to Christianity entailed a re-imagining of the landscape. Familiar locations became sacred places testifying to God's providential plan. This is most obviously apparent in the subject of this lecture by Dr Thomas Pickles - the selection of sites considered suitable for the foundation of monasteries, the rituals of transformation enacted to reveal their significance as sacred places, and the telling and re-telling of stories rooted in their sacred landscapes. 1 - 2pm, £3. Grosvenor Museum, Chester 01244 972197.

Acoustic Music Night With Andy Bob Beaumont and his guests, 9pm, free, Auckland Arms, Menai Bridge.

Ruthin Reading Group 7.30pm, Ruthin Library, 01824 705274.

Llandudno and District Writers Group This month: *Poetic Forms* by Liz Ashworth. 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.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.

My Body Welsh See 10th

The Tempest The RSC play with Simon Russel Beale as Prospero in ground breaking production. 7pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088. Facebook: [neuadddwyfor](https://www.facebook.com/neuadddwyfor) **ALSO:** Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org

Fenella Humphreys violin and **Nicola Eimer** piano. Music by Brahms, Prokofiev, Bach, Ravel and Gershwin-Heifetz. 7.30pm, Rhyl Music Club, Rhyl Town Hall. www.rhylmusic.com

12th THURSDAY

Capricorn Full Moon 11:33 am

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

Tonic: Elin Fflur Old and new songs; accompanied by Sion Llwyd on piano. 2.30pm, £5, £4 concs. Galeri, Caernarfon 01286 685222, galericaernarfon.com

The Black Hen (12A) Film. 2 young friends in Nepal sell their hen's eggs; until the hen is stolen and they go on a journey to find her. 8pm, Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

Mindfulness 8 week Course It is an opportunity to learn strategies & approaches to deal with stress within a small group setting with an accredited teacher. Please see my website for more details and an application form: www.newmindfulness.net £159, £99 low income, includes workbook, CDs, refreshments and follow up. Advance Brighter Futures, Tyddyn St Church Centre, Tyddyn St, Mold CH7 1DX. Alan 07816 988124, www.newmindfulness.net

From A(rctic) to Z(ambia) with Sue Flood Hear about the adventures of wildlife photographer Sue Flood - the good, the bad and the downright scary. 1.30pm - 2.30pm, £7. Grosvenor Museum Lecture Theatre. Book through www.ticketsource.co.uk/westcheshiremuseums See *Exhibitions*

Open Evening The Lifelong Learning Dept will be hosting its Open Evening 4 - 7pm. The event will be held in the Main Arts Foyer, College Rd, Bangor LL57 2DG. 01248 382475, ll@bangor.ac.uk

My Body Welsh See *10th* for details. 7.45pm, Y Ganolfan, Porthmadog 01766 513372.

12th THURSDAY - 16th MONDAY

Walking in Snowdonia Discover the heritage of the Snowdonia National Park through a series of walks in the mountains to appreciate its varied landscapes. Find out more about the natural environment, history and folklore of the area under the lengthening days of the New Year. £350 - £390, Plas Tan Y Bwlch, Maentwrog 01766 770274, www.eryri-npa.gov.uk

13th FRIDAY

Bird Conservation in Wales: What does the future hold? With NWWT and Julian Hughes, Manager of the Conwy Reserve, will talk of the work of the RSPB and their partners in preserving bird life from its various threats. 2pm. Admission £2 and includes refreshments. All made very welcome. St. David's Church Hall, Glan-y-Mor Road, Penrhyn Bay, Llandudno, LL30 3NT. John Underwood 01492 533459, john.underwood100@gmail.com

Digital Photography Masterclass with Sue Flood Join the award-winning international photographer Sue Flood for tips on framing and composition, to improve your photography and help you take photos with a difference. Suitable for everyone with an iPhone all the way up to an SLR! 1.30 - 2.30pm, £7, Grosvenor Museum, Chester 01244 972197. Book through: www.ticketsource.co.uk/westcheshiremuseums See *Exhibitions*

14th SATURDAY

Manifestation with Crystals Using crystals, we'll clear any negative energy, before we set our intentions for the New Year, and create mandalas to send those intentions out to the Universe. As we do this in a group, our messages are amplified! 10.30am - 1.30pm, £25. Booking essential. Hightown Community Resource Centre, Bryn Y Cabanau Rd., Hightown, Wrexham LL13 7BS. Email to book: info@carriadcrystalhealingandspiritualguidance.co.uk Facebook: Carriad Crystal Healing & Spiritual Guidance

Sketching Masterclass with Catrin Williams. Create a colourful sketch book using a variety of techniques on paper and textiles, similar to Catrin's acclaimed and distinctive style. This will involve drawing, using colour pastels and felt tips, printing on textile and paper, then enhancing with hand/machine sewing. 10am - 4pm, £50. IARD, Parc Glynlifon 01286 672472, www.iard.co.uk

Bird Watch Day Members on hand to help identify birds and chat about local wildlife. Please avoid walking to the hide along the shore! 11am - 3pm, Venue: Aberogwen/Spinnies, Bangor LL57 3YH. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

Huw Warren Live jazz music. 7pm. More details from Blue Sky Café, Bangor 01248 355444, www.blueskybangor.co.uk

Non-Flowering Plant Group Meeting Join us for a day of microscopic identification. Bring your mystery specimens, your microscope (if you have one). 10.30am - 4pm, all welcome. Pencychnant Centre, Conwy. Lucia Ruffino: luciaruffino65@gmail.com

A Night in Vienna with Welsh National Opera Orchestra. Music includes Mozart waltzes. 7.30pm, £16, £14 concs, £5 students & u18. Pontio, Bangor 01248 382828.

14th SATURDAY - 18th WEDNESDAY (*not Tues*)

Paterson (15) Film. The story of a gentle, artistic man and his wife which celebrates small-town life and dreams. Various times, £7.50, £6 over 60, £5.50 student, £5 u18. Pontio, Bangor 01248 382828, www.pontio.co.uk

15th SUNDAY

Queen of Katwe (PG) Film. A Ugandan girl sees her world rapidly change after being introduced to the game of chess. 7.30pm £6, £5. Neuadd Dwyfor, Pwllheli 01758 704088.

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

Cinema Paradiso (PG) Film. A film-maker recalls his childhood when he fell in love with the movies at his village's theatre. 7.30pm, £6, £5. Italian with subtitles. Neuadd Dwyfor, Pwllheli 01758 704088.

16th MONDAY

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

Seriously Sentences - Writer's Group Meets 3rd Mon/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

Singing Soles Monthly group on Mondays. 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. Held in St Mary's Church, Tremadog. Christine 01766 513307, christine15@outlook.com

A United Kingdom (12A) Film. The late 1940s, London - and a mixed race marriage. 7.30pm, (plus 10.30am - Mon £3 & tea). Neuadd Dwyfor, Pwllheli 01758 704088.

16th MONDAY - 21st SATURDAY

Low Energy Buildings (Part B) This course will help students develop a deep understanding of the principles and consequences of energy and mass flows in buildings in terms of the building's orientation and the local climatic conditions. Waged £700, low waged £625. CAT, Machynlleth 01654 704966, www.cat.org.uk

17th TUESDAY

Chester Humanists 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 in the Custom House, Watergate Street Chester. Stuart 07954 166 567, Richard 07530 225268, chester.humanist.org.uk

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

Life Drawing Classes For six weeks until 21st Feb. 1.30 - 4.30pm, £55. Booking essential. Oriol Ynys Mon, Llangefni. 01248 724444, ceriwilliams@ynysmon.gov.uk

Spiritual Book Sharing Group 3rd Tues/month, 7.30 - 9pm, Brambles, Alltami Rd., Buckley CH7 6RT. www.soul-life.co.uk

Anomalisa (15) Film. A lonely middle-aged man works as an inspirational speaker but struggles to actually connect with other people. 7 for 7.30pm. £4 non-members. Grosvenor Museum, Chester CH1. Chester Film Society 01244 371750, chesterfilmfans.co.uk

Mindfulness 8 week Course An opportunity to learn strategies & approaches to deal with stress within a small group setting with an accredited teacher. Please see my website for more details and an application form: www.newmindfulness.net £159, £99 low income, includes workbook, CDs, refreshments and follow up. Advance Brighter Futures, 3 Belmont Rd., Wrexham LL13 7PW. Alan 07816 988124, www.newmindfulness.net See *Regulars Groups*

Major Trauma Health and Wellbeing Public Lecture Session 1: Dr John Hollingsworth "Recent advances in major trauma management", 6 - 7pm; Session 2: Iolo Griffith "Paramedic advances in pre-hospital trauma care", 7.30 - 8.30pm. Free to attend but booking essential. Held at Venue Cymru, Llandudno LL30 1BB. Bookings: Nerys Hughes 01248 382258, n.hague@bangor.ac.uk

Music of Strangers (12A) Film. A global journey with cellist Yo-Yo Ma and The Ensemble that will open your eyes and attune your ears. 8pm, £6. Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

A United Kingdom See 16th

17th TUESDAY - 19th THURSDAY

Things To Come ~ L'Avenir (12A) Film. Contemporary French drama about a middle-aged philosophy teacher who experiences unexpected changes. 5.30pm, plus 8.15pm on 18th. Pontio, Bangor 01248 382828, www.pontio.co.uk

18th WEDNESDAY

Chester and District Friends of the Earth Meet at 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

Big Allotment Growing Day 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 wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

Science Café 7pm. More details from Blue Sky Café, Bangor 01248 355444, www.blueskybangor.co.uk

Entrance Improvements Working our way along the car park to give the trees a space to grow. 10am - 3pm, meet Coed y Morfa c.p. Prestatyn. More info Loggerheads Country Park 01352 810614, clwydianrangeanddeevalley@denbighshire.gov.uk

Watchful Worlds: Perceptions of the Environment in Early Prehistoric Britain The human societies which settled in Britain at the end of the last Ice Age lived in a world that was very different from our own. Much of the landscape was covered by forest, interspersed with lakes and marshes, and inhabited by herds of wild animals. Dr Barry Taylor will explore this world, in which aspects of the environment were considered to be sentient and where humans and animals could take on each other's form. 1 - 2pm, £3. Grosvenor Museum, Chester 01244 972197.

Invasive Species Control Removing non native species to allow the gardens to have more space to grow and promote our native plant life. 10am. Booking essential, free transport available from Bangor and Caernarfon. Snowdonia Society, Owain 01248 685498, owain@snowdonia-society.org.uk

New Storytelling Club 3rd Weds/month. Special guest word smith every month. All welcome. No charge! 7.30pm. The Blue Bell Inn, 19 Castle Street, Conwy LL32 8AT. Suzi & Simon 01490 460563 or 07984 637068.

Write Now Llangollen's writing group 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.

Francofonia (12A) Film. A tour of the Louvre serves as a meditation on art. The film also explores how the museum avoided being plundered during the Nazi occupation of France. 8pm, £6. Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

Moel Findeg Work off the Christmas excess by helping clear scrub off the heathland at Moel Findeg. Meeting point between Maeshafn village and the Old Youth Hostel; 10am - 3pm. (SJ 205608). More info Loggerheads Country Park 01352 810614, clwydianrangeanddeevalley@denbighshire.gov.uk

19th THURSDAY

A Streetcat Named Bob (12A) Film. Based on the best selling book and true story about a stray ginger cat who adopts a young homeless man in London. 7.30pm, Galeri, Caernarfon 01286 685222, www.galericaernarfon.com



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

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

19th THURSDAY - 24th TUESDAY

Dru Meditation Foundation Course Deepen your experience of meditation over a five-day retreat in Snowdonia, with the Dru Meditation try out module. The timetable will include sessions of Dru Yoga to prepare your body for meditation, including the Dru Prana Kriyas to balance your body's subtle energies. £600. Dru Yoga, Snowdonia Mountain Lodge, Bethesda, Bangor, LL57 3LX. 01248 602900, www.druyoga.com

20th FRIDAY

The Nature of the Great Orme An illustrated talk by Sally Pidcock, Manager of the Great Orme Country Park, Llandudno. Organised with RSPB. 7.30pm, £2.50 and includes refreshments. All made very welcome. St. David's Church Hall, Glan-y-Mor Road, Penrhyn Bay, Llandudno, LL30 3NT. Norman Marshall 01492 592247.

Neuroscience for Psychotherapists Masterclass lecture by Oliver Turnbull. A tutorial review of the many points of contact: basic emotion systems; core cognitive systems and their unconscious nature; and the systems which manage and regulate thoughts and feelings. These findings offer the important scientific grounding that any evidence-based psychotherapy needs. 5pm buffet; talk from 6 - 8pm. £8 food, Bangor University. CMRP 01248 382498, mindfulness@bangor.ac.uk

A Regular Little Houdini Theatre. A dockworker's son idolises Harry Houdini and dreams of 'escaping'. 7.30pm, £12.50, £11.50 concs. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com

Carrivick Sisters One of the UK's top young Bluegrass and Folk acts; multi-instrumentalist and great song writing. 7pm. More details from Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk ~ www.thecarrivicksisters.co.uk

Orchids of Anglesey Nigel Brown explores the great range of these fascinating plants across the island's varied habitats and landscape. 7.30 - 9.30pm, £2. Venue: St Cygnar's Church Hall, Llangefni LL77 7ED. Penny Radford 01248 713022, radords713@btinternet.com



RSC Live - The Tempest Prospero is a magician, able to control the very elements and bend nature to his will. Creating a vast magical storm he wrecks the ship and washes his enemies up on the shore. When they wake they find themselves lost on a fantastical island where nothing is as it seems. 4pm, £15, £13 concs., Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

Launch of the Centre of Arthurian Studies Includes a lecture with Prof. Raluca Radulescu "Portable Arthur: Why Medieval legends are still relevant to us", refreshments, 4 - 8pm. MALT, Bangor University, arthurian-studies.bangor.ac.uk/launch-event.php

20th FRIDAY & 21st SATURDAY

Queen of Katwe (PG) Film. A Ugandan girl sees her world rapidly change after being introduced to the game of chess. 7.30pm £6, £5. Neuadd Dwyfor, Pwllheli 01758 704088.

20th FRIDAY - 25th WEDNESDAY (not 22nd)

Birth Of A Nation (15) Film. Nat Turner, a literate slave and preacher, whose financially strained owner, Samuel Turner, accepts an offer to use Nat's preaching to subdue unruly slaves. 20th & 23rd 8pm; 21st & 25th 2pm. Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

20th FRIDAY - 29th SUNDAY

Simply Being 'Simply being' points to the aliveness and awakens that we can recognise at any moment. It's an openness to full presence, our full being - in body, senses and awareness. We'll explore all this through sitting meditation, experiential 'lookings' and by discovering our own direct experience as awareness, simplicity, intimacy and aliveness. £70 deposit; £360, £324 concs., Vajraloka Buddhist Centre, Corwen 01490 460406, www.vajraloka.org

21st SATURDAY

Freestyle Japanese SAORI Weaving Start your SAORI weaving journey. No previous experience is necessary and the results are immediate and inspiring. In just a few minutes you will see your work grow and the finished piece will become a treasure whether it is hung on the wall, used in an item of clothing or made into a gift for someone special. An additional £5 applies for materials. 10am - 12.30pm & 1.30 - 4pm, £45 half day session. IARD, Parc Glynllifon 01286 672472, www.iard.co.uk

Footpath Maintenance We will be undertaking the first stages of work on this newly linked multiuser route, where both cyclists and walkers can now walk from Rhyd Ddu to Beddgelert along the beautiful Rhyd Ddu valley. The purpose of the day's work is to clear/open the drainage and culverts, where necessary, along a 2 mile (approx) stretch of Lon Gwyrfa. 10am. Snowdonia Society, Owain 01248 685498, owain@snowdonia-society.org.uk

Survey Saturday A fun, family-friendly introduction to some coastal Citizen Science! (e.g. eggcase hunts, seaweed surveys, nurdle hunts and more) Bring warm clothes, waterproof footwear and a drink! 10am - 12pm. Criccieth esplanade LL52 0HW. Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org

Specialist Walk - The Garden in Winter A guided walk through the Winter Garden focussing on winter interest. 11am - 12.30pm, free, booking essential. Penrhyn Castle, Bangor 01248 353084.

Voice Workshop with Marian Brydfdir and Robyn Masson. A workshop with Marian Brydfdir and assisted by Robyn Masson. 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 concs. Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org

Teaching & Meditation Practice John Peacock is a unique mindfulness teacher who shares his insight into meditation and the wisdom that we cultivate through meditation. This will be a stimulating day that will deepen our understanding of mindfulness, and will give some insight into the roots of mindfulness. 9.30am - 4pm. John Philips Hall, Bangor University LL57 2DG, 01248 382498, mindfulness@bangor.ac.uk

Romeo et Juliette Live screening of Gounod's opera based on Shakespeare's play. 5.55pm, £13, £10 concs. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com **ALSO** Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com **ALSO:** Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org

Make a Shave Horse 1 A shave-horse is a simple but effective traditional tool to hold a piece of green wood while it is shaped with a draw-knife. You will be provided with all the materials you need and you will make your own "modern" pattern shave-horse to take home, based on the design of Mike Abbott. £80; deposit £40. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, www.woodlandskillscentre.co.uk

21st SATURDAY & 22nd SUNDAY

Big Garden Birdwatch Join us at South Stack where we'll help you create some tasty treats for your garden birds. There will be fun for the whole family and RSPB Cymru staff will be on hand to offer some top tips on how you can spot the different birds and other wildlife on your doorstep. 11am - 3pm, £3, £4 non-members. RSPB South Stack, Anglesey LL65 1YH, 01407 762100, martin.jeffries@rspb.org.uk

22nd SUNDAY

Visioning Meeting and Potluck Food Share Creating the future for our group: What next, what are our aims, and how can we be most effective in fulfilling them? Shall we change our group name (from Hope not hate to More In Common, e.g.)? 5 - 8.30pm. Facilitated by Tom Godwin, Hope not hate Wales coordinator. Bring food to share and we'll have dinner together. Quaker Meeting House, Dean St, Bangor, LL57 1UR. Facebook event: <https://www.facebook.com/events/1638035549824481> See *Helen's article on page 34 and the More In Common advert on page 12.*

The Sleeping Beauty: Bolshoi Ballet Live Screening Princess Aurora falls into a deep slumber for 100 years. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088. **ALSO** Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

Cain Dance performance group which is open to those over the age of 60; led by choreographer Cai Tomos. 10am - 12.30pm & 3 - 5pm. £60 term; £10 each session. New members welcome! Galeri, Caernarfon 01286 685222, galericaernarfon.com

Estyneto Cai Tomos leads monthly dance/movement sessions for those over 60. No dance skills required. 1.30 - 3pm, £3. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com

24th TUESDAY

Bangor Lodge Theosophical Society Group discussion: "Reincarnation". Is the death of the body the end for us or is there a spiritual part of us that has many lives? 7.30pm, Hiraal Hall, Bangor LL57 1DF. Enquiries 01248 600267, toddyalc@gmail.com

Rams (15) Film from Iceland, with subtitles. Two brothers have barely spoken for 40 years but they are forced to co-operate when scrapie decimates their flocks. 7 for 7.30pm. £4 non-members. Grosvenor Museum, Chester CH1. Chester Film Society 01244 371750, chesterfilmfans.co.uk

Improving the Woodland Help to remove non-native tree saplings. 10am - 3pm. Meet Loggerheads Country Park 01352 810614, clwydianrangeanddeeevalley@denbighshire.gov.uk

Celtic Rainforest Workday Join us on a volunteer workday in the Celtic rainforest of Coed Felinrhyd. This is a woodland recently acquired by the Woodland Trust and we'll be working with them to stop the spread of non-native invasive species; rhododendron and hemlock. We'll make sure we have plenty of time to explore this stunning site with a rainforest feel and gnarled oaks festooned with mosses and ferns. 10am. Free transport from Bangor available. Snowdonia Society, Tamsin 01248 685498, tamsin@snowdonia-society.org.uk

Recording Our Birds A talk by Kelvin Jones (British Trust for Ornithology) about trends in local bird populations. 7 - 8.30pm. Dolgellau Free Library LL40 1PS. Janet Baker 07812 659593, jemmole@hotmail.com

25th WEDNESDAY

WCAN ~ Wrexham Community Artists Network Last Weds/month. Open to all artists at any stage of their career and in any discipline; share experiences and make connections with artists around Wrexham. 7 - 9pm, all welcome. Galeri 3B on Priory Street, Wrexham, from. www.thisproject.co.uk

Mum's List (12A) Film. A dying woman creates a list of thoughts and memories to her loved ones. 8pm, Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

Resolution and Independence Chris Wynne, NWWT's Conservation Officer, explores local conservation issues. Prompt start 7.30pm. Brambell Building, Bangor LL57 2UW. Kate Gibbs, 01248 681936, kategibbs.nwwt@gmail.com

Coed Alex Help is needed to thin out the trees; jacket potatoes for after! 10am - 3pm, meet Coed Llangwyfan top c.p. on road between Llangwyfan and Nannerch (SJ 139668). Contact Loggerheads Country Park 01352 810614, clwydianrangeanddeeevalley@denbighshire.gov.uk

Alder Coppicing The purpose of coppicing the Alder is to promote new growth in the woodland and therefore help preserve the Alder growing there. 10am, Snowdonia Society, Owain 01248 685498, owain@snowdonia-society.org.uk *Also 26th - you are welcome do one or both days*

26th THURSDAY

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

Yoga Taster Session Last Thurs/month we hold a free one hour lesson taking you through the simple steps of a basic yoga class, building your confidence and yoga skills. They're for everyone that's new to yoga. 7.15pm, Trefnant, Denbigh. Laura Bell 07989 512859, www.thezestlife.co.uk

Alder Coppicing See 25th

Red Squirrels United: A Welsh Perspective Craig Shuttleworth on Red Squirrel conservation and opportunities for local people to get involved. 7 - 9pm, £2. Blue Bell Inn, Rhosesmor, Halkyn CH8 8DL. Jonny Hulson 07923 414637, jhulson@europe.com

Francofonia (12A) Film. A history of the Louvre during the Nazi occupation and a meditation on the meaning and timelessness of art. 7.30pm, £6, £5, Neuadd Dwyfor, Pwllheli 01758 704088.

Chester Poets The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm last Thursday of the month in The Old Boot, Chester. All welcome. Facebook: Chester Poets

Open Doors A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

My Body Welsh See 10th for details. 8pm, £10, £8 concs. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com

27th FRIDAY

Santes Dwynwen Gala Concert of romantic music with three of Wales' most talented musicians to celebrate Wales' patron saint of lovers. 7.30pm, £25, £22 concs. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com

Caffi Stori Llangollen Storytelling Café Join us for stories, songs, music and poetry ~ come to tell or just to listen. 7.30pm ~ only £2, in the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bawb! A warm welcome to all! Fiona 01490 430551, fionastory3@gmail.com

Meet Fred with Hijinx Theatre. Puppet Fred's life begins to spiral out of his control. 14+ yrs; 7.30pm, £10, £8. Neuadd Dwyfor, Pwllheli 01758 704088.

Open Mic Poetry Evening Another opportunity to read your own, or other people's work in a friendly, supportive atmosphere. Held in the Ucheldre's Café. 7.30pm, £3 to listen; £2 if you want to read. Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org

Drinking Habits: Ucheldre Rep A hilarious, traditional farce set in the convent of the Sisters of Perpetual Sewing. 7.30pm, £6, £5 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org

My Body Welsh See 10th for details. 7.45pm, Theatr Clwyd, Mold 01352 701521.

27th FRIDAY - 29th SUNDAY

Folklore Names early please to ensure a place on this highly popular convention run jointly with Cymdeithas Llafar Gwlad. (Course taught through the medium of Welsh). £185 - £205. Plas Tan Y Bwlch, Maentwrog 01766 770274, www.eryri-npa.gov.uk

Yoga & Dance Retreat Blending together the benefits of yoga and dance, dru dance is an energetic, stress-busting form of Dru Yoga, with music from funk to soothing rhythms. £360 shared, £430 single. Dru Yoga, Snowdonia Mountain Lodge, Bethesda, Bangor, LL57 3LX. 01248 602900, www.druyoga.com

Yoga & Fitness Weekend This retreat is designed to get you feeling fitter and more alive after the indulgent festive season. You will experience dynamic yoga practice and soothing meditations; wholesome food, relaxation and optional pampering treatments. £375 - £515. Plas Cadnant, Menai Bridge, LL59 5NH. Laura Bell, the Zest Life 07989 512859, thezestlife.co.uk

27th FRIDAY - 31st TUESDAY

La La Land (12A) Film. A musical story of an actress and a musician who struggle to make ends meet in Los Angeles. Various times, Pontio, Bangor 01248 382828, www.pontio.co.uk

27th FRIDAY - 1st FEBRUARY

Snowden (15) Film. The story reveals the incredible untold personal story of Edward Snowden, the polarizing figure who exposed illegal surveillance activities by the NSA and became one of the most wanted men in the world. 8pm; & 2pm on 28th senior Screen. £6. Theatr Clwyd, Mold 01352 701521, www.theatrclywd.com

28th SATURDAY

Aquarius New Moon 0:06am

Yoga and Qigong with Jeff Cushing. The theme is 'How to use Qigong to enhance your yoga practice'. We will look at integrating Qigong principles into our yoga practice without overtly changing the form of the yoga postures. Open to all levels of ability. £25 or £20 prebooked. Facebook: Yoga Tai Chi and Qigong North Wales

Big Garden Bird Watch Join us for a spot of bird watching at Ty Hyll. We'll provide you with some identification guides and a helping hand. See what you can spot in the wildlife garden and throughout the woods. There'll be prizes for the most bird species seen! Families welcome. 11am. Snowdonia Society, Tamsin 01248 685498, tamsin@snowdonia-society.org.uk

Waders and Wildfowl A winter walk led by Ian Wright to spot waders and wildfowl on the Alaw estuary. Wear warm clothes; bring lunch if staying into the afternoon. 10.30am - 3pm. Venue: park on the western arm, Lon Gorad, Valley, Anglesey LL65 3BL. Penny Radford 01248 713022, radfords713@btinternet.com

Moana (PG) Animated Film. Moana fulfills the ancient quest of her ancestors and discovers the one thing she's always sought: her own identity. Family Film Club 11am 28th; 6pm 29th. Theatr Clwyd, Mold 01352 701521, www.theatrclywd.com

Layered Silver Pendant Learn how to cut and create a texture on metal and polish. An additional cost of £10 applies for the silver. 10am - 4pm, £65. IARD, Parc Glynllifon 01286 672472, www.iard.co.uk

My Body Welsh See 10th for details. 7.45pm, Theatr Clwyd, Mold 01352 701521.

Drinking Habits: Ucheldre Rep See 27th

Introduction to Solar P.V. Introduction to Solar PV, the difference between on grid and off grid systems, design, and on-grid systems in detail including feed-in tariffs and planning capacity. 9.30am - 5pm, £60. CAT, Machynlleth 01654 704966, courses@cat.org.uk

Yucatan and Friends Live Indie music, 7 - 11 pm, £5, 18+, Neuadd Ogwen, Bethesda LL57 3AN. Tickets skiddle.com/independentvenueweek

Writing the Wild A masterclass with Writer in Residence William Atkins. Drawing on both the library's collections and its immediate natural environment, think about and discuss how 'wild' places might exist on the page, and how to develop your own written responses to 'non-human' environments in the form of fiction, nature writing or travel writing. 10am. Tickets £35, includes lunch and tea / coffee. Gladstones Library, Hawarden, nr Chester 01244 532350, www.gladstoneslibrary.org

Make A Pole Lathe The pole-lathe is the traditional piece of equipment for turning green wood. It is very safe to use, makes no dust and no noise. You will be provided with all the materials you need and will make your own pole-lathe to take home. There should be time to start to learn how to use it. £160, deposit £80. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, www.woodlandskillscentre.co.uk

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

28th SATURDAY & 29th SUNDAY

Death: The only beauty that lasts A two day workshop open to all faiths and none. A rare opportunity to explore this inevitable and mysterious feature of our lives and help us relate to it in a healthy way. Topics include looking at what death is, exploring our experience of loss, practical, emotional & spiritual preparation for our own death, how to support the dying, short films and more. Run by Jan Parker. "I've 15 years experience of running these events, am a trained bereavement counsellor and a member of *Dying Matters*". Booking essential. 11 places. Enquiries welcome. 10am - 5pm, £95, £75 concs. Held at Melin Pant-yr-Ynn, Blaenau Ffestiniog LL41 3LZ. Jan Parker 07909 643221, janparker.co.uk

29th SUNDAY

Mind, Body, Spirit Festival Ethnic, fairtrade and festival clothing, crafts, gifts, vintage, upcycled, recycled and artisan stalls, crystals and aromatherapy, handmade jewellery, readers, holistic and spiritual treatments and therapies. 11am - 4pm, free entry. Refreshments available and a raffle. New stalls always welcome. Theatr Clwyd, Mold, Flintshire, CH7 1YA. 07759 753473, info@rainbowbiz.org.uk ~ www.rainbowbiz.org.uk

Solar P.V. Off-grid Systems Theory and comparison to grid-linked systems; Simple off-grid demo systems will be built in a practical exercise to reinforce the function of the different components and taking a schematic and implementing it into a system; We'll highlight data sources and useful software, including some practical sessions on these. 9.30am - 4pm, £60. CAT, Machynlleth 01654 704966, www.cat.org.uk

Sufism: A Way of Life Sufism is not a system of beliefs and does not care for concepts; it can only be found, says Muriel Maufroy, through experiencing its fragrance. Join Muriel to taste the essence of Sufism. Tickets £10, includes tea / coffee. 2.30pm. Gladstones Library, Hawarden, nr Chester 01244 532350, www.gladstoneslibrary.org

Running Group - Beginners and Improvers. Join a friendly running group in the grounds of Penrhyn Castle. No matter what your ability or fitness level, you can enjoy walking, jogging and running, inspired by the beautiful views! Our Run Leaders will support you every step of the way. 10 - 11am, free, Penrhyn Castle, Bangor 01248 353084, runleaderteam@nationaltrust.org.uk

Fidelio Trio Distinguished piano trio, with music by Beethoven, Fauré and Smetana. 7.30pm, £17, £15 concs., Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

30th MONDAY

Plant Conservation in Wales A new series of seminars celebrating botany and horticulture. Nigel Brown will talk on plant conservation in North Wales. 6 - 8pm, £2. Lecture Theatre G23, Thoday Building, Bangor University 01248 383298, aos033@bangor.ac.uk

31st TUESDAY

Random Readers A friendly and relaxed reading group enjoying a good chat about their chosen books. 6-8pm, Rhyl Library, Museum and Art Centre 01745 353814.

Woodland Workday Learn how to coppice hazel. This months woodland workday will involve training in the ancient woodland management technique of coppicing. Learn about the products coppicing can produce, how it benefits wildlife and how to do it. 10am. Snowdonia Society, Tamsin 01248 685498, tamsin@snowdonia-society.org.uk

Yoga Taster Session Last Tues/month, a free one hour lesson taking you through the simple steps of a basic yoga class. They're for everyone that's new to yoga. 7.15pm, Mochdre, nr Denbigh. Laura Bell 07989 512859, www.thezestlife.co.uk

Tale of Tales (15) Film from Italy/France with subtitles. Three fairy tales, three royal families. 7 for 7.30pm. £4 non-members. St Mary's Centre, Chester CH1 2DW. Chester Film Society 01244 371750, www.chesterfilmfans.co.uk

Il Travatore (12A) Live screening of Verdi classic opera. Fire and snow in the landscape echo the cruelty and love of the story: soldiers and Gypsies clash, a mother reveals a terrible secret and two men are engaged in a deadly fight for one woman. 7.15pm, £15, £12.50. Pontio, Bangor 01248 382828, www.pontio.co.uk **ALSO:** Ucheldre Centre, Holyhead 01407 763361, www.ucheldre.org £10, £8 concs., £3 children.

31st TUESDAY - 1st FEBRUARY

Through The Wall (U) Film. A 32 yr old woman is determined to get married and books a date, venue and dress and hopes the Universe will bring her a groom. 8pm, £6. Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

All listings in Network News are FREE

info@network-news.org

07777 688440

Copydate for February issue: **January 18th**

Exhibitions



Neil Herbert Until 14th January. Photographer Neil Herbert's explorations of Asia with personal portraits of normal people against the vibrant backdrops of their everyday lives. Theatr Clwyd, Mold 01352 701521, www.theatrclwyd.com

Reading Between The Lines 13th January - 24th February. The films and photographs explore Jennifer Steele's fascination with clothes, fabrics, and the line of washing through memories, emotions, myths and imaginings. The textiles displayed of vibrancy are an eloquent carrier of meaning. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com *Opening Day on 15th @ 2pm.*

Mladen Bizumic ~ Kodak Employed 140,000 People, Instagram 3 Until 5th February. Part of MOSTYN's ongoing 'Conversation Series' the exhibition centres on the company Kodak, a primary point of exposure in Bizumic's work, and pictures the transition from film-based photography to digital imaging. The history of photography and of technology's progression and obsolescence, alongside a chronological parallel of corporate hubris, is captured by Bizumic. Free entry. Mostyn, Llandudno 01492 879201, post@mostyn.org

NW Potters 30th January - 24th March. North Wales Pottery Association joins "Cywain" - a series of exhibitions by established and emerging applied artists and craft makers, all of whom are from or work in Celtic nations. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com

Stephen Kingston Until 6th January. 50 years further on, this exhibition begins with its roots in the events of Tryweryn, and the disaster of Aberfan. From there, it moves forward to the present day, and one of hope in the future. Galeri, Caernarfon 01286 685222, www.galericaernarfon.com



Iain Perry (Print Garage) ~ Pixels, Poetry and Pop Culture Until 29th January. Drawing inspiration from technology, tools, toys, record sleeves and the world of science, Iain's work is a collection of collages and screenprints that explore his ongoing interest in pop culture; cinema, poetry and other printed ephemera. Free entry. Mostyn, Llandudno 01492 879201, post@mostyn.org

Dedicated to all Defenders of Human Freedoms ~ The Art of Paul Peter Piech Until 2nd February 2017. Piech's legacy is as one of the most remarkable Printmakers of the 20th century. An artist, humanitarian and campaigner, Piech's work takes on global issues, reflects the horrors of war and makes stark political comment. This is a retrospective; along with his lifelong love of poetry and jazz, which are inspirational to him and his career. Free. Regional Print Centre, Coleg Cambria, Wrexham 01978 267629, regionalprintcentre.co.uk / www.phm.org.uk

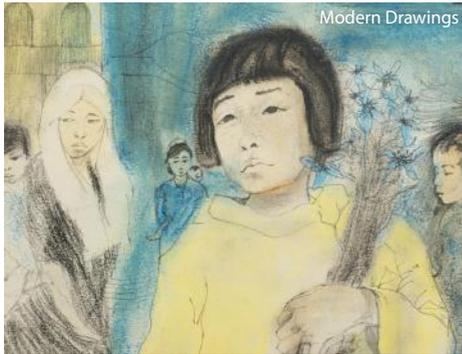


Cold Places: Pictures from the Poles by Sue Flood Until 22nd February 2017. This exhibition showcases photographs from Sue Flood's visits to the Arctic & Antarctic Circles, alongside Inuit pieces from her collection and a selection of her polar survival gear. The whole exhibition gives a sense of grandeur, harshness and fragility to be found at the top and bottom of our world, and instils a new respect for the people and animals who live there. £3 entry, Grosvenor Museum, Chester 01244 972197, www.grosvenormuseum.co.uk

Paintings, Sculptures, Prints, Photographs Ongoing exhibition by local artists. Open 11am - 4pm, Tuesday-Saturday. The gallery is run by volunteers and is free to the public. All are welcome. Oriol Bangor Arts Initiative Art Gallery is in the Deiniol Centre in Bangor. bangor.arts.initiative@outlook.com or see www.facebook.com/bangorartsinitiative

We've Got Mail III Until 5th February. We've Got Mail III is part of MOSTYN'S 'History Series' of exhibitions which respond to the context in which the shows are presented, in this case that of a former Royal Mail sorting office into which MOSTYN's galleries were expanded in 2010. Free entry. Mostyn, Llandudno 01492 879201, post@mostyn.org

Collette Ellis ~ Slate Art Until 27th February 2017. Oriol Ynys Mon, Llangefni 01248 724444, oriel@ynysmon.gov.uk



Modern Drawings

Modern Drawings Until 15th January. The twin themes of the exhibition, 'vision' and 'temperament', are explored through reflection on the chosen drawings, focusing on the insight they provide into the individual artist's vision and, by extension, into how we all see. To peer through another's eyes is to see afresh. Grosvenor Museum, Chester O1244 972197.

In-sight 10 Until 29th January 2017. A new collection of work by artists from north Wales: Sonja Benskin Mesher, Trish Bermingham, Remy Dean, Stephen Green, Janie McLeod, Louise Morgan and Pea Restall. MOSTYN Gallery Café, Llandudno LL30 1AB, 01492 879201, www.mostyn.org

Nonsense Until 12th February 2017. Inspired by Lewis Carroll's "*If I had a world of my own, everything would be nonsense*" a quirky look at the things artists make; with 14 artists. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Anglesey's Natural Coast - Celebrating the Island's Natural Beauty Until February 2017. 50 years since the AONB was established; this exhibition presents artistic, cultural and natural celebration of this iconic coastal landscape. Oriel Kyffin Williams, Llangefni, Anglesey 01248 724444, www.orielynysmon.info

Open Art Exhibition 7th January - 4th February. A selected exhibition submitted by non-members of the Academy, offering a broad range of subjects and media. Open 11am - 5pm. Royal Cambrian Academy, Conwy LL32 8AN. 01492 593413, www.rcaconwy.org

A Clowder of Cats Until 12th February 2017. Something for every cat lover: from intricate cat jewellery, cats made from paper and cats that move, to satisfyingly clever ceramic cats. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Association of Anglesey Art Clubs 16th January - 6th March. New work by

members of the various art groups on Anglesey and displays a wide range of original two and three dimensional work, inspired by landscape, people and culture. Oriel Kyffin Williams, Llangefni, Anglesey. 01248 724444, www.kyffinwilliams.info



Laurence Kavanagh ~ Segue Until 5th February. As part of our 'Conversation Series', the project further develops Kavanagh's ongoing and expansive project to create twelve interrelated groups of work, collectively titled the Calendar Series. Free entry. Mostyn, Llandudno 01492 879201, post@mostyn.org

Where There Is Light Until 14th January. A themed exhibition introducing new and established artists and makers. Storiell, Bangor 01248 353368, storiell.org

Christmas Exhibition Until 2nd January 2017. Affordable works of art from RCA members. Open 11am - 5pm. RCA, Conwy L32 8AN. 01492 593413, www.rcaconwy.org

Mixed Exhibition 25th January - 1st February. Oriel Ffin y Parc, Llanrwst, Conwy LL26 0PT, 01492 642070, www.welshart.net

Lost in Art Regional Exhibition January - March 2017. This

exhibition brings together work done by groups of people who have been working with those who have dementia, across the four counties. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Cleanliness Is Next to Godliness Until 29th January. Removing dirt is not just about being socially acceptable and being more comfortable, it's also about minimising disease. This exhibition contemplates these matters, using objects from our large social history collection. Storiell, Bangor 01248 353368, storiell.org

In Snowdonia ~ Yn Eryri Until 28th January. Showcasing the work of a group of contemporary artists who have made Snowdonia a subject for their art. Among the featured artists are: Peter Bishop, Pete Davis, Russell Gilder, Robert Newell, Matthew Wood and David Woodford. Storiell, Bangor 01248 353368, storiell.org

Galeri Betws Y Coed An on-going, 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



David Cartlidge



Kathy Cook

Workshops In February & March

FEBRUARY

- 3 - 5 **Welsh Dharma Celebration** Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com
- 4 **Sowing Tender Crops Under Cover & Seed Swap** Moelyci, Tregarth. 01248 602793, www.moelyci.org/events
- 4 **Freedom From Stress** Mindfulness 8 week Course in Ruthin. See advert page 31
- 4 **Art Therapy & Anger** Ynys Mon, www.lliwio.co.uk
- 4 & 5 **Willow Workshops** Two 1-day workshops: Cats and then Hares, Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 5 **Art Therapy & Conflict** Ynys Mon, www.lliwio.co.uk
- 6 **Experiences with Conflict and Anger Work** Ynys Mon. www.lliwio.co.uk
- 8 Feb -
12 Apr **Mindfulness-based Stress Reduction** Bangor University. 01248 388091, www.bangor.ac.uk/mindfulness/calendar. See Noticeboard
- 10 - 12 **Yoga & Fitness Weekend** Menai Bridge. Laura Bell, The Zest Life 07989 512859, www.thezestlife.co.uk
- 11 & 12 **Papier Mache for Adults** Ruthin Craft Centre 01824 704774, www.ruthincraftcentre.org.uk
- 20 - 24 **Foundation in Crystal Healing** Hightown, Wrexham LL13 7BS. Jo-Anna Stuart - cariadcrystalhealingandspiritualguidance.weebly.com

MARCH

- 3 - 5 **Yoga and Tai Chi/Qi Gong Weekend** with Rose Ann Preston, held at Trigonos, Nantlle. 01407 76957, roseyoga.net
- 4 **March in the Vegetable Garden** Moelyci, Tregarth. 01248 602793, www.moelyci.org
- 10 - 13 **Yoga & Fitness Weekend** Menai Bridge. Laura Bell, The Zest Life 07989 512859, www.thezestlife.co.uk
- 12 **Healing With Crystals** Colwyn Bay. Hope College of Crystal Healing, 01244 532051, sandra@hope-college.co.uk
- 12 **Community Activism Training** with Hope not hate Wales co-ordinator Tom Godwin. Quaker Meeting House, Bangor. Helen McCreary 07751 017157, helenmcgreary7@hotmail.com See page 34.
- 25 Mar -
1 Apr **7 Day Retreat** Trigonos, Nantlle. www.mindfulness-network.org

IARD,

Parc Glynllifon, nr. Caernarfon LL55 1RR
01286 672472 ~ www.iard.co.uk

FEBRUARY

- 11 **Making With Stone**
12 **Create a Silver Latch Bangle**
18 **Embroidered and Patch Illustrations**
19 **Hand Stitched Sewing Set Books**

MARCH

- 4 & 11 **Garden Delights: Hand Coiled Pots & Planters**
12 **Silver Earrings**
18 **Forged Letter Opener**
26 **Willow Basket Making**

Ty Newydd Writing Centre

Llanystumdwy, Criccieth LL52 0LW
01766 522811, www.tynewydd.wales

MARCH

- 10 - 12 **Creative Writing for Welsh Learners**
17 - 19 **Storytelling from the Start**
25 **Myths and Legends Past and Present**

Centre for Alternative Technology (CAT)

Machynlleth, SY20 9AZ
01654 705959 ~ www.cat.org.uk

FEBRUARY

- 9 - 12 **Advanced Timber Frame Joints**
13 - 18 **Sustainability and Adaption for Cities and Communities**
24 - 26 **Environmental Filmmaking**
25 - 27 **Introduction to Permaculture**
25 & 26 **Introduction to Horse Logging**
27 Feb -
2 Mar **Build A Tiny House**

MARCH

- 3 **Reedbeds & Waste Water Management**
4 **DIY Furniture & Compost Toilets**
5 **Rainwater Harvesting**
13 - 18 **Solar Voltaic Systems**
13 - 18 **Energy provision (inc Renewables)**
20 - 24 **Timber Frame Self Build**
21 - 24 **Social Forestry OCN**
25 & 26 **Mindfulness in the Woods**
25 **Traditional Timber Frame Joints**
26 **Cladding, Shingles and Boarding**

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

FEBRUARY

3 - 10 **Dhyana Through The Body**
17 - 26 **Uncontrived Mindfulness** Men only/ 3
yrs meditation experience

MARCH

10 - 17 **Embodying Love**
24 Mar -
4 Apr **Emptiness and the Heart Sutra**

Dru Yoga, Snowdonia Mountain Lodge

Nant Ffrancon, Bethesda, Bangor, LL57 3LX
01248 602900 ~ www.drUYoga.com

FEBRUARY

3 - 6 **Yoga & Mudra Retreat**

MARCH

3 - 5 **Ayurveda Tailored For You**
10 - 12 **Ayurvedic Cookery**
24 - 26 **Ayurvedic Certificate Course**

Woodland Skills Centre

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

FEBRUARY

18 **Managing a Small Woodland**
19 **Practical Woodland Tasks**
22 & 23 **Holiday Club**
25 **Coppice Crafts**

Plas Tan y Bwlch

Maentwrog, LL41 3YU
01766 772600 ~ www.eryri-npa.gov.uk

FEBRUARY

3 - 5 **Chamber Music**
5 - 10 **Snowdonia Lakes, Waterfalls and
Riverside Walks**
5 - 10 **Slate: Off The Beaten Track**
6 - 10 **Winter Birds**
10 - 12 **Spinning Masterclass**

MARCH

10 - 12 **Creative Landscape Photography**
10 - 12 **Map and Compass Weekend**
17 - 19 **Spinning Art Yarns**
17 - 19 **The Night Sky**
27 - 31 **Spring Painting Experience**

Gladstone's Library

Hawarden, nr Chester CH5 3DF, 01244
532350, www.gladstoneslibrary.org

FEBRUARY

4 & 5 **Hearth: New Voices in British Fiction**
11 **Understanding Rare Books and the
Collections at the Library**

MARCH

4 **Stories in Verse: Narrative Poetry
Masterclass**
31 Mar - **Perspectives on Art and Faith**
2 April

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www.resonancerepatterninguk.net

Regular Weekly Classes

* monthly and fortnightly groups are listed in the Calendar

ACTIVISM

Sorting and Packing Aid for Refugees *Mondays:* 7.30 - 9.30pm, including refreshments. Church of All Saints, Blaenau Ffestiniog, LL41 4AF. 07910 414489, cefn.cymru@gmail.com or for full list of items needed/financial donations please go to www.cefn.cymru ~ Facebook: NorthWalesRefugeeSupport

ART & CRAFT

Art Group *Wednesdays:* Non-teaching group; artists of all levels come together to paint or draw, and share experience, tips and support each other. 9.30am - 1pm, £3, Dolwyddelan Pavillion, Conwy. Emma: emma@seeds-of-light.co.uk ~ Facebook: DolwyddelanWedArtGroup



Taste of Craft A wide range of hands-on making activities with different local makers, for people aged over 60. 1 - 3pm, £5, refreshments. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

The Make Shift *Tuesdays.* Informal gathering to share ideas and making. Each week a different skill or project will be introduced by crafter Emily Ashworth. 6 - 8pm, £3, book please! Oriol Wrexham, 11 Chester St., Wrexham LL13 8BE, www.wrexham.gov.uk/arts

CAPOEIRA

Capoeira Classes A Brazilian martial art that combines elements of dance, acrobatics and movement. Enquiries: Monitor Colin Daimond 07773 798199, capoeiramocambo.co.uk *Tuesdays & Thursdays:* Adult class strength and stretch: 9.30 - 10.30am, £5, Neuadd Goffa, Mynydd Llandegai LL57 4LQ. *Tuesdays:* Adults, young people and beginners together 6.30 - 7.30pm; adult classes continues to 9pm. £6, £5 concs. The Old Goods Yard, Treborth, Bangor. *Wednesdays:* Open Hour for adults, young people and beginners, 6.30 - 7.30pm; adults till 9pm. £6, £5. The Old Goods Yard, Treborth, Bangor.

CIRCLE DANCE

Circle Dancing *Tuesdays:* Carers are most welcome to enjoy a time of relaxation and reflection with Sacred Circle Dance. 2pm - come and join us! Noddfa, Penmaenmawr 01492 623473, www.noddfa.org.uk

Circle Dance

Wednesdays: Experience the joy and healing of dancing to World music - a blend of traditional European folk dances and modern choreographies. All welcome - no previous experience required. 10am - 12 noon at Y Ganolfan, Pentrefelin, nr Cricieth. Maia 01492 642123.



CONSERVATION WORK

Land Management and Woodland Conservation *Thursdays:* Learn about woodland, heathland, grasslands; Field and Fruit Production. *Wednesdays & Sundays:* Hazel Hurdles, Green woodworking, Coppice training, invasive species control, plus more. All 10am - 4pm. Ffarm Moelyci, Tregarth, nr Bangor O1248 602793, office@moelyci.org, www.moelyci.org

Felin Uchaf Volunteer Days *Wednesdays:* Activities from coppicing willow, organic gardening, to stone walling, traditional building and woodworking, 9.30-4.30pm. All safety clothing provided, refreshments, and lunch. Felin Uchaf, Rhoshirwaun, nr Aberdaron, 01758 780280, www.felinuchaf.org

DANCE

Bellydance *Thursdays* Egyptian and Folkloric style, suitable for beginners; any age and all fitness levels. 6 - 7pm, £4. Held in Hightown Resource Centre, Wrexham LL13 7YF. Facebook: Rachels Bellydance Classes. Rachel: iscia_espirt@hotmail.co.uk

Bellydance *Mondays* Get fit and make new friends in this friendly non competitive beginners class. Learn to move in a feminine yet powerful way with expression to beautiful soulful music. Excellent body conditioning especially in improving posture and core strength, with the added benefit of building confidence around body image and acceptance of the strong women we really are! Wear keep fit clothes with either soft dance shoes or gym trainers and bring water. 7 - 8pm, £5 per class. Academi Nightclub. Deiniol Road. Bangor. LL57 2UW. Ramona 07745 971678, <http://www.ramona.org.uk> ~ ramonamoonstone@hotmail.co.uk

Swing Jive (Lindy Hop) *Wednesdays:* All welcome, 8.15 - 9.45pm, £5, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157.



Salsa *Tuesdays:* Complete beginners welcome, including Two Left Feet! No need to bring a partner. £5. Helen McCreary 07751 017157, www.dance-classes-north-wales.co.uk

Salsa *Mondays:* Intermediate / Advanced - learn salsa steps and sequences. No partner required. 8 - 9pm, £4.50. International Pavilion, Llangollen. NEW Dance 01978 869456, www.newdance.org.uk

Ballroom and Latin plus Argentine Tango

Wednesdays: Beginners, 7.30 - 9.30pm, instruction given bilingually, £4. Y Felinheli/Port Dinorwic. Contact Medi for venue details 07500 337093.

Burlesque 7 - 8pm. *Tuesdays:* Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157.

Dance Fitness Latin/Ballroom, Cha Cha Cha, Waltz. *Mondays:* 7 - 8 pm, & 8 - 9pm, £4.50, Llangollen Pavilion. 01978 869456, www.newdance.org.uk

Flowdance *Tuesdays:* 10.30 - 11.30am, Abersoch Village Hall, with Sue Baumann, 07833 791317, llyntaichi@gmail.com, www.llyntaichi.com

DRUMMING

Drumming Classes *Thursdays*: weekly bodhran classes in Mold, and monthly classes in Llanwrst. Contact Alan Drwm, 01492 547975, 07876 255601, www.dragondrums.co.uk

EARTH MYSTERIES

Earth Mysteries A new working group is forming in North Wales, with an emphasis on Psychic Questing. Our initial investigation will be on Anglesey. If you are interested in becoming involved, email Mark at: orbditions@hotmail.co.uk



FELDENKRAIS METHOD

Feldenkrais Method Class ~ Awareness Through Movement Bringing us closer to our full potential. *Tuesdays*: Drop in and try a class, space permitting so please phone first to check, 5.30 - 6.30pm, £6 per class, Llangollen Natural Health Clinic, 6 Princess Street, Llangollen LL20 8RD. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

FOOD



Bangor Veg Co-op *Fridays*: Healthy, locally sourced produce at wholesale prices. 5.30 - 6.15pm to take orders and give out the bags. Volunteers needed for packing, promoting, and distributing: Maes Glas Sports Centre, Bangor. Contact: rosie@kressman.co.uk

GARDENING

Wildlife Gardening *Mondays*: An opportunity to help maintain the beautiful garden and woodland at Tŷ Hyll ~ The Ugly House, Capel Curig LL24 ODS. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk



GIVE & TAKE STALLS

Community Sharing Stalls *Every Friday and Saturday*, 11am - 3pm. Please put your unwanted useful items freely onto the stall - you can take anything off the stall free of charge. You do not have to put something on the stall to take something else off! Chester Market www.wigglywobblyway.weebly.com.

LANGUAGES

Bangor Language Café ~ Caffi Iaith Bangor *Sundays*: A conversation group for those learning a language/s. English, Welsh, French, German, Dutch and various others. 3-5pm at Caffé Nero in Bangor. All welcome. To find us look for the elephant on the table. Facebook: Bangor Language Café.

La Conversation Française *Thursdays*: For those of upper intermediate level, 7 - 9pm, free, Boat Yard, Garth, Bangor. Jan Underwood: jannieu@tiscali.co.uk

MEDITATION

Kalpa Bhadra Buddhist Centre Relaxation, Meditation and Teachings from a Buddhist perspective. 34 Mostyn St., Craig y Don, Llandudno 01492 878778 or meditatenorthwales.com Drop-in:

Classes at the Centre: Guided meditations. All £3. *Mondays*: 12.30-1pm. *Tuesdays*: 7.30 - 8pm.

Thursdays: 11.30am-12pm. *Saturdays*: 12.30-1pm.

Also: Thursdays: Transform Your Life 7.30-9pm, £5.

Meditation for Mums and Babies Relax and Unwind.

Wednesdays: 11.30 - 12.15pm, £2.50. **Half-Day**

Meditation Course *Saturdays*: 2 - 4.45pm, £15 includes high tea. **Classes in Mold**: *Wednesdays*: Teachings and meditations exploring Buddha's advice for a happy life, 7-8.30pm, £5, held at Bethel Chapel, New St., Mold CH7 1NY. **Classes in Rhuddlan**: *Mondays*: Teachings and meditations exploring Buddha's advice for a happy life, 7-8.30pm, £5. Community Centre, LL18 5AW.

Triratna@Chester

Wednesdays: 6.30 - 8.30pm, £7, (concessions available), tea break. Quaker Meeting House, Union Walk, off Frodsham Street, Chester. Parking available in Frodsham Street car park 6pm onwards (charge). Contact Prashrabdhi - triratna.chester@gmail.com ~ triratna-at-chester.org



8 Steps to Happiness *Wednesdays*: 7.30 - 9pm. £5, Bishop Lloyd's Palace, Watergate St., Chester CH1 2LE. 01606 77034, www.meditationincheshire.org

Buddhism & Meditation Class As taught in the Triratna Buddhist Community. Small, friendly class. *Thursday*, 7.30 - 9.30pm; Quaker Meeting House, Oak Street, Oswestry, SY11 1LJ, 07508 148 297.

Kagyü Buddhist Group Chester *Tuesdays*: An introduction to guided calm-abiding meditation and reflective meditation consisting of a brief explanation of a key Buddhist topic, followed by a period of individual contemplation. 8 - 9pm, £3, £2 concs, Quaker Meeting House, Frodsham St., Chester 0151 638 2568, www.dechen.org

MINDFULNESS

Bangor Mindfulness Meditation Group *Wednesdays*: To practice meditation in the Thich Nhat Hanh tradition. We alternate between a silent and guided practice and we take turns with the guiding. Following the meditation we practice deep listening before having a cup of tea and a chat at the end. 7.30pm, Tŷ Gwydr ~ Greenhouse, Bangor. Contact Meilyr on 07980 125665 for more information.

Meditation Practice Sessions For people who already have some experience of mindfulness or meditation practice. Meets most Mondays, 7.30 - 9pm. £6 includes refreshments. Quaker Meeting House, Holt Rd., Wrexham. Alan 07816 988124, www.newmindfulness.net Meets: 16/23/30 Jan; 13/20/27 Feb; 13/20/27 March.

NONVIOLENT COMMUNICATION

Regular Nonviolent Communication Local group meetings take place on Fridays and Mondays in Bangor. For more information contact: Lisa at busybees@phoncoop.coop

PEACE & JUSTICE

Peace & Justice Meeting *Mondays:* 6.30pm, Quaker Meeting House, Dean St., Bangor; bangorpeace.co.uk
Prayers for World Peace *Fridays:* 7 - 8pm, Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com

PILATES

Pilates Classes available with Carys in Gwynedd area, various times, throughout the week. 01766 523131, www.carysmatic.co.uk

Pilates Faye 07521 719031, faye_b_@hotmail.com
Mondays: 7 - 8pm, £4, bring mat & small towel, Northgate Arena, Chester. *Tuesdays:* 6.15 - 7pm & 7 - 7.45pm; £6 a class, mats & blocks provided, Greenhouse Therapies, Parkgate Rd., Chester, 01244 637851. *Thursdays:* 6 - 7pm, Northgate Arena, Chester.

PSYCHIC DEVELOPMENT

Psychic Development Group Held for those interested in developing their own psychic abilities. £5 per session. Tŷ Cariad Spiritual Sanctuary, Colwyn Bay. Contact 07548 998439. Facebook: Tŷ Cariad Spiritual Sanctuary, Colwyn Bay.

RELAXATION CLASSES

Relaxation Class Yin Yoga & Nada Yoga Nidra (Sound Based Deep Guided Relaxation). *Fridays* 6.30-8.30pm. Dyserth. Lisa on LCYoga@aol.com or see www.lcyoga.co.uk for further information.

SINGING

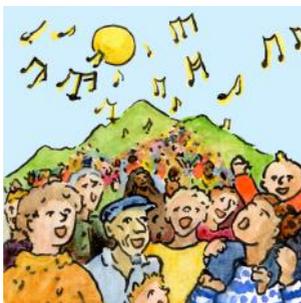
Chester Ladies Choir Open to new members, £30/term; free taster session! Linda Harris 0151 200 3170.

Wrexham Community Choir ~ Sing Your Heart Out

Tuesdays: Open to everyone regardless of age and ability. No auditions, just come along - uplift your spirit! 7.30pm, 16yr+, £3, £2 concs. Wrexham Methodist Church. Wendy Paintsil 01978 354706, info@wrexhamchoir.co.uk

Soul Singing *Thursdays:* 10.30am - 12pm. Felicity Jones facilitates this Sacred Singing group. No need to feel you are a 'good' singer, you just need to enjoy it and the energy vibration our collective voices create. The songs and chants are simple and from a range of different spiritual traditions. £5 contribution to costs. Hillside Retreat, Rhosesmor, Mold CH7 6PP. If you are interested please email me: helen@soul-life.co.uk *Not Jan; back in February 2017*

Lleisiau'r Byd ~ World Voices *Tuesdays:* We sing songs from around the world, in 3 and 4 part harmony and as a round. No experience needed, no auditions, no need to read music - just come and enjoy! Meets in Porthmadog. Annie 01766 513542, www.porthmadog-world-voices.org.uk



Bangor Community Choir *Wednesdays:* A friendly, mixed choir singing songs from all over the world. 7.30 - 9.30pm, Capel Penrallt, Holyhead Rd, Bangor LL57 2EU, 07881 463585, sarasings@gmail.com

Cantorion Gele Singers *Mondays:* The choir is part of the community and welcomes new members. 7 - 9pm. Meets The Old Red Cross Rooms, nr St Michael's Parish Church, Abergele. Anne Cain 01745 822207.

SOCIAL

Friends In The Audience An informal, friendly, inclusive, self-organised group of cinema and theatre goers in North West Wales. Open to anyone who wants to extend their social circle. To receive email invitations: friendsintheaudience@gmail.com

Bangor and Anglesey Social This is a group for those who want to meet new people, have fun and find like minded people. We can go out for food or drinks, concerts, comedy nights, jogging or fitness buddies, cinema, watching sports, local events, trips away and anything that anyone wishes to do. Go to www.meetup.com

U3A Society Variety of activities held at Ruthin Rugby Club. For membership contact David Hislop via: www.u3asites.org.uk *Other areas listed too.*

SPIRITUALIST

Bangor Independent Spiritualist Church *Wednesdays:* 7pm, £2. Quaker Meeting House, Dean Street, Bangor. Alison all1re1d@hotmail.co.uk

SPIRITUAL DISCUSSION

AberJabber *Tuesdays:* Spiritual discussions all welcome (channeling, Law of Attraction, Higher Spirit), 7.15pm, Fresh Café-Bar and Restaurant, Abersoch. Paul Murphy 07768 603365, helimurf@aol.com

TAI CHI/ CHI GONG / TAIJI QIGONG

Tai Chi *Thursdays:* 7.30 - 9pm, Neuadd Carrog Village Hall. Nr. Corwen. Ed Fisher 01490 430205.

Tai Chi Classes with Eirian Harrison, Wings of Change 01492 544518, 07748 582380, Fbk: Wings of Change: *Fridays:* 11am - 12pm at Spire (upstairs in the studio), NW Business Park, Abergele.

Tai Chi Cymru *Tuesdays:* New beginner's classes - a chance to experience traditional Chen Style Taijiquan, 6.30 - 7.30pm, £6 per session, £20 for 4 sessions, booking essential, Llanfair TH Memorial Hall. Stan Boyd 07834 690964, stan@taiji-cymru.co.uk *Other classes available -* www.taiji-cymru.co.uk

Infinite Tai Chi with Sue Baumann, 07833 791317, llyntaichi@gmail.com, www.llyntaichi.com
Tuesdays: 7 - 8pm, £5, Capel y Drindod, Pwllheli;
Wednesdays: 4 - 5pm, £5, Llanbedrog Village Hall; *Thursdays:* 11am - 12pm, £5, Abersoch Village Hall. **also: New Simply Chi Kung Class** *Tuesdays:* 9.45 - 10.15am; *Thursdays:* 10.15 - 10.45am, £3 per class, (exercises can be performed sitting or standing). Abersoch Village Hall. *Try a first class for free!*



Taiji Qigong with Jill Turner 01248 351672, treespleas@yahoo.co.uk : *Mondays*: 11 - 12 noon, all ages/abilities welcome; first class free. Ucheldre Centre, Holyhead. *Tuesdays*: Glasinfryn Community Centre, Bangor.

Tai Chi / Qi Gong Classes with Rose Ann Preston 07759 105504. *Mondays* at 7pm, £5, Holyhead Sports Centre Rose 01407 769571, 07759 105504, roseannyoga@gmail.com, www.roseyoga.net

Tai Chi~Chi Gung with Jeff Cushing 01248 352336, jeffcushing1@hotmail.com ~ *Mondays*: **Tai Chi** Age Well Over 50s class, 10 - 11am, £4, Langefni Town Hall; **Tai Chi & Chi Gong** 2.30 - 3.30pm, £5, Llandegfan Community Hall; **Qigong**, 6.30 - 7.30, £5, Coed Mawr Community Centre, Bangor. **Tai Chi** 7.30 - 9pm, £5, Coed Mawr Community Centre, Bangor. *Tuesdays*: **Tai Chi & Qigong** 1 - 2pm, £5, Bangor University, Room F16 Memorial building. *Wednesdays*: **Tai Chi & Qigong** Age Well Over 50s class 10 - 11am, £5, Brynsiencyn Community Hall. *Thursdays*: **Tai Chi & Qigong** 10 - 11am, £5, Goronwy Owen Hall, Benllech. **Also** Age Well Over 50s class, 11.30am - 12.30pm, £3.50, Amlwch Memorial Hall. *Classes restart on 3/1/17*

WALKS

Cerdded Conwy Walks An independent, not for profit, group of Volunteer Walk Leaders who put together seasonal walk programmes with the help of Conwy County Borough Council. Full list/summary of walks available from: cerddedconwywalks.org



Health Walk *Wednesdays*: 11am. A guided half hour walk around Blaen, refreshments. Meet Chester Healthy Living Centre, Blaen, Chester 01244 385035.

Abersoch Walk *Tuesdays*: Approx 2 hours, easy, 10am - 12pm. Bus to Pwllheli; walk to Abersoch along coastal path. Meet outside Blades Café, Abersoch. Jean Lancaster 01758 740021.

Groundwork - Go Green 4 Health Walks *Wednesdays, Thursdays, Fridays* Free, local, led walks - all welcome. 11am - 1pm approx. Around Wrexham. 01978 757524, groundworknorthwales.org.uk

Nordic Walking *Saturdays*: 10am - 11.30am. A full body workout with specially designed walking poles. Free. Meet at Erddig car park, Wrexham. Jasmine 01978 315179, jasmine.hopkins@nationaltrust.org.uk

WEAVING

SAORI Weaving for health and wellbeing *Thursdays*: Immerse yourself in the SAORI experience of joy and wellbeing through weaving with colour and texture. 6.30 - 8.30pm, £25 per class or £135 for 6 classes. 6 Swift Buildings, nr the station, opposite Domino's Pizza's, Bangor. LL57 1DQ. Please book as places limited! Rosie Green, 01248 345325, www.saorimor.co.uk ~ Facebook: soarimor

WRITER'S GROUPS

Writing For Well-being *Tuesdays*: 6 - 7pm. Jessica Clapham is offering a series of information workshops for people of all ages to try out new ways of writing. Ffarm Moelyci, Tregarth, Bangor LL57 4BB. Contact Jessica 07807 332775, jj.clapham@bangor.ac.uk

Colwyn Bay Writers' Group *Saturdays* A diverse collection of scribes meet to exchange ideas, conversations and their individual responses to a writing task set the previous weekend - very informal, friendly, positive assessment and helps develop new directions for everyone in the group. Bring some of your prose or poetry. 1 - 3pm. Multi-Cultural Centre, Greenfield Road, Colwyn Bay. Chris Hemmings crishtrees@gmail.com

YOGA

Dru Yoga with Teresa *Mondays*: 1.30 - 3pm; *Tuesdays*: 8 - 9.30pm; *Wednesdays*: 10 - 11.30am. Oddfellows Hall, Saltney, Chester. Teresa 07876 254518, or teresa@teresa4yoga.co.uk *Restart 3/1/17*

Source Yoga has classes Monday through to Friday in the Rhos on Sea and Colwyn Bay area. Ring 07704 437415 or check www.sourceyoga.org.uk

Yoga with Jeff Cushing 01248 352336, cymrutaichiwales.co.uk *Tuesdays*: 7.30 - 9pm, £6/£5, Coed Mawr Community Centre, Bangor. *Thursdays*: 7.30 - 9pm, £6/£5, Llandegfan Parish Hall.

Be Balanced Yoga Class *Mondays* 7 - 8.15pm, £7, Maesbrook Village Hall, Oswestry SY10 8QW. *Wednesdays*: 7 - 8pm £6, Felin Puleston Countryside Centre, Erddig, Wrexham LL13 7RF. Gaelle Atkinson 07807 215537, gaeleatkinson@gmail.com

Dru Yoga Class *Mondays*: Flowing moves; for all ages and abilities. Please bring yoga mat, blanket, cushion and water. 6.30 - 8pm. Ffarm Moelyci, Tregarth, Bangor. Lynne 07984 360294, lynneparry1@gmail.com

Dru Yoga Class with Christiane 01248 602900 ext 223, christiane@druworldwide.com Try your first class for free! *Wednesdays*: 9.30 - 11am (term based) Beginners welcome, The Bulkeley Hotel, 19 Castle Street, Beaumaris LL58 8AW. *Thursdays*: 6.15 - 7.45pm, £7, £6 concs., in Bethesda. (1st Thurs/month Meditation to follow) *Restart 5/1/2017*

Yoga Class *Thursdays*: Held in the LookOut building. 9.30 - 10.45am, RSPB members £5, non-members £6. RSPB Nature Reserve, Conwy LL31 9XZ. Bookings: Cathy 07704 437415, cathy-i@hotmail.co.uk

Yoga Classes with Rose Ann Preston 07759 105504. *Mondays*: 10.30am; *Tuesdays*: 10.30am and 7pm. All classes £5; all held in Holyhead Sports Centre. Rose 01407 769571, 07759 105504, roseannyoga@gmail.com, www.roseyoga.net

Yoga *Tuesdays*: 7.30 - 9pm, Queen's Park High School (term only) Chester CH4 7AE. Luos Johnson at yogaveda@live.co.uk

Mindful Yoga with Elaine *Tuesdays* 7.30 - 9.25pm at Ysgol y Borth, Menai Bridge; *Wednesdays* 10 - 11.55am at Capel Mawr, Menai Bridge; and 7pm - 8.55pm at Ysgol y Graig in Llangefni. *Thursdays* 7.30 - 9.25pm at Ysgol Gymuned in Dwyran. Elaine 01248 430147, www.yogannorthwales.co.uk ~ elaine.yoga@tiscali.co.uk





Iyengar Yoga Class *Thursdays*: 7 - 8.30pm, £8 or £35 for 5 classes paid in advance; concessions available. Rhoscolyn Village Hall, Anglesey. Ruth Johnson yogamon@myphone.coop *No class during school holidays*

Yoga Classes with Lisa at lcyoga@aol.com; www.lcyoga.co.uk *Tuesdays*: Hatha Yoga 7.45 - 8.45pm. Six week introduction. Dyserth. *Wednesdays*: Hatha Yoga, 5.30 - 6.30pm. Term time. Colwyn Bay. *Also*: Hatha Yoga & Relaxation, 8 - 9.15pm. 6 week courses, Mancot. *Thursdays*: Kundalini Yoga, 6.30 - 7.30pm. 8 week courses, Dyserth.

Yoga with Tracey 01766 770610, 07809 485323, www.traceyyogamassage.co.uk *Mondays*: Prenteg Village Hall, 6 - 7.45pm, £6.50; *Tuesdays*: Harlech College, 2 classes - gentle at 4.30 - 5.45pm, £6; dynamic at 6 - 7.45pm, £6.50. *Wednesdays*: Barmouth: 3 classes - gentle 2.30 - 4pm; and dynamic 4.15 - 5.45pm & 6 - 7.30pm, classes £6. *Thursdays*: Penrhyndeudraeth, Dynamic 6 - 7.45pm, £6.

Yoga Short meditation, followed by dynamic moves. All classes £7 each. Free intro classes - last Tues & Thurs/month. The Zest Life, Laura Bell 07989 512859, thezestlife.co.uk *Mondays*: All levels, 11am - 12pm Trefnant Village Hall, Denbigh; Intermediate 6 - 7pm, Beginners 7 - 8pm, Loreto Centre, Llandudno. *Tuesdays*: All levels, 6 - 7pm, Springs Spa, Denbigh. *Wednesdays*: Intermediate 6 - 7pm; Beginners 7 - 8pm, Trefnant Village Hall, Denbigh. *Thursdays*: All levels, 9.30 - 10.30am, Springs Spa, Denbigh. *Fridays*: All levels, 7.15 - 8.15am, Trefnant Village Hall, Denbigh; 9.30 - 10.30am, Mochdre Village Hall, Colwyn Bay. *Saturdays*: 9 - 10am, Trefnant Village Hall, Denbigh.

Yogarami Drop-In Hatha Yoga and Vinyasa Flow. *Mondays*: 11am - 12.15pm, Level 1, £6, Gellifor Chapel Vestry rooms; 7 - 8.30pm, all Levels, £6, Ruthin Rugby Club. *Tuesdays*: 10 - 11.30am, Level 1, £6, Llanasa Village Hall; 6 - 7pm, Vinyasa Flow Level 3, £7, Springs Spa Denbigh; 7.30 - 9pm, general class, Gellifor Community Centre. *Thursdays*: 6 - 7am, Early bird Vinyasa Flow Level 2, £7; *and* 9 - 10am, Yoga Light Level 1, £7, Springs Spa Denbigh; 7 - 8.30pm, Yoga Light Level 1, £6, Trelogan School. *Fridays*: 7 - 8.15pm, Restorative - all levels, £7, Springs Spa Denbigh. Claire Riley 07764 945885, claire@yogarami.co.uk

Forrest Yoga with Claire Mace 07970 409 724, claire@inspiratrix.co.uk ~ www.inspiratrix.co.uk *Mondays*: 7 - 8.30pm, St. Mary's Church hall, Holyhead LL65 1TR. *Wednesdays*: 6 - 7.15pm & 7.30 - 9pm. £6/£6.50 pay as you go. Hen Eglwys y Santes Fair / Former St Mary's Church, Tremadog, LL49 9RA. *Restart 9th January 2017.*

Starflower Yoga *Mondays*: 11am & 12.30pm at The Carriageworks, Denbigh LL16 3LU; also 6.30pm HWB, Denbigh LL16 3RG. *Tuesdays*: 12.30pm The Studio, Rejuva, Rhuddlan LL18 2TU; 12.30pm NOVA, Beach Rd West, Prestatyn LL19 7EY. *Wednesdays*: 5.45pm Dyserth Community Centre, 29 Cwm Rd., LL18 6BD. *Thursdays*: 12.30pm & then 6.30pm The Studio, Rejuva, Rhuddlan LL18 2TU; 12.30pm NOVA, Beach Rd West, Prestatyn LL19 7EY. *Fridays*: 12.30pm HWB, Denbigh LL16 3RG. Classes led by Sadie or Upali and cost between £4.50 - £6. www.starfloweriyoga.com

ZUMBA

Zumba Dance-Fitness. Helen McCreary 07751 017157, dance-classes-north-wales.co.uk *Mondays*: 6-7pm, £5, Menai Bridge Memorial Centre, LL59 5DD. *Wednesdays & Thursdays*: 6.30 - 7.30pm, £5, Academi, Deiniol Rd, Bangor, LL57 2UW.

Zumba with Shari Pollitt *Thursdays*: 7 - 8pm, Llanbedrog Village Hall. Cardio, muscle conditioning, balance and flexibility. www.zumba.com

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Or go online for more information and booking to:

www.artofmindfulness.co.uk

Cefnogi Ffoaduriaid ~ Supporting Refugees

Berni Cavanagh & Sara Roberts

First, the whole CEFN team – Gwenlli, Caron, Sara, and Berni - need to convey the deep gratitude of so many refugees to the *Network News* readers who have sent money, donations of aid and who have come to our Blaenau sorting house to move mountains – of aid.

Mainstream media have often ignored the people fleeing war and poverty: even when more people were drowning in the Mediterranean that in 2015, their suffering was not considered headline news.

Being part of CEFN means that we are in touch with refugees and migrants, and where there are connections, there is the space for growth and love.

Our last two containers of 2016 went to Syria. We have developed partnerships and connections with refugee support groups across Wales, the North of England and in Europe where grass roots organisations have stepped up their efforts to provide logistical support to the volunteers in camps from France, to Greece, to the Middle East and Turkey. We have worked with the *Hummingbird Project* and *Refugee Aid NW (CARE UK)* along with many others (See *weblinks below*). Together we have contributed to fourteen shipments of aid going out to Lebanon, Lesvos, Leros, Syria, Greek mainland, Calais etc. This month alone we've helped fill 3 containers with essential winter aid, hygiene packs and food.

CEFN supporters have made several visits to Paris, to the Jungle and to Lesvos this year. Since the demolition of the

Jungle, there are hundreds of unaccompanied children and young people stuck in France, without official support or information and still dependent



on volunteers to provide shelter, warm clothes, adequate food and friendship. There are hundreds of refugees sleeping rough on the streets of Paris, with more arriving every day. Local businesses, such as Babi Pur in Penrhyndeudraeth have raised thousands of pounds

for us with raffles of their wonderful products. In December, Maggie Ogunbanwo, of Maggie's Exotic Foods in Penygroes put on two evenings of African cuisine to help raise money for *Kitchens in Calais*.

Porthmadog's own Purple Moose brewery has also helped us consistently, especially with transport.

Another exciting development has been our Pop-Up Shops. Some of the aid donations are of very good quality, but inappropriate for where we need to send them, so we turn up at events such as Summer Fairs, Christmas Markets etc and have a stall to sell these items, which then goes back into our funds to pay for shipping. Let us know if you could help with this.

As conditions in Syria, the atrocities in Yemen, unsafe countries such as Afghanistan and Ethiopia, Eritrea, Sudan, Somalia, Iraq, Iran continue to create more and more displaced people, CEFN will continue to do our best to help as many as we can. With no end in sight for many

refugees, and the humanitarian crisis continuing to develop, CEFN has adapted from fire-fighting and crisis management to a more strategic organisation. We plan to become a registered charity next year and are looking for the right people with the necessary skills to come on board to help us develop further – contact us if you think you might be able to help.

Together, our help has saved many lives.

Berni Cavanagh can be contacted on

07910 414489

www.cefn.cymru

www.helprefugees.org.uk

www.hummingbirdproject.org.uk

www.refugeesupport.eu

facebook: northwalesrefugeesupport

Local Collection Points for Refugee Support

- 📍 BLAENAU FFESTINIOG – Bookies' Shop, 14-15 Church Street, LL41 3HB
- 📍 PENRHYNDEUDRAETH – Holy Trinity Church on the main road, usually open 10ish – 3ish: on the pews at the back please.
- 📍 PORTHMADOG - The Hair Lounge, Bank Place, LL49 9AA
- 📍 Y BALA - Coleg y Bala, LL23 7RY, 9 - 3 weekdays
- 📍 DOLGELLAU - Mantell Gwynedd, Y Lawnt, LL40 1SB
- 📍 NEFYN - Siop Siarad, LL53 6HD
- 📍 HARLECH - St Tanwg's Church, Top Harlech, LL46 2YA
- 📍 CAERNARFON - Mantell Gwynedd, 23-25 Y Bont Bridd, LL55 1AB
- 📍 BARMOUTH - St David's Church. Beth: 01341 247499, bethbaileybro@gmail.com
- 📍 LLANGOLLEN - Hostel on Berwyn Street, LL20 8NB, opposite the petrol station. Please enter through back gate, off main Car Park (Market St). Leave bags / boxes in log store and Manager will then put them into a locked area.
- 📍 LLANRWST: The Natural Building Centre, Plas Tirion, Betws Rd, Llanrws LL26 0PU Open Mon 9-5, Wed 9-12 and Friday 9-5 Out of hours by arrangement post@thenaturalbuildingcentre.co.uk

Cash Donations to CEFN

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**wings
of change**

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Acupuncture - both Chinese and Japanese acupuncture treatments are available. Japanese acupuncture is non-invasive, so particularly suitable for those with an aversion to needles.

Reiki - trained in 3 systems of Reiki (Usui, Tera Mai & Seichem and Angelic). With Reiki the whole person is treated rather than specific symptoms. As well as treatments, classes are also available on demand for your own progression.

Shamanic Healing - possibly one of the oldest healing practices stretching back thousands of years. Essentially an energy based therapy, bringing you back to balance and a state of wholeness at soul level.

For prices and further information please contact:
Mrs Eirian Harrison on

01492 544518 // 07748 582380

Woodland Skills Centre

The Centre is run by not-for-profit Social Enterprise Company *Warren Woods Ltd*. We have 50 acres of woodland with 2 Forest School sites and also covered workshops in the heart of the Clwydian Range AONB near to the village of Bodfari.

We run a wide range of courses in traditional crafts including coppice and greenwood crafts, basket making, wood carving, timber frame building, basket making, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw, fencing and hedge laying.

We also run a wide range of bushcraft courses and also family days, weekends and weeks in the woods. We can also do special events such as birthday parties. As well as our Forest School programme we run courses for youth, community and home education groups. We can offer free camping with access to w.c and shower.

www.woodlandskillscentre.co.uk

Contact Rod Waterfield on 01745 710477 or enquiries@woodlandskillscentre.co.uk

Celebrating Our Diversity

Helen McCreary

In the run-up to the EU Referendum I became more and more worried: an increase in racism towards Polish, Black and Asian people; the murder of Jo Cox MP and the inflammatory hate-filled xenophobia in our press.

When I listened to my concerns I heard the deep question “what’s going wrong with the human race?” My initial feeling was: “no matter what I do, I’m not going to make any real impact on the scale of the problem”.

Early in 2016 I had signed up to the *Hope Not Hate* mailing list - it’s a national anti-racism charity (Website address below).

I started delivering their leaflets warning of the divisiveness behind the promises of UKIP, who were set to win 10 seats out of 60 in the Welsh Assembly May elections. They won 7. I enjoyed the solidarity and the feeling that I was ‘doing something’. I then moved on to organising a local group of Remain activists.



In June, after the referendum, Hope not Hate called to ask me to set up a North West Wales event to celebrate the legacy of Jo Cox, ‘Challenge racism, celebrate diversity’. I reluctantly agreed, thinking, “If it doesn’t work out, at least I tried”. So in August I created a Facebook event for a Hope not Hate North Wales. We met in Bangor and 16 people came!

People were very keen to put on fun events to bring people together from the diverse cultures that make up our communities. We wanted to do this not just once, but several times a year. We



decided on a date and held one more meeting to plan the event. Group members offered to bake, set up art activities, sing with their choirs, as well as the crucial publicising via Facebook and word of mouth.

On the 1st October we held our first Diversity Celebration in Bangor. The theme was #MoreInCommon - taken from the words spoken by Jo Cox when she made her maiden speech in Westminster: “we have far more in common than that which divides us”.

About 200 attended from countries near and far, including Syria, Iraq, China, Spain and Greece. At the event the police distributed leaflets about reporting hate crime, and we created a Peace Tree, where people wrote messages of peace on paper leaves.

It was inspiring and heart-warming, and only took two meetings (of people who didn’t know each other before) to create it. We held a second, similar event in December.

The next #MoreInCommon events are:



Visioning Meeting, Sunday 22nd,
 5-8.30pm, Quaker Meeting House, Dean St,
 Bangor. Creating the future with our
 group: What next for our group aims, and
 how can we be effective in fulfilling them?
 Facilitated by Tom Godwin, Hope not hate
 Wales coordinator.

Community Activism Training afternoon:
 March 12th, Quaker Meeting House,
 1.30-6.30pm. Tom Godwin, Hope not hate
 Wales co-ordinator is leading a training
 session open to all individuals and groups.
 Topics include identifying issues, being a
 leader, creating community, tools for

organising, bringing people on board, and
 techniques for relating to people with
 prejudiced views.

All are welcome to either or both of
 these free events: *“by your community, for
 your community”!*

*Helena McGreary is a dance teacher and local
 activist.*

**Facebook Group: Gobaith nid casineb/
 Hope not hate Bangor & NW Wales**
helenmcgreary7@hotmail.com
07751 017157
www.hopenothate.org.uk



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Free Introductory Talks
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Saturday February 4th:

10:30am at Gladstone Library,
 Hawarden, CH5 3DF, or

2:30pm at the Imperial Hotel,
 seafront, Llandudno, LL30 1AP

Enquiries: David Hughes
 07854 688 113

tm.org/uk

See David's article on Page 36

The Beatles, Bangor, and Transcendental Meditation

David Hughes



Transcendental
Meditation

50 years ago from this summer, Bangor, and meditation, suddenly hit

the national headlines. The four most famous young people in the world - the Beatles - arrived in town on August bank holiday weekend in 1967, to learn Transcendental Meditation from its founder, Maharishi Mahesh Yogi, who was running a summer school at a local college.



Photographs of the Beatles and Maharishi disembarking at Bangor station flashed around the world, and the fab four's millions of fans were fascinated to hear that the band seemed to have swapped mop-tops for mysticism.

As a teenager living in Penmaenmawr, I was very aware of the Beatles, but had little interest in meditation - particularly one that was hard to pronounce.

Seven years on, I came across TM again, this time at university in England. By that time I'd begun to wonder about life, the universe & everything, as you do at that age.

So I gave TM a try. Or rather, a not-try. Because TM is utterly, completely effortless, something that surprised me then, and sometimes even surprises me now, 40-something years on. Surely meditation, like anything else, is a no-pain-no-gain sort of thing? You get out what you put in, etc etc?

Natural technique

Yet TM is easy for a good reason. What it

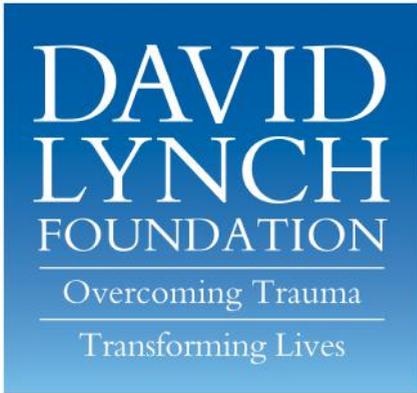
actually does is to set all the right conditions for the attention to settle down to a silent state of inner happiness and energy at the source of thought. The process is completely natural, and like all natural processes, is effortless.

Since the early Seventies, science has catalogued the benefits of TM, helped by the fact that it's a standardised course. The first scientists who measured it back in 1972 (their findings encouraged me to learn TM in the first place) discovered that the meditation produces a state of "restful alertness," where the body was twice as deeply rested as just sitting with eyes closed, while at the same time, the mind becomes calm and restfully alert.

600 studies

Those first studies sparked many more. In the past few decades, the US government alone has spent over \$25m researching TM; and the American Heart Association has identified the technique as being the only form of meditation which has clinical evidence to show that it can reduce high blood pressure. There are now over six hundred studies on TM, up to nine years in length.

Boosting TM's profile nowadays is the David Lynch Foundation, a charity set up by the film director - a long-time TMer - in 2005 to fund TM courses for disadvantaged groups such as children in inner-city schools (half a million of whom have taken DLF-funded courses), veterans with PTSD, the homeless, abused women,



prisoners, and people in drug & alcohol recovery. Dozens of celebrity TM practitioners including Jerry Seinfeld, Katy Perry, Cameron Diaz, Hugh Jackman, and the surviving Beatles, have rallied to support the Foundation and have massively raised the profile of Transcendental Meditation .

Three things about TM stand out in helping victims of traumatic stress. First is the healing effect on the brain - TM produces a unique, coherent style of brain functioning which restores balance, calmness & clarity to mental functioning. Second, the deep physical rest dissolves accumulated tiredness, tension & stress. And third, the technique is easy to use, and quick to become expert in - recent research confirmed that the same high levels of coherence and inner calm are achieved during TM within a few months of learning as after several years.

Peak performance

Yet you don't have to be stressed to gain from TM. High levels of brain coherence are known to be linked with just about everything good about mental performance, including decision making, memory, self-esteem, confidence, emotional maturity, and resilience to stress. It's also an ingredient in peak performance, both in sport and business,

which has led many people with busy lives to incorporate TM into their daily routine.

I trained as a TM Teacher with Maharishi in 1975, and have been teaching in North Wales - and other places - ever since. For most of the Seventies I taught people who'd been to hear Maharishi's talks at Bangor University back in 1967 (if there's anyone left out there from that audience, it's not too late!).

On Saturday February 4th, I'm giving two introductory talks on TM, each about an hour and a half long - one at Gladstone's Library in Hawarden (10.30 am), and one at the Imperial Hotel in Llandudno (2.30pm). They're free of charge, so if either are convenient, pop along and hear more about what TM is, how it works, where it comes from, and how it's been researched.

For those who decide to learn TM, I plan to run a 4-lesson course in Llandudno in the middle of February.

See the advert on page 35, and for more details about TM, course fees, or to register for either of the free talks, please visit the website or ring me:

07854 688113

www.uk.tm.org

Full Moon Meditation Network

Capricorn: December 22nd ~ January 19th

Full Moon: January 12th at 11:33am

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.

www.lucistrust.org



Oiro, Messenger Of The White Burkhan
by Nicholas Roerich

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Carriageworks in Denbigh	07734 082 690	31
Freedom From Stress ~ 8 week Course	07792 784 451	31
Wings Of Change ~ Tai Chi & Qi Gong	01492 544518	33
Woodland Skills Centre	01745 710 477	33
Transcendental Meditation ~ David Hughes	07854 688 113	35

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A Network of Goodwill

In every neighbourhood we can find kindred spirits who share a vision of a beautiful and humane world, and who share a commitment to making it a reality.

They might be found planting organically - food, herbs, flowers, forests; or simplifying their lives, using less fossil fuels, recycling and repairing, going by bus and by bicycle, pouring less poison down the sink and less waste into the landfill. They might be working to restore the soul in science; or creating artefacts that are sustainable and beautiful; or sharing their craft in sound, colour or form.

Others are reaching out to those that society has abandoned; or reminding big organisations to respect life at human scale; or challenging "expert" opinions. They may be choosing a more compassionate diet, moving their money to a more ethical bank or credit union, raising their children without force or fear. They may be pioneering new ways to exchange ideas, skills and resources; experimenting with different kinds of household or community; or simply remembering how to play, sing and dance together without dependence on drugs or alcohol.

Some are learning to heal - bringing together wisdom and skills from different ages, cultures and dimensions. Then there are those who are advocates for the voiceless kingdoms - animal, vegetable and mineral - that depend on human beings for their welfare and survival.

Others are struggling to uproot violence - in the nation, the community, the home and the heart - learning to think, to speak and to act without cruelty.

Most are politically engaged, but each with their own unique mix of causes and ideals. Many prefer to "follow the money" rather than a party line - aware that every donation and purchase they make every day is a powerful vote for good or ill.

Most are spiritually active, but without a conventional creed. They may practice meditation or mindfulness, and use the insights and strength from their inner work to inform their service in the world.

Some are reclaiming the great seasonal rituals, aligning themselves with the cycles of Earth, Sun, Moon and Stars; or reinventing those essential rites of passage: the initiations of birth, coming of age, marriage, death and spiritual unfoldment.

Many sense that the world will need a vast outpouring of goodwill if it is to make it through the next few decades intact. Some found their deeper purpose through personal crisis - perhaps global crisis is humanity's great opportunity?

Do you recognise yourself here? Are you a member of this extraordinary group? Are you one of those resisting the great tide of materialism that would engulf our civilisation? Are you among those building little altars and centres and refuges of hope for a more compassionate world? If so, *you need support!* **Network News** exists to reach, encourage and support all members of this "network of goodwill". A space where members can meet, share their gifts and celebrate their unity and their diversity. A place to vision, to collaborate, and to affirm that, truly, **"another world is possible"**.