network news
a guide to inspiring events in north wales

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April 2018

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Network News is a Community Interest Company (cic); Registered in England and Wales, Company No: 06264367; Registered Office: 20 Penlan Street PWLLHELI, LL53 5DE

Front Cover Illustration by Femke van Gent
www.femkevangent.nl

Printed on 100% post consumer waste paper by Network News cic, Pwllheli
Welcome to the April Network News. Fem’s cover celebrates the Wales International Harp Festival which is being held at Galeri, Caernarfon, from April 1st - 7th. When people of different cultures meet for such simple pleasures, in an atmosphere of mutual respect, and to exchange their gifts, it feels good to be human!

Why is this innate goodness so easily lost? The ordinary citizen of Saudi Arabia would not indiscriminately kill Yemeni children; the young man in Myanmar did not grow up hoping to torch the neighbouring villages; that child did not always yearn to be a mass shooter. Oil pioneers didn’t plan to fill the ocean with plastic; the town planner didn’t design a toxic environment; the farmer didn’t want to poison the countryside. So why does it happen?

In 1957, Leopold Kohr wrote in *The Breakdown of Nations*: “If the body of a people becomes diseased with the fever of aggression, brutality, collectivism or massive idiocy it is because human beings, so charming as individuals or in small aggregations, have been welded into overconcentrated social units...”. He concludes, “There seems only one cause behind all forms of social misery: bigness”.

In his 1942 book *The Small Community*, Arthur Morgan writes: “The small community has supplied the lifeblood of civilisation, and the neglect of it has been one of the primary reasons for the slowness and the interrupted course of human progress”. Finally, in *Village Democracy* (2006) John Papworth writes: “A restoration of community life and power is not some idealised daydream of what might be; it is a stark imperative necessity for human survival”.

All three of these visionaries walked their talk through long and generous lives, and have given us these clear guidebooks to the way out of hell. Order them through the nearest small bookshop!

Blessings to all beings
The harp is the only traditional instrument in Wales with an unbroken history up to the present day. It is also the instrument most often cited in Welsh literature through the ages.

The earlier harp was a small instrument – ‘telyn benglin’ (penglin = lap). It was also referred to as the ‘telyn farddol’ or bardic harp – an instrument similar to others throughout Europe. An example of this type of harp can be seen in a wood carving from the early 15th century, on the bed frame of the nobleman Sir Rhys ap Thomas of Dinefwr. The carving shows a harp player as part of a military campaign.

Twisted horse-hair was used to make the harp strings, and there are many references to the ‘telyn rawn’ (rhawn = horse-hair). In all likelihood, metal strings were also used, as in Ireland. It is thought that the Welsh harp was rather different from the Irish equivalent: with a straighter pillar and lighter in construction. On some harps, small L-shaped wooden pegs held the strings to the soundboard, touching the strings and causing them to ‘buzz’. These pegs were called gwarchiôd. Harps in Wales were usually made from wood (for the framework and pegs), animal skin (for wrapping the soundboard), bone (for making the tuning pegs), and horse-hair for the strings. According to description in poetry, a harp would typically have around 30 strings. The Welsh harp was always played on the left shoulder.

By the 14th century, the ‘telyn rawn’ or horse-hair-strung harp was losing ground to the ‘telyn ledr’ or leather-harp – a change bemoaned by the poets, as seen in a cywydd by Dafydd ap Gwilym.

We don’t really know what sort of music the early harpists would have played. The manuscript of Robert ap Huw (c. 1580-1665) is the only clue, and it’s taken a long time to decipher! This manuscript is the oldest collection of music for the harp in the world today.

According to the dictionary of Sion Dafydd Rhys, there were five different modes of cerdd dant: Is-gywair, Craigywair, Lleddf-gywair, Go-gywair, and Bragod-gywair. A series of technical terms describing the hand movements has also survived, such as Tagiad y Fawd (thumb stop), Plethiad byr (short fold), Plethiad y pedwarbys (fourth finger fold), and so on.

Over the centuries, patronage was central to the livelihood of the harpists – as it was for the bards and other singers. A special system existed whereby degrees were conferred on poets and musicians. They were placed in distinct categories so that they could be ‘licenced’. These degrees determined how much they could earn on their ‘clera’ travels (performing for money).

The old bardic degree system broke down from the Tudor period onwards and patronage by noblemen ebbed away as they became anglicised. Many Welsh harpists made a living in London, including some royal harpists. In Wales, the decline was gradual. For example, in 1594, in a single mansion on Anglesey, 13 harpists were listed over a period of only two months. In the 18th and 19th centuries, the harp makers of, for example Llanrwst,
Llangynog and Cardiff (Bassett Jones) were very productive – a reflection of the popularity of the instrument in that period. The triple harp came to Britain during the reign of Charles I, around 1630. It is believed that the first ‘telyn deires’ or triple harp in Wales was made towards the end of the 17th century by Elis Sion Siamas of Llanfachreth near Dolgellau.

The triple harp has a range of five octaves and about 95 strings in three rows. The two outer rows are diatonically tuned in unison, whilst the middle row is tuned to the chromatic notes. The triple harp became popular first of all amongst the Welsh harpists in London. Over the years, its popularity in Wales itself grew so much that it came to be known as the ‘The Welsh Harp’. Dozens of these instruments were made during the 18th and 19th centuries.

The triple harp probably took hold in North Wales initially, but before long it spread to the south, thanks to the enthusiastic support of individuals such as Lady Llanerofer, Augusta Hall (1802-1896). During the 18th century, players such as John Parry, the blind harpist from Rhiwabon, came to be known as one of the best harpists of his time, and in the next century ‘Telynor Cymru’ (The Welsh Harpist), John Roberts of Newtown – descended from the Wood Gypsy family – was also responsible for spreading the popularity of the instrument.

The triple harp was light enough for players to carry on their backs, and this meant that they appeared at fairs and taverns as well as at mansions. But the Methodists were dead against any instrument that had any connection with the tavern scene, and as their influence grew, many turned their backs on the old folk traditions. The appearance of the new double-action pedal harp was also a threat to the old Welsh harp in the 19th century. In a speech in Liverpool in 1886, John Thomas (‘Pencerdd Gwalia’) even described the adherence to the triple harp as ‘cruelty’:

"I have now reluctantly arrived at the conviction that it would be nothing less than downright cruelty to handicap our compatriots by offering any further encouragement for the study of an instrument which would keep them so far behind in the race of progress and distinction."

In the 20th century, the triple harp was almost completely ousted by the pedal harp, and musical emphasis moved from traditional to classical. But the tradition was kept alive by Nansi Richards, Telynores Maldwyn (the Montgomeryshire Harpist), who was trained in the traditional style by Telynor Ceiriog at the beginning of the 20th century.

The two most prominent leaders of the recent revival are Llio Rhydderch and Robin Huw Bowen. Between them, they have put the old triple harp back on its feet in its own right, rather than in the shadow of other kinds of harps, and have highlighted the instrument’s unique technique and sound.

Meurig Williams is the Coordinator of the Society for the Traditional Instruments of Wales (CLERA).

http://www.sesiwn.com

See Calendar for CLERA sessions and for the Wales International Harp Festival
With all of the current concerns over pollutants around us and the chemicals we ingest in the name of wondrous looking hair, deodorants, shampoos, soap, washing-up liquids, air fresheners and the like I pondered on what it would be like to not use any of the products (washing-up liquid excepted).

So, when my working life ended at the end of last November, I happened upon some home-made soap which was only made with natural products, and so I felt the time was right to try some of the slightly oddball ideas that I’d heard about to see if I could return to a more natural me. I have incredibly fine hair and had never been able to grow it much longer than shoulder length. Now I started washing my hair with my chemical free ylang-ylang scented soap. I was amazed at how little hair was left in the shower after I got out and indeed by the start of the New Year, my hair was noticeably longer. A couple of weeks after this I made the decision not to shampoo, or soap, my hair any longer at all. I’d heard it takes about 6 weeks for the hair to return to its natural state of self-cleaning and looking shiny from its natural oils. It’s been 9 weeks since I last used a cleaning product in my hair. I rinse it thoroughly every time I shower just to get rid of the dust and accumulated dirt. I massage my scalp thoroughly to loosen dead skin cells. My hair has grown at a phenomenal rate since then and it has a glorious sheen to it whilst not being greasy, in the slightest, to touch. No artificial chemical smells either. If I want my hair to smell nice I just rub in a natural oil, safe to use on the skin, before I shower.

In the last 3 weeks, I’ve taken my idea of naturalness one step further. No deodorants or antiperspirants for me. I must admit I would not have tried this experiment if I was still doing a 9-5 job So, do I smell? Has my husband, who doesn’t hold back in telling me I stink – when I have done, complained about my body odour? The answer, I’m pleased to say, is that I have had no complaints, only a compliment that I smell more, “naturally musky”.

I have been very pleasantly surprised by the result of my experiences. Now all I have to do is wait for summer and to resist the urge to shave my legs. I’m not sure I’m brave enough for that. I’d urge all of you to be brave and give up washing your hair with shampoo though. Yes, it will look awful for a couple of weeks. But, if you persist you will genuinely have hair which will be your crowning glory. And, if you’re feeling really brave, ditch the under-arm stuff too. You’ll be very surprised at your body’s own ability to keep you clean and odour free.

Jane Porter is an explorer of modern paganism and invites you to join the 8 week Pagan Study Group in Blaenau Ffestiniog (see under PAGAN in Regular Weekly Groups) yrhenysgol17@gmail.com
Leaving the Age of Limits, and entering the Age of Consequences, many new challenges confront us. What is our most strategic response? We see three interconnected parts:

- Regeneration of the natural world
- Ahimsa (harmlessness)
- Satyagraha (truth force)

As ecovillagers, regeneration requires us to repair the Earth where we are, and then to reach out to heal her at ever greater distances. We work first at the square centimeter field, but recognize that the square centimeter is part of the square meter, and the cubic meter, and the whole Earth.

To begin to heal the Earth, we must first do no harm. This requires us to adopt practices that may seem to others in the modern consumer culture as heresy, but they need not be hair shirts — we can live both simply and elegantly. Our businesses can provide both right livelihood and be profitable. Simple ethical choices govern our daily activities. Ecovillage magic (advanced technology) enables these to be successful in the unfair competitive context of the dying, fossil culture.

The power that living with purity of intention gives to us is stronger than most imagine. It threw the British Raj out of India. It brought civil rights to African Americans. It elevated a humble prisoner to the presidency of South Africa. This power must always be guarded with care and used with utmost caution. It must be continuously, ritualistically re-purified to remain strong. This is the keystone of ecovillage design. It holds the entire arch.

But speaking of arches, we will also speak together of buildings and infrastructures, looking at natural materials, ancient techniques, passive heating and cooling in all climates, and practical ways to draw carbon from the atmosphere and oceans by how we construct human habitats at all scales.

Ecovillages are viral memes. They travel, like the scent of new flowers, on sweet fragrances. They pass from person to person as good advice, friend to friend. They come from the ground, from the grass roots, and they fit into the context of their surroundings, while at the same time enchanting neighbors with their exceptional beauty and grace.

Climate change is nothing new for our species. Living within the confines of a solar energy economy is something we had done until just two centuries ago, in all climates and topographies, in areas of good soil and water and in regions of almost none. Being aware of limits is essential to design, and to a good life.

Albert Bates is an ecovillage pioneer exploring ways to reverse climate change and the decline of civilization.

http://peaksurfer.blogspot.co.uk

The 2018 GEN Europe Ecovillage Conference will be held at Lilleoru, Estonia, July 10th - 14th, with the theme: “WISDOM of CONSCIOUS COMMUNITIES”. Lilleoru is a training centre and intentional learning community, designed and built with an aim to support conscious and holistic development of a human being.

http://gen2018.ee
The 8-Week Mindfulness Course
27th April ~ 29th June 2018
10:30am ~ 1pm on Fridays plus full day on June 9th
at Rowen Memorial Hall, Llanerch Estate, Rowen, Conwy, LL32 8YA

Mindfulness is developed by purposefully paying attention in a non-judgmental way to your experience of your body, your mind and the world around you.

Mindfulness is about being awake and aware and living in the present, rather than dwelling in the past or anticipating the future.

Most people completing the programme report lasting physical and psychological benefits including:

- Greater self-confidence and more acceptance of life as it is.
- An increased ability to cope effectively with both short and long-term stressful situations.
- An increased ability to relax and experience calm.
- More energy, enthusiasm and appreciation for life.

The course is suitable for most people. We all experience difficulty in our lives and the course can teach skills to help manage difficulty. Some participants come because of a specific physical or mental health problem; others come to help themselves with more general stresses. Sometimes people want to do the course as a first step towards learning to use the approach to help others. You will be taught in a group of about 20 - 24 by an experienced teacher.

Your teacher, Rebecca Crane PhD, MA, PFHEA, DipCot, directs the Centre for Mindfulness Research and Practice and has played a leading role in its development since it was founded in 2001. This event is non-residential. Course fees: Subsidised Rate £190.00; Standard Rate: £210.00

Centre for Mindfulness Research and Practice (CMRP), Bangor University, Dean Street, Bangor, LL57 2AS.
01248 382498
www.bangor.ac.uk/mindfulness/

PROCESSIONS is a once-in-a-lifetime opportunity to take part in a mass participation artwork to celebrate 100 years of Votes for Women.

In 1918, the Representation of the People Act gave the first British women the right to vote and stand for public office. We are inviting women and girls across the UK to come and mark this historic moment as part of a living portrait of women in the 21st century.

100 women artists are being commissioned to work with organisations and communities across the UK to create 100 centenary banners for PROCESSIONS as part of an extensive public programme of creative workshops.

On Sunday 10th of June, women and girls in Belfast, Cardiff, Edinburgh and London will walk together as part of this celebratory mass participation artwork. Wearing either green, white or violet, the colours of the suffrage movement.

You can download banner, flag or pennant making toolkits from: processions.co.uk

Workshop on 18th & 25th April in Calendar
Gŵyl DeLynau Ryngwladol Cymru ~ Wales International Harp Festival 1st - 7th April. More than 100 harpists from countries as far afield as Japan, America, Russia and Thailand. Harpist Sioned Williams - originally from Sychdyn, in Flintshire, commissioned work called The Drowning of Capel Celyn, from composer Michael Stimpson. It commemorates the submerging of Capel Celyn in the Tryweryn valley above Bala, in 1965 to create a reservoir to provide water for the city of Liverpool and the Wirral. Her Grandfather Huw T Edwards led the campaign against the flooding. Sioned will be playing the piece at St Mary’s Church in Caernarfon on Easter Monday, April 2, in the composer’s presence. Other highlights of the festival, include a celebration of the life and work of the globally-renowned harpist, Dr Osian Ellis to mark his 90th birthday; plus Masterclasses, Workshops and Junior & Youth Competitions.

Most events take place in Galeri, Caernarfon 01286 685222, galericaernarfon.com See Calendar and visit walesharpfestival.co.uk

TOKO TELO Madagascan singers and musicians bring their soulfulness to Bangor. See Calendar 27th

BANFF MOUNTAIN FILM FESTIVAL An extraordinary collection of short films from the world’s film festival. Llandudno. See Calendar 14th April.

WOW: WALES ONE WORLD FILM FESTIVAL Coming the Theatr Clwyd, Mold, see Calendar

POETRY IN EXPANDED TRANSLATION III 4th - 6th April, Bangor. This international and interdisciplinary conference will consider the role of sound in poetry translation, and in related areas of performance and creative practice. See Calendar

LLANGOLLEN MIND BODY SPIRIT FESTIVAL Saturday 8th April. Llangollen Pavilion. See Calendar

STORYHOUSE WOMEN'S WEEKEND 27th - 29th April. A weekend that celebrates women and girls - all welcome! Film, discussion, radio, painting, and presentations. Storyhouse, Chester CH1 2HH, 01244 409311, storyhouse.com See Calendar.

ANGLESEY ARTS FORUM Continues until 8th April. Open Studios, Walks, Workshops for Children and Adults. Details: angleseyartsforum.org or pick up a Guide from Ucheldre Centre, Holyhead.

Women’s Festival of Music and Arts

DO YOU: sing, dance, create, make, do, sell, help, volunteer?

Our events not only provide women with the opportunity to shine, but the profits raised go to charity: mental health, anti-trafficking, anti - FGM, Women’s Aid, cancer support, Kenyan School’s Project, and many more fantastic causes.

Held in Llangollen Town Hall.

To get involved for 2018 visit: womensfestivalofmusicandarts.weebly.com

North Wales Guitar Retreats ~ Introduction to Fingerpicking Guitar Course 5th May* For beginners of fingerpicking and those experienced. £80, 10am - 5pm, Watergate St, Chester. Contact Jim Bazley & Skeet Williams northwalesguitarretreats.com

TO LET, UNFURNISHED Llanfrothen area

Self-contained garden flat in rural location with stupendous views.

Kitchen-diner, one bedroom, bathroom, large covered verandah. EPC rating D.

Solid fuel stove. Electric cooker, fridge, washing machine.

No off-road parking; on-road parking for one car.

Short walk to bus service to Porthmadog.

NO SMOKING, NO DOGS.

Suitable for one quiet mature person.

£325 per month plus council tax (A).

Tel: 01766 770917

REGULAR WEEKLY GROUPS AND CLASSES ARE IN THIS ISSUE FROM PAGE 30
### April Calendar

**1st SUNDAY - 7th SATURDAY**

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

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

**A Celebration of the Music of Osian Ellis** This will be the first performance of a collaborative new work created by Mererid Hopwood (poetry), Gwenan Gibbard and Mared Emlyn (music) to celebrate Osian Ellis’ 90th birthday. The programme includes “Molawd i Osian” (Eulogy for Osian) Pre-concert talk by Festival Director, Elinor Bennett at 6.30pm (included in ticket price). 8pm, £15 - £8. Galeri, Caernarfon 01286 685222, galericaernarfon.com Part of the Harp Festival, see Noticeboard

**Green Woodworking** Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 176204, eternalforest.org See page 39 for EFT Newsletter.

**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@gmail.com

**1st SUNDAY - 8th SUNDAY**

**Wales International Harp Festival** Celebrating the 90th birthday of the legendary harpist, Dr. Osian Ellis CBE, and the enormous contribution that he made to music-making over a period of 70 years. There will be concerts, competitions, masterclasses, lectures, fun classes for absolute beginners, harp exhibitions and much more. Full programme of events from: walesharpistfestival.co.uk See Noticeboard & Calendar

**Anglesey Arts Forum** Continuing the Open Studios when painters, sculptors, photographers, film makers, printmakers, installation artists and craftworkers open their studios to visitors for conversation and purchases! Also Children’s Art Workshops at Ucheldre Centre, and Art and Landscape Walks. Details from angleseyartsforum.org or pick up a guide from Ucheldre Centre, Holyhead 01407 763361, or box-office@ucheldre.org

**2nd MONDAY**

**Trafodaeth Am Gwrth-Ffasgiaeth ~ Talk on Anti-Fascism** with Merseyside Anti-Fascist Network. Speakers will come from Merseyside and South Wales to talk about why it’s important for us to resist racism and fascism and in the world we live in. A speaker from Merseyside Anti-fascist Network will discuss the links between working class solidarity and fighting racism, Islamophobia and fascism. There will also be Welsh anti-fascists talking about anti-fascism in Wales today. Refreshments available; we will not tolerate any oppressive behaviour. 7-9pm, Bethesda Pay As You Feel Café, 57 High St., LL57 3AN. Facebook: of same name.

**The Society for the Traditional Instruments of Wales** Tune club playing Welsh tunes meets 1st & 3rd Mon/month, 8.30 - 11pm. Royal Welsh Yacht Club, Porth-yr-Aur, Caernarfon LL55 1SN. Contact meurig@sesiwn.com ~ sesiwn.com

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

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

**Choral Concert** In the company ofPalestrina Choir from Dublin, with harpists Sioned Williams and Anne Denholm. Includes music by Holst, Britten, Michael Stimpson and Rutter. Sioned Williams will be playing in remembrance of the village lost when a reservoir was built which flooded Llyn Celyn. Sioned will also read a poem, Tryweryn, which was written by her grandfather Huw T Edwards, who opposed the flooding. 7.30pm, £15 - £8. Held at St. Mary’s Church, Church St., Caernarfon. Bookings: Galeri, Caernarfon 01286 685222, galericaernarfon.com Part of the Harp Festival, see Noticeboard

**2 Blondes and a Harpist** Lowri-Ann Richards and Dylan Cernyw. Eclectic choice of music from Welsh folk to Lady Gaga. 9.30pm, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com Part of the Harp Festival, see Noticeboard

**3rd TUESDAY**

**Meditation Practice Group** 3 meditations including a body scan, mindfulness practice and meditation. 7.30 - 9pm, drop-in, no need to book, £6 includes refreshments. All Saints’ Church Hall, 21 Poyser St., Wrexham LL13 7RP. NE Wales Mindfulness 07816 988124, newmindfulness.net

**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, donsaundersopt@aol.com

**Beauty and The Dogs** (15) A strong female voice in contemporary Tunisia. 8pm, £6, English subtitles. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com Part of WOW Wales One World Film Festival
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, lynnaalexander@talktalk.net

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

Mindfulness Drop-In  Everyone is welcome, whether new to mindfulness or wishing to keep their practice going. Tara Dew will aim to do 2 practice sessions between 5 and 6pm so it is fine to arrive at 5pm or to slip in at 5.30pm for the second practice. At 6pm there will be the opportunity to connect and chat about how we are getting on bringing mindfulness into our lives. The drop in will be on a donation basis and will be held in the log cabin in the Hermitage Garden. Ynys Graianog, Criccieth, LL52 0NT. gwynnedmindfulness.co.uk

Welsh Song Cycles  With harpists Elinor Bennett and Anne Denholm. 8pm, £15 - £8. St Mary’s Church, Church Street, Caernarfon 01286 685222. Part of the Harp Festival, see Noticeboard

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

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

NT Live Screening: Julius Caesar  The educated elite of Rome conspire to bring Caesar down. 7pm, £12. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

SAORI Weaving Taster Session  1st Weds/month. Half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

Rhododendron Workday  Rhododendron is one of the top 3 invasive species to the Snowdonia National Park. 10am, booking essential. Snowdonia Society, Owain 01286 685498, owain@snowdoniasociety.org.uk

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

Have A Nice Day (15)  Animation from China about China’s enslavement to capitalism. 8pm, £6, English subtitles. Théâtre Clwyd, Mold 01352 701521, theatrclwyd.com Part of Wales One World Film Festival

Poetry & Sound  Andrew Lewis, Erin Moure, Lee Ann Brown, Philip Terry. Hosted by Zoë Skoulding. The opening night of an international conference that will bring poetry off the page and into the ear. This free, public word and sound event in Powis Hall features Professor Andrew Lewis’s acclaimed audiovisual performance on dyslexia, LEXICON. 6 - 7.45pm, Powis Hall, Bangor LL57 2DG. 01248 382106, expanded-translation.bangor.ac.uk Event from Poetry and Sound in Expanded Translation Conference

Russell Brand Re: Birth “Once you’ve had a baby you’re a parent and immediately you go from being a mad man (cool) to a mad dad (not cool).” 16+, 7.30pm, £27.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

The Society for the Traditional Instruments of Wales  Tune club playing Welsh tunes meets 1st & 3rd Mon/month, 8.30 - 11pm. Delyn Wine Bar, 3 King Street, Mold CH7 1LA. Contact meurig@sesiwn.com ~ sesiwn.com

RHO Live: Macbeth (12A)  Live satellite screening. Verdi’s opera based on Shakespeare’s tragedy. 7pm, £15, £12.50, Pontio, Bangor 01248 382838, pontio.co.uk Also Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

4th WEDNESDAY - 6th FRIDAY

Poetry and Sound in Expanded Translation Conference  This international and interdisciplinary conference will consider the role of sound in poetry translation, and in related areas of performance and creative practice. How helpful is a musical vocabulary in discussion of the sound of a poem in translation? Conversely, what is meant by describing music as a language? Examining new and emerging interfaces between poetry, sound and translation, this conference will bring together poets, musicians, critics and translators. Bangor University, LL57 2DG, 01248 382106, expandedtranslation@bangor.ac.uk
4th WEDNESDAY - 7th SATURDAY

**Elite School of Dance** An evening of song and dance with members from Team Wales of the Dance World Cup 2017. 7pm, £10, £8 concs., Theatr Clwyd, Mold 01352 701521, theatrclywd.com

5th THURSDAY

**North Wales Cancer Care** invites you to come and join the Launch of a new Wellbeing Support Service for people on the Lŷn living with cancer. Open Day 11am - 3pm, come in for a chat and refreshments at Clwb Seren Wen, Day Centre, High St, Crichieth LL52 0RN. More details from NWCC Co-ordinator Sheila Smith 07851 792014, info@health-matters.biz, northwalescancercare.org.uk

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

**NW Arthritis and Chronic Pain Support Group** 1st Thurs/month. Helping people living with pain. 6.30 - 8.30pm, Mold Community Hospital, Ash Grove, Mold CH7 1XG. Angela 0844 887 2618, nwpcpsg@gmail.com

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

**The Prince of Nothingwood** (15) From Afghanistan - a heartwarming tale of creativity against all odds. 8pm, £6, English subtitles. Theatr Clwyd, Mold 01352 701521, theatrclywd.com Part of WOW Wales One Film Festival

**Listening Session: Geraint Lewis** A musical journey with composer Geraint Lewis listening to recordings by Osian Ellis. 4pm, Galeri, Caernarfon 01286 685222, geriel@cheshirewest.gov.uk. Part of the Harp Festival, see Noticeboard

**Welsh Craft Fair** All items for sale were crafted and designed in Wales. From Art, Pottery, Slate art, Pens, scarves, waxes, Jewellery, Pendants, there is so much. 8.30am - 4pm, 50p, tea and coffee. Llandudno Town Hall, Lloyd Street, Llandudno, Conwy LL30 2UP, 07989 955541

**Tree Planting** Plant a variety of native broadleaved trees. 10am, booking essential, free transport available from Bangor and Caernarfon. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

**The Society for the Traditional Instruments of Wales** Tune club playing Welsh tunes meets 1st & 3rd Mon/month, 7.30 - 11pm. Black Boy Inn, Caernarfon LL55 1RW. Contact meurig@sesiwn.com ~ sesiwn.com

**Poetry & Performance** Hosted by Zoë Skoulding. Poetry and performance from Rhys Trimble, Nia Polly Watts Davies, Chris Paul, Nisha Ramayya, Peter Hughes and Lisa Samuels. This free evening performance, open to the public, presents exciting contemporary poetry that draws on sound and translation. 6 - 7.45pm, Pontio, Bangor LL57 2TQ. 01248 382828, pontio.co.uk Part of the Poetry and Sound in Expanded Translation Conference.

**Chamber Music Concert** Music by Debussy, Faure, Tournier, Mozart and others with harpist Isabelle Moretti. 7.30pm, £8 - £15. An open mic session will take place in the bar following the concert, 9pm (included in concert ticket price). Galeri, Caernarfon 01286 685222, galericarnarfon.com Part of the Harp Festival, see Noticeboard

**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, venue@llangollenfoe.org.uk

6th FRIDAY

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

**Pastels Workshop: Tiger Eyes** Learn to paint realistic wildlife using Pastel. Suitable for all abilities. 10am - 4pm, £30. Kaz Turner, 01978 363539, 07809 687740, kazturner.com

**Brainiac Live** Live Science show full of explosions, combustions and fun. 2pm, £16.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**Living Landscapes in Practice + Branch AGM** A brief AGM followed by a presentation from Amy Green, NWWT Living Landscapes Officer for the Alun and Chwiler Valleys. 7 - 9pm, Grosvenor Hall, Grosvenor Rd., Mold CH7 1EJ. Mark Hughes 07800 771570, mjdhughes1108@gmail.com

**Wild Mersey** A talk with Bill Morton and Cambrian Ornithological Society. Bill Morton has been bird-watching over Frodsham Marsh and the Mersey since he was a teenager. 7.30pm, £2 non-members. Pensychnant Centre, Conwy LL32 8BJ, 01492 592595, pensychnant.co.uk

**Quiet Afternoon** Aimed at those who enjoy a ‘quieter’ visit to the museum, including people living with autism and their families and carers. Wherever possible, we dim the lights and turn the recorded sounds down. Afternoons are themed, with hands-on activities to engage all ages and abilities. Grosvenor Museum, Chester. Pre-visit orientation pack available on request from Virginia Kettle on 01244 972120 or virginia.kettle@cheshirewest.gov.uk

**Twitter For a Lark – Bangor Book Launch** Launch reading with author Robert Sheppard plus James Byrne, Alys Conran, Jeff Hilson, Philip Terry and Zoë Skoulding. If the right poets for the times don’t exist, then they have to be invented. Working in collaboration with a team of real writers, Robert Sheppard has created a lively and entertaining anthology of fictional European poets. This is a free, public event. 6 - 7.30pm. Ysgol Cerddoriaeth Prifysgol Bangor / Bangor University School of Music, LL57 2DG Bangor. 01248 382181, music@bangor.ac.uk Part of the Poetry and Sound in Expanded Translation Conference.

**Gary Edward Jones** Songs inspired by early Motown, blues and folk. 7 - 9pm, £20 per car, up to 4 ppl per vehicle. Woodland Skills Centre, Bodfari, Denbighshire 01745 710626, woodlandskillscentre.uk
Mountainface Melodic, crafted musical trio. 7.30pm, £8. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywyd.com

Folk Concert ~ Cyngerdd Gwerin Performing tonight: Calan, Ben Creighton-Griffiths, Paul Dooley, Maeve Gilchrist, Nic Gareiss. 7.30pm, £8 - £15, Galeri, Caernarfon 01286 685222, galericaernarfon.com Part of the Harp Festival, see Noticeboard

Downsizing (15) Film. A man realizes he would have a better life if he were to shrink himself. 7.30pm, £6, £5 concs., from online; £8, £6 concs door. Upstairs @Llangollen Town Hall, LL20 8NU, newdotcinema.org

6th FRIDAY - 8th SUNDAY

Yoga & SUP Retreat Bringing together our love of yoga and our new love, stand up paddle boarding. £445 - £585. Plas Cadnant Hidden Gardens, Cadnant Road, Menai Bridge LL59. Bookings: thezestlife.co.uk

6th FRIDAY - 11th WEDNESDAY

Lady Bird (15) Film. 2pm 7th & 11th; 8pm 6th & 7th, 7pm 9th. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywyd.com

7th SATURDAY

Re-purpose Clothing with Crafty Mamas. Bring any clothes you wish to rejuvenate, sewing machines, embellishments, be as creative as you like. 1 - 4pm, The Vestry, Porthmadog. Facebook: of same name

Beach Clean 12.30 - 2.30pm, Brynsiencyn, Llanfair PG, Anglesey LL61 6TQ. Organised by Anglesey Sea Zoo 01248 430411, angleseysea.zoo.co.uk

Dowsing for Beginners Geopathic stress affects everyone. You could be affected by the Earth’s magnetic field. Learn how to manage this. Workshop held in Flintshire. More details from Chris Quatermaine 01244 509933, house-dowser.co.uk

Footpath Maintenance Enjoy spectacular views of the Nant Gwynant valley and learn about the importance of water management and landscaping as we put the finishing touches to a recently finished section of footpath. 10am, booking essential. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Sacred Song Workshop 10am - 1pm, £15, £10, £5. Wesley Church Centre, Chester. Ella 07792 620503, ellaspeirs@hotmail.com

Loving Vincent (12A) Film of Vincent van Gogh in the style of his painting; part of Anglesey Arts Weeks. 7.30pm, £8 - £15. Galeri, Caernarfon 01286 685222, galericaernarfon.com Part of the Wales International Harp Festival

Benjamin Creighton-Griffiths Benjamin will be presenting the Late Night Music - a party-time solo jazz concert in the bar. 9pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com The final event of the Wales International Harp Festival

Iwan Llewelyn-Jones: The Magical World of Claude Debussy Ancestral Adventures, 7.30pm, £12, £10 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

6th FRIDAY - 8th SUNDAY

Llangollen Mind Body Spirit Festival Over 50 stalls of healers, psychics, crystals, FairTrade gifts, clothing and much more. Veggie and vegan food. 10am - 4.30pm, £1 admission; free parking, free workshops. Llangollen Pavilion, Abbey Rd. LL20 8SW. Facebook of same name

Sacred Circle Dance 1st Sun/month, 2 - 4pm, Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

Positive Birth Movement NW Free antenatal discussion sessions facilitated by a group of local mums, who also support parents and have specialist areas in all things pregnancy/postpartum related. The sessions run over 12 weeks. No need to book, just turn up. Today: Cat - A Cesarean Birth. 10am in Y Caban Café, Brynrefail. Facebook of same name

Adult Felting Masterclass ‘Squirrels and Hares’. Ruth Packham guides us through the technique of needle felting making either a hare or red squirrel. 10.30am - 4.30pm, £75 includes light lunch. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Understanding The Magic of Kundalini Yoga Come and explore the transformation that happens in Kundalini Yoga kriya and how it can directly influence your day to day life. Learn about science of mantras and how we, consciously or subconsciously, use power of mantra every day. 11am - 4pm, £35. Plas Coch Sports Centre, Glyndwr University, Wrexham LL11 2AW. Daria Wawrzynska 07961 716295, daria@highhonyoga.co.uk Booking via highhonyoga.co.uk

Breeze Ride and Coaching Session for Women 1st of 4. This friendly and relaxed coaching session will take you through some fundamental bike skills. 9.30 - 11.30am, free, admission charges apply. Meet in the Castle c.p. outside Visitor Centre. Penrhyn Castle, Bangor. Book online : www.letsride.co.uk Also 15th, 22nd & 29th.

Digging the Dirt Theatre. The tale of people standing up for what they believe. One is based on the Digger movement of 1649 which saw a group of people striving to create a more equal society by occupying common land. The other is about a whistle-blower within the intelligence service who attempts to halt the invasion of Iraq in 2003. 7.30pm, Quaker Meeting House, Bangor. bangorquakers.org.uk

Gardeners Market Come and buy fabulous plants grown at local nurseries and chat with the stall holders to pick up gardening advice. 10am - 4pm, free event. RSPB Conwy Nature Reserve, Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Tim Ravenscroft ~ Piano Beethoven Sonata Recital Series. 2.30pm, £15, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk
8th SUNDAY & 9th MONDAY

**Sweet Country** (15) Film. Shocking and hauntingly beautiful outback Western, about an aged Aboriginal farmhand on the run after shooting a white man in self-defence. 8th - 1pm, £8.50; 9th - 8.15pm, £9.50. Storyhouse, Chester CH1 2HH, 01244 409113, storyhouse.com

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.

**North Wales Cancer Care** invites you to come and join the Launch of a new Wellbeing Support Service for people on the Llyn living with cancer. Open Day 10am -1pm, come in for a chat and refreshments at Natural Therapy Centre, 73a High Street, (above Browser's Bookshop), Porthmadog LL49 9EU. More details from NWCC Co-ordinator Sheila Smith 07851 792014, info@health-matters.biz, northwalescancercare.org.uk

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

**The Society for the Traditional Instruments of Wales** Tune club playing Welsh tunes meets 2nd Mon/month,9 - 11pm, The Waverley Hotel, 10 Station Road, Bangor LL57 1LZ. Contact meurig@sesiwn.com ~ sesiwn.com

**Meditation Practice Group** 3 meditations including a body scan, mindfulness practice and meditation. 7.30 - 9pm, drop-in or book the whole course in advance. Held at Natural Therapy Centre, 73a High Street, (above Browser's Bookshop), Porthmadog LL49 9EU. More details from NWCC Co-ordinator Sheila Smith 07851 792014, info@health-matters.biz, northwalescancercare.org.uk

**Time Management for Procrastinators** This mini-workshop will look at the reasons why we procrastinate when we know we'll feel so much better when we've done the tasks in hand. It will also share simple, effective ideas on how to become more productive with our time without it seeming like a chore. 10am - 12.30pm, free. Glastdir Business & Conference Centre, Plas yn Dre, Llanrwst, Conwy LL26 0DR. Tickets: eventbrite.co.uk

**Seriously Books** 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. Meets 2nd Mon/month. Books selected by vote and alternate between contemporary and classic fiction. Gladstone’s Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

**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.

10th TUESDAY

**Ethiopia Highlights & NWWT Arfon Branch AGM** Following the short AGM, Sue Carter will give an illustrated talk about her recent visit to Ethiopia. This is also a chance to see NWWT’s new Head Office, followed by tea and cake! 2.30 - 4.30pm, NWWT HQ, Llys Garth, Garth Rd., Bangor LL57 2RT. Sue Carter 01248 371769, sue@gorad.co.uk

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

**The Third Murder** (15) Film from Japan. exploration of truth, justice and whether we can ever truly understand why people behave as they do. 8pm, £6, English subtitles. Theatr Clwyd, Mold 01352 701521, theatrclywd.com Part of WOW Wales One World Film Festival

**Dry Stone Walling** Learn the basics through helping to construct one of these beautiful structures. No previous experience required. 10am. Booking essential, limited spaces. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

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

11th WEDNESDAY

**Friends of the Earth Conwy** Meets 2nd Weds/month. The meeting above replaces our usual monthly meeting. We would love to have some new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. Held in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8HT. Kalpa Bhadra 01492 878778, meditatenorthwales.com

**Meditation & Mindfulness Course** Learn ancient wisdom perfect for solving the problems of modern times. Tuesdays, 3 week course. 7 - 8.30pm, £6 session or £14 whole course. Everyone welcome; drop-in or book the whole course in advance. Held at Seibiant, 8 Lancaster Sq., Conwy LL32 8HT. Kalpa Bhadra 01492 878778, meditatenorthwales.com

**RSC Live: Macbeth** "Something wicked this way comes". 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
**The Society for the Traditional Instruments of Wales** Tune club playing Welsh tunes meets 2nd Weds/month, 8.30 - 11pm. Oakeley Arms Hotel, Tan y Bwlch, Maentwrog LL41 3YU. Contact meurig@sesiwn.com ~ sesiwn.com

**Hope in Troubled Times What Can We Do?** By standing in the light of our soul there is much we can do to maintain our equanimity and make a difference in challenging times. A talk by Teresa Keast and Chester Theosophical Society. 7 for 7.30pm, £5.50, £3.50 concs., Book & CD Sale, refreshments. Quaker Meeting House, Frodsham St., Chester CH1 3LF, 01244 370461, Chestertheosophy.org

**Healing for Wellbeing** 2nd Weds/month, 6 - 9pm. Hands on healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more. No fee, donations welcome, could travel. Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlaryea2003@yahoo.co.uk

**Llandudno and District Writers Group** This month: Heather Gilbert - *How Are You Reading Me?* 2pm, all welcome! Llandudno Public Library. Contact: llandudnowriters@aol.co.uk

**Landscape Painting and Drawing for Beginners** A course for first-timers by local artist, Tim Illiffe. The first 3 weeks will be taught indoors; followed by trips out to our nature reserves during following sessions. Booking essential. First 3 weeks of course mandatory. All equipment and materials, plus transport for trips to nature reserves, are provided. No dogs. £15 for first 3 weeks, then £5 per week. 2 - 4pm. NWWT HQ, Llys Garth, Bangor LL57 2RT. Tim Illiffe 01248 351541, inourminds@gmail.com

**Summit to Sea Litter Pick 1: Snowdon** Using GPS Dataloggers, the information we collect on the day will be mapped and made available for anyone to access. 10am, booking essential. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

**Anafon Valley and Aberwyngregyn Woods** A search for Ring Ouzel before they move to their high breeding grounds. Leader Gareth Jones. 9am - 12.30pm, £12.50. NWWT HQ, Garth Rd, Bangor LL57 2RT. Annawilliams@wildlifetrustswales.org

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

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

**The Lowest Pair** Duel banjo picking of Kendll Winter and Palmer T. Lee. Gig at 8pm, £10. Bar only, no food served. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

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

**Clay Workshops** Hand building clay using pinch pots, coils, or slab building and you will be able to make anything using these methods from something small, like coasters, to a large sculpture. These sessions are suitable for beginners to more experienced users of clay. Rhydymwyn Nature Reserve. Contact: judypemberton@uwclub.net

**Creating Successful Futures Through Outdoor Learning** Encouraging educational practitioners to link the curriculum with nature. Presentations and workshops include: Expressive Arts, Health and Well-being, Languages, Literacy and Communication, Science and Technology. 9.30am registration - 3.15pm, £30, lunch and refreshments included. Coed Llwynon, Llanfairpwll, Anglesey. Contact James Carpenter 07721 687905, coed.llwynonn@gmail.com

**Israfil** (PG) Film from Iran. Revealing the segregated women’s world of contemporary Iran, explored through love and loss. 8pm, £6, English subtitles. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

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

**Distant Sky: Nick Cave & The Bad Seeds Live in Copenhagen** (12A) Film of 2017 concert. 7.30pm, £12, £10, Pontio, Bangor 01248 382828, pontio.co.uk

**13th FRIDAY**

**NWWT Conwy Valley Branch AGM and Talk** Come along and find out how you could get more involved. This is your chance to let us know what you would like in future programmes. Speaker to be confirmed. 2pm, £2 and includes refreshments. All made very welcome. The meeting will be held in St. David’s Church Hall, Glan-y-Mor Road, Penrhyn Bay, Llandudno, LL30 3NT. John Underwood 01492 533459, 07783 773225, john.underwood@gmail.com

**Meic Stevens** Singer-songwriter, plus Alun Llwyd of Turnstile Music. Between songs Meic will be discussing his life as a professional singer. A Welsh language event. 8pm, £12, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Willow-Weaving** Craft session with Mandy Coates – come and learn a new skill bird feeders and small creatures out of natural materials. Booking essential. 10am - 12.30pm, £12.50. NWWT HQ, Garth Rd, Bangor LL57 2RT. Bookings: 01248 351541 / 07917 455367, annawilliams@wildlifetrustswales.org

**Berliner Philharmoniker Live: Kirill Petrenko & Yuja Wang** Live screening of concert, 6.30pm, £15.50. Storyhouse, Chester CH1 2HH, 01244 409113, storyhouse.com

**Hurdle Making** Try out this ancient craft with Mandy Coates, and make your own, beautiful screen. If you have hazel or willow rods to hand, please bring them along. Booking essential. 1.30 - 3.30pm, £12.50. NWWT HQ, Garth Rd, Bangor LL57 2RT. Bookings: 01248 351541, annawilliams@wildlifetrustswales.org
**A Man Called Ove** (15) Film. A gentle reminder that life is sweeter when it’s shared. 7.30pm, Swedish with English subtitles. Denbigh Film Club, Twm o’r Nant Theatr, Station Rd., Denbigh. denbighfilmclub.co.uk

**The Ollie West Band** Pop-fusion. 7.30pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**The Power of Love** with Royal Liverpool Philharmonic Orchestra. When Tristan and Isolde drink a magical potion, they unleash forces no-one can control. Music by Verdi, Dvořák, Wagner, Brahms. 7.30pm, £18, £16 over 60s. Pontio, Bangor 01248 382828, pontio.co.uk

**NWWT Conwy Valley AGM** Plus presentation by Julian Thompson from Pensychnant Centre. 2 - 4pm, £2. St David’s Church Hall, Penrhyn Bay, Llandudno LL30 3NT. John Underwood 01492 533459 / 07783 773225, john.underwood100@gmail.com

**NWWT Treborth Botanic Garden and Its Role in Conservation Plus Anglesey Branch AGM** Dr Shaun Russell, Botanic Garden Director, outlines the garden’s key work and collaborative links in furtherance of the conservation of biodiversity and habitats, on the occasion of the Branch AGM. 7.30 - 9.30pm, £2 includes refreshments. St Cyngar’s Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

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**Meditation & Mindfulness Course** Learn ancient wisdom perfect for solving the problems of modern times. Tuesdays, 3 week course. 7 - 8.30pm, £6 session or £14 whole course. Everyone welcome; drop-in or book the whole course in advance. Held at St. Mary’s Church Hall, Holyhead Rd., Betws y Coed LL24 0AA. Kalpa Bhadra Buddhist Centre 01492 878778, meditatenorthwales.com

**Yoga: Manipura Chakra Workshop** Yoga, mindful meditation, breath work and focus on the Chakras. 10.30am - 1pm, £25. Trefnant Village Hall, Denbigh. Laura Bell, 07989 512859, thezestlife.co.uk

**A Morning of Mindfulness** Longer versions of the classic mindful meditations, body scan, gentle moving meditations. Interspersed with poems and other readings. The first two hours are spent in silence to connect to a deeper level. 9.30am - 12.30pm, booking essential. St. Margaret’s Community Hall, Chester Rd., Wrexham LL11 2SH. NE Wales Mindfulness 07816 988124, newmindfulness.net

**Understanding Your Sewing Machine** Baffled by your sewing machine? Bring it along and master your machine under the expert guidance of designer Sophia Ingham, who will guide you through setting up your machine and how to use it, basic maintenance, and how to make a cushion cover or bag. 12 - 4pm. Teas, coffees, cake and all materials are included, £25. Pensychnant Centre, Conwy. Sophia 07391 930719. Facebook: of same name

**Colorama, Plu, Bendith** Colorama Welsh singer-songwriter, music producer and multi-instrumentalist Carwyn Ellis and his band perform with special guests, Plu. 8pm, £14, £12 students and U18s. Pontio, Bangor 01248 382828, pontio.co.uk

**Geiriau Gogs - A Performance Poetry Writing Day** with Martin Daws. Using the poems from Geirau Gogs as stimulus, Martin will lead creative writing exercises to generate new writing based on location. Participants will have the opportunity to share their work informally, and also to experiment with performing it using a microphone. 10am - 4pm, £15, £10 concs., ucheldre Centre, Holyhead 01407 763361, ucheldre.org. Facebook: of same name

**Mindfulness in the Woods** The aim of our ‘Mindfulness in the Woods’ sessions are to learn new ways to handle your moods and emotions and to become aware of the small changes in the physical sensations in your body, your thoughts, moods and emotions and what is happening in the world around you. The ultimate benefit of these sessions is obtained from spending time in the woodland and immersing yourself in the tranquility and stillness and connect with nature. Led by an experienced tutor. 10am - 12.30pm, £15, followed by a simple vegetarian lunch. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.co.uk

**The Goddess Basics Workshops - Heart** Join us on a magical journey combining dance, meditation, art & storytelling. Rachel will facilitate a healing journey that will awaken all your senses, provide you with tools of empowerment, give you time and space for restoration & sisterhood, reflection and self-exploration. All this topped off with fun and laughter through dancing and conscious communication. 10am - 4pm, £40, £35 before 31st March. £30 concs. Garden Village Hall, Kenyon Ave, Wrexham LL21 2ST. Visit: rachelsbellydance.wales

**Banff Mountain Film Festival** Follow the expeditions of some of today’s adventurers, and footage of action sports. 7.30pm, £13.50. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**A Day on Benedictine Spirituality** Discussions on St Benedict’s Rule. 10am - 3.30pm. £5 for refreshments. Chester Cathedral Cloister Room. Chester Cathedral CH1 2HU, 01244 324756, chestercathedral.com


**Exhibition Opening: Patchwork and Quilts** A display of patchwork and quilts made by members of the WEA classes held in the Centre which Eunice Lord has been tutoring for the past 19 years. 3pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Exhibition runs till 3rd June.

**NY Met: Luisa Miller** Opera by Verdi. Love and rivalry. 5.30pm, £10 - £13, Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Reasons To Be Cheerful** (15) Film. A punk rock musical and coming of age tale, with music from Ian Drury and the Blockheads, 7.30pm, Dragon Theatre, Barmouth LL42 1EF, 01341 281697.

**NWWT Meirionnydd Branch AGM** A short business discussion followed by a stimulating talk about egg development by Colin White. Plus tea with sales table and raffle. 2 - 5pm, Dolgellau Free Library, Eldon Square, LL40 1PS. Janet Baker 01341 423988 / 07812 659593, jemmole@hotmail.com
14th SATURDAY & 15th SUNDAY

Reiki 1 Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com

Textiles Masterclass Join textile designer Janet Bolton. Janet will encourage you to design your own ideas, with help along the process. 10.30am - 4.30pm, £120 includes light lunch. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Slow Art Day A global event with a simple mission – to help more people discover for themselves the joy of looking at and loving art. Enjoy a ‘slower’ look at our specially chosen artworks. Take the time to experience the art and explore your thoughts on each piece. Facilities for discussion will be available. 1 - 4pm, £1.50, drop-in. Grosvenor Museum, Chester 01244 972197.

14th SATURDAY - 19th THURSDAY

The Square (15) Film. The curator of a Museum in Stockholm falls victim to a scam. 8.30 & 3pm, £9.50. Storyhouse, Chester CH1 2HH, 01244 409113, storyhouse.com

15th SUNDAY

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

Positive Birth Movement NW Free antenatal discussion sessions facilitated by a group of local mums, who also support parents and have specialist areas in all things pregnancy/postpartum related. The sessions run over 12 weeks. No need to book, just turn up. Today: Caz - The 4th Trimester. 10am in Y Caban Café, Brynrefail. Facebook of same name

Working With Angels Workshop 12.30 - 3.30pm, £25. Hightown Community Resource Centre, Bryn-Y-Cabanau Road, Hightown, Wrexham LL13 7BS. To book, please email me: cariadcrystals@yahoo.com

Blasu Cain New members welcome; dance and expression. 3 - 5pm, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Breeze Ride & Coaching Session for Women See 8th


Estyneto Join the inspirational dancer and choreographer, Cai Tomos as he leads monthly dance/movement sessions for those over the age of 60. You do not need any dancing skills or experience - only the desire to stay fit and healthy. 1.30 - 3.30pm, £3, Galeri, Caernarfon 01286 685222, galericaernarfon.com

Loveless (Nelyubov) (15) Film. A son disappears during his parent's divorce. 2pm & 7.30pm, £7. Galeri, Caernarfon 01286 685222, galericaernarfon.com

NY Met: Luisa Miller Opera by Verdi. Love and rivalry. 5.30pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Finding Your Feet (12A) Film about marital breakdown, courage, humour and blossoming romance. 3.30pm, £5, £2 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

15th SUNDAY - 1st JULY, SUNDAY

Foundation Course in Crystal Therapy We cover cleansing the aura, how to cleanse stones, grounding and centering, toxic chemicals and natural crystals, health and safety, pendulums, chakra balancing, full crystal therapy procedure. No prior knowledge is needed. In order for students to receive the Foundation certificate they must attend all five classes, demonstrate their competence during practical sessions, and produce a portfolio. £350. Axis Therapy, Bangor LL57. Bookings: Hope College of Crystal Healing 01244 532051, hope-college.co.uk

16th MONDAY

New Moon in Aries 2.57am BST

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

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

RSC Live: Macbeth Screening of shakespeare’s dark psychological thriller. 7pm, £12, Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Terra Firma Choreography telling stories from the very ground on which we build our communities; plus post-show talk. 1pm, 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

The Society for the Traditional Instruments of Wales Tune club playing Welsh tunes meets 1st & 3rd Mon/month, 8.30 - 11pm. Royal Welsh Yacht Club, Porth-yr-Aur, Caernarfon LL55 1SN. Contact meurig@sesiwn.com ~ sesiwn.com

17th TUESDAY

Chester Humanists 3rd Tues/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7.30pm, Custom House, Watergate St., Chester. Stuart 07954 166 567, Richard 07530 225268, chester.humanist.org.uk

The Society for the Traditional Instruments of Wales Tune club playing Welsh tunes meets 3rd Tues/month, 8.30 - 11pm. The Anglesey Arms, Harbour Front. Caernarfon LL55 1SG. Contact meurig@sesiwn.com ~ sesiwn.com
Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

Wildlife Gardening Learn how to create a wildlife garden with the Wildlife Trust at our new offices in Bangor. We need volunteers to help dig ponds, make nectar borders, sow a small meadow, make birdboxes, etc. Not essential to book but it would be helpful if you could. 10am - 1pm, NWWT HQ, Garth Rd, Bangor LL57 2RT. Bookings: 01248 351541. For more info contact 07917 455367, annawilliams@wildlifetrustswales.org

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

Footpath Maintenance, Y Garn Part of our monthly footpath maintenance series as we team up with the National Trust Wardens to tackle footpath erosion across Snowdonia. 9am, booking essential. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Terra Firma See 16th

Meditation Practice Group 3 meditations including a body scan, mindfulness practice and meditation. 7.30 - 9pm, drop-in, no need to book. £6 includes refreshments. All Saints’ Church Hall, 21 Poyer St., Wrexham LL13 7RP. NE Wales Mindfulness 07816 988124, newmindfulness.net

Joe Newberry and April Verch Fiddle, banjo, singing. Their collaboration is fueled by their kindred passion for bringing people together to celebrate traditional music. Blues and ballads stem into Canadian regional styles and originals. 8pm, £10 from Palas Print Caernarfon and Mudshark Records Bangor. Held at The Vic, Menai Bridge LL59 5DR. 01248 712309, vicmenai.com

Don Giovanni Seduction, murder and vengeance in Mozart’s opera, played by the Welsh National Opera. 7pm, £40 - £15. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

17th TUESDAY - 19TH THURSDAY

Jane (PG) Film. An absorbing, enlightening portrait of Jane Goodall—a trailblazer who became one of the world’s most admired conservationists. 8pm, £6, Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

18th WEDNESDAY

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

Processions Public Workshop A mass participation artwork to mark the centenary of the Representation of the People Act, which gave the first British women the right to vote. The banner-making workshops will focus on text and textiles, echoing the practices of the women’s suffrage campaign and will be spaces to consider the power of the vote today and our shared future. 6pm, free but booking essential. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com Also 25th. See page 8.

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

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

Landscaping Painting for Beginners See 11th

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

Finding Your Feet See 15th, except at 5.30 & 8pm.

The Post (12A) Film. Based on a cover-up that spanned four US Presidents, and introduces the first female newspaper publisher. 7.30pm, £7, Galeri, Caernarfon 01286 685222, galeria-caernarfon.com

Rhododendron Workday Rhododendron is one of the top 3 invasive species to the Snowdonia National Park and it is easy to see the damage that it has done to our native countryside. 10am, booking essential, free transport available from Bangor and Caernarfon. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Icon to Red Square: A History of Red Square Exploring the rich and often surprising history of art in Russia, beginning with Scythian gold from the seven centuries BC, then a thousand years of icon painting from the very first icon, The Virgin of Vladimir, to the 19th-century flowering of Realist and Symbolist art. 1.30 - 3.30pm. Grosvenor Museum, Chester 01244 972197.

Fungi: and NWWT Wrexham Branch AGM A short AGM followed by a talk from John Hughes of Shropshire Wildlife Trust on mushrooms, morels and moulds! 7.30 - 9.30pm, Gresford Memorial Hall, High Street, Gresford, Wrexham LL12 8PS. Steve Palin 01248 471116, stevepalin@supanet.com

Easter Parade (U) Dementia friendly screening of classic musical. For those with dementia, their carers and families. A relaxed atmosphere; audience members are welcome to walk around, sing along and talk as they please. Also open to the general public. 2pm, £4; carers go free. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

The Undercover Hippy - Solo Drum and Bass MC turned singer-songwriter Billy Rowan. Gig at 8pm, bar only, no food served, £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Tosca Opera by Puccini. Sung in Italian with English and Welsh surtitles. 7.15pm, £40 - £15. Welsh National Opera. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

The Postcard From Milton Keynes FC Film. An absorbing, enlightening portrait of John Milton. 7.30pm, £7, Galeri, Caernarfon 01286 685222, galeria-caernarfon.com

Three Billboards Outside Ebbing, Missouri (15) Film. A mother erects 3 billboards after the lack of attention is given to her daughter’s murder case. 7.30pm, £5.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk
**19th THURSDAY - 21st SATURDAY**

**Flintshire Music Service Concerts** Join us for a celebration of music with a mix of jazz, rock and classical music performed by fine young musicians in the county. 7pm, £8, £6 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**20th FRIDAY**

**Caffi Stori Llangollen Storytelling Café** 3rd Fri/month. Join us for stories, songs, music and poetry ~ come to tell or just to listen. 7.30pm ~ only £2. This month's Caffi is a fundraiser for Gwobr Esyllt Prize 2018, a bursary for a young Welsh woman storyteller/singer. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bawb! A warm welcome to all! Held in the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Suzi 01490 460563.

**RSPB AGM** and an illustrated talk by Dr. Jeff Williams: Trinidad and Tobago. 7.30pm, £5.20 and includes refreshments. All made very welcome. St. David’s Church Hall, Glan-y-Mor Road, Penrhyn Bay, Llandudno, LL30 3NT. RSPB Conwy 01492 581025, conwy@rspb.org.uk

**Super Vitality Foods** A look at how food affects our vitality. Develop a greater understanding of how some “Super Foods” nourish, heal and enhance our health. Including some very practical ways to enjoy more of these in your daily diet. 6 - 7.15pm, £12. Oddfellows Hall, 65 High St., Saltney, Chester. Teresa Keast 07876 254158, teresa@teresa4yoga.co.uk

**Sir Bryn Terfel & Hannah Stone** (Harp) will give the first performance of Osian Ellis’ Cycle of Welsh Folk Songs to celebrate his 90th birthday: plus supporting artists. 7.30pm, £40, £30. Pontio, Bangor 01248 382828, pontio.co.uk Part of the Harp Festival, see Noticeboard

**Breathe** Organised by Mawddach Rotary Club. Film of adventurous couple fighting disease. Plus supper at 6.30pm which must be booked. £12 food and film, film only £7. Dragon Theatre, Barmouth LL42 1EF, 01341 281697, dragontheatre.co.uk

**Tosca** See 18th

**20th FRIDAY - 22nd SUNDAY**

**Walking Weekend** with Cerdded Conwy Walks. More details from Sian Williams 01492 575543, cerddedconwywalks@outlook.com

**Prisoner Convention Weekend** Cult status TV programme from the 70s. You have to join up to get in! Portmeirion Village, nr Porthmadog LL48 6ET. sixofo.com/conventions

**20th FRIDAY - 25th WEDNESDAY**

**Sweet Country** (15) An Aboriginal man goes on the run after he kills a white man in self-defense in this Australian western set in the 1920s. 8pm 20th, 21st & 23rd; 2pm, 21st & 25th; £6, £5.Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**20th FRIDAY - 26th THURSDAY**

**Wonderstruck** (PG) Film. The story of a young boy in the Midwest, simultaneously with a young girl in New York; both seek the same connection. 12.30pm, £8.50, £26s £6. Storyhouse, Chester CH1 2HH, 01244 409113, storyhouse.com

**21st SATURDAY**

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

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

**Discovering Non-Flowering Plants** Explore the small high altitude woodland in one corner of the nature reserve, searching for lichens, bryophytes, mosses and ferns. Beginners welcome. Bring a hand lens if you have one; otherwise use ours. Booking essential. 10.30am - 2.30pm, free. Meet at the car park near archeological trail, Gors Maen Llwyd NWT Nature Reserve, 7 miles south west of Denbigh on the B4501 Nantglyn, Denbighshire. Brian Burnett 01978 790442, 07952 811395, indezineko@gmail.com

**Coco** (PG) Animated film. Aspiring musician Miguel enters the Land of the Dead to find his great-great-grandfather, a legendary singer. 11am, £3. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

**Snowdonia Slate Trail Maintenance** Essential work, 10am, booking essential. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

**The Barber of Seville** with Swansea City Opera. Music by Rossini. Love, confusion and mayhem. 7.30pm, £18, £16 concs, £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Practical Candle Making** Learn to make a scented container candle, a scented pillar candle, sculpted rose candles and scented wax melts. £55. LlanfairPG, Anglesey LL61 6RP, 07770 894281, thecandlealchemist.co.uk

**Monthly Mindfulness ~ Insomnia** We get together to learn tips and techniques that aid anxiety and stress relief. You can join in the discussion or simply observe with no obligation. We then finish with a mindful meditation. 11am - 12.30pm, £10 per month. Inspire & Rewire, Northgate Ave., Chester CH2 2DX. 07421 996393, inspireandrewire.com

**Slow Into Stillness** A monthly class that is all about relaxing and spending time to just be. It will be an hour of pranayama (breathing practice) and gentle movements before moving slowly into a long relaxation to release tension and invite stillness into body and mind. 6.30pm, £5. Brymbo Enterprise Buildings, off High Street, Bangor, LL57 1BT. Kathryn valleyyoga@hotmail.com

**Yogaroma - Spring Awakening** We will use a combination of aromatherapy blends to complement our yoga practice and eliminate toxins, looking at encouraging our internal agni (fire). 2 - 4.30pm, £22.50. Source Yoga, 294 Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. Tickets: bookwhen.com
Ancienthealingways.co.uk deposit). Snowdonia. Pip Bondy 01766 780557, teacher, guide and mirror. £390, £90 (non-refundable)

Our relationships. We will do this with nature as our chance to explore the grace and treasures found in
Listening from the Heart and the Heart of the Earth. A
Drawing from the Eye of the Heart

Ancient Woodland Restoration in Action For woodland owners and professionals. Coed Llys, 15 hectares of woodland, has been restored to recover its ecological value and after a recent visit from Coed Cadw Woodland Trust compartments are now classified as a Restored Ancient Woodland. More info from Coed Llys, Glynwr Uni, Northop. 0343 7705604, nigeldouglas@woodlandtrust.org.uk

Yoga/Meditation Home Practise Workshop Kick-start your home practise with a whole morning to explore the benefits of creating a sacred space in your home even if it is just for 10 minutes!! Looking at how to fit a practise into your weekly schedule once you actually roll out your mat! With Kate, 10am - 1pm, £20. Mochdre Village Hall, Colwyn Bay. Bookings: 07778 134846, katehamiltonhunter.com

Nuno Felting Learn how to make a Nuno felted scarf. 10am - 4pm, £70. IARD, Parc Glynllifon, nr Caernarfon 01286 672472, iar.d.co.uk

La Forza del Destino Opera by Verdi. Two eloping lovers trigger an inescapable chain of events; destiny is always present. 6.30pm, £40 - £15. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Mind Body Spirit Fair Llandudno Town Hall, Lloyd St., LL30 2UP. GiaGi Crystals, gigiacrystals.co.uk See advert page 27

Pastels Workshop: Dormice Learn to paint realistic wildlife using Pastel. All abilities. 9am - 5pm, £60. Kaz Turner, 01978 363539, 07809 687740, kazturner.com

Bookbinding Masterclass With Simeon Jones. You will make a notebook with step by step guidance. 10.30am - 4pm, £120 includes light lunch. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Colwyn Bay Forties Festival The festival will include live 40’s style music, displays and entertainment. Colwyn Bay LL29 8BU, 01492 577566.

Drawing from the Eye of the Heart The act of drawing can break through these barriers and facilitate access to the inner world - the domain of the creative where spontaneity and the true mood of the moment may be found. Here we find the art forms are vital and alive with a true expression of inner feeling. Advance booking essential. Gladstone’s Library, Church Lane, Harwarden CH5 3DF. Lynette 01244 313910, lynettehowellsmoore.co.uk

Earth Day From poisoning and injuring marine life to disrupting human hormones; from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 seeks to fundamentally change human attitudes and behaviours about plastics. You can find out more about Being The Change by visiting: earthday.org

Nonviolent Communication Workshop 10am - 5pm held at Ty Lorne, Bethesda See Page 39.

Positive Birth Movement NW Free antenatal discussion sessions facilitated by a group of local mums, who also support parents and have specialist areas in all things pregnancy/postpartum related. The sessions run over 12 weeks. No need to book, just turn up. Today: Eve - Feeding your Baby. 10am in Y Caban Café, Brynrefail. Facebook of same name

Spring Walk by Woodland and River See Spring migrant birds under Kipper Davies’s expert leadership, with possible kingfisher, dipper, grey wagtail and adder. 2 - 5pm, free, but parking charges. Loggerheads Country Park, near Mold, CH7 5SA. Steve Palin 01248 471116, stevepalin@supanet.com

Breeze Ride & Coaching Session for Women See 8th

Powertex Workshop ~ Fabric Sculpture Leld by Julie Howarth. All materials provided to introduce you to the fabulous Powertex and embellish a hardback notebook with 3D decoration. £25, Trefnant Village Hall. Bookings Julie Howarth, the certified Powertex tutor: jth_5@hotmail.com

Ruby Wax - Frazzled Drop dead gorgeous, sassy and smart, Ruby Wax brings her new five star one-woman show based on her number one best seller to the fabulous Powertex and embellish a hardback notebook with 3D decoration. £25, Trefnant Village Hall. Bookings Julie Howarth, the certified Powertex tutor: jth_5@hotmail.com

Holyhead Writers Group See 9th

Jazz Club Monthly meeting, 8pm, free, non-members welcome. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

23rd MONDAY

Cold Places: The Adventures of a Wildlife Photographer Sue Flood award-winning wildlife photographer, filmmaker and author, who has worked with Sir David Attenborough on a number of series. Presentation with The Society of Thirteen. Non-members welcome, 7.30pm, £6, £3 members. Grosvenor Museum, Chester. Contact societyofthirteen.org.uk

24th TUESDAY

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

Terra Firma Choreography telling stories from the very ground on which we build our communities; plus post-show talk. 7.30pm, £14, £12 concs. Pontio, Bangor 01248 382828, pontio.co.uk

Groundhog Day (12A) Film. Weatherman Phil Connors is trapped in a time warp. 7.30pm, £7. Galeri, Caernarfon 01286 685222, galericadernaron.com
24th TUESDAY - 28th SATURDAY
A Midsummer Night’s Dream Theatre. This classic tale of young lovers and warring fairies is given a unique and irreverent twist, with original live music. 1pm, 2.30pm, 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrcldwyd.com

24th TUESDAY - 22nd MAY, TUESDAY

25th WEDNESDAY
Clay Workshops Rhydymwyn Nature Reserve. More info from: judypemberton@uwclub.net
Processions Public Workshop See 18th
Caffi Angau ~ Death Café Caffi Angau offers a friendly space to discuss death over a cuppa and cake. It is part of the Death Cafés held globally and will be conducted through the medium of Welsh by Bet Huws. 6pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com
Open Gardens for NGS Water feature, ravine, walled garden, woodland and early pit house. 12 - 5pm, £7, £2 children, Plas Caden National Gardens, Menai Bridge, Anglesey. Mr Anthony Tavernor 01248 717174, plascadnantgardens.co.uk
Footpath Maintenance, Llanberis Path Work alongside the National Park Warden Team as we undertake important footpath maintenance work on this very popular stretch of path up Swnwdon. 10am, booking essential, Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Russia and the European Avant-garde: Modernism Explained This lecture looks at the waves of radical new ideas from Paris (Impressionism, Fauvism, Cubism, Futurism) and how they shaped the Russian Avant-Garde as it proclaimed and spearheaded (and ultimately fled) the October Revolution. 1.30 - 3.30pm. Grosvenor Museum, Chester 01244 972197.
The Mercy (12A) Film. Yachtsman Donald Crowhurst’s account of traveling the world alone by sea. 2pm, 7.30pm, £7. Galeri, Caernarfon 01286 685222, galericaernarfon.com
Landscape Painting for Beginners See 11th
Crow Black Chicken Irish blues rock. Gig at 8pm, bar only, no food served, £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

26th THURSDAY
Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to those interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala
Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 1pm, £5. If you are interested to come along please email helen@soul-life.co.uk

Full Moon Sound Healing We experience the three R’s during sound healing: resonance, resistance and release. Some bowls will feel harmonic and resonate well and some you may find uncomfortable. This can be on a physical, emotional/soul or mind level. 7.30 - 8.30pm, £9. Inspire & Rewire, Oddfellows Hall, Salfney. 07421 996393, inspireandrewire.com
Syria’s Disappeared - The Case Against Assad Film presented by the Colwyn Bay branch of Amnesty International UK followed by a discussion with Amnesty UK’s Syria coordinator. It tells the hidden story of tens of thousands of men, women and children disappeared by the regime of President Assad into a network of clandestine detention centres. The film weaves together the powerful personal stories of three Syrians with evidence gathered from regime documentation smuggled out of Syria. 7.30pm, £3, £2 student. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk
Chester Poets Last Thurs/month. The group is a meeting place for members to share information about poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets
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.

27th FRIDAY
Quiet Day Take time out and tune into Spirit. Henry Shallcross will be joining us and offering gentle body energy work in the form of Qi Gong. Other things to choose from are: meditation, walking around the garden, labyrinth and the Hill Fort, communal silence, card work, sharing, reading, journaling and there is usually a creative option after lunch too! Although it is called a Quiet Day there is still plenty of time to talk with like minded people about the deeper things of life. You choose how much you wish to be silent and how much to engage with others. 10am - 4pm. Suitable clothing for walking, an item of food (vegetarian) for a shared lunch, suggested donation for day £25 (your choice depending upon your means). Hillside Retreat, Rhosesmor, nr Mold. Helen Newton 01352 780281, helen@soul-life.co.uk
Toko Telo The best of Madagascar: soulful traditions reinvented with sublime artistry; featuring vocals from Monika Njava and stunning guitar tapestry of D’Gary and Joël Rabesolo, sharing their southern roots, interpreting traditional musical styles: tsapiky, jihe and beko. 8pm, £14, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk
Henry Priestman Ex-songwriter and keyboard player with the Christians, returns as solo singer-songwriter/guitarist with his own songs. 8pm, £10 from Palas Print Caernarfon and Mudshark Records Bangor. Held at The Vic, Menai Bridge LL59 5DR. 01248 712309, vicmenai.com
The Paint Republic Party An evening of relaxed painting, hosted by a master artist who will unleash your creativity by loosely instructing you how to paint a picture chosen for the event. 6.30pm, £25, includes refreshment. Storyhouse, Chester CH1 2HH, 01244 409113, storyhouse.com
Open Mic Poetry Evening An 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 to read. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

27th FRIDAY & 28th SATURDAY

Oh What A Night! Songs from the best West End Shows. 8pm, £12, Theatr Clwyd, Mold 01352 701521, theatrclywd.com

Westwood: Punk, Icon, Activist Film. Dame Vivienne Westwood has been reinventing fashion for over 40 years creating some of the most distinctive looks of our time. The film blends archive footage with an interview charting Westwood’s journey from her beginnings in post-war Derbyshire to the runways of Paris and Milan. 8.45pm, £9.50, U26s £7. Part of Storyhouse Women’s Weekend. Storyhouse, Chester CH1 2HH, 01244 409113, storyhouse.com

27th FRIDAY - 29th JUNE, FRIDAY

8 week Mindfulness Course 10.30am - 1pm on Fridays plus a full day on 9th June. Your teacher is Rebecca Crane, from the Centre for Mindfulness, Research and Practice, Bangor University. Please see advert on page 8 for full details or go to: bangor.ac.uk/mindfulness/

28th SATURDAY

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

The Mountain Environment We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. £45, Snowdonia. Nature’s Work, Snowdonia 01248 361142, natureswerk.co.uk

Vegetarian Dishes Cookery The focus of this course is on skillful cooking using fresh local, seasonal produce to create tantalising meals which are light and easy to prepare. Tutor Mike Evans. Cookery School, Bodnant, Conwy LL28 5RP, 01492 651100, bodnant-welshfood.co.uk

Discover your Healing Potential Healing as a Complementary Therapy - an Introductory Workshop. 11am - 4pm, £35. The Laser Beauty and Therapy Centre, Telford Road, Menai Bridge. Claire 07838 469 174, energyteacher111@gmail.com

Open Gardens for NGS Walled garden of 1/4 acres. Physic and herb gardens, ornamental vegetable garden, herbaceous borders, water features and many varieties of traditional roses. 10am - 4pm, £3.50, children free. Light refreshments available. Llanidlan Hall, Brynsiencyn LL61 6HJ. Mr JW Beverley (Head Gardener) 07759 305085, work.beverley@btinternet.com

Bird Song Walk Enjoy a spring walk through Nantporth NWWT Nature Reserve – followed by breakfast! Includes many steps and is narrow and muddy in places. 7.30am - 9.30am, £5 includes breakfast. Nantporth NWWT Nature Reserve: meet at the junction of Gorad and Hwfa Roads, Nantporth LL57 2BW. Sue Carter 01248 371769, sue@gorad.co.uk

Rowen - A Natural History A walk to and through Parc Mawr Wood. Allan Brandon will take us on a natural history tour of Rowen via the birds, ferns, flowers, geology and geomorphology of the area. Booking essential. 9.30am - 1pm. Meet at village car park, Rowen, Conwy LL32 8YA. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

NY Met: Cendrillon Opera by Massenet. Fate, romance, and a touch of fairy magic. 5.55pm, £10, £13. Galeri, Caernarfon 01286 685498, owain@snowdonia-society.org.uk

The Last Unicorn (U) Animated film. A magician fights an evil king to stop him from capturing the world’s unicorns. 11am, £3. Theatr Clwyd, Mold 01352 701521, theatrclywd.com
St. David’s Hospice Spring Fair Stalls include: plants, homemade produce, crafts, cakes, raffle, bric a brac, tombola and lots more. Café Dewi will be open for refreshments. In aid of St David’s Hospice. 11am - 3pm, £1, 50p children. St. David’s Hospice, Abbey Rd, Llandudno LL30 2EN, 01492 873664.

28th SATURDAY - 29th SUNDAY

Camp Penrhyn ~ Helwyr Planhigion/The Plant Hunters Free range fun for all ages with the team from Wild Elements – nature trails, navigational skills, marshmallow toasting and archery (£1.50) normal admission prices apply. 10.30am - 4pm, Penrhyn Castle, Bangor LL57 4HT. 01248 353084, nationaltrust.org.uk/penrhyncastle

Spring Birdsong Walk A gentle morning’s walk, watching and listening for the variety of birds making use of the reserve’s mixed habitats. Led by Ben Stammers, 9am - 12pm, free. Park in roadside lay-bys, Cors Goch NWWT Nature Reserve, Llanbedrogch, Anglesey LL76 8T2. Penny Radford 01248 713022, radfords713@btinternet.com

Introduction to Green Woodworking/Spoon Carving You will gain an understanding of the process of spoon carving from branch to spoon as well as learn the different types of carving tools and their uses. 10am - 4pm, £96. IARD, Parc Glynllifon, nr Caernarfon 01286 672472, iard.co.uk

Mind, Body & Spirit Festival An array of mind, body, spirit, holistic, vintage and craft stalls, 11am - 4pm, free admission. Theatr Clwyd, Mold CH7 1YA. Contact 07759 753473, rainbowbiz.org.uk

Glaciation of Snowdonia This workshop is an introduction to regional glaciation of North Wales. We will identify and explain the formation of features large and small scale including erosion, transportation and deposition. £45, Nature’s Work, Snowdon 01248 361142, naturework.co.uk

Kate Pankhurst (author): Fantastically Great Women Who Made History There will be drawing, dressing up and plenty of inspiration on how to make history. 12pm, £5. Storyhouse, Chester CH1 2HH, 01244 409113, storyhouse.com

Positive Birth Movement NW Free antenatal discussion sessions facilitated by a group of local mums, who also support parents and have specialist areas in all things pregnancy/postpartum related. The sessions run over 12 weeks. No need to book, just turn up. Today: Claire - When Birth does not go to plan - Emotional Recovery. 10am in Y Caban Café, Brynrefail. Facebook of same name

Open Gardens for NGS 4 hectares set amongst mature hardwoods. Sweeping lawns, ornamental ponds, retaining walls, bluebell carpeted woodland dell. 10.30am - 5.30pm, £4, children free, light refreshments available. Maenan Hall, Llanrwst. The Hon Mr & Mrs Christopher Mclaren, 01492 640441, cmcmclaren@gmail.com

Marine Mammal Medic Course How to rescue whales, dolphins, porpoises and seals. You do not need to be a diver and the minimum age is 16yrs old. Three lectures and practical sessions using our life sized whale, dolphin and seal. 9.30 for 10am start - 5pm, £90. Sarah Jones Seminar Room, Bangor

University, Marine Centre Wales, Menai Bridge, Anglesey LL59 5AB. Contact 01825 765546.

NWWT: What’s That Bird? Join David Lee on the hills above the Conwy Valley to seek out some special moorland birds - stonechat, skylark, wheatear, meadow pipit, willow warbler and cuckoo. David will point out their ‘jizz’, calls and song, helping us to get to know them better. Bring binoculars. 9.30am - 12.30pm. Meet at Llangelynnin Old Church car park (GR: SH750738). Book: Mark Sheridan 01492 583820.

Breeze Ride & Coaching Session for Women See 8th Gentle Yoga, Tai Chi and Qi Gong with Rose Preston. The day will comprise gentle yoga and deep, guided relaxation, Tai Chi and Qi Gong. 10am - 6pm, £35, BYU lunch, refreshments provided for the day, £10 deposit. Treffriw Village Hall, Conwy LL27 0NQ. Rose 01407 769571, 07759 105504, roseyoga.net

30th MONDAY

Full Moon in Taurus 1.58am BST

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Entertainment, guest speakers and activities. Refreshments are provided. Free, with donations welcome. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, LL18 5BT, 01745 772150.

Singing Soles Singing in a group is a beautiful experience that needs to be tried out! A group harmony is more than the sum of individual voices. It can be heavenly. 8 - 9.30pm, single session £6, term ticket for 8 sessions is £32. New venue: Neuadd Goffa, Kendal Road, LL18 5BT, 01745 772150.

Happy End (15) Rialto Film Screening. A piercing dark comedy on the blind preoccupations of middle-class angst. French with English subtitles. 7.30pm, £6.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrecolwyn.co.uk

“Spiritual work in the Aquarian Age is – without exception - group work. The first wave of groups were the poets and musicians, who - through the 1950s and 60s - shattered the old cultural forms with new sounds and voices, crying out for freedom, love and peace. In their wake, through the 70s and 80s, another wave of groups emerged: the “workshop” movement. Groups would gather for a day, a weekend or a week in search of their deeper self, to communicate with greater honesty and intimacy, to develop new skills. It is from these temporary “seed” groups, that a new and more enduring form has evolved. These are the groups of two or more people who have learnt the skills, and matured enough, to move beyond criticism and gossip, to work seriously and quietly at some small piece of the work of planetary healing. In the hands of these groups rests the fate of the world.”
Exhibitions

Josie Russell ~ New Work 28th April - 10th June. Views and vistas from all over Wales, famous landmarks, traditional images and flora made by sewing, embroidery and stitching. Open daily 10am - 5pm, free admission. Oriel Mon Llangefi, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk www.josierussell.com

Lousie Scott Wildlife prints and originals. 1st April. 10am - 4pm, free. RSPB Conwy LL31 9XZ. 01492 581025, conwy@rspb.org.uk

Welsh Mountain Goats of Dinorwig Quarry ~ Photographs by Stuart Hill Until 28th May. A familiar sight to walkers and climbers it is thought these goats have been in the Snowdonia mountain range since at least 4500BC. A chance encounter over two years ago has led North West photographer Stuart Hill to start a photographic project which has turned into a quest to try and get these magnificent animals some form of protection from being hunted as we do not know how many are left in the wild. Stuart’s began photographing and observing these amazing animals. Compelled to do more, the idea for an exhibition showcasing the goats was conceived in December 2017. Electric Mountain, Llanberis LL54 4UR, 01286 870636, electricmountain.co.uk

Rob Piercy ~ Sea & Mountain/Môr a Mynydd Until 22nd April. A celebration of the diverse and dramatic landscape of North West Wales. Open daily 10am - 5pm, free admission. Oriel Mon Llangefi, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

Anglesey Arts Forum ~ Fforwm Gelf Ynys Môn Until 8th April. An exhibition of at least one piece of work from each participant of the fifteenth Anglesey Arts Weeks: Open Studios. This year 57 artists and 8 galleries open their doors to visitors over the Easter period. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org See Calendar 24th - 8th April

Joy - Yellow is the New Blue ~ Jilly Edwards Until 8th April. ‘I watched as the field sizes and divisions changed, a dry stonewall, a hedge, a wooden fence and huge fields with no divisions. The work is about the surface, its depth, its construction, the quiet, crisp whites, the dense warm yellow, sensuous dark soil with lozenge shaped stone walls with bright yellow lichen patches. The spaces are important, as are the gaps between.’ Jilly Edwards. Ruthin Craft Centre LL15 1BB, 01824 704774, rucraftcentre.org

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

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

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

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

Patchwork and Quilts 14th April - 3rd June. A display of patchwork and quilts made by members of the WEA classes held in the Centre which Eunice Lord has been tutoring for the past 19 years. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Made For The Table Until 8th April. Contemporary silver from the Goldsmiths’ Company Collection, together with the curated work of leading UK artisans in furniture design, glass, ceramics and textiles. Ruthin Craft Centre LL15 1BB, 01824 704774, rucraftcentre.org

Shezad Dawood ~ Leviathan Until 1st July. In dialogue with a wide range of marine biologists, oceanographers, political scientists, neurologists and trauma specialists, Leviathan explores interconnections between these fields of work which will be presented through sculpture, textiles, museum specimens, films, conversations and online resource material. Dawood will also work with community groups based on the coastal location asking questions about how these issues might come to evolve in a future 20 to 50 years from now, and what that future might look like. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org
Red Square: Paintings by Adrian Sumner ~
Inspired by the Art of Russia
Until 7th May. This exhibition explores the ideas, innovations and styles of The Russian Avant-Garde ground-breaking work, filtered through Adrian’s unique way of contrasting and complimenting cultural references old and new. Looking at the Great War, the October Revolution and Suprematism, among other themes. Grosvenor Museum, Chester CH1 2DD, 01244 972197.

Iron Maidens II: Made in Wales
Until 21st April. A group show by artists united by an excitement for the nature of cast iron as a sculptural medium. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

Andreas Ruthi Plus Artists
Until 20th May. A Place on the Table - work by Andreas Ruthi based on the Nantgarw Porcelain collection; and Still Life Settings - Work by Andreas Ruthi and other artists. Plas Glyn Y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

Aled Pritchard Jones ~ Snowdonia Scenes
Until 20th May. Includes a wide selection of dramatic lakes, rivers and mountains in oils on canvas contrasting with some gentle flower pastels. Plas Glyn Y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

Denbighshire Art Society Spring Exhibition
1st & 2nd April. Paintings, prints and cards by members. Open 10am - 5pm, Porth Eirias, Colwyn Bay LL29 8HH. 07557 530675.

Peter Welford
28th April - 9th June. These paintings are not comforting salon pictures, but rather meant as a form of journalism. Their themes are provocative and sometimes political, not soliloquies but dialogues with the viewer. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

**ONGOING EXHIBITIONS**

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

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

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

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

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

Agora
Follow the online Gwynedd Arts thread in general to keep networking for artists alive. Facebook: Agora

Mike Perry ~ Land/Sea
Until 1st July. The work engages with significant and pressing environmental issues, in particular the tension between human activity and interventions in the natural environment, and the fragility of the planet’s ecosystems. Free entry. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Estella Scholes ~ Circles, Stones and Fragments from the Shore
Until 3rd June. Many of Estella’s references are gathered from direct observation whilst wandering along the shorelines of North Wales, in particular the Llyn Peninsula, where evidence of an almost vanished industrial past can be found. Broken bits of old jetties, rusted metal and other manmade debris linger amongst the stones and more familiar beach treasures. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Gallery Artists Group Show
A large changing exhibition by gallery artists with a wide range of styles and subject matter. Until 14th April. Open Mon-Sat 10am - 5pm, Sun 11am - 4.30pm. Oriel Tegfrwyn, Menai Bridge 01248 715128, artwales.com

RSPB Art Exhibition
30th March - 1st April. Inspired by the natural world and wildlife - enjoy originals, prints and stationary by Louise Scott, an artist printmaker specialising in etching. 10am - 4pm, free entry. RSPB Conwy LL31 9XZ. 01492 581025, conwy@rspb.org.uk

NW Potters Gallery
Maker of the month is ceramacist Linda Caswell. 1 High St., Conwy LL32 8DB. 01492 593590, pottersgallery.co.uk

Kyffin Williams: Celebrating a Centenary
Until 1st July. In honour of Sir Kyffin, this exhibition will provide a glimpse into his life and work; from his early influences and training at the Slade, to his foreign travels, portraits and well-known landscapes. Oriel Ynys Mon, Llanefni 01248 811200, kyffinwilliams.info

Tunnicliffe’s Measured Drawings
Until 2nd September. The artist’s personal visual reference library, which he used for commercial illustrations and finished paintings. This exhibition shows a selection of these detailed studies, together with some of the finished works they inspired. Oriel Ynys Mon, Llanefni 01248 744444, kyffinwilliams.info

Rhiannon Davies Black
24th April - 12th May. Canolfan Beaumaris, Anglesey, 01248 811200, canolfanbeaumaris.org

Peter Welford
28th April - 9th June. These paintings are not comforting salon pictures, but rather meant as a form of journalism. Their themes are provocative and sometimes political, not soliloquies but dialogues with the viewer. Theatr Clwyd, Mold 01352 701521, theatrclywd.com
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<thead>
<tr>
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<tbody>
<tr>
<td><strong>MAY</strong></td>
<td>Pastels Workshop: Red Squirrel</td>
<td>Kaz Turner, 01978 363539, 07809 687740, kazturner.com Also 8th, 15th &amp; 22nd</td>
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<td>Pastels Workshop: Dormice</td>
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<td>5</td>
<td>The Peace of Wild Things</td>
<td>Poetry with Jill Teague. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org</td>
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<td>5</td>
<td>Introduction to Fingerpicking Guitar Course</td>
<td>Chester. NW Guitar Retreats: northwalesguitarretreats.com See Noticeboard</td>
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<tr>
<td>5</td>
<td>Yoga Day</td>
<td>Coed Y Brenin, Dolgellau. Bookings: 07737 261614, mountainyogabreaks.co.uk</td>
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<tr>
<td>5</td>
<td>Mindful Movement, Meditation and a Healing Gong Bath</td>
<td>Llanrhos, Llandudno LL30 1RW. Lydia 07732 293114, <a href="mailto:lydia4020@yahoo.co.uk">lydia4020@yahoo.co.uk</a> Facebook: Finding Your Anchor</td>
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<tr>
<td>5</td>
<td>Practical Candle Making</td>
<td>LlanfairPG, LL61 6RP, 07770 894281, thecandlealchemist.co.uk</td>
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<tr>
<td>5 &amp; 6</td>
<td>Yoga Workshop ~ Relax and Restore</td>
<td>Llanfachraeth, Anglesey LL65 4YA. Contact Claire Mace inspiratrix.co.uk</td>
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<td>6</td>
<td>Meditation &amp; Teaching Day</td>
<td>Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk</td>
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<td>6 &amp; 13</td>
<td>Exploring Slate</td>
<td>IARD, Parc Glynllifon, nr Caernarfon 01286 672472, iard.co.uk</td>
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<td>7</td>
<td>Karma Yoga Retreat</td>
<td>Dru Yoga, Bethesda. Enquiries 01248 602900, dru.org.uk</td>
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<tr>
<td>11-13</td>
<td>Yoga Rocks: Yoga &amp; Hiking</td>
<td>Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<td>12</td>
<td>Lead Stained Glass</td>
<td>Rhydymwyn Nature Reserve. Bookings Carol Udale 01352 219028, <a href="mailto:chair@fvacn.org.uk">chair@fvacn.org.uk</a></td>
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<td>15 &amp; 20</td>
<td>Yoga &amp; Stand Up Paddling Weekend</td>
<td>Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<td>19</td>
<td>Reiki 1 Healing: A Spiritual Journey Pt 1</td>
<td>The Laser Beauty and Therapy Centre, Telford Road, Menai Bridge. Claire 07838 469 174, <a href="mailto:energyteacher111@gmail.com">energyteacher111@gmail.com</a> Part 2 - June 2nd.</td>
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<td>19 &amp; 20</td>
<td>Reiki 1</td>
<td>The Healing Centre, Tregarth, Bangor LL14 6AA. Contact 01978 813888, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
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<td>20</td>
<td>Breathing for a Flexible Chest &amp; Spine ~ Feldenkrais Method</td>
<td>Llangollen. Contact Veronica Rock 07990 825783, <a href="mailto:vhrock@feldenkrais.co.uk">vhrock@feldenkrais.co.uk</a></td>
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<tr>
<td>20</td>
<td>Meditation Workshop</td>
<td>Mochdre Village Hall, Colwyn Bay LL28 5HU. Kate Hamilton Hunter 07778 134846, katehamiltonhunter.com</td>
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<tr>
<td>23</td>
<td>Clay Workshops</td>
<td>Rhydymwyn Nature Reserve. Contact: <a href="mailto:judypemberton@uwclub.ne">judypemberton@uwclub.ne</a></td>
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<tr>
<td>25-28</td>
<td>Yoga and Walking Retreat</td>
<td>Dru Yoga, Bethesda. Enquiries 01248 602900, dru.org.uk</td>
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<td>26</td>
<td>The Mountain Environment</td>
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<td>Drawing</td>
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<td>Alpine Flowers</td>
<td>Nature’s Work, Snowdonia 01248 361142, natureswork.co.uk</td>
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<td>27</td>
<td>Indian Head Massage Diploma</td>
<td>Ruabon, Wrexham LL14 6AA. Contact 01978 810300, johnbridgeangeloffice.co.uk</td>
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<td>Glaciation of Snowdonia</td>
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“It is moreover obvious that men organised in small units will take better care of their bit of land or other natural resources than anonymous companies or megalomaniac governments which pretend to themselves that the whole universe is their legitimate quarry.” EF Schumacher, Small Is Beautiful
### Workshops in June

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<tr>
<th>Date</th>
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<td>1-3</td>
<td><strong>Ayurveda Introduction</strong> Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com</td>
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<td>6</td>
<td><strong>Clay Workshops</strong> Rhydymwyn Nature Reserve. Contact: <a href="mailto:judypemberton@uwclub.net">judypemberton@uwclub.net</a></td>
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<td>8-10</td>
<td><strong>Dharma Art Weekend</strong> Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk</td>
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<td>9</td>
<td><strong>Felting</strong> Bethesda Hall, Mold. Bookings Carol Udale 01352 219028, <a href="mailto:chair@fvacn.org.uk">chair@fvacn.org.uk</a></td>
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<td><strong>Freeform Weaving and Needle Felting</strong> Pensychnant Centre, Conwy. Bookings: 07391 930719, <a href="mailto:phiaecco@gmail.com">phiaecco@gmail.com</a></td>
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<td>9 &amp; 10</td>
<td><strong>Reiki 1</strong> The Healing Centre, Tregarth, Bangor LL57 4NP. Viv 01248 601388, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
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<td>22-24</td>
<td><strong>Yoga &amp; Wild Swimming</strong> Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<td>23</td>
<td><strong>Meditation &amp; Teaching Day</strong> Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk</td>
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<td>24</td>
<td><strong>Balance: Stable &amp; Mobile ~ Feldenkrais Method</strong> Llangollen. Contact Veronica Rock 07990 825783, <a href="mailto:vhrock@feldenkrais.co.uk">vhrock@feldenkrais.co.uk</a></td>
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<td>30</td>
<td><strong>Honouring Anger Workshop</strong> Llanfachraeth, Anglesey LL65 4YA. Contact Claire Mace inspiratrix.co.uk</td>
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<td>30</td>
<td><strong>Pastels</strong> Bethesda Hall, Mold. Bookings Carol Udale 01352 219028, <a href="mailto:chair@fvacn.org.uk">chair@fvacn.org.uk</a></td>
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**Mind, Body & Spirit Fair**

*Llandudno Town Hall*

**21st & 22nd April**

10am - 5pm

Free admission

**ALL WELCOME!**

Refreshments available

*There will be readers, therapies, gift ideas, crystals, aura photography ... and more!*

*For details of future events visit:*

[www.gigaicrystals.co.uk](http://www.gigaicrystals.co.uk)

-gina-gail@gigaicrystals.co.uk
### Centres in North Wales: Workshops in May & June

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

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#### Centre for Mindfulness, Research & Practice (CMRP)
Bangor University LL57 2DG
01248 382498, mindfulness@bangor.ac.uk  
bangor.ac.uk

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

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#### Cae Mabon Eco Retreat Centre
Fachwen, Llanberis LL55 3HB  
01286 871542, caemabon.co.uk

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

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#### Vajraloka Buddhist Retreat Centre
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01490 460406, vajraloka.org

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May 2018
**Plas Tan Y Bwlch**
Maentwrog LL41 3YU,
01766 772600, eryri-npa.gov.uk

**MAY**
4 - 6 Chamber Music
6 - 11 Society of Botanical Artists Residential
11 - 13 Wildlife Photography Weekend
14 - 18 Springtime in the Gardens of Snowdonia
25 - 27 Slates to the Sea
25 - 28 Picture Making for Beginners
27 May - 3 June Practical Industrial Archaeology

**JUNE**
1 - 3 Supported Spindling for Beginners
8 - 10 Maritime History & Slate Industry
8 - 10 Building & Gardens in Pen and Wash
29 Jun - 1 Jul Botanical Art in Coloured Pencil

**Trigonos Environment Centre**
Plas Baladeulyn, Nantlle
Caernarfon LL54 6BW
01286 882388
trigonos.org

**MAY**
7 - 11 TLC Holistic Therapies
11 Creative Crochet
18 - 20 Yoga Weekend Retreat
20 - 24 Connect Drawing: A Mindful Approach
24 - 27 ReWilding the Mind
24 - 27 Weaving with Colours

**JUNE**
1 - 3 Soul Clothing - ReWild Your Wardrobe/Natural Fabric Dyeing
21 - 24 Shine Your Light: A Forrest Yoga Retreat
22 - 24 Summer Solstice Celebration - Yoga & Sound
30 Jun - 3 Jul World Dance Group & Yoga for Everyone

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

**MAY**
5 & 6 Scriptwriting
11 - 13 Storytelling from the Start
14 - 18 May Retreat
18 - 20 Translating Literature: Poetry & Prose
28 May - 2 Jun Poetry at the Start

**JUNE**
4 - 9 Emerging Writers: Writing, Editing & Publishing Prose
11 - 16 Masterclass: Writing for Performance
18 - 23 Writing Radio Drama

**Woodland Skills Centre**
Bodfari, Denbigh LL16 4DT
01745 710626, woodlandskillcentre.co.uk

**MAY**
1 Charcoal Burning
4 - 6 Post & Rung Stool
5 & 6 Make a Traditional Long Bow
7 - 11 Timber Frame Building
12 & 13 Willow Animal Sculpture; Bushcraft Cooking
15 Charcoal Burning
18 - 20 Coracle
20 Corn Dollies
26 Bee Keeping Swarm Control
26 & 27 Make A Bushcraft Knife
27 Rustic Stool
30 & 31 Holiday Club

**JUNE**
1 Holiday Club
2 & 3 Bushcraft for Forest Leaders
5 - 8 Social Forestry
16 Know Your Trees
17 Timber Processing
23 Sharpening Edge Tools
23 & 24 Basket 2 & Introduction to Bushcraft
26 - 29 Mindfulness in a Woodland Setting
**ACTIVISM**

**Sorting and Packing Aid for Refugees**  
**Mondays:** 7.30 – 9pm, including refreshments. Church of All Saints, Blaenau Ffestiniog, LL41 4AF. 07970 414489, cefn.cymru@gmail.com. Email: cefn.cymru@gmail.com Facebook: North Wales Refugee Support

**ART & CRAFT**

**Art Group**  
**Wednesdays:** Small non-teaching gathering of artists to work on their own pursuits and be inspired by each other – all abilities welcome. 10am – 1pm, £3.50. Dolwyddelan Pavillion, Conwy. Emma: emma@seeds-of-light.co.uk

**Drawing Class**  
**Thursdays:** 6.30 – 8.30pm. All skills welcome; bring your own equipment. £10 per session. Funky Aardvark, 61 Bridge Street Rows, Chester CH1 1NW, 01244 630202, funkyaardvark.co.uk

**The Make Shift**  
**Tuesdays:** Informal gathering to share ideas and craft making. 6 – 8pm, £3, book pleas! Oriel Wrecsam, 11 Chester St., Wrexham LL13 8BE, www.wrexham.gov.uk/arts

**Art Club**  
**Mondays:** Open to all! Llanbedrog Church Hall, nr Pwllheli. Jacky Milton: miltonjacky@gmail.com

**Life Drawing at the RCA**  
**Wednesdays:** 4th April - 13th June, 10 weeks, 7 – 9pm, £80, £50 students. Each session is run by different artists, exploring different techniques and styles. Contact RCA, Crown Lane, Conwy LL32 8AN. 01492 593413, rcaconwy.org.uk

**Life Drawing**  
**Wednesdays:** 7 – 9pm, £8; drop-in or book. Funky Aardvark, 61 Bridge Street Rows, Chester CH1 1NW 01244 630202, funkyaardvark.co.uk

**Rowen Art Group**  
**Wednesdays:** A variety of media, with tutor Noel McCready. Visitors welcome. Rowen Memorial Hall. Visit rowenconwy.org.uk

**Life Drawing**  
**Wednesdays:** 1:30 – 4.30pm, £5. Garth Community Centre (behind Voltaire restaurant), Bangor. Contact 07533 314458.

**Art Class**  
**Tuesdays:** 9.30am – 1.30pm. The classes consist of 3 x 10 week sessions. Informal; oil, watercolour, pastel or media of choice. Newcomers are welcome. Supportive tuition and demonstrations are provided by a qualified art teacher. Rowen Memorial Hall. Contact Peter Moore: pmoore1@gmail.com

**C A P O E I R A**

**Capoeira Classes**  
A Brazilian martial art that combines elements of dance, acrobatics and movement.  
**Tuesdays & Thursdays:** Adult class strength and stretch: 9.30 – 10.30am, £5, Neaadd Goffa, Mynydd Llandegai LL57 4LQ.  
**Tuesdays:** Adults, young people and beginners together 6.30 – 7.30pm; adult classes continue to 9pm. £6, £5 concs. The Old Goods Yard, Treborth, Bangor.  
**Wednesdays:** 4 – 6 year olds 4pm – 4.45pm, £3.50; Open Hour for adults, young people and beginners, 6.30 – 7.30pm; adults till 9pm. £6, £5. The Old Goods Yard, Treborth, Bangor. Enquiries: Monitor Colin Daimond 07773 798199, capoeiramocambo.co.uk

**C O N S E R V A T I O N  W O R K**

**Felin Uchaf Volunteer Days**  
**Wednesdays:** 9.30 – 4.30pm. All safety clothing, refreshments and lunch provided. Felin Uchaf, Rhoshirwaun, nr Aberdaron, 01758 780280, felinuchaf.org

**DANCE**

**Ballroom and Latin plus Argentine Tango**  
**Wednesdays:** Beginners, 7.30 – 9.30pm, instruction given bilingually, £4. Y Felinwedi/Port Dinorwic. Contact Medi for venue 07500 337093.

**Ballroom and Latin American**  
**Wednesdays:** Social dance and practise session, all welcome. **Wednesdays** 7.30 – 10.15 – basic step; arrive at 7pm. Llanbedrog Village Hall, nr. Pwllheli. Details Kerstina 07890 390805.

**Bellydance**  
**Wednesdays:** 6 – 7pm, £5. Garden Village Community Hall, Wrexham. **Tuesdays:** 6 – 7pm, £5. Hightown Resource Centre, Wrexham LL13 7YF. Rachel: iscia_espirit@hotmail.co.uk or Facebook: Rachels Belly Dance Classes

**Bellydance**  
**Mondays:** 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.  
Rachel: 07745 971678, ramona.org.uk

**Burlesque**  
**Tuesdays:** 7.30 – 8.30pm, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157, dance-classes-north-wales.co.uk

**Dance Fitness**  
**Wednesdays:** 10am – 12noon at St Paul’s Church Hall, Llangollen. Sue Baumann, 07833 791317, llntyachi.com

**DanceZone**  
**Tuesdays:** 5.30 – 7pm, £15. St. Colen’s Church Hall, Llangollen. Sian Roberts 07711 889452, sian_roberts001@yahoo.co.uk

**Flowdance**  
**Tuesdays:** 10.30 – 11.30am, Aberconwy Village Hall; **Thursdays:** 10.30 – 11.30am, Pwllheli School of Dancing, Gaol St., Pwllheli. £5 each. Sue Roberts: 07833 791317, llntyachi.com

**Just Ballroom**  
Ballroom, Latin & Old Time Sequencing **Tuesdays:** 10am – 12noon at St Paul’s Church Hall, Craig-y-Don, Llandudno. **Fridays:** 2 – 4pm, St David’s Church Hall, Penrhyn Bay. £5 includes refreshments. 01492 540544, just-ballroom.co.uk

**Salsa**  
**Tuesdays:** Beginners welcome including Two Left Feet! No need to bring a partner. 8.30 – 9.45pm, £5. Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157, dance-classes-north-wales.co.uk

**Salsa**  
**Mondays:** Intermediate/Advanced. No partner required. 8 – 9pm, £4.50. International Pavilion, Llangollen. NEW Dance 01978 869456, newdance.org.uk
Shaktidance: combing yoga and dance New class in Llangollen! Mondays: 9.30 – 11.30am, with Maria Prabhucharan Kaur. Contact 07778 912521, mrs mariasutton@gmail.com Facebook: Shaktidance Chester

Swing Jive (Lindy Hop) Wednesdays: All welcome, 8.15 – 9.45pm, £5, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McGreevy 07751 017157. dance-classes-north-wales.co.uk

DRUMMING
Drumming Classes Mondays: Beginners class in Bodhrán. Drums provided or bring your own. 5 Church Drive, Rhos on Sea LL28 4LL. Contact Alan 07876 255601.

EXERCISE

Movement for Memory Tuesdays: Theatr y Ddraig, Barmouth, 01341 281 697, dragontheatre.co.uk

FELDENKRAIS METHOD
Feldenkrais Method Class ~ Awareness Through Movement Tuesdays: 4.30 - 5.30pm, £6 per class if booked as a block or £7 per class drop-in rate. Please phone first to check suitability. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Veronica Rock 07990 825783, vrock@feldenkrais.co.uk

GARDENING ~ CONSERVATION
Digging Deeside Tuesdays: 10am - 12pm. Join our gardening project; Connah’s Quay Community Allotments & Gardens. Contact 07759 753473. Rainbowbiz rainbowbiz.org.uk/digging-deeside/

Wildlife Gardening Mondays: Maintaining the garden and woodland at Ty Hyll ~ The Ugly House, Capel Curig LL24 0DS. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Groundwork Tuesdays: 10.30am - 3pm. A variety of tasks at Buckley nature reserves. NEW Wildlife 01978 269568, kwilson@newwildlife.org.uk

GIFT ECONOMY / GIVE AND TAKE
The Wiggly Wobbly Way Community based Gift Economy project. Now open every day 9.30am - 4.30pm and evenings in the summer. Come and see what’s happening. Visit our Little Free Library, Give and Take Stall and have a brew. Rockside Cottage, Farndon, Chester CH3 6PU. Resident Caretaker: Vic 01829 271 639, wigglywobblyway.weebly.com

LANGUAGES
La Conversation Française Thursdays: upper intermediate level, 7 - 9pm, free, The Tap & Spile (near the Pier, Garth) Bangor. Jan: jannieu@tiscali.co.uk

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

Happy Mind Happy Life Wednesdays: 7.30pm, £6. Bishop Lloyd’s Palace, Watergate Rows, Chester. Contact 01606 77034, info@meditationincheshire.org


Mediation Classes in Mold Tuesdays: 7 – 8.30pm, £6. More details from Kalpa Bhadra Buddhist Centre, 34 Mostyn St., Craig y Don, Llandudno 01492 878778, meditatennonwales.com

Mindful Movement & Meditation Tuesdays: Join me for early morning sessions using Infinite Radiant Chi Gung to clear & replenish your energy field followed by a nurturing meditation. 6.45 to 7.45am, £8. Bodhi Movement. The Stables Betws y Coed, LL24 0AH. Lydia 07502293114, lydia4020@yahoo.co.uk Facebook: Finding Your Anchor

Meditation Class Mondays: 12noon – 1pm; followed by tea. Oddfellows Hall, Saltney CH4 8SG. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Transcendental Meditation Regular Meetings (and introductory talks) held in North Wales. Contact the Centre 01695 735579, uk.tm.org

Buddhist Meditation and Discussion Small, friendly, established group. Wednesdays: 6.30-8.30pm. £8 per session, concessions available. We meditate and discuss Buddhism in relation to our lives and chat over cups of tea and biscuits. All levels of ability welcome. Chester Quaker Meeting House (near Brighthouse shop), Frodsham Street. Further questions? Contact Prashrabdhi - triratna-at-chester.org

Buddhist Meditation Class Mondays: 12noon – 1pm; followed by tea. Oddfellows Hall, Saltney CH4 8SG. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Triangles Meditation Mondays: 8pm. Using the power of thought and of prayer to uplift and transform consciousness. This is an online facility. You can find out more and register here: lucistrust.org/triangles
**Meditation Class** **Wednesdays:** 7.30pm, £6 per person. Bishop Lloyd’s Palace, Chester. More info: meditationincheshire.org

**NONVIOLENT COMMUNICATION**

**Regular Nonviolent Communication** **Mondays & Fridays** meets in Bangor. Contact Lisa at - busybees@phonecoop.coop

**PAGAN**

**Pagan Study Group** For 8 weeks starting 4th May - 22nd June. The meetings commence at 6.30pm and are £3 per session or £20 if paid on the first session for all 8 meetings. Participants should bring a comfortable cushion to sit on. The meetings are held in the basement of the shop and there is, unfortunately, no disabled access. Bookings to be made to: yrhenysgol17@gmail.com

**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, meditatenorthwales.com

**PILATES**

**Pilates** Various classes available in Gwynedd area. Carys 01766 523113, carysmatic.co.uk

**Pilates** **Thursdays:** 1.30 – 2.30pm. Newcomers welcome, no experience necessary. Rowen Memorial Hall. Contact Jamie 077655 26731.

**Pilates** **Tuesdays 6 – 7pm; Wednesdays:** 10am – 10.45am; **Thursdays:** 5.45 – 6.45pm; 7 – 8pm. Fridays: 9.30am – 10.15am & 10.30am – 11.15am. Verve Wellbeing and Fitness Studio, 2 – 4 George St., Llangollen LL20 8RE. Susan Wallace 07932 670559, info@getmovingkeepmoving.co.uk

**QUAKERS**

**Ruthin Quaker Meeting** **Sundays:** 10.30 – 11.30am, followed by tea and biscuits at Canolfan Awelon, School Road. Contact: Jean 01824 705592

**RELAXATION CLASSES**

**Relaxation Class** Yin Yoga & Nada Yoga Nidra
(Sound Based Deep Guided Relaxation). **Fridays:** 6.30 – 8.30pm, Dyserth. Lisa: lcyoga@aol.com ~ lcyoga.co.uk

**SINGING**

**Coastal Voices** Fun, friendly mixed choir singing close harmony world music. **Tuesdays:** 7 – 9.15pm, £6 / session or termly reductions, Mynydd Sion Chapel Hall, Abergele LL22 7AW. Sara Brown 07881 463585, sarasings@ymail.com

**Sing Out Your Song!** Harmony Singing Group - **Thursdays:** Drop-in group, 7 - 9pm, £8, £6, £4. Bishop Lloyd’s Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

**SWAGG Choir** **Wednesdays:** supporting people who’ve been through cancer treatment. 7 - 8.30pm, £25.0. St Werburgh’s Catholic Club, Brook St., Chester. Ella 07792 620503, ellaspeirs@hotmail.com

**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. 7.30pm, 16yr+, £3, £2 concs. Wrexham Methodist Church. Wendy Paintill 01978 354706, info@wrexhamchoir.co.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@ymail.com

**Soul Singing** **Thursdays:** 10.30am – 12pm. Felicity Jones facilitates this Sacred Singing group. £5. Hillside Retreat, Rhosesmor, Mold CH7 6PF. If you are interested please email me: helen@self-life.co.uk

**Lleisaiur Byd ~ World Voices** **Wednesdays:** We sing songs from around the world. 7.30 – 9.30pm, £5 weekly. Meets Jerusalem Vestry, Criccieth. David Gunn 07840 957853.

**Cantorian Gele Singers** **Mondays:** We welcome new members. 7 – 9pm. The Old Red Cross Rooms, nr St Michael’s, Abergele. Anne Cain 01745 822207.

**Number 44 Choir** **Thursdays:** Learn different songs and styles. £5 per session/ £50 for 10. 44 Sea View Rd., Colwyn Bay LL29 8DG. number44.wales

**Singing’ Wimmin** **Thursdays:** new members welcome! Theatr y Ddraig, Barmouth, dragontheatre.co.uk

**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

**Men’s Sheds** **Thursdays:** 10.30am. Llanrwst Forest. Golygfa Gwydyr 01492 642110, golygfagwydyr.org

**Debating Group** **Fridays:** 10.30am - 12pm, £1. Bridge Café, Blaenau Ffestiniog, 01766 380083.

**Matt’s Community Breakfast** **Saturdays:** All welcome! 9am - 11.30am. St Collen’s Church, Llangollen; stcollens@gmail.com

**SPIRITUALIST**

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

**SPIRITUAL DISCUSSION**

**AberJabber** **Wednesdays:** Informal spiritual discussions; all welcome (channeling, Higher Spirit, Extraterrestrials). Come and go when you like; chats very often evolve into one-on-one, or small group conversations. There is no formal ‘format’, no ‘leaders’; one rule only - under 3s must be accompanied :) 7.15pm, Fresh Bar, Abersoch. Pauli Murphy 07768 603365, helimurf@aol.com

**Theosophical Society in Wales** Meets in Colwyn Bay and Bangor. See Calendar for events or visit: www.theosophywales.com

**TAI CHI/ CHI GONG/ TAIJI QIGONG**

**Chi Flow** **Tuesdays:** 7 – 8pm, £5. Pwllheli School of Dancing, Gaol St, Pwllheli. Sue Baumann, 07833 791317, sue.reiki@talktalk.net, lylunyaichi.com

Tai Chi Classes Fridays: 11am – 12pm at Spire (upstairs in the studio), NW Business Park, Abergele. Also: Qi gong Class Wednesdays: 2 – 3pm, 1st Floor Studio, Kit ‘n’ Heels, Rhos-on-Sea. Eirian Harrison, Wings of Change 01492 544518, 07748 582380, Facebook: Wings of Change

Tai Chi Cymru Mondays: 6 – 7pm & 7.15 – 8.40pm, Rhu ddullan Community Centre. Tuesdays: 6.30 – 7.30pm, £6 per session, £20 for 4 sessions, booking essential, Llanfair TH Memorial Hall. Stan Boyd 07834 690964, taiji-cymru.co.uk

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

Tai Chi Class For people with Multiple Sclerosis and their carers. Mondays: 12noon – 1pm. Trefnant Village Hall, Denbigh LL16 5UG. Led by Peter Newton. Contact Alan 01824 705729.

Tai Chi & QI Gong Classes Mondays: 7 – 8pm, £5, Llangoch Village Hall, Anglesey. Thursdays: 4 – 5pm, £5, Trefriw Village Hall, Conwy. Rose 01407 769571, 07759 105504, roseannyyoga@gmail.com, roseoyoga.net

Tai Chi Mondays: Chi Gung, 6.30 – 7.30pm, £5. All levels Tai Chi, 7.30 – 9pm, £6, £5. Coed Mawr Community Centre, Bangor (behind McDonalds) Geraint will cover this class. 2.30 – 3.30pm, Community Hall Llandegfan (top of the village near play park) Self led class using Jeff’s DVD, Geraint may lead some classes. More info: cymrutaichiwales.co.uk

Nordic Walking Saturdays: 10am - 11.30am. Meet at Erddig car park, Wrexham. Jasmine 01978 315179, jasmine.hopkins@nationaltrust.org.uk

Get Walking Mondays: Chirk: 9.30am, call 01691 778666 for meeting point, 60 minute walk. St Asaph: 10.30am / Bowling Green 90 minute walk. Gwaenysgor Village Hall: 11am, 2hr walk. Prestatyn Town Council Offices 1.45pm, 40min. Rossett Burton Weir, 2pm by the under-pass, 60 min walk. Tuesdays: Corwen Canolfan Ni, 9.30am, 1hr. Alyn Waters Llay side car park, 2pm / 75 – 90 min. Dyserth Community Centre, 11am, 2hrs. Wednesdays: St Asaph, Bowling Green 10.30, 90min. Llangollen Health Centre 10.30am, up to 60min; Conwen, Canolfan Ni, 1pm, 2hrs. Thursdays: Rhu ddullan, Methodist Church, Gwinyd Street, 11am, 2hrs. Acton Park: St Johns Church c.p., Herbert Jennings Ave, 11am, 50 min. Llay, 11am, Miners Welfare, up to 75min. Fridays: Rhyl Brickfield Pond, 12.30pm, 90min. Regular walks are available from Llanasa and Prestatyn. Please call 01745 356197 for further details.

Ceredd Conwy Walks A full programme of various walks; suggested donation of £2 per walker per walk which goes towards promoting costs and training of leaders. Various locations across Conwy and beyond. More info www.cerddedconwy.org

Yoga Kundalini Yoga Classes Tuesdays: 6 - 7.30pm, £8. The studio is well equipped with yoga mats and blankets however you are welcome to bring your own kit. Methodist Church, Regiment Street, Wrexham LL11 1RY. Daria Wawrzymska 07961 716295, daria@highhonyoga.co.uk

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

Source Yoga Classes Monday - Friday; Rhos on Sea and Colwyn Bay, 07704 437415, sourceyoga.org.uk

Yoga Tuesdays: 7.30 – 9pm, £6/£5, Coed Mawr Community Centre, Bangor, with Katie Roberts. More info: cymrutaichiwales.co.uk

Be Balanced Yoga Class Mondays: 7 - 8.15pm, £7, Maesbrook Village Hall, Oswestry SY10 8QW. Wednesdays: 9.30 - 10.30am, Scout Hut, West St., Llangollen. Gaele Atkinson 07807 215537, gaeleatkinson@gmail.com

Yoga for Health and Well being Mondays: 7.30 - 9pm. Suitable for all ages. Newcomers welcome - no experience necessary, held in Rowen, nr Conwy. Lorna 01492 641560, lornashipp@yahoo.co.uk. Details : rowenconwy.org.uk/memorial-hall-activities-in-the-memorial-hall/yoga/

Starflower Yoga Tuesdays: 12.30pm - 2pm NOVA, Beach Rd West, Prestatyn LL19 7EY Wednesdays: 5.45 - 6.45pm Dyserth Community Centre, 29 Cwm Rd., LL18 6BD. Thursdays: 12.30pm - 2pm, NOVA, Beach Rd West, Prestatyn LL19 7EY. Classes led by Sadie or Upali, £4.50 - £6, starfloweryoga.com

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 in Newborough. £50 for 10 classes or £6.50 drop-in class. Elaine 01248 430147, elaine.yoga@tiscali.co.uk ~ yoganorthwales.co.uk
Forrest Yoga with Claire Mace. Mondays: 7 – 8.30pm, St. Mary’s Church Hall, Holyhead LL65 1TR. Beginners and improvers welcome. Also small group classes in Llanfachraeth by arrangement. Claire 07970 409 724, claire@inspiratrix.co.uk ~ inspiratrix.co.uk

Dru Yoga Class Thursdays: 6.15 -7.45pm, £7. Dru Centre, Nant Ffrancon, Bethesda LL57 3LX. Christiane 01248 602900 ext 218, christiane@druworldwide.com

Yoga Classes with Rose Ann Preston. Mondays: 10.30am & Tuesdays: 10.30am and 7pm, held in Holyhead Sports Centre. Thursdays: 2 - 3pm, Trefriw Village Hall, Conwy. And 7.30pm, Ysgol Aberconwy Sports Centre. All classes £5. Rose 01407 769571, 07759 105504, roseyoga.net

Yoga Mondays: Trefnant Village Hall, 11am; Loreto Centre, Llandudno 6 - 7pm Intermediate; 7 - 8pm Beginners. Wednesdays: Trefnant Village Hall 6 - 7pm Intermediate; 7 - 8pm Beginners. Fridays: Trefnant Village Hall 7am. Saturdays: Trefnant Village Hall 9am. Laura Bell, 07989 512859, thezestlife.co.uk

Iyengar Yoga Class Thursdays: 7 - 8.30pm, £8 or £35 for 5 classes paid in advance. Rhoscolyn Village Hall, Anglesey. Ruth Johnson yogamon@myphone.coop

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


Shaktidance Combining yoga and dance. Mondays: 9.30 - 11.30am, Llangollen. Maria Prabhucharan Kaur 07778 912521, mrsmariasutton@gmail.com Facebook: Shaktidance Chester

Simply Yoga ~ Yoga and Relaxation For people of all abilities, fitness levels and age groups, with classes tailored to the needs of each individual; all on a drop-in basis. Mondays: 11am - 12.15pm, £5 per class. St. Pedrog’s Church Hall, Llanbedrog, nr Pwllheli. Mondays: 7pm, Yoga and relaxation, £5, Abernos Village Hall. Tuesdays: 7-10am, (term time only), £6, £15 if paid in advance for 3 classes, Llanvor Village Hall. Tuesdays: 7pm, £5, Llanengan Village Hall. Wednesdays: 10.30am, £5. Contact Freddie 07833 663717, simplyyoga@btinternet.com

Yoga with Rosslyn Falconer, Mondays: 10.30am - 12pm. Tuesdays: 7.30 - 9pm. £7 drop-in. Verve Studio, 2 - 4 George St., Llangollen LL20 8RE. Rosslyn 07837 580742, rossfalcon@yahoo.co.uk

Yoga Tuesdays: 7 - 8.30pm, Penmaenmawr Memorial Hall, LL75 8YH. Wednesdays: 7 - 8.30pm, Tanralt, Pentraeth LL75 7DR. Thursdays: Beginners 5 - 6.15pm; Hatha Flow 6.30 - 8pm (intermediate). Menai Bridge Community Centre. Saturdays: Gentle Yoga, 10 – 11.15am. Menai Bridge Community Centre. Emily 07775 798536, ekmyoga.com

ZUMBA

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

Zumba Thursdays: 7.10pm, Ysgol Gynradd Llanfair PG, LL61 5TX. Aaron Bradley-Bevan 07866 891424.

Zumba Gold* Classes that provide older adults with modified, low-impact moves. Mondays: 9.15am, Rhuddlan Community Centre. Tuesdays: 10.30am Eirianfa Community Centre, Denbigh. Fridays: 9am, Trefnant Village Hall; all with Chic Fitness. General enquiries 07775 421209, chic_fitness@yahoo.co.uk

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2nd Wed/month 6 - 9.30pm

Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more.

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House Dowser
Geopathic Stress Affects Everyone!

Could your home be responsible for your illness?
Is your relationship being stressed by your house?
Is the earth giving off rays that are affecting you?

Dowsing For Beginners
Workshops:
Sat 7th April & Sun 13th May
in Flintshire

Does your house need healing?
You could be being affected by the earth’s magnetic field. Fault lines and water veins deep under the ground concentrate this field, and they could very possibly be coming up through your house.

The Problem
The effect of Geopathic Stress is to depress the body’s immune system, particularly when you are sleeping over a negative place, causing illness, depression and stress.

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North Wales Cancer Care
Invites you to come and join the Launch of a new
Wellbeing Support Service for people on the Llŷn living with cancer

Thursday 5th April
Clwb Seren Wen
Day Centre
High Street
Criccieth
LL52 0RN

Monday 9th April
Natural Therapy Centre,
73a High Street
Porthmadog LL49 9EU
(above Browser’s Bookshop)

Wednesday 11th April
Willow Wellbeing
Tŷ Newydd Farm & Caravan Site
Uwchmynydd
Aberdaron LL53 8BY

All welcome to drop in for tea & coffee between 11am - 3pm

More details from NWCC Coordinator
Sheila Smith 07851 792014, info@health-matters.biz
www.northwalescancercare.org.uk

Macmillan Funded Projects
“Drowned Village”
by Ted Townsend
*A lament for Capel Celyn in the Tryweryn Valley of North Wales destroyed in 1965.

Nature has always flooded its rivers and seas
To balance the pressure, to flow and breath
But did Man have to flood a Welsh village?
For Liverpool - a distant City’s water needs?
Despite protest from the local population
And most of the Welsh members of Parliament
The Architects and Politicians ignored them
Overruling concern and planning consent
Uprooting an innocent thriving community
Over seventy people’s lives disrupted
Men women and children, forced them to leave
To gather their possessions, pets and memories
Say goodbye to their homes and gardens
The School, The Quaker Meeting House
The Post Office, The Chapel and Cemetery
Move hundreds of animals, flood fields and farms
Kill flora and fauna, forest and trees
The wildlife, the birds, butterflies and bees
No! We know politicians can be blinkered
From their ivory towers they fail to see
Or learn lessons from history
Choosing the cheapest option is too easy
They should show some compassion and vision
Study the geography, geology and hydrology
There’s always uninhabited land for reservoirs
Above and below ground on the hillsides
To capture rainfall, harness hydro-power
Process H\text{2}O with desalination from the Mersey
Conserve and reduce consumption and leakage
No! Never again let the powers that be
Plunder the heart and soul of a community
Drown the beauty of a paradise valley
Destroy part of Nature’s legacy
For a distant City’s water needs

Ted Townsend is a Snowdonia-based English poet who shares the sense of sadness that such a destructive plan, much like the ugly and dangerous Trawsfynydd Nuclear Plant, could ever be considered and sanctioned in an area of outstanding natural beauty.

ON EASTER MONDAY, APRIL 2ND, AT
ST MARY’S CHURCH CAERNARFON,
HARPIST SIONED WILLIAMS WILL PREMIERE
THE NEW WORK BY MICHAEL STIMPSON:
“THE DROWNING OF CAPEL CELYN”
See Noticeboard & Calendar
www.walesharpfestival.co.uk
ome years ago, my car was broken into at a motorway services station. I was returning home after visiting my parents for Christmas, so I was loaded up and quite a few items were stolen. Over the next few days I found myself buying replacements for the stolen items, not so much because I needed them, but as a way of making good. It was as if I thought replacing everything would mean that the theft had never taken place, as if my response could take away my feelings of outrage and loss.

One of the harshest lessons we have to learn in childhood is that reality cannot always be bent to our will. Pocket money can only be spent once; broken things may be made as good as new, but they cannot be made new; when you eat your sweets they are gone; when your pet dies, it’s dead. These are hard lessons, and ones we learn imperfectly. When things don’t go according to plan in adult life; when someone dies; when we fall ill; when a relationship ends; when we lose a job; when something breaks or is lost; when something is stolen, our first response is often to try and turn the clock back, and just pretend it never happened.

Theft happens. Destruction happens. Loss happens. Falling out of love happens. Redundancy happens. Injury and death happen and, once they have happened, they cannot be undone. Omar Khayyam said it so well: “The moving finger writes; and, having writ, moves on: nor all thy piety nor wit shall lure it back to cancel half a line, nor all thy tears wash out a word of it”. Life cannot be reversed. We have no choice but to move forward. No action we take now can cancel anything that happened before. Replacing, repairing, restoring, mending, and healing may be good and useful actions, but they do not make the arrow of time fly in the opposite direction. Whatever practical action we take to make things better in practical terms, psychologically, the right response is to take the hit, to accept the reality of what has happened, to accept the loss, and to move on.

There is one reality, and that is the one we live in now, at this moment. As Khayyam says “Be happy for this moment. This moment is your life.” This moment, in this reality is where we are, so this is where we have to start. When I feel distressed, and when I think about clients’ stories of distress, so much of our suffering grows out of our refusal to accept the current reality. Things are as they are, and they won’t change just because we wish they would, or refuse to accept them.

Most of us have a highly developed capacity to imagine life as we would like it to be. This ability helps us plan for the future, but it sometimes stops us from being grounded in the present. One of the first tasks in the therapy room is truth telling, to say it like it is, warts and all.

So how do you distress yourself? Are you holding onto the past and not living in the present? Are you imagining alternative realities rather than fully inhabiting this one? Or are you fondly imagining things will change for the better sometime soon, when your common sense tells you they won’t? Come to your senses! What is the evidence before your eyes? You have to get real before you can get sorted.

© Adam May is a CBT psychotherapist based in Llanddaniel where he lives with his partner, Rob, and Socsyn, The Wonder Cat.

www.adammay.co.uk
Nonviolent Communication (NVC), also known as Compassionate Communication, is an awareness process. It is supportive to find clarity for what is of value in life, to distinguish the underlying significance from what is going on and being said. It helps us to recognise what it means to value something, that this is a physical experience, that we have longings and yearnings tangibly in the body which are driving our every impulse. Our feelings act as indicators to what we want, and serve to activate us to do something about it. By having awareness of this process, we are empowered with choice rather than to react habitually, perhaps in a defensive way. It is in this ownership of choice that we are taking responsibility for ourselves. By listening to our feelings, recognising that they indicate which needs are alive, and to have the freedom to make a decision based on this, we are taking responsibility for firstly our feelings, and consequently our words and actions. For me, this is the root of both personal empowerment and of social change.

Our natural condition is to do what we want. We act in ways that meet our needs, needs that are common to all people. Of all the things which we want, our need for acceptance in community, to care and contribute to others is perhaps the most rewarding. Marshall Rosenberg, the creator of Nonviolent Communication, described its purpose as being to find joy in compassionate giving. We are hard wired to love and care for others, this is our deepest longing. By listening and trusting what is alive, as our awareness deepens, we come to see it is the intention behind what we say or do that meets these needs. Unfortunately, through schooling, parenting, working within hierarchical structures etc, we have been socialised to act habitually in such a way that our actions meet the needs of society rather than of ourselves. With this, our actions are made not from the energy of love, but instead they are made from the energy of fear, the fear of loss of acceptance from others who we see as empowered to control our needs. It follows that the process of learning NVC is not so much as learning something, but rather to unlearn our conditioning, so we have the freedom to make up our own minds. To make decisions based, not on fear of not receiving something of value, but on love, our desire to connect, to trust and understand the other. Nonviolence is about being in community.

I have been offering workshops in Nonviolent Communication since 2013. The next workshop will be at ‘Ty Lorne’ in Bethesda, Sunday 22nd April 10am – 5pm. Numbers are limited to maximise the level of participation, so booking is essential, and I ask a £10 booking fee. Please email for booking information. While wanting to make this work accessible to all as well as sustainable for me to offer, I hold a sliding scale of payment on the day of between £0-£50. You are invited to bring a contribution to a vegetarian pot luck lunch. Please arrive before 10am so that we can start promptly. For more details visit my website.

Rik Midgley is an NVC Trainer, Tai Chi Teacher and Ceramic Artist. He also practices Vispassana Meditation and has a degree in Dynamical Oceanography.

www.LiveNonviolence.uk
Rik@LiveNonviolence.uk
The Eternal Forest Trust provides green, natural burials for people, pets and ashes in Boduan Sanctuary Wood.

The wood is coming back to life after the snow and freezing weather. Bluebell leaves are poking through the damp ground, the birds are singing and the snowdrops are in bloom. The wood still looks a little sad, as always at this time of year, before everything re-grows its bright Spring finery; but at last the days are lengthening to match the nights and the evening sun is moving round to set in the West, behind Carn Boduan.

Despite recent high winds, surprisingly few trees have fallen and we didn’t lose any big native trees this winter. We have, however, been taking defensive action; the two large chestnuts near our new shelter have been coppiced, lest they fall on the building. In the summer they will produce new shoots, growing quickly to make a host of fresh stems. We’ll use the larger trunks to make benches and other structures, taking advantage of the rot-proof quality of the chestnut.

We held our AGM later than previously, in February, and we are happy to welcome three new Trustees to the Board: Berni Cavenagh, who, over years of volunteering, has pulled great piles of brambles from the wood; Rosie Waite, a celebrant who has conducted several funerals in the wood (including Colin’s last August), and John Wiltott, a local tree surgeon who’s passionate about native woodlands. We anticipate that they will bring fresh energy and ideas to The Eternal Forest Trust.

We’ve had the busiest winter ever, with more bookings and burials than any time since we began. It’s been challenging; we’ve hardly had two dry days in succession since October so we’ve had to cope with a great deal of mud. But we manage with the help of spruce chippings and straw spread on the ground if the mud is really bad. Mourners and funeral directors have been very tolerant.

There have been other recent challenges too, of an entirely different nature. We’ve had to make arrangements for the burial of people who have died, or who are likely to die, outside the UK. This has presented difficulties, particularly (as far as we’re concerned) as standard practice is that bodies are embalmed before repatriation, and we don’t allow chemical treatment of anything in the wood, both because we keep to organic principles and because the Association of Natural Burial Grounds, of which we are proud to be a member, does not allow embalming.

At last, to our great relief, we discovered that it is possible to have the deceased person frozen before being flown back and no form of chemical preservation is required.

So if you, or people you love, want to be buried in Boduan Sanctuary Wood and death happens abroad, please make sure that we are informed without delay – and before the body is contaminated with formalin.

It’s time to move on to more cheerful topics! The late May holiday week seems a long way off but we’ve already started to plan this year’s Day of Delights, which will be on Tuesday May 29th. Last year, Llangwyndail artist Annie Horsley inspired people to make clay creatures and faces to hang in the trees, and Mei Eng of Mei’s Fusion created a South East Asian feast for lunch. It was such fun for people of all ages, we’ve decided to do something very similar this year. Put the date in your diary - 29th May!

Before that, do join us if you can in the wood to do gardening and woodland maintenance (weather permitting) from 1pm on Sunday 25th March, and from 10am on Sunday 1st April for green woodworking with Bill Pywell.
The personal bonds which once made social units tightly knit entities and able to express a collective power and a collective will and identity have been sacrificed on the altar of a wholly new feature of human life, the mass society. The inherently destructive and debasing nature of mass entities and mass government are everywhere around us.

The mass society is a product not of the partnership and the involvement of the general body of its members, as were all previous social structures, it is the product of a tiny minority in key positions of control addicted to the exercise of power or the quest for wealth. The mass society, of its nature, can only operate on the basis of strong centralised controls; this minority has succeeded in grasping the levers of these controls and imposing their needs and their values on the mass.

The result is a global crisis of such proportions that it is now threatening the survival of the human race, nothing less. A restoration of community life and power is thus not some idealised daydream of what might be; it is a stark imperative necessity for human survival.

Societies based on personal bonds made decisions by establishing a careful choice between right and wrong, between good and evil. What was right and good was what might contribute to greater social cohesion, a greater sense of loyalty to the group and an awareness of the need to adhere to precise forms and to reject anything that might undermine the collective ethical sense. But why? Because the survival of the group depended on it. It is the key to grasping why all major religious teaching embodies the command ‘love thy neighbour’.

The modes of government which have matured over recent centuries are simply ceasing to function properly and show many signs of being incapable of functioning at all. Despite the marvels of modern technology, (in some cases because of them), and the assumed advances in citizen welfare that have been achieved, government can achieve neither peace, stability nor general well-being. Figures about production and consumption will appear to reflect a growth in both and to indicate a rising tide of prosperity; such figures are achieved as though greater consumption is some overriding goal of human existence, and that when realised will answer its main problems. But despite all the bangles and the glitter it needs to be asked, have they managed to improve the quality of life?

Are people in overdeveloped countries today more relaxed, more at peace with themselves, more fulfilled and more vitally alive, more creative, enjoying happier relationships, more aware of the beauty and the miracle of natural life or more full of the wonder of the panorama of their own life experience?

Other figures, not related to the business of getting and spending, convey a rather different picture. They indicate nothing less than breakdown; breakdown of
marriages and of family life, breakdown of local community structures and relationships, breakdown of peoples’ health, both mental and physical, and on an ever increasing scale, a breakdown of any sense of consensual moral order. Lacking any sense of control over the passage of events or over prospects of preserving peace, or of controlling economic activity so that it responds to human need rather than simply oiling the wheels of human greed.

The quality of life, despite the affluence now enjoyed by a small minority of the global population, has deteriorated sharply in the last two or three generations, largely owing to the crudity of the impact of technology on our lives.

For the majority of the human race economic conditions have not improved, they have worsened considerably and there are multiple signs that on our present course they cannot avoid getting worse.

Can the means be created for an entirely new and hopeful phase of human development? It involves a root and branch reassessment of our prevailing power structures and how they work and a recognition that no civilisation with a working basis of an ardent pursuit of the seven deadly sins can possibly long survive.

We are not here confronting darkness at noon; rather I believe we are on the threshold of an altogether new phase of human achievement.

Let us take heart; if slavery has been abolished, if torture is outlawed, if trade unions are a force, if women have gained the vote and now have equal status with men, however incompletely, if gender is now viewed in terms of an unassuming toleration of differences rather than the bigoted tendency to denigrate and defame, if racial prejudice is seen for what it is, if colonialism in many forms is now largely history, if the United Nations now has a ‘Charter of Human Rights’, consider that this and very much more, has been the work of dedicated and often seemingly insignificant minorities.

They have prevailed because they have sought to echo the deepest, the most pervasive and persistent longing in the human soul; the longing to be free, free to live, to create and to enrich life.

They are those echelons of the spirit who have always erupted in every land to burst upon the scene to challenge settled acceptances of evil; who insist on disrupting established tyranny and degeneracy and who embrace life itself as a cause to be championed to the end, with all the impetuosity of a springtime bud bursting into flower. Despite all the odds they will prevail, if only because they are the quintessence of the spirit of life itself.

Among many other things, in his 90-odd years John Papworth has been a cook, a beggar, a presidential adviser, an orphan, a runaway, a prisoner, an editor and a priest!

www.hive.co.uk

Full Moon Meditation Network
Taurus: April 20th ~ May 21st
Full Moon: April 30th at 1:58am BST

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
Refugee Support: Local Collection Points for CEFN

For a list of most needed items - including toiletries, medical supplies and summer clothing - please look at our pinned post on Facebook or email: cefn.cymru@gmail.com

- BLAENAU FFESTINIOG - Bookies’ Shop, 14-15 Church Street, LL41 3HB
- PENVYNDUDRAETH - Holy Trinity Church on the main road, 10am – 3pmish: behind curtain at back.
- PORTHRMAODOG - 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
- LLANRWST - The Natural Building Centre, Plas Tirion, Betws Rd, Llanrwst LL26 0PU. Open Mon 9-5, Wed 9-12 and Friday 9-5. Out of hours by arrangement: post@thenaturalbuildingcentre.co.uk

Sorting Sessions

- Mondays 6.30 – 9 pm. at The Church of All Saints of Wales, Manod, Blaenau Ffestiniog, LL41 4AF
- Wednesdays 12 – 3pm

Please consider a regular donation of a few pounds a month.

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18TH - 20TH MAY 2018

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