network news

a guide to inspiring events in north wales

one planet governance ~ the arising feminine ~ ecovillage summit 2020
manna from the mellow land ~ the cool lab ~ walking with the goddess

exhibitions ~ workshops ~ festivals ~ groups
February 2020

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www.femkevangent.art

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Welcome to the February Network News. Fem’s owl has a gaze that penetrates the soul. It is calling us to address the questions that are determining the future of the world. For instance… *If I was living exactly as I chose…what would I do throughout the day; who would I spend my time with; what kind of environment would I be in; what resources would I have access to; how would I contribute to the world?*

We answer these questions *unconsciously* by the way we live our lives every day. Now, more than ever, is a time for us to decide to answer *consciously* - and as deeply and honestly as we can.

We need to ask these questions without any sense of restriction, unconstrained by our budgets or obligations or habits. It is a time to penetrate into the heart of all we were born to do, find out if we’re doing it, and if not, why not?! It is to do with observing where our thoughts, feelings and actions tend to lead us, hour by hour, day by day - and deciding if it is where we truly want to go.

Our answers will be diverse, but there will be common themes. We are likely to find we don’t want the ugliness, waste and cruelty of modern life. It is likely that we will want to be doing creative and engaging things, surrounded by as many of our favourite people as possible, in an environment close to plants and trees and wildlife, with neighbourhood access to tools to maintain, repair and nourish everyday life, even the technology to interact with the world beyond - but without being sucked back into the maelstrom.

Amazingly enough, this alternate reality exists, in the here and now, and it is as close as we are to taking a leap of faith towards it. It comes in many forms - Ecovillages and Intentional Communities among others - and there is a free online 10-day international conference exploring the whole subject starting on February 1st.

Blessings to all beings
Around 1993, elders of primary spiritual traditions around the world handed the wands of power to the elder females, saying, “This is now your time, the time of the Feminine!” After tens of thousands of years of patriarchal domination, with both positive and degraded masculine in charge, we are now in the arising time of the Feminine.

Although in many modern spiritual and religious traditions, there has been a focus on the masculine, indigenous spiritual wisdom has continued to carry the wisdom of a balanced life, with masculine and feminine both offering their magic and benefits to the formula.

However matri-focal societies, those focused on the welfare of mothers and children, have historically been wonderful for everyone, since nurturing and caring were primary values and practices. Good relationship with all beings was seen to create harmony and abundance. These societies were always grounded and centred in the Mother Earth, and in Creator as manifest in all physical reality, rather than transcendent or outside it in some odd way.

Patriarchal societies that became dominant were most often Father/Sky oriented, and less connected to Earth, and less in partnership with the family of Earth. While patriarchal societies were led by a male ruler and councils, matri-focal societies were guided by councils of mature and spiritual wisdom women whose primary agenda was that everyone be taken care of and given what they needed to become their best, for the wellbeing of all.

What is fascinating is that in Venice, there is a yearly celebration rite where an official of the church or city throws a gold ring into the water to marry it, proclaiming the people’s connection and dependence upon the waters of life. There have also been rites in these Celtic lands, where the king or leader must marry the land in order to rule. Even in times of patriarchal domination, these are remnants of our deep, powerful and rich connection with the Feminine land and waters.

I see shamanic practice as based in the Feminine, since one cannot force one’s way into the subtle realms, but must surrender into them. I think of shamanism as a bridging function: between physical and spiritual worlds, between human and more than human beings, between this life and that beyond. So the honouring of the Feminine has always been a strong part of traditional shamanic ways.

I am reminded of the power of the female body as I recall Don Juan, teaching Carlos Castaneda about how men of knowledge “flew off the wombs of women.” The big magic and indisputable high point of human power is in the ability of women to allow the creation of life through their bodies.

The veil between us and the Great Mystery is thinnest when women have
their menses in time with the moon, when they retreat together into moon lodges for renewal and visioning time. We have lost so much of these wisdoms around the Feminine. We must now seek to remember.

First and foremost, we remember that the dark void, which creation stories tell us was the beginning of all, was the Feminine Womb of Life. That ancient mother womb is Love, and called the Father Light out of nothing, to join together in passionate creativity that then birthed all of creation.

This aspect of the Feminine is the source of all being, and we journey there in our meditations to resource ourselves, to find rest, nurturance, creativity in BEING rather than doing. It is the deep Feminine and is available to all for renewal and inspiration. It is where we journey in our female moon mystery practices, with prayers to bring forward whatever is needed for our people.

I also think of our ancient brain as a more Feminine aspect than the new forebrain of humans, which is more logical, critical and analytic, and therefore seems more masculine. The mid-brain we share with all mammals, and is our emotional brain. The back and older part of our brain, which what I refer to as ancient, speaks to us through physical sensation, and is, in my opinion, the repository of the great intelligence we have received from all of evolution, including all of human time.

This ancient back brain allows us to survive and thrive; it handles all the functions of keeping our bodies working well. It is our connection to deep wisdom, evolutionary knowledge, and connection to the larger life around us. It is where we go in shamanic practice. It has profound intelligence, in contrast to the limited intellect of the forebrain.

Toltec shamans admonished us that we spend way too much time in thinking and emotion: the languages of the two front brains. And in our modern world we have become enamoured of the forebrain and its more masculine functioning. Perhaps it is time to fully access and use the profound riches of the back brain. To access our true humanity, we can drop below our normal consciousness into the wider and fuller intelligence and healing power that rests in the ancient brain.

Now is a time for our human family to delve into the rich benefits of using all parts of ourselves. We have neglected the Feminine, the deep, the still, the profound, where much magic and power lies. We have just begun to tap our potential for healing and living in harmony with the circle of Life around us.

May awakening to the deeper, Feminine, ancient wisdom bless and resource our human family and All Our Relations!! May peace and harmony reign!!

Brooke Medicine Eagle is a legendary indigenous Earthkeeper & wisdom teacher.

medicineeagle.com

Brooke Medicine Eagle is coming to North Wales for the fourth time to lead a women’s retreat April 10th-13th at which she’ll be sharing tools for connecting into the Arising Feminine energy so needed to revitalise ourselves and our world.

More information from Claire Mace on 07970 409 724 or www.northwalesretreats.com
The Cool Lab concept is to re-envision the economy of human communities so as to pull them back into line with local ecosystem regeneration and rejuvenation as raison d'être, rather than as the more typical: global resource exploitation and ruthless commerce to the temporary benefit of a single rogue species.

In practical terms, our prototype, proof-of-concept Cool Lab is planned for the small Maya village of San Pedro Columbia, in the Toledo District of Southern Belize, close to the borders with Guatemala and Honduras. San Pedro Columbia is within the indigenous reserve system established by Belize a century ago to allocate land for the native Maya population.

The village lies nested in the foothills of the Maya Mountains on the Rio Grande river that flows from an underground source near the Maya Mountain Research Farm to the Caribbean Sea near Punta Gorda Town. That Southern Belize watershed is key to the health of the Mayan Reef and the coastal mangroves that protect the coast from hurricanes and produce the fish, corals, and kelp forests that are needed for ecosystem recovery in the region.

The Cool Lab plans to convert present sources of watershed pollution such as crop and animal waste into biofertilizer and energy, extracting as many permacultural cascades from the various feedstocks and products as is practical for particular seasons of the year. So, for instance, cacao fermentations can be produced in the traditional management style of mixed-age, mixed-species, integrated agroforestry hillside production — the prevailing pattern of human occupation in that rural area since before the Columbian encounter. Cacao powders can be further refined into cascades of creams, salves, foods, and tonics rather than sold as dried bulk beans to transnational chocolatiers. Cacao pods (the outer shells of the cacao beans) can
be pyrolyzed to produce biochar, bio-oils, drying heat and electricity.

Cacao is only one yield of a healthy Belizian agroforestry terrain. Selected intercrops can include turmeric, ginger, allspice, coconut, vanilla, breadfruit, jackfruit, breadnut, banana and plantains, chiles, coffee, noni, moringa, mango, papaya, pineapple, and rotational patches of corn and grains, to name a few.

Traditional small farms have always also incorporated free range poultry, swine and other farm animals that aid nutrient cycling and complete whole systems of microbiome health. Enriched biochar amendments from the Cool Lab accelerate the recovery of damaged soils, shorten growth cycles for tree crops like cacao, provide resistance to floods and droughts, ameliorate accumulated soil toxins, boost the health of the animal and pollinator communities, and increase nutrient densities.

Because of the many products that can be gleaned from the Cool Lab — all of them contributing to reversing climate change by drawing down and sequestering greenhouse gases — the Lab itself becomes a microenterprise hub. To anyone in the village — but especially young men and women confronted with the end of their schooling and the stark choice of remaining in a place with few paying jobs, an influx of Guatemalan and Honduran refugees, poor public services, and not much hope for the future versus leaving to go to the big city up North where jobs are even fewer, violent crime and exploitation are rife, and lives are short — the Cool Lab offers creative enterprise opportunity. The Lab can become for the village of San Pedro Columbia an enterprise incubator, where original products and services are limited only by the imagination. It sits at the birth of the new carbon economy that will sweep the world.

Albert Bates is one of the founders of the intentional community and ecovillage movements. A lawyer, scientist, and teacher, he has taught village design, appropriate technology, and permaculture to students from more than sixty countries.

Albert is one of many inspiring speakers at the “Communities For Future” online summit beginning on Feb 1st: summit2020.ecovillage.org.

Albert’s latest book BURN: Using Fire to Cool the Earth is available now in hardback via your local bookshop or ethical online source and in paperback in May...

About BURN: “In order to rescue ourselves from climate catastrophe, we need to radically alter how humans live on Earth. We have to go from spending carbon to banking it. We have to put back the trees, wetlands, and corals. We have to regrow the soil and turn back the desert. We have to save whales, wombats, and wolves. We have to reverse the flow of greenhouse gases and send them in exactly the opposite direction: down, not up. We have to flip the carbon cycle and run it backwards. For such a revolutionary transformation we’ll need civilization 2.0. Fully developed, this approach costs nothing—to the contrary, it can save companies money or provide new revenue streams. It contains the seeds of a new, circular economy in which energy, natural resources, and human ingenuity enter a virtuous cycle of improvement. Burn offers bold new solutions to climate change that can begin right now.”
In collaboration with David Thorpe, director of the One Planet Centre, the University of Wales Trinity Saint David (UWTSD) is offering a new Post-Graduate Certificate in ‘One Planet’ Governance.

The ‘One Planet’ Governance programme – the first of its kind in the world – is a post-graduate award that will provide a continual professional development opportunity for those interested in sustainable political, civic and public governance, administration and policymaking.

As part of the programme, students study ethical and sustainable approaches to political leadership and administration, preparing them for the changing nature and role of politics and governance in the 21st century.

“With governments and many councils declaring climate and extinction emergencies, administrators and policymakers are wondering how to react,” says David Thorpe, who is one of the course tutors.

“This short, distance learning, postgraduate course is offered to provide many answers. Participants will combine their own work with a fully online experience, engaging in collaborative learning with students from around the world. They will come to understand the interrelated challenges facing them, and research their own specialisms as a practical case study,”

The programme is delivered through UWTSD’s online Virtual Learning Environment, where students have access to all key learning activities, resources and learning groups using the latest interactive communications tools and applications.

During the course, students learn about many examples of successful solutions around the world, including zero carbon buildings, resource efficiency, local resilience, job creation, health promotion, and the circular economy.

“We’re delighted to be offering the new ‘One Planet’ Governance Post-graduate Certificate as part of our provision at UWTSD,” says Dr Louise Emanuel, Academic Director within UWTSD’s Institute of Management and Health.

“Our programmes have sustainable and ethical thinking at their core and this course examines the nature of the long-term, strategic, ecological and social challenges facing the planet, and the fundamentally different new strategies and tools currently available and being developed to meet these challenges.”

Dr Alex Bell, Online Masters Programme Manager at UWTSD’s Institute of Management and Health adds: “As a special feature of the course, students undertake an in-depth study of the implementation and efficacy of the ground-breaking Welsh legislation, the Well-being of Future Generations Act.

“They will come to understand the interrelated challenges facing humanity, and life in general, on Earth, in relation to the planetary boundaries. They will then critically examine the tools, standards and methodologies implemented by different administrations around the world, across different sectors, in relation to the Sustainable Development Goals and ecological foot printing.”

www.uwtsd.ac.uk/pgcert-one-planet-governance

Email: a.bell@uwtsd.ac.uk
HOW MUCH DO YOU REALLY KNOW ABOUT CHOCOLATE?  

FAIRTRADE FORTNIGHT 24th Feb - 8th March. For two weeks each year thousands of individuals, companies and groups across the UK come together to share the stories of the people who grow our food and drinks and who grow the cotton in our clothes, people who are often exploited and underpaid. This year we are focussing on Cocoa; the special role women farmers play in the journey to living incomes, and sharing new stories and tools to get more people choosing Fairtrade chocolate in our local shops. Cocoa is sold from the farms before it is turned into chocolate. The end product is a luxury that very few cocoa farmers will ever be able to afford. More from - fairtrade.org.uk

LGBTQ+ ‘Iris On The Move’ FILM FESTIVAL took place in January but some short films are still available to watch in February - see Calendar on 3rd, 10th & 17th in Galeri, Caernarfon; and 27th, two films in Theatr Clwyd, Mold. On 29th, XY Chelsea about Chelsea Manning in Pontio, Bangor. Also A Portrait of a Lady on Fire on 28th & 29th in Pontio. Plus an Exhibition called Button Up at Storiel, Bangor, until 21st March. More general info re the films from: irisprize.org

TWO INSPIRING EVENTS IN THEATR CLWYD, MOLD  
Be Natural: The Untold Story of Alice Guy-Blache Documentary film investigating the life of cinema’s first female filmmaker, 11th. And RUSH - A Joyous Jamaican Journey A stage show. The story of Reggae music from Jamaica, via the Windrush generation, 8th. See Calendar

DARK SKIES FESTIVAL 20th - 23rd Feb. Celebrate Snowdonia’s status as an International Dark Skies Reserve with four days of dark skies events and activities for all ages. Bangor. See Calendar.


HARNESSING THE TIDE A talk with NWWT about Menter Môn Tidal Energy Project, Llangefnf, see Calendar 6th.

CARBON CYCLE KATE Kate Rawles guide us through how best to protect our wild places. Plus Dom Ferris from Surfers Against Sewage and Dan Yates who lives a wild life in Snowdonia. Capel Curig, see Calendar 5th.

CREST CO-OPERATIVE LTD Recycled and upcycled second hand furniture. Crest is a social enterprise project which aims to establish a community co-operative to help disabled and unemployed people increase their skills and gain employment. There are two shops now open: Crest Community Store, Ferry Farm Rd., Llandudno Junction LL31 9SF, 01492 596783 & in Douglas Rd., Colwyn Bay LL29 7PE, 01492 531674, crestcooperative.co.uk.

KENDAL FILM FESTIVAL (13th) & BANFF FILM FESTIVAL (1st) Adventure film makers, explorers, climbers, runners, and beautiful mountains. See Calendar.

CELEBRATE 60 YEARS OF THE BEATLES A tour, talk and intereestng conversation with friends of the Fab Four. Portmeirion, see 22nd Calendar.

THE COLD CONCERT An evening of music and song from local choirs, bands and other musicians to raise money to support homeless people in and around Bangor. Scrumby refreshments - hot and cold drinks and cakes in the interval. Pay as you can. 7 - 9.30pm. Bangor Cathedral.

REWILDING & CLIMATE BREAKDOWN: How Restoring Nature Can Help Decarbonise The UK This new essential report from Rewilding Britain is freely downloadable from their website: rewildingbritain.org.uk

IMBOLC 1ST FEBRUARY GWYL FAIR Y CANHWYLLAU SEE CALENDAR ON 1ST & 2ND

“Spring passes and one remembers one’s innocence. Summer passes and one remembers one’s exuberance. Autumn passes and one remembers one’s reverence. Winter passes and one remembers one’s perseverance.”  
— Yoko Ono
We have 50 acres of woodland with permanent Forest School sites, heated meeting rooms, covered workshops, wildflower meadow, apiary, heritage orchard, tree nursery, allotments and vineyard in the heart of the Clwydian Range AONB near to the village of Bodfari.

We run a wide range of courses in traditional crafts including coppice and greenwood crafts, basket making, timber frame building, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, forresteries, woodland management, home chainsaw and hedge laying. We run bushcraft courses and hold family days, weekends and weeks in the woods. We do special events such as birthday parties. We run level 3 courses in Social Forestry and Mindfulness. People on courses can have free camping with access to w.c and shower.

01745 710626
enquiries@woodlandskillcentre.co.uk
www.woodlandskillcentre.uk

Introduction To Qigong
FREE TASTER SESSION
INCLUDES:
 Brief Talk
 Seated Exercises
 Gentle Warm Up
 Wudang Mountain Qigong
 Opportunity to book up for weekly class at discounted rate.

Thursday 13th February
Conwy Culture Centre,
Town Ditch Road, LL32 8NU
11.00 till 12.00
To Book Your Place:
Email: taichiphil@outlook.com

"Helena gives talks on Sound Healing with demonstrations, and audience participation, as well as covering the other kingdoms, such as the animals, angels, trees, fairies etc. illustrated by stories from her own life and experiences."

Published works include The Other Kingdoms Speak, My Inner Life, My Spiritual Journal, Maria Callas and I (& sequel), Helena’s Book of Healing, Fairies & Sasquatch. Contact: info@helenahawley.co.uk

www.helenahawley.co.uk

North Wales Cancer Care
NORTH WALES CANCER CARE
support in the community for people affected by cancer

Find out how our Complementary Practitioner Network can help you cope with the stress of cancer and side effects of treatment

Visit northwalescancercare.org.uk
or email: enquiries@ northwalescancercare.org.uk
**February Calendar**

- **Anglesey, Gwynedd & Conwy in Blue**
- **Denbighshire, Flintshire, Wrexham & Chester in Green**

**1st SATURDAY**

**Imbolc Drum Journey & Medicine Wheel Workshop** As the Celtic Wheel of the Year turns towards Imbolc, and we celebrate the first signs of Spring, renewal and all things fertile and feminine, allow the drum rhythm and vibration to help us release what no longer serves, enabling us to reconnect and realign on all levels. Set your intention, lie down, ensuring you are warm and comfortable. We will begin with a guided meditation to promote relaxation and gently encourage you into a receptive space ready for the journey. 2.30 - 4.30pm, with Claire Freeman. £12. JS-PT Health Studio, Maen Gwyn Ave., Connah’s Quay. Claire 07426 894640, Facebook: of event name, claire.sourcehealing@gmail.com

**Imbolc Celebrations: Yoga & Brunch** We will quietly set our seasonal intentions during a relaxation followed by a gentle yoga routine ideal for novices and beginners (but suitable for all abilities) to inspire internal and external room for new beginnings and to celebrate the returning light. Then to Oak St Café for some refreshment! 9am - 12pm, £10. Verve Fitness & Wellbeing, George St., Llangollen LL20 8RE. Contact 07507 460779, info@vervehealth.co.uk

**Chinese New Year Celebrations** Welcome the Year of the Metal Rat with a colourful Dragon Parade in the heart of Bangor and a mesmerising Chinese Gala in Pontio! The dragon parade will leave Bangor Cathedral at 12pm and make its way along the High Street to the Town Clock and back again, with the Chinese gala taking place in Pontio from 1 - 2 pm, all free of charge. Organised with the Confucius Institute, Bangor Uni. Contact 01248 388555.

**Women Rising ~ A Celebration of Dance and Meditation** Raising money for the North Wales Women’s Centre. Join Rachel for a full day of taster sessions, celebration of the feminine, fun and cake. Come for the full day or book in for a taster session and come and listen to Rachel’s talk. 10am - 5.30pm, Held at Pantydyain Village Hall, Cilcain Road, Pantymwyn, Mold, CH7 5EN. Facebook: of event name or Rachels Belly Dance and Holistic Dance North Wales

**Firewalking Workshop Ceremony** A beautiful sacred workshop which brings together teachings from all over the world, shared with integrity and grace. The ancient practise of walking on fire reconnects us with parts of us we may have long forgot. Reconnect with your inner flame, shake off self limiting beliefs, and learn practical tools for everyday life. 5 - 8pm. Led by Firebration, held at Cefn Village ~ Cefn Meiriadog, nr Denbigh. Facebook: Firewalking workshop ceremony, Personal Growth, Sacred Connection

**Wild Weaving Workshop** You will be working on a simple handmade loom frame with hand dyed natural yarns and fibres whilst learning how to create texture and form and to incorporate foraged materials. 10am - 5pm, £60 includes materials and refreshments, £20 deposit on booking. Stiwdio 9, Bangor LL57 1NW. Bookings Phia 07391 930719, phiaeco@gmail.com

**Weekend Volunteer Day ~ Diwurd Gwirfoddoli** Our monthly volunteer day. Come along, meet new friends and learn new woodland skills. Refreshments will be provided, but bring a packed lunch! We will meet at 10.15/10.30 - 2pm, by the container at Llyn Parc Mawr Community Woodland, Anglesey LL62 5BA. More from: llynparcmawr.org

**Banff Mountain Film Festival World Tour** Red Programme. Join the world’s best adventure filmmakers and explorers as they push themselves to the limits in the most remote and stunning corners of the globe. 7.30pm, £15. Venue Cymru, Llandudno LL30 1BB. 01492 872000, venuecymru.co.uk The Blue Programme is on 23/4/20

**Avalanche Awareness & Winter Conditions** Learn decision-making skills for planning and undertaking winter journeys and understand the effects of the weather on mountain conditions. These talks will take place every Saturday until 29th Feb, starting 5.30pm. Lecture Rm, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

**Landscape Drawing Workshop** Join contemporary artist Tessa Lyons, taking inspiration from the surrounding landscape. With an emphasis on using charcoal and ink this workshop is designed to encourage an experimental approach. 2pm, £10 for materials and refreshments. Advance booking essential, held at TY Hyll, Betws-y-Coed. Snowdonia Society, Claire 01286 685498, claire@snowdonia-society.org.uk

**Hearth Literary Festival** This intimate literary festival offers keen writers the opportunity to pick up hints and tips, and ask questions of published authors about their experiences. It also encourages anyone interested in the world of books to find out more about the writing and publishing process. Individual events are £14, morning tickets plus lunch £35; afternoon tickets & lunch £35. Day tickets £60. 10am - 6pm. Optional dinner is extra. Gladstone’s Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

**NY Met: Porgy & Bess** Screening from live show. A setting vibrant with the music, dancing, emotion, and heartbeat of its inhabitants. 5.35pm, £14, £10. Galeri, Caernarfon 01286 868222, galericcaernarfon.com Also £17, Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

**Saint Petersburg Classic Ballet: Swan Lake** A spectacular production of Tchaikovsky’s masterpiece. 2.30pm & 7.30pm. Storyhouse, Chester 01244 409113, storyhouse.com
Women’s Gatherings Gwynedd Genod Gyda’n Gylydd Come along and just spend time with other women, if you want to talk about anything specific, ask and see who would like to join in, if you’d like to craft, bring it; mostly it’s a time for women to come together. 12 - 4pm. Venue to be confirmed. See Facebook: Womens Gathering: February 2020 for updates.

Met Opera Encore: Porgy and Bess The Gershwin’s modern American masterpiece set in Catfish Row, a setting vibrant with the music, dancing, emotion, and heartbreak of its inhabitants. 5.55pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Green Woodworking 1st Sun/month. Everyone welcome to our mostly social occasion; food to share, mulled drink, cake and soup. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

Tŷ Newydd Writing Squad 3 £10. More from Ty Newydd Writing Centre, Llanystumdwy. 01766 522811, tynnewydd.wales

Organ (18) Film. As Tokyo burns, nursery teachers evacuate the children under their care to an abandoned temple. Film from Japan, with subtitles. £8.50, Storyhouse, Chester 01244 409113, storyhouse.com

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

Big Allotment Growing Day 1st Sun/month. 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. Ûryn Ënt, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Ffem Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

Patterns and Chaos in the Labyrinth An evening with writer in residence, Charlotte Higgins. The ultimate symbol of ingenious human design, the labyrinth offers pleasures of pattern and completion to spectators outside — but disorientation and confinement when experienced from within. Using literary and artistic representations, Charlotte will tell stories of the labyrinth’s elegant but confounding shapes, and the forms it inspires in other areas. 7.30pm, £12 or £24 including 2-course dinner. Gladstone’s Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

Gong Bath Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £13. Llanfairfechan Community Centre, Village Rd., LL33 0NH. Steph Healy 07753 118899, puresound.org.uk

Beicio Bangor Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Meets at Garth Community Centre, Bangor (between the pier and the swimming pool). Details: beiciobangor.org.uk
4th TUESDAY

**Cygnus Café in Chester**

1st Tues/month. 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

**NetworkMum**

A NetworkShe initiative that is especially for those women juggling a business and young children offering you the opportunity to meet like-minded Mums who know what you are going through, appreciate the struggles of accessing support and resources and don’t care if you have a toddler in tow. We will be looking at goal setting, working SMART, putting plans in place and how to make it all work when you have “little people” to look after. 9.30am - 12pm, free. White House Rhualt, Holywell Rd., Rhualt, St Asaph LL17 0AW. Visit: networkshe.co.uk

**Celebrate the Celtic Festivals and Earth’s Cycles through Circle Dance!**

We dance on the 1st & 3rd Tues/month, 10.30am - 12noon - to a wide variety of World music. No partner required, and new members welcome. The Old School Hub, Llanrwst, Dyffryn Conwy. Maia 01492 642123. Also 18th & extra on 24th

**Llaeth Mam Bangor**

1st & 3rd Tues/month. Are you breastfeeding or an expectant mum with an interest in breastfeeding when baby arrives? Free meet-up, with refreshments. Just come along! 10.30am - 12pm. Bangor Library 01248 353469.

**Fencing**

Come and help the Wildlife Trust to repair the fence where it needs it. This might involve knocking new posts in or using your hammer skills to secure netting to the fence. This is an opportunity to learn new skills in a wonderful environment. 10am. Held in Morfa Byschan, Porthmadog. Booking essential, Mary 01286 685498, mary@snowdonia-society.org.uk

**Artist Talk**

Join artist Kristina Veasey for an informal talk discussing her project “My Dirty Secret!”, her methods and processes she uses in her art practice. Kristina’s exhibition will be displayed 3rd Feb - 6th March. Free but must register, 6pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com See Exhibitions

**Reducing Stress is an Inside Job**

Join other women in this half day workshop to learn about the techniques and strategies you need to live a more balanced, joyful life. 1 - 4pm, £40. Prestatyn. Contact Sue Beesley, Life Coach & Workshop Leader 07739 342935, suebeesleycoaching@gmail.com

**The Healing Well**

The Gwynedd Healing & Peace Group offers hands-on healing at Y Ganolfan, Pentrefelin, nr Criccieth, from 7 - 8.30pm. All welcome. Mayama 01766 770874. Also 18th

**Emergency Craft-A-Thon**

For the animals of the Australian bushfires. Community session to make items for animals of Australia. Please come along to help us create all sorts of items which are needed right now! All abilities welcome as all sorts of different opportunities for people to get involved. Just turn up! We will bring all the patterns and instructions. If you can donate textiles, these can be arranged to be collected. Textile items can be made from old bedding, curtains, worn clothing. 5 - 8pm, Mold Rugby Club, The Clubhouse, Chester Rd., Mold CH7 1UF. Facebook: of event name

**Anglesey Story Share**

Join us for an entertaining evening of story and song. All welcome! Come along with a story to share, a song to sing, a poem to read, or feel free to sit back, relax and listen. 7.30 - 9.30pm. Free, no booking necessary. Held at The Bull Hotel, Bulkeley Square, Llangefni LL77 7LR. More details at anadlu.com

**If Beale Street Could Talk**

(15) Film. 1970s Harlem. A devoted couple dream of a future together, but their plans are derailed when Fonny is arrested for a crime he did not commit. 7.30pm, £5. St Mary’s Creative Space, Chester. chesterfilmfans.co.uk

**Conwy County Peace Group**

1st Tues/month. At 7.30pm in Centre for Cultural Engagement, 10 Greenfield Rd, Colwyn Bay LL29 8EL. Contact Secretary Efa Wulle: conwypeace@gmail.com or donsandersopt@aol.com (chair)

**NW Guitar Circle**

1st Tues/month. A warm welcome to all players (and non players) of any standard - classical, flamenco, slide, blues etc - whatever your interest you will be made welcome, usually 7 - 10pm. Split Willow, Llanfairfechan. Please contact Jane 01407 831480, northwalesguitarcircle.co.uk

**Kinky Boots: The Musical**

Live screened performance. A factory owner is struggling to save his family business and Lola is an entertainer with an exciting plan. Words and music by Cindi Lauper. 7pm, £15. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com Also £10, £8 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org (also 9th @ 3.30pm)

5th WEDNESDAY

**Patagonia Adventure Activist Tour**

For this session host Kate Rawles aka Carbon Cycle Kate will guide us through the issue of how best to protect our wild places. We welcome kayaker and environmental activist, Dan Yates who lives in Snowdonia having set up home amongst the rugged mountains and wild rivers of the National Park. Also Dom Ferris, from Surfers Against Sewage who has now created a trail stewardship. 7.30 - 10pm, £5.98. Plas Y Brenin, Capel Curig, LL24 0ET. Tickets: pyb.co.uk

**Change, Connect and Be Happy**

An introduction to Buddhism and Meditation with discussion and tea break. 6.45 - 8.45pm, £5 - pay what you can. All levels of experience welcome. Quaker Meeting House, Frodsham St., Chester. Contact: triratna.chester@gmail.com ~ triratna-at-chester.org
**St Asaph Reading Group** 1st Weds/month, 7.30pm, St. Asaph Library, The Roe, 01745 582253.

**Felted Soaps** A course for beginners to learn how to felt using the wet felting technique. 6 - 9pm, £42, led by Gwen Owen. All materials provided. Y Bedol, B4366, Bethel, Caernarfon LL55. Visit: tecstiliau.org

**Atgof Memory Arts Café** 1st Weds/month, 12.30 – 2.30pm, free. A safe space to enjoy the Arts with friends and family with our Volunteer led Dementia friendly Arts Café. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

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

**Gong Bath** See 3rd for details. 7pm, £10. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118999, puresound.org.uk

**Vintage Matine** 1st Weds/month. £4 per film or £20 for 10 films. Denbigh Film Club, Theatr Twm o’r Nant, Station Square, Denbigh LL16 3DA. Contact Lilian Jones 01745 813426, denbighfilmclub.co.co.uk

**Acceptance & Commitment Therapy (ACT1)** Next class 4th March (ACT 2). Two afternoon workshops, one building on another, introducing us to the model and core principles of ACT and with an entry-level range of skills and techniques that could be helpful with client work. CPD certificate. £35 per workshop, or £60 for both when paid in advance. £10 deposit secures a place. Held at Abbey Road Centre, 5 - 9 Abbey Rd, Bangor LL57 2EA. Fiona Smith: ask@conwycounsellors.co.uk ~ theconwycounsellors.co.uk

**Sew Cool** Ariane and Fliss are starting a new club for all crafters; whatever your age, ability level or favourite craft, come and join us. It’s not a lesson, you just bring whatever you’re working on at the moment, but we hope that everyone can swap ideas and advice over a nice cup of tea or coffee. Drop in. 7 - 9pm. Storyhouse, Chester 01244 409113, storyhouse.com Also 19th

**Hamish McLaren & the Halcyon String Quartet** Music by Purcell, Handel, the Schumanns, Mendelssohn and others. 7.30 - 9.30pm, Rhyl Music Club, Rhyl Town Hall Hall18 1BA. Visit: rhylmusic.com

**6th THURSDAY**

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

**Prestatyn Reading Group** 1st Thurs/month, 2pm, Prestatyn Library, King’s Ave 01745 854841.

**RhyL Library Reading Group** 1st Thurs/month, 11am - 12noon. 11a Church St., RhyL LL18 3AA, 01745 353814.

**Coffee Connections** Are you looking for an informal way to meet and develop new contacts in 2020?

Come along for as long or as short as you like; ask for help, share ideas and resources. 10.30am - 12.30pm. The Cae Mor Hotel, Promenade, Llandudno. Email hello@networkshe.co.uk to let us know you are coming along; networkshe.co.uk

**Ronan Devlin ~ Artist** Working across print, screen and multi-sensory installation, with a focus on audience engagement, he produces self-motivated and commissioned works which have been widely exhibited. 2pm, Friars Hall, Bangor LL57 2TP. Info: sera.williams@gllm.co.uk

**Positive Birth Movement ~ Making A Birth Plan** What happens when it doesn’t go to plan. We connect pregnant couples, birth professionals and anyone interested together to share stories, expertise and positivity about childbirth. We aim to challenge the epidemic of negativity and fear that surrounds modern birth, and help change birth for the better. Join us as we meet up, link up and shake up birth! 7pm, The Den, Storyhouse, Chester 01244 409113, storyhouse.com

**NWWT: Harnessing The Tide** A speaker from Morlais Energy, Menter Môn’s Tidal Stream Energy project, describes this enterprising development off the island’s west coast. 2.15 - 4.45pm, £2. St Cyngar’s Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

**NW Chronic Pain Support Group** 1st Thurs/month. Come along and share a cuppa, 6.30pm, Mold Community Hospital. For more info contact Angie 0844 891 3737, nwcpsg@gmail.com Facebook: northwaleschronicpainsupportgroup

**Folk, Art & Friendship Group** Hill Forts, Castles & Dykes. Everyone welcome, light refreshments and all art materials provided. 12pm, £2. Rainbow Hippy Shop, Mold. Facebook: Arty Folk and Friendship Group

**Gandini Juggling** Sigma is a spectacular cross art- from production from Gandini Juggling with dazzling Bharatanatyam dancer and choreographer Seeta Patel. The production showcases exuberant rhythms, patterns and colours, celebrating the dialogue between the worlds of juggling, music and classical Indian dance. 7.30pm, £15, £13 concs., Pontio, Bangor 01248 382828, pontio.co.uk

**Feminist Meet Up** Come along armed with opinions, curiosity and your brand of feminism as we explore a new topic each month and potentially cultivate some community action. 7.30pm, Meeting Room, Storyhouse, Chester 01244 409113, storyhouse.com
Week 7 Friday

Tree Planting with Snowdonia Society
For this session we will be helping to shape this beautiful landscape by planting trees which will not only improve the site aesthetically but also play a role in capturing carbon and providing a habitat for wildlife.
10am, Portmeirion. Booking essential, Dan 01286 685498, dan@snowdonia-society.org.uk

North West Writing for Wellbeing Group
1st Fri/month. A monthly writing group facilitated by experienced bibliopoetry therapy practitioners and writers for wellbeing. Each session will have a writing theme addressing Life’s Challenges, Stressors and Joys, and be supported by local writing for wellbeing practitioner, Lisa Rossetti. 12.15pm. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

Eminent Victorian Artists: Edward Burne-Jones
The second in a short lecture series, showcasing some of the greatest artistic genius of the Victorian period, with Adrian Sumner. 7.30pm, £12 for talk only or £23.95 with dinner (2 courses, including tea / coffee). Gladstone’s Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

Forest Therapy
A free 12 month well-being project called Forest Therapy for women in midlife years who present with symptoms of anxiety and depression. Participants will be able to explore mindfulness, art therapy and the Japanese practice of Shinrin-yoku or Forest Bathing to give it its more familiar name. 10 - 11am, Plas Derw-Forest School, Holywell Rd., Mold CH7 6AA. Tickets: plasderwforestschool.co.uk

Come To Talk with Community Support Initiative.
Come along and have a chat about what CSI can do for you and find out about some of the everyday equipment that can support Disabled people.
10.30am - 1.30pm. Flint Library, Church St., Flint CH6 5AP. 01352 703737.

NWWT: Living Seas Wales
Nia Haf Jones updates us on the progress of the Living Seas Wales project. 7 - 9pm, Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark J Hughes 07800 771570, mjdhughes1108@gmail.com

Fire, Woodcraft & A Cuppa!
1st Fri/month. The sessions will be based around Woodland Skills, Physical activity and Nutrition, so we’ll be doing some foraging, plant identification and lots of fire cooking! The day is aimed at anyone with a mental or physical health condition. Come along for a panad and a chat in a friendly, relaxed environment! If it rains, we have shelter! 11am - 1pm. Parc y Borth Woodland, Borth y Gest. Contact Melissa: actifwoodsgwynedd@smallwoods.org.uk

Taste of Craft
Today: Karen Williams – Silver Jewellery. Workshops aimed at 50+. These are age friendly sessions with no previous experience needed. Meet new people and learn new skills. 1 - 3.30pm. £12.50 all materials provided. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org.uk

Clothes Swap
All proceeds will go to Women on Waves, a charity helping women stay sexually safe, and Trees4life, a charity that replants trees and preserves forests.
10am - 4pm, hosted by UBC Environmental Champion Becky Jones. £1 early bird, £2 11.30am onwards. Held in Room of Requirement, SU, 4th Floor, Pontio, Bangor. Facebook for more details: Clothes Swap

Death Café
1st Fri/month. A group led discussion in a friendly atmosphere. Come along to talk about - or just listen to - conversations about death and dying.
2 - 4pm. £2 donation covers refreshment costs. St Kentigern Hospice, Upper Denbigh Rd., St. Asaph LL17 0RS. Vita Zilite: 01745 585221, vita.zilite@stkenstigernhospice.org.uk

Gong Bath
See 3rd for details. 7pm, £10. Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

Madame Ovary
Theatre. It’s January 2018, Rosa Humshondalgh is writing her resolutions, but is not going down without a fight.
7.30pm, £10. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Roseanne Reid & Gethin a Glesni
Roseanne is a Country and Western singer-songwriter from Edinburgh, with support from Gethin & Glesni. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

7th Friday - 9th Sunday

Folklor (in Welsh medium) £219 - £239. More info from Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

Yoga Retreat
It will be a relaxing weekend of yoga, coastal walking and explore the local contemporary art in the gallery. Includes accommodation and vegetarian food, yoga tuition and use of yoga equipment, a therapeutic sound journey led by a guest teacher. Oriel Plas Glyn Y Weddw, Llanbedrog LL53 7TT. Tracey: traceyyogamassage.co.uk

Pure Yoga
In-depth yoga classes, informal yoga workshops, traditional cleansing techniques, journaling, relaxation and restorative yoga, plus light-hearted philosophy sessions around the fire.
£450, £590. Plas Cadnant, Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk Also 14th - 16th
**7th FRIDAY - 13th THURSDAY**

**A Beautiful Day in the Neighborhood** (PG) Film. Based on the true story of a real-life friendship between American television personality Fred Rogers and journalist Tom Junod. 12.30pm, £8.50, £6. Storyhouse, Chester 01244 409113, storyhouse.com

**Queen & Slim** (15) Film. Slim and Queen's first date takes an unexpected turn when a policeman pulls them over for a minor traffic violation. £7.50 standard, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

**8th SATURDAY**

**Sacred Song - Harmony Singing with Soul** Sacred Song is a morning of short, repetitive songs from various faith and spiritual traditions, including Pagan, Christian, Muslim, Buddhist and Sufi, which lead us into contemplation. The songs come from a variety of sources including Taizé, Iona and Harmonic Temple. All songs are taught by ear so you don’t need to read music. Suitable for all levels of singing experience, including none! 10am - 1pm, £15, £10, £5. Wesley Church Centre, St John’s St., Chester CH1 1DA. Bookings: 07922 620503, ellaspeirs@hotmail.com ~ naturalvoice.net

**Moonlight Magic Craft & Holistic Fayre** Crystals, tarot and psychic medium readers, healing, upcycled goods, hand made jewellery, crafts, artists, runes, holistic treatments, aromatherapy and much more. 10am - 5pm; entry £1 stalls & therapies, £3 access all areas. Venue Cymru, Llandudno LL30 1BB. More info: Sammy 07983 985886.

**Identifying Trees in Winter** We'll show you how to identify trees in winter by looking at buds, bark, the shape of the tree and other clues. 10am - 3.30pm, £35, includes free identification swatch book! Held at Chirk Castle Estate. Woodland Classroom 07876 794098, woodlandclassroom.com

**Working Day** Work will include, painting, gardening, wood cutting and more. 9.30am - 5.30pm, Pontfadog, Llangollen LL20 7AS. Free B & B for anyone who wants to stay overnight; please book ahead: 0300 302 1936, tanygarthhallretreat.org

**Footpath Building: Slate Trail** Join us at the beginning of the year as we will be continuing with this section of the trail in this rugged part of Snowdonia. 10am. Held at Llan Ffestiniog. Booking essential, Dan 01286 685498, dan@snowdonia-society.org.uk

**Gong Bath** See 3rd for details. 7pm, £10. Axis Therapy, 42 Glanrafon, Bangor LL57 1LH. Steph Healy 07534 118899, puresound.org.uk

**Avalanche Awareness & Winter Conditions** See 1st

**The Leylines Trio** West-country collective a genre-defying, eclectic sound that ranges from traditional folk to full blown festival rock. 8pm, Blue Sky Café, Bangor 01238 355444, blueskybangor.co.uk

**Jumping Through ~ Working on Your Vinyasa** This workshop is for those who want to work towards being able to accomplish these transitions. 2 - 4.30pm, £25 non members, £22 members. Held at Source Yoga, Nutrition and Health, Colwyn Bay. Bookings: sourceyoga.org.uk

**DeStress Morning and Calm Jar Making** with Shaktidance. Start at 10am with a relaxing Shaktidance session where we will be focusing on grounding and centering. Followed by making Calm Jars with Eco Glitter. The use of Calm Jars is an effective way to calm our minds and settle the turbulence of emotions by bringing our focus outside of ourselves. 10am - 1pm, £30. For all ages, held at Tan-y-Garth Hall Retreat Pontfadog, nr Llangollen LL20 7AS. Contact Maria 07777 912521 or see Shaktidance Chester on Facebook

**Detox Your Mind** This half day course will explain how we can recognise, reduce and eventually completely abandon these ‘mental poisons’ in and out of formal meditation. 10.30am - 1pm, £15, £19 with lunch. Led by Gen Kelsang Leksang. Kalpa Bhada Kadampa Buddhist Centre, Llandudno LL30 1YY. 01492 878778, meditatenorthwales.com

**Banda Bacana** Time to get out your glad rags and dance off all those mince pies! Your favourite dance band returns to play some funky tunes and sweet harmonies. Gig 8pm, free; food served until 7pm, bar till 11pm. Caffi Siabod, Capel Curig LL24 0EL. 01690 720429, moelsiabodCafé.co.uk

**Vulpes Urbana** A spoken word collective of Chris Ingram, Hazel Ogden, David Watson and John Ramm who express folk-hop fusion using childhood tales & novels such as Fantastic Mr Fox and American Gods as inspiration. Voicebox - Spoken Word. 7 - 10pm, Bank St Social, Wrexham LL11 1AH. Facebook: of event name

**Chester Film Social Night** This event is open to all, not just members of the Film Society. The evening includes our famous wall quiz, raffle, caption competition and video quiz. Some great prizes to be won! 7.30pm. Food included, veggie options available, £14. St Mary’s Creative Space, Chester. chesterfilmfans.co.uk

**RUSH - A Joyous Jamaican Journey** Join us as we tell the story of Reggae music from the arrival of the Windrush Generation from Jamaica – bringing their stories, history and music with them – and hear how their music evolved through the decades to take the world by storm. Narrated by comedian John Simmit the show features ska, rock steady, calypso, gospel, lovers rock, dancehall and reggae – all played live by the JA Reggae Band. 7.30pm, £21. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

**8th SATURDAY & 9th SUNDAY**

**Coppice Crafts** You will have a walk through our coppice woodland and learn about its management. We will undertake some coppice work and harvest some materials to use. You will be shown various coppice products and will have the opportunity to make a range of products including a besom broom and a small hazel hurdle to take home with you. £130, deposit £65. woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk
Reiki, 1st Degree Course Reiki is a simple form of healing and self-healing. Vivien Candlish 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, 8 Fron Ogwen, Tregarth LL57 4NP 01248 601388, vivreiki@hotmail.com

8th SATURDAY - 12th WEDNESDAY

Specialist MBCT Training with the Mindfulness Network. An experiential exploration of the 8 week course for MBCT teachers, to help them support and develop skills and confidence in teaching. Offered in a residential retreat environment, the training will provide opportunities for combining learning and deepening practice. £966 single or £930 shared accommodation. Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org

Mindfulness 8 Week Course Saturday mornings 9.30am - 12noon. These courses are relevant for anyone wishing to increase their general sense of wellbeing and appreciation of life, while effectively managing tendencies towards stress and anxiety. Over the eight weekly sessions, you will be learning how to develop a greater sense of clarity, calm and kindness which supports long-term changes in how you approach life, while enhancing your mood and general well-being. Ruthin Library, Record St, Ruthin LL15 1DS. Contact 07792 784451, info@artofmindfulness.co.uk

9th SUNDAY

Full Moon in Aquarius 7.33am GMT

The Bangor Forest Garden 2nd Sun/month. An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from bangorforestgarden@gmail.com, thebfg.org.uk Or have a look on Facebook bangorforestgarden

Holyhead Quakers 2nd & 4th Sun/month, 10.30 - 11.30am at the Ucheldre Centre in Mill Bank, Holyhead, LL65 1TE. Visit: northwalesquakers.org

Craft Fair Showing the best in local crafts with a huge range of beautifully designed products. 10am - 4pm, free to attend. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com We want as many exhibitors as possible to make this a diverse and creative opportunity for local makers! If you’d like to exhibit at future events, please contact Nathan Stewart: nathan.stewart@theatrclwyd.com

Quilfestival Trade Day Many stalls where you’ll find quilting products and expertise. 10am - 4pm, £3.50 entry; light refreshments available; and free parking. The exhibition is open 5th - 14th Feb. Llangollen Pavilion, Abbey Rd, LL20 8PW. More from quilfestival.org.uk See Exhibitions.

Community Tree Planting See 2nd

Tapestri: Sera a Lowri Evans Together they will present a set of songs with an Americana flavour. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Porthmadog Quakers 2nd & 4th Sun/month. You don’t have to believe anything, nor say anything nor do anything – just sit quietly for an hour (or less if you wish) and meditate on what is most important to you. You may find the silence helps you to relax from the stress of a busy life or it may raise questions for you to ponder. 10.30am, Community Centre, by the Harbour, LL49 9LU. Contact 01766 530657 or 01766 770034.

And Your Bird Can Sing Film with Japan Foundation Touring Film Programme 2020. A gritty coming-of-age drama. Japanese with English subtitles. 3pm, £8.50, £6 Aged u26. Storyhouse, Chester 01244 409113, storyhouse.com

NWWT: Shoresearch Survey Come along and help out with a survey of the rocky shore. Learn about its inhabitants and how to ID, document and understand the issues facing our inter-tidal areas. 3 - 5pm, Llandudno Pier, Conwy, LL30 2LR. Dawn Thomas 01248 351541, dawnt.thomas@northwaleswildlifetrust.org.uk

Joe Newberry and April Verch Joe is a guitarist and banjo pplayer, April is his daughter and plays fiddle. Harmonious voices, the Blues and ballads stem from Canadian regional styles and originals. Open 7.30pm, £12 tickets from Palas Print Caernarfon and Mudshark Records, Bangor. Held at The Vic, Menai Bridge 01248 712309, vicmenai.com

Luna Course for Midwives To Be Offering a full study day giving an insight into the midwifery application process, providing ideas for your personal statement, types of interviews utilised by universities plus an interactive afternoon with workshops for water birth, midwife’s kit, infant feeding and optimal fetal positioning such as rebozo. 9am -5pm, £50. Held at Beehive Healthcare, Northgate Ave., Chester CH2 2DX. Register: lunamidwives.wixsite.com

Joe Brown Rock ‘n’ roll legend, Joe has a new band for this tour, more eclectic and with a different line up. 7.30pm, £36, £33.50. Venue Cymru, Llandudno LL30 1BB. 01492 872000, venuecymru.co.uk

Seriously Books 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Here you’ll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Books selected by vote and alternate statement, types of interviews utilised by universities and possibly drama. Japanese with English subtitles. 3pm, £8.50, £6 Aged u26. Storyhouse, Chester 01244 409113, storyhouse.com

Flintshire Versus Arthritis Support Group Meets every 2nd Mon/month. Helping people living with Chronic Pain and fatigue. 10am - 12noon. Light refreshments available. Quay Health Centre, Fron Rd., Connah’s Quay, Deeside CH5 4PJ. Plenty of free parking. For more info 0300 790 0400, flintshireversusarthritis@gmail.com
Tangerine (15) Film. Part of the chosen 4 feature films (and 2 short films) to be shown every Monday evening during the month to celebrate LGBT History Month. A showing of the award-winning short film “In a Heartbeat” will be shown before the feature film. 7pm, £4, Galeri, Caernarfon 01286 685222, galericarnafern.com

Prestatyn Reading Group 2nd Mon/month, 6pm, Prestatyn Library, King’s Ave 01745 854841.

10th MONDAY - 14th FRIDAY

Sustainability & Adaption for Cities & Communities Join students from CAT’s Graduate School of the Environment to explore how our cities and communities can be transformed to help address and adapt to climate change and other environmental challenges whilst enhancing human health and wellbeing. £750, £700 concs., CAT, Machynlleth, 01654 704966, cat.org.uk

11th TUESDAY

Unlimited Connects: Taking the Lid Off Programming Unlimited has been working with partner venues and organisations across Wales to plan a series of events that brings together artists, venues, organisations and the public to talk about disability-led arts and access. The day will include a practical pitch style element, networking, a talks panel, a performance and a visual arts installation. 10.30am, free. Galeri, Caernarfon 01286 685222, galericarnafern.com

Be Natural: The Untold Story of Alice Guy-Blache Documentary investigating the life of cinema’s first female filmmaker, Alice Guy-Blache. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrcwld.com

NWWT: Water Works Arfon Hughes, Meirionnydd NRM Team Leader for NRW, tells us about the wildlife implications of some of the projects carried out in our local area. 7 - 8.30pm, Dolgellau Cricket Club, Marian Cefn car park (long-stay) LL40 1UU. Janet Baker 07812 659593, jemmohole@hotmail.com

The Science and Art of Meditation, Ancient and Modern A talk with Ted Capstick - his first in a trilogy of talks on the theme. Sponsored by the TSE Charity No: 1167737. 7.30pm, at Hiraeth Hall, Ambrose St, Bangor LL57 1BL. For more information email toddyalc@gmail.com

Weaving Workshop Create a sample weaving and learn exciting techniques to achieve texture and form. Led by Phia Eco. 6.30pm, £25 per session, 16+, delivered in English. Galeri, Caernarfon 01286 685222, galericarnafern.com

Gong Bath See 3rd for details. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

Wudang Mountain Qigong. 11am - 3pm t h 1 3 t h  T H U R S D A Y 1 1 a m - 3 p m b r i e f t a l k , s e t t e d e x e r c i s e s , w a m e u p , Q i g o n g T a s t e r S e s s i o n Includes brief talk, seated exercises, warm up, Wudang Mountain Qigong. 11am - 12pm, free. Conwy Culture Centre, Town Ditch Rd., LL32 8NU. Contact Phil: taichiphil@outlook.com See advert on page 10

The Great Get Together Ideas Workshop A nationwide project that brings people together and unites communities, inspired by Jo Cox and her belief that we have more in common than that which divides us. It takes place nationally 19 – 21 June. Come along to one of these ideas sessions to tell us what you think should be included in the celebration. We want to hear from as many people as possible, from as many groups covering lots of different ages. 11am, free but booking required. The Meeting Room, Storyhouse, Chester 01244 409113, storyhouse.com Also on 17th @ 1pm

12th WEDNESDAY

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

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.

Snowdonia Society ~ Rhododendron Clearance Come help keep Snowdonia wonderfully diverse as we clear the plant and encourage native wildlife to flourish once more! For this session we will be joining “Y Dref Werdd” an environmental community project who amongst other projects have been working hard to rid Bro Ffestiniog of Rhododendron Ponticum since 2015. Blaenau Ffestiniog, 10am. Booking essential, Dan 01286 685498, dan@snowdonia-society.org.uk

NWWT: North Wales Wildlife with the RSPCA The RSPCA’s National Wildlife Officer Co-ordinator, Inspector Geoff Edmond, discusses wildlife issues and rescues in North Wales. (Event in partnership with RSPCA Wrexham and Deeside Branch) 7.30 - 9pm, £2. Gresford Memorial Hall, High Street, Gresford, LL12 8PS. Dan Rose 07977 962251, nwwtwrexham@gmail.com

Gong Bath See 3rd for details. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Llandudno & District Writers Group Meets 2nd Weds/month. We have a mixture of visiting Speakers and Group led meetings. The meetings are interactive, with members taking part in response to the person leading the Group. 2 - 4pm, meets at Llandudno Library, Mostyn St. Contact: llandudno.writers@aol.co.uk

Friends of the Earth Conwy Usually meets 2nd Weds/month. We welcome new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. In the rear room of the Albion Ale House, Upper Gate Street, Conwy LL32 8RF, but check before travelling. Contact Kay 07918 663640, foeconwy@gmail.com

Qigong Taster Session Includes brief talk, seated exercises, warm up, Wudang Mountain Qigong. 11am - 12pm, free. Conwy Culture Centre, Town Ditch Rd., LL32 8NU. Contact Phil: taichiphil@outlook.com See advert on page 10

The Great Get Together Ideas Workshop A nationwide project that brings people together and unites communities, inspired by Jo Cox and her belief that we have more in common than that which divides us. It takes place nationally 19 – 21 June. Come along to one of these ideas sessions to tell us what you think should be included in the celebration. We want to hear from as many people as possible, from as many groups covering lots of different ages. 11am, free but booking required. The Meeting Room, Storyhouse, Chester 01244 409113, storyhouse.com Also on 17th @ 1pm
Hedgerow Planting A new hedgerow is planned to divide one large field into two. This will eventually provide homes, shelter and food for a great variety of wildlife as well as a safer way across the field for small animals. Help plant young trees (‘whips’), knowing that your work will have a huge benefit for nature for many years to come. 10am. The Pensychnant estate near Penmaenmawr. Booking essential, Mary 01286 685498, mary@snowdonia-society.org.uk Also 15th
The Key to Theosophy A talk by Eric McGough, with the Colwyn Bay Lodge of the Theosophical Society. This is a study of a most valuable and instructive book on Theosophy, written by H. P. Blavatsky, in a question and answer form, a year after the Secret Doctrine was published. Eric McGough is Author and Director of the Diploma in Theosophy. 2pm, admission £5, TS Members £3. Free refreshments, book and CD sale. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Julie 01248 431237, theosophywales@yahoo.co.uk

Olywn Lliw ~ Colour Wheel Artist and tutor Jwls Williams will be leading the monthly sessions. Ideal for beginners and creatives who wish to gain new skills and experiment with new materials and techniques. 10.30am - 12.30pm, 16+, Galeri, Caernarfon 01286 685222, galericarnarfon.com

Kendal Mountain Festival: UK Tour Watch a collection of our best short films on the big screen – stories of human endurance, breathtaking environments and soul-stirring journeys - plus hear from one of Britain’s finest Alpine and rock climbers, Nick Bullock. 7.30pm, £18, £10 u25. Galeri, Caernarfon 01286 685222, galericarnarfon.com

14th FRIDAY

Candlelit Awakened Belly Dance Meditation ~ Root A monthly group. Awakened Belly Dance is described as awakening and empowering the feminine in dreamtime. It involves middle Eastern and north African dance movement with meditation, sound healing, conscious communication, energy and breath work. 7 - 9.30pm, £7.50 if 14 days in adv/ £15 if 7 days adv/ £20 on door. Held at Insideout Wellness Centre, Griffiths Square, Mold CH7 1DJ. Facebook: of event name or Rachels Belly Dance and Holistic Dance North Wales

Taste of Craft Today: Rosie Farey - Rush Weaving. Workshops aimed at 50+. These are age friendly sessions and no previous experience needed – just a willingness to take part. Meet new people and learn new skills. 1 - 3.30pm. £12.50 all materials provided. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org.uk

NWWT: Why Mosses Matter Dr Shaun Russell, Director of Treborth Botanic Gardens, Shaun will highlight the often quirky and surprising ways in which mosses have been useful over the centuries. 2 - 4pm, £2. St David’s Church Hall, Llandudno, LL30 3NT. John Underwood 07783 773225, john.underwood100@gmail.com

Valentine’s Day (12A) Film. More than a dozen Angelenos navigate Valentine’s Day from early morning until midnight. 7pm, £4. Denbigh Film Club, Theatr Twm o’r Nant, Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

14th FRIDAY & 15th SATURDAY

New Music, New Experiences With a theme of Health & Wellbeing, the festival will be presenting the innovative ensembles UPROAR and Electroacoustic WALES, the talented pianist Siwan Rhys, before closing with an experimental production by Exploration in Sound. Music is available to all members of our community and it is a pleasure to be able to collaborate with like-minded organisations to present Steps in Music to the youngest generation, Yoga sessions for all ages and the opportunity to hear performances of Discover the Song and the Bangor Music Group. Various times and prices. Held at Pontio, Bangor 01248 382828, pontio.co.uk ~ bangormusicfestival.org.uk

14th FRIDAY - 16th SUNDAY

Arts & Crafts Movement Created as a reaction against the Industrial Revolution and the excesses of the Great Exhibition, the Movement became the impulse linking the Romantic Movement, the Gothic Revival, the Pre-Raphaelite Brotherhood and the Aesthetic Movement. £270, non-residential £190. Gladstone’s Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

YogaJo The retreat will focus on yoga, meditation and relaxation practices using sound to deepen and enrich your experience. With specially written pieces performed live, to support both dynamic and meditative work helping you to find strength and flexibility in mind and body. £380 - £455, all inclusive depending on accomm. Trigono, Nantlle LL54 6BW. 01286 882388, trignos.org

Pure Yoga In-depth yoga classes, informal yoga workshops, traditional cleansing techniques, journaling, relaxation and restorative yoga, plus light-hearted philosophy sessions around the fire. £450, £590. Plas Cadnant, Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk

15th SATURDAY

Mind Body Spirit Festival Healers, Therapists, Psychics, Tarot Readers, Crystals, Handmade Soaps, Candles and much more. Free workshops and parking. Delicious vegan & veggie food all day. £1 entry. Llangollen Pavilion, Abbey Rd., LL20 8SW. Facebook: The Llangollen Mind Body Spirit Festival

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. £450, £590. Plas Cadnant, Menai Bridge, Ynys Mon. Rosie Green 01248 345325, saorimor.co.uk

Botanical Art Class 3rd Sat/month. Led by Doreen Hamilton. Come along for some expert guidance from our artist in residence. 10.30am - 3.30pm, £15, £10 students. All materials and refreshments provided. Treborth Botanic Garden, Bangor. Contact Doreen 07508 728418.

Ffin Dance Double Bill The story An Inspector Calls in 3 dance acts. Music by Elgar and Vaughan Williams. Plus Crib - for 3 dancers, a tribute to Prince’s music. 7.30pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
Hedgerow Planting See 13th

Avalanche Awareness & Winter Conditions See 1st

The Path to Perfect Peace This day course is a wonderful opportunity to learn more about the Three Principal Aspects of the Buddhist Spiritual Path as explained in Venerable Geshe Kelsang Gyatso’s new book - The Mirror of Dharma. Through training in contemplation and meditation we can solve our daily problems of uncontrolled desire, anger and ignorance and make our human life truly meaningful. Led by Gen Kelsang Leksang. Veggie lunch available. 10am - 4pm, £25. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno LL30 1YY. 01492 878778, meditatatenorthwales.com

Gong Bath See 3rd for details. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Pruning Fruit Trees An experienced tutor will demonstrate pruning techniques on some of the fruit trees in the Heritage Orchard at the Woodland Skills Centre. The best of the prunings will be kept to be used in the afternoon for the grafting course. 10am - 12.30pm, £25. Held at Woodland Skills Centre, Bodfari, Denbigh. Bookings through Eventbrite for National Botanic Gardens: eventbrite.co.uk/pruning-fruit-trees

Upholstery Workshop This informative workshop with artist/designer Sophia Ingham (Phia Eco Art & Apparel) is perfect for beginners and more experienced upholsterers, and will take you through the entire upholstery process, from furniture stripping, through re-strapping/webbing & springing, re-upholstery and finishing techniques. 10am - 5pm, £65 all inclusive. Stiwdio 9, Bangor LL57 1NW. Phia 07391 930719, phiaeco@gmail.com

16th SUNDAY

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

Bangor Quakers Meet 3rd Sun/month, 10.20am - 11.30am. Meeting House, Dean St., Bangor LL57 1UR. Contact: enquiries@bangorquakers.org.uk ~ northwalesquaakers.org

Community Tree Planting It’s 2020, it’s time to save the world. It’s time to create landscapes that work for people and planet and its time to build communities that do the same. We are going to be doing a lot at Henbant this year along this journey, but it’s hard to do anything more useful than planting trees with new friends, with new conversations. Come an join us, if enough people turn up we’ll make some tasty soup and will provide drinks and snacks for all. We will be planting hedges, new woodland and some amazing Silvopasture. You don’t have to know what your doing you don’t have to be good at it. 11am - 3.30pm. Rock up anytime you like on one of our tree planting days over the coming few months. Don’t be shy, we want you to come along!! Children are very much encouraged. Henbant, Tain Lon, Clynog fawr, nr Caernarfon LL54 5DF.

Estyneto Join us for regular dance/movement sessions aimed specifically for those over the age of 60. The sessions are led by inspirational dancers/choreographers (Cai Tomos & Angharad Price Jones) and open to anyone who has the desire to stay active, fit and healthy. No previous experience or dance skills required. 1.30pm, £4. Galeri, Caernarfon 01286 685222, galeri.caernarfon.com

Cainc A more intense dance/movement class suitable for beginners over the age of 60. All sessions are led by Cai Tomos who will guide participants to explore new ways of moving the body. No previous experience or dance skills required to participate. 3pm, £8. Galeri, Caernarfon 01286 685222, galeri.caernarfon.com

Sunday Morning Gong Bath See 3rd for details 9am, £12. Neuadd Ogwen, High St, Bethesda, Bangor LL57 3AN. Steph Healy 07534 118899, puresound.org.uk

Little Nights, Little Love Japan Foundation Touring Film Programme 2020. Based on a story by one of Japan’s most popular novelists, the story asks what is necessary in attaining happiness in a relationship. Japanese with English subtitles. 3.15pm, £8.50, £6 u26. Storyhouse, Chester 01244 409113, storyhouse.com

Slate: In the Beginning Most of the programme will entail walking in the mountains over rough, exposed, and occasionally steep terrain; including walks of lengthy duration. Course members should come prepared for this though average fitness should suffice. Stout walking boots with good grip, warm clothing, and waterproof jacket and trousers are all essential. £518 - £568. Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

17th MONDAY

Chester Amnesty International 3rd Mon/month. We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, Chester. Contact Mike Johnson: mikej5@hotmail.com ~ amnesty.org.uk/chester

Bangor Cellar Writing Group 3rd Mon/month. 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

Dark Skies Snowdonia is an International Dark Sky Reserve and a favourite haunt for astrophotographers as well as astronomers keen to gaze out into the universe. Learn more about the Dark Skies scheme in this free talk by Snowdonia National Park Dark Skies Officer Dani Robertson. 7.45 - 10pm, free. Plas Y Brenin, Capel Curig LL24 0ET. 01690 7720214, pyb.co.uk

The Society of 13 Evening talk with Prof. Rachel Williams, Materials to Shape Our Vision. 7.30pm, £10 p.a. membership, £3 per event, £6 non-members. Grosvenor Museum, Chester. Visit: societyofthirteen.org.uk
Prestatyn Reading Group 3rd Tues/month, 2pm, Prestatyn Library, King’s Ave., 01745 854841.

An Evening with Poetry Wales Join the new editor of Poetry Wales magazine, Jonathan Edwards, as he introduces a range of poets appearing in the magazine’s new and forthcoming issues. 7.30pm, free but please register. Gladstone’s Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstoneslibrary.org

Gong Bath See 3rd for details. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. (opp Waitrose). Steph Healy 07534 118899, puresound.org.uk

The Great Get Together Ideas Workshop See 13th

God’s Own Country The group have chosen 4 feature films (and 2 short films) to be shown every Monday evening during the month to celebrate LGBT History Month. A young farmer in rural Yorkshire numbers his daily frustrations with binge drinking and casual sex, until the arrival of a Romanian migrant worker. 7pm, Galeri, Caernarfon 01286 685222, galeriaernarfon.com

Mr. Jones (15) Film. The extraordinary untold story of Gareth Jones, an ambitious young Welsh journalist who travelled to the Soviet Union in 1933 and uncovered the appalling truth behind the Soviet ‘Utopia’ and Stalin’s regime. 8.15pm. Pontio, Bangor 01248 382828, pontio.co.uk

Winter Birds We can certainly find a good selection of winter birds as well as Chough and birds of prey – diversity being the name of the game! £414 - £454, Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

End of Life Doula Preparation Like birth, we want to bring death back where it belongs; in the hands and hearts of loved ones, in the home and community, in sacred space. We might begin by exploring how to be of support to someone who is dying; how to cultivate presence and how to go both into and yet beyond the self to be able to connect in Love; to meet that person where they are, to uphold their sovereignty and champion their needs and wishes. £525, held in Tregarth, LL57 4RA. Alexandra: redtenteol@gmail.com

18th TUESDAY

Celebrate the Celtic Festivals and Earth’s Cycles through Circle Dance! We dance on the 1st and 3rd Tues/month, 10.30am - 12noon - to a wide variety of World music. No partner required, and new members welcome. The Old School Hub, Llanrwst, Dyffryn Conwy. Maia 01492 642123. Also on 24th

The Healing Well The Gwynedd Healing & Peace Group offers hands-on healing at Y Ganolfan, Pentrefelin, nr Criccieth, from 7 - 8.30pm. All welcome. Mayamara 01766 770874. Also 18th

Capernaum (15) Film. A streetwise child survives through his wits and takes care of others. From Lebanon, with English subtitles. 7.30pm, £5. St Mary’s Creative Space, Chester. chesterfilmfans.co.uk

North West Writing for Wellbeing Group 3rd Tues/month. A writing group facilitated by experienced bibliotherapy practice therapists and writers for wellbeing. Each session will have a writing theme addressing Life’s Challenges, Stressors and Joys, and be supported by local writing for wellbeing practitioner, Lisa Rossetti. 12.15pm. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

Free Motion Machine Embroidery / Brodwaith Peiriant Rhydd Are you using your sewing machine for embroidery? Not sure where to start? This workshop will introduce you to free motion embroidery. 10am - 4pm, £50, led by Melanie Baugh. Fabric costs are extra. Held at Y Bedol, B4366, Bethel, Caernarfon LL55. Contact tecstiliau.org

The Cottage Garden Society Talk Ray Baillie presents: Medieval Gardens. 7.15 for a 7.30 start. All welcome. Held at Eirianfa Community Centre, Denbigh, LL16 3TS. Contact Trish Morris 01745 550121, thecottagegardensociety.org.uk

18th TUESDAY - 24th MARCH, TUESDAY

Re: set Wellbeing Course Tuesdays, 12.30 - 3.30pm. This free re: set course is aimed at any individual who is personally experiencing mild to moderate mental health issues which could include stress, anxiety or mild depression, and develops skills in understanding mental health and managing your own wellbeing and developing self-care practices. Beehive Healthcare, Northgate Ave., Chester CH2 2DX. Contact 01244 344409, bee hivehealthcare.co.uk

19th WEDNESDAY

Thrift & Thread 3rd Weds/month. Bring your clothes for mending and alterations; sewing kit, items from your repair pile; letting your clothes read the story of you and letting go of perfect as beautiful. 12 - 4pm, £20. Pontio, Bangor 01248 382828, pontio.co.uk

Chester Humanists 3rd Weds/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 7-9.30pm, Industry, 1 Overleigh Rd., Handbridge, Chester CH4 7HL. Secretary: chester@humanistgroups.org.uk

The Fureys Legends of Irish music and song. 7.30pm, £20. Pontio, Bangor 01248 382828, pontio.co.uk

Sew Cool See 5th
**Snowdonia Society – Footpath Maintenance** The volunteer task for the day will involve repair and maintenance work which will mean that this path can continue to be enjoyed. 10am, Capel Curig. Booking essential, Dan 01286 685498, dan@snowdonia-society.org.uk

**Victoria String Quartet** Music by Haydn, Britten and Mendelssohn. 7.30 - 9.30pm. Rhyll Music Club, Rhyll Town Hall LL18 1BA. Visit: rhylmusic.com

### 20th THURSDAY

**Denbigh Library Reading Group** 3rd Thurs/month, 2pm. Denbigh Library, Hall Square 01745 816313.

**Abstract Painting Workshop for Adults** Reflecting primarily on the work of Bonnard, you will consider interior and exterior space in the making of modern painting and focus on colour as a prime compositional element. Please bring water-based paint, brushes, rags, a water pot and any other usual tools. You may like to bring a canvas support. Cartridge paper is available. Booking is essential. 11am - 4pm, £60. RCA Conwy, 01492 593413, education@rcaconwy.org

**Third Sector - Alternative Income Generation** Free session on less traditional forms of raising funds. 9.30am - 1pm. Flintshire Local Voluntary Council, Mold Business Park, Wrexham Rd., Mold CH7 1XP. FLVC 01352 744000, fivc.org.uk

**Chester Men** This is an informal get-together for men of all ages and backgrounds around the Chester area. It could be a safe space to make your voice heard, or to simply share the company of some like-minded guys. We plan to build a community of guys for support and exchanging ideas. 7.30pm, free, drop-in. Storyhouse, Chester 01244 409113, storyhouse.com

**Jamie Smith’s Mabon + Gwen Màiri** Mabon are hanging up their boots in Autumn so come and hear one of their last gigs. Gwen Màiri is a harpist and will be joined by Gwilym Bowen Rhys and Jordan Price. We plan to build a community of guys for support and exchanging ideas. 7.30pm, free, drop-in. Storyhouse, Chester 01244 409113, storyhouse.com

**National Theatre Live Screening: Cyrano de Bergerac** Fierce with a pen and notorious in combat, Cyrano almost has it all - if only he could win the heart of his true love Roxanne. 7pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Sapling Care** Native broad-leaved trees have been planted on the hillside to increase tree coverage on quite open land. They are very important for birds and insects as well as for oxygenating and stabilising the soil. We’ll be doing the vital work of checking the young trees and giving them a bit of TLC where required. 10am. Dyffryn Mymi. Booking essential, Mary 01286 685498, mary@snowdonia-society.org.uk

**21st FRIDAY - 23rd SUNDAY**

**NWWT: Being Bee Friendly** Jenny Shaw describes how Welsh Government’s Action Plan for Pollinators is addressing the dramatic decline of these hugely important insects. 7.30 - 9.30pm, £2. St Cyngar’s Church Hall, Llangefni LL77 7EA. Penny Radford 01248 711022, radfords713@btinternet.com

**RSPB Talk: Wirral Peninsula** Illustrated talk by Elliot Monteith on the Birds of the Wirral Peninsula. 7.30pm, £2.50. St David’s Church Hall, Penrhyn Bay, Llandudno LL30 9NL. Contact 01492 592247, colwynbooks@waitrose.com

**Llangollen Reading Group** 1st Fri/month, 7pm, Castle St, 01978 869600.

**HENGE & Guests** A Cosmic Dross-psych-rock-pop-electro out of space music journey; plus support. 7.30pm, £12. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Silent Presence** During the retreat, time will be spent in sitting meditation within the group and walking meditation alone in nature. The latter gives the opportunity of deeper connection with whatever we encounter in the natural surroundings wherever we are. Help is always available as and when needed throughout the retreat. There will also be support for taking Silent Presence into our daily lives. Led by Jenny Brooke. Tan y Garth Hall Retreat, Pontfadog, nr Llangollen LL20 7AS. Tickets: 0300 302 1936, tanygarthhallretreat.org

**Mosses and Liverworts** An insight into the life of mosses and liverworts will be provided by classroom work, discussion and by first hand observation. £195 - £290, led by Lucia Ruffino. Field Studies Council, Rhyd-y-Crenau, Draper’s Field, Betws-y-Coed, Conwy LL24 0HB, 01690 710494, enquiries.rc@field-studies-council.org

**Winter Tree Identification** We will look at characteristics such as bark, foliage, flowers and cones, and learn the botanical terminology used in identification keys. £195 - £290; led by Mike Parratt. Field Studies Council, Rhyd-y-Crenau, Draper’s Field, Betws-y-Coed, Conwy LL24 0HB, 01690 710494, enquiries.rc@field-studies-council.org
Drum for Fun! It is an accessible way into music as well as being a music genre in its own right. Working in a drum circle, we will start with body beats and percussion, rhythm games and activities, and learn how to make our own rhythms. This is a course for beginners or those with a little experience. £244 - £264, Plas Tan y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri.llyw.cymru

Yoga, Nutrition & Detox Retreat Create a personal health package by learning how to maintain balance through food and lifestyle changes. Experience the benefits of yoga and learn natural cleansing methods. Gain essential knowledge about your perfect diet and discover how to increase its nutritional content. This retreat provides the ideal introduction to the ayurvedic retreats. £395 shared or £465 single all inclusive. Dru Yoga, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda LL57 3LX. 01248 602900, dru瑜伽.com

Meditation Retreat This retreat will introduce you to key Dru Meditation techniques for developing a calm, clear mind. You’ll learn the Dru Yoga postures which prepare the body best for sitting, as well as enjoying progressive guided meditation sessions with our expert teachers. There will also be time for relaxation and walks. £395 shared, £465 single. Dru Yoga, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda LL57 3LX. 01248 602900, dru瑜伽.com

21st FRIDAY - 25th TUESDAY

Little Women (U) Film. An adaptation of the novel by Louisa May Alcott, following the lives of four sisters in 19th century America. Various times, £7. Theatr Clwyd, Mold 01352 344101, theatrcldwyd.com

21st FRIDAY - 27th THURSDAY

Queen and Slim (15) Film. A couple out on a forgettable first date who, after an altercation with the police, become reliant on each other for survival. A black comic satirical thriller. Various times, £7. Theatr Clwyd, Mold 01352 344101, theatrcldwyd.com

Parasite (15) Film. A son lands a good job with a wealthy family until problems happen as class war breaks out; a black comic satirical thriller. Various times, £7. Theatr Clwyd, Mold 01352 344101, theatrcldwyd.com

22nd SATURDAY

Celebrating 60 Years of the Beatles The evening includes walking ‘The Beatles Tour’ of the village; a short talk with Gwilym Phillips, who was a member of The Vikings who jammed with George and Paul in Harlech; a “My Life With The Beatles” presentation by Tony Bramwell who was not only friends with the Fab Four, but also worked with them throughout their career; a curry (chicken and vegetarian option); and ending with two live sets by The Shakers, who will be taking us back to the mid-60s with their classic Cavern Club and Merseybeat sounds. Tickets limited to 120. Starts 4.30pm. £25, Portmeirion. 01766 770000, portmeirion.wales

NWWT: Survey Saturday Come and learn about the different citizen science surveys you can do when you’re next on the shore. From nudrles to shark eggs; aliens to indicators. 11am - 1.30pm, Aberffraw, Anglesey, LL63 5LX. Dawn Thomas 01248 351541, dawn.thomas@northwaleswildlifetrust.org.uk

Avalanche Awareness & Winter Conditions See 1st Harmony Singing Workshop A morning singing some lovely uplifting acapella songs from around the world in 3 and 4-part harmony. All songs taught by ear so you don’t need to be able to read music and you will not be asked to sing on your own. Open to anyone who enjoys singing, regardless of experience. 10am - 1pm, £15. with Ella Speirs. Memorial Hall, Mill Street, Betws-y-Coed LL24 OBB. Contact/bookings: marianoven1@btinternet.com ~ singdancelove.co.uk

Real Birth Workshop Created through the belief that expectant parents should have access to positive birth information. It is beneficial for pregnant mums and their birth partners to have positive help with their birth preparation. We support all birthing choices because we believe in empowering with the right information when you need it; a step by step journey of how women and their bodies birth their babies. 11am - 5pm, £75, £25 for birth partner, £50 deposit secures place. Lunch and refreshments provided. Beehive Healthcare, Northgate Ave, Chester CH2 2DX. Confident Birth Chester 07780 882355, confidentbirth.org.uk

Sustainable Woodland Management This weekend course is ideal for anyone who has access to woodland (or dreams of owning one) and wants to learn the skills to manage it better, both for wildlife and for sustainable coppice products such as firewood, charcoal and Greenwood crafts. You will be guided through the weekend by an experienced tutor, surrounded by the fantastic Aberduna nature reserve, Maeshafn, CH7 5LD, set in the Clwydian Range. 18+, £95, £20 deposit. Woodland Classroom, Chester 07876 794098, woodlandclassroom.com

Saxon Embroidery / Brodwaith y Sacsonaid Workshop with Katherine Keatley. In this hands-on workshop you will learn about the history and techniques while creating your own sampler based on Saxon embroidery. 10am - 6pm, £55. Y Bedol, B4366, Bethel, Caernarfon LL55. Visit: tecstiliau.org

Talk: The Geology and Flowers of the Alps Join Jim Langley and Paul Gannon, authors of ‘The Alps – A Natural Companion’, for a talk about their brand new book. 7.30pm. Moel Siabod Café, Capel Curig. Tickets £5 or £2 for members of the Snowdona Society. Available to buy on the night or by reservation through the Café on 01690 720429.

Welsh Language Day Course: Writing for Young People and Children Led by Angharad Tomos, in Welsh, £35. Ty Newydd Writing Centre, Llanystumdwy. 01766 522811, tynewydd.wales

Special Guest Talk: Darren Clarkson King ‘Daz’ has been all over the world to remote gorges, first descents, solo descents, iconic rivers and locations. 7.45pm, free, donations welcome to the Mountain Training Trust. Plas Y Brenin, Capel Curig LL24 0ET. 01690 720214, pyb.co.uk

Sustainable Woodland Management Learn how to manage woodlands sustainably, craft your own charcoal and discover traditional woodland skills. £95, includes cooked meal on Sunday (vegan option available). £20 deposit. Aberduna Nature Reserve, Mold CH7 5LD. Tickets: James 07876 794098, woodlandclassroom.com

Confident Birth Chester 07780 882355, confidentbirth.org.uk

3rd-7th December

3rd Wednesday - 7th Thursday

Sustainable Woodland Management This weekend course is ideal for anyone who has access to woodland (or dreams of owning one) and wants to learn the skills to manage it better, both for wildlife and for sustainable coppice products such as firewood, charcoal and Greenwood crafts. You will be guided through the weekend by an experienced tutor, surrounded by the fantastic Aberduna nature reserve, Maeshafn, CH7 5LD, set in the Clwydian Range. 18+, £95, £20 deposit. Woodland Classroom, Chester 07876 794098, woodlandclassroom.com

Saxon Embroidery / Brodwaith y Sacsonaid Workshop with Katherine Keatley. In this hands-on workshop you will learn about the history and techniques while creating your own sampler based on Saxon embroidery. 10am - 6pm, £55. Y Bedol, B4366, Bethel, Caernarfon LL55. Visit: tecstiliau.org

Talk: The Geology and Flowers of the Alps Join Jim Langley and Paul Gannon, authors of ‘The Alps – A Natural Companion’, for a talk about their brand new book. 7.30pm. Moel Siabod Café, Capel Curig. Tickets £5 or £2 for members of the Snowdona Society. Available to buy on the night or by reservation through the Café on 01690 720429.

Welsh Language Day Course: Writing for Young People and Children Led by Angharad Tomos, in Welsh, £35. Ty Newydd Writing Centre, Llanystumdwy. 01766 522811, tynewydd.wales

Special Guest Talk: Darren Clarkson King ‘Daz’ has been all over the world to remote gorges, first descents, solo descents, iconic rivers and locations. 7.45pm, free, donations welcome to the Mountain Training Trust. Plas Y Brenin, Capel Curig LL24 0ET. 01690 720214, pyb.co.uk

Sustainable Woodland Management Learn how to manage woodlands sustainably, craft your own charcoal and discover traditional woodland skills. £95, includes cooked meal on Sunday (vegan option available). £20 deposit. Aberduna Nature Reserve, Mold CH7 5LD. Tickets: James 07876 794098, woodlandclassroom.com
Japanese Poetic Forms: Haiku and Beyond
Participants will learn about Haiku and other Japanese poetic forms. There will then be an opportunity to write one Haiku and one form beyond Haiku. 2pm, free. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Kate: Te P’nawn yn y Grug Join us for afternoon tea and a one-woman show that follows the life of one of Wales’ most important authors - Kate Roberts. Although given a ‘respectable’ status by the Welsh community, in truth, she was a stubborn rebel - a woman before her time who worked in the world of men and who gave a voice, through her writing, to the ordinary person. She saw unfairness and unbalance in the world; performed in Welsh by Carys Gwilym. 3pm, £20, £15. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Owen Shiers & Tagaradr Live music. Owen is one of Wales’ most exciting up-and-coming folk artists. He’ll share songs from his new album Dilyn Afon (Follow the River). Support from local folk and blues duo Tagaradr. In Welsh or Bilingual with some explanation in English. £8, £6 concs in advance or £10, £8 concs on the door. Held at Prichard Jones Institute, Newborough, Anglesey LL61 6SY. Bookings Claire 07970 409724, anadlu.com

22nd SATURDAY & 23rd SUNDAY
Diploma Course in Crystal Therapy Through research and experimentation this course encourages students to explore their own relationship with crystals in order to truly appreciate the healing potential of the mineral kingdom. First of 10 weekends over 2 years. The HCCH Diploma Course (Level 3) in Crystal Therapy is ACHO (Affiliation of Crystal Healing Organisations) accredited and approved by the Crystal Therapy Council. Bishop Lloyds Palace, 51/53 Watergate Row, Chester. Contact: hope-college.co.uk

The Pilgrim’s Progress (PG) Animated film for family audiences. Based on John Bunyan’s epic tale, an animated story about a spiritual journey. 10.30am, Chester. Storyhouse, Chester 01244 409113, storyhouse.com

23rd SUNDAY
New Moon in Pisces 3.32pm GMT

NWWT: Bird Watch Day Come to the shore hide to see what’s about, with experts on hand to help identify the birds and chat about wildlife. 11am - 3pm, The Spinnies, Bangor. Chris Wynne 01248 351154, info@northwaleswildlifetrust.org.uk

Finding Ease for Your Knees ~ Feldenkrais Method If your pelvis doesn’t move easily, there is stress on your hips and knees. These lessons will improve your balance and agility, as well as helping to prevent longer-term stiffness and pain. 10am - 1pm, £30. All welcome, please wear loose clothing and bring a blanket to lie on. Verve Health & Fitness, 2 - 4 George St., Llangollen LL20 8RE. Bookings: Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

Flintshire Spirit and Wellbeing Show From the team who organised the Llangollen Mind & Body Fair we will celebrate Light, Life and Love with an abundance of stalls and therapies. 10am - 4.30pm, free workshops & parking. Theatr Clwyd, Mold CH7 1YA. Facebook: The Flintshire Spirit and Wellbeing Show

Respect ~ The Aretha Franklin Songbook Live concert pays tribute to the Queen of Soul. 7.30pm, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Community Tree Planting ~ Henbant See 2nd Jesus
Film with Japan Foundation Touring Film Programme 2020. Initially sceptical of new worshipping practice, Yura begins to have apparitions of a tiny, mute Jesus who seems to answer his prayers. 3.30pm, £8.50, £6 u26. Japanese with English subtitles. Storyhouse, Chester 01244 409113, storyhouse.com

Let Yourself Be Love ~ Retreat for Women Come join us for a full day immersion enjoying and loving you. Facilitator Rachel Walker will lead you on a journey where you will move, dance, meditate, create, question, answer, explore, seek all the wonders, possibilities and loveliness that is you. 10am - 5.30pm. Super early bird payment before 8th Feb: £40; early bird before 15th February: £45; after 15th Feb £50. Held at InsideOut Wellness Centre, Griggiths Sq., Mold CH7 1DJ. iscia_espirit@hotmail.co.uk ~ Facebook: of event name or Rachels Belly Dance and Holistic Dance North Wales

Benjamin Grosvenor ~ Piano A Gramophone Young Artist of the Year and Classical Brit winner, Grosvenor is a former BBC Young Musician of the Year. Music by Rameau, Beethoven, & Liszt. 7.30pm, £10. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

Holyhead Quakers 2nd & 4th Sun/month, 10.30am to 11.30 at the Ucheldre Centre in Mill Bank, Holyhead, LL65 1TE. Visit: northwalesquakers.org

Stop Worrying, Start Living A talk and meditation with Gen Kelsang Leksang. It is very common to experience anxiety and worry in the midst of our busy, modern lives. Meditation is an effective way to deal with anxiety. We can learn how to control our own mind, instead of allowing our mind to control us. This talk will explain how we can all create inner calm and mental freedom. 10.30am - 12pm, £8. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Porthmadog Quakers 2nd & 4th Sun/month.You don’t have to believe anything, nor say anything nor do anything – just sit quietly for an hour (or less if you wish) and meditate on what is most important to you. You may find the silence helps you to relax from the stress of a busy life or it may raise questions for you to ponder. 10.30am, Community Centre, by the Harbour, LL49 9LU. Contact 01766 530657 or 01766 770034.

New Stories from Ancient Myths A Masterclass with writer in residence Charlotte Higgins. This day masterclass uses classical myths to stimulate new ideas and pieces of writing. As Charlotte says, the essence of classical myth is its malleability; constantly reinvented, rethought and rewritten, the myth offers freedom and scope to contemporary writers. The group will look at how authors, contemporary and classical, have made mythical stories speak anew, and how artists have treated myth in painting and sculpture. From 10am, £45 which includes lunch and tea/coffee. Gladstone’s Library, Hawarden, Chester CH5 3DF. 01244 532350, gladstonelibrary.org
Swan Lake: Bolshoi Ballet Music by Tchaikovsky. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadd@dyfor.com

Y Mynnyd Grug (PG) Film (in Welsh) based on Kate Roberts “Te yn y Grug / The Heather Mountain”. (See 22nd for performance). 1pm, £5, £3.50. Galeri, Caernarfon 01286 685222, galericernarfon.com

Bangor University Symphony Orchestra Music by Bernstein - West Side Story and Amy Beach - Gaelic Symphony. 6pm, £15, £12 60+, £5 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Tree Planting Grab a spade, reduce your carbon footprint and making a lasting impression on the landscape for many years to come! 10am, Llan Ffestinio. Booking essential, Dan 01286 685498, dan@snowdonia-society.org.uk

23rd SUNDAY - 26th WEDNESDAY

Karma Yoga & Treeplanting Retreat These retreats are run as part of the Dru Volunteer Programme. They are a fantastic way to experience teamwork by working on different projects together, such as cooking, gardening, painting, cleaning, tree planting, building. Simultaneously, you practice and learn about yoga and meditation in its many aspects. We appreciate a contribution of £125 towards accommodation and food. Dru Yoga, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda LL57 3LX. 01248 602900, druuyoga.com

24th MONDAY

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed, legal experts available each month for help with queries. 2 - 4pm. Kimmel Bay Community Library, Kendal Road, Kinnel Bay, Denbighshire LL18 8BT. The meeting is free, but we do ask you to book a place to ensure everyone is catered for. Call the Home Instead Senior Care office on 01745 772150.

Beginner Yoga Course Take it right back to basics at this six week beginner course led by Adrian Kingsley-Hughes. Start to feel comfortable with some simple yoga poses, taught in a slow and clear way. Please bring your yoga mat and two large blankets. 5.30 - 6.30pm, £25 (for six sessions). Held at Holyhead St Mary’s Church Hall, Longford Road, Holyhead LL65 1TR. Bookings: Claire 07970 409724, inspiratrix.co.uk

Mr. Jones See 17th - 19th

24th MONDAY - 27th THURSDAY

Writers Retreat You will be able to take part in workshops run by professionals in creative writing to help start your writing journey or nudge you further with the story you have already started. All inclusive: £480. Betws y Coed. Contact: info@writersretreat.wales

24th MONDAY - 8th MARCH, SUNDAY

Fairtrade Fortnight 2020 Focussing on the workers who provide the world with cocoa and the chocolate bars we eat. Visit their website to see how you can help - fairtrade.org.uk. See Noticeboard

25th TUESDAY

An Appeal To The Higher Self Wayne Gatfield explores how we can connect with and befriend the Higher Self and accept its guidance and inspiration. Sponsored by the TSE Charity No: 1167737. 7.30pm, at Hiraeth Hall, Ambrose St, Bangor LL57 1BL. For more information email toddyalc@gmail.com

Woodland Volunteering The woodland and gardens that surround the house are not only appealing to the eye but home to a whole host of fauna and flora. Join us in helping to look after both the woodland and garden in this historic setting. 10am. Ty Hyll/The Ugly House. Booking essential, Mary 01286 685498, mary@snowdonia-society.org.uk

Blasu Crefft: Creative Textiles / Gweithdy Tecstiliau Creadigol There will be an opportunity to experiment with embroidery techniques or on a sewing machine and the session is suitable for all levels. Materials provided, but participants are advised to bring their own sewing machine. Led by Anna Pritchard. £25, 6.30pm. 16+. Galeri, Caernarfon 01286 685222, galericernarfon.com

Beginner Yoga Course See 24th

ROH Ballet Live Screening: The Cellist / Dances at a Gathering Inspired by the momentous life and career of the cellist Jacqueline du Pré; and music by Chopin. 7.15pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also Pontio, Bangor 01248 382828, pontio.co.uk Also Scala Cinema, Prestatyn High St. 01745 850197.

26th WEDNESDAY

Happiness - What Can We Learn? An interactive workshop exploring the use of Mindfulness attitudes and Acceptance Skills in finding greater happiness and contentment; includes a four-stage Mindfulness practice that helps us recognise emotions, particularly those that are challenging. CPD certificate will be provided. 1.30 - 4.30pm, £30, deposit to secure place. Discount for early full payment of £27. Held at Abbey Road Centre, 5 - 9 Abbey Rd, Bangor LL57 2EA. Contact Fiona Smith BA MBACP: ask@theconwycounsellors.co.uk

NWWT: Biosecurity Training Invasive Species awareness and biosecurity training for freshwater users. 10am - 4pm, Loggerheads Country Park, near Mold, CH7 5LH. Gemma Rose 07534 487704, gemma.rose@northwaleswildlifetrust.org.uk

NWWT: Helping Hands for Snowdonia Dan Goodwin, from the Snowdonia Society, highlights the work done by volunteers in the National Park. 7.30 - 9.30pm, University Management Centre, Room 101, Alun Building, Bangor LL57 2DG. Sue Carter 07979 732013, sue@gorad.co.uk

Access Maintenance Come and learn some footpath maintenance techniques and to enjoy Parc Mawr and discover a site that you’ll undoubtedly want to visit again. 10am, Parc Mawr, Conwy. Booking essential, Dan 01286 685498, dan@snowdonia-society.org.uk
An Introduction to Ayurveda

Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda means “The Science of Life.” Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the “Mother of All Healing.”

Galeri, Caernarfon 01286 685222, galericaernarfon.com
7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

A Hard Day’s Night

A musical film with Judy Garland; a film, cake and song afternoon. Followed by live entertainment led by Welsh National Opera. Aimed at those 60years+. 2pm, £4.50. Pontio, Bangor 01248 382828, pontio.co.uk

Grease

Classic musical film; Dementia Friendly Screening. Lights are low and people are welcome to move around and sing along. 11am, £5. Galeri, Caernarfon 01286 685222, galeraicnaronforn.com

Will Keating & The Carrick Band

Live music, 7.30pm, £5. Neuadd Ogwen, Bethesda LL57 3AN, post@neuaddogwen.com

Neither Wolf Nor Dog

A white author is summoned by a Lakota Elder who asks him to write a book about his perspective. After a blundering false start, he is all but kidnapped and sucked into a road trip through the heart of the contemporary Native American landscape. 5.30pm, £7.50 standard, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

26th WEDNESDAY & 27th THURSDAY

Chloe & the Colour Catcher

Theatre. Chloe lives in a world with only one colour, a world that is completely grey. But at night, when she’s wrapped up tight, her dreams are colourful and bright. Various times, £6, 4+. Theatre Clwyd, Mold 01352 344101, theatrclwlyd.com

Iris Prize British Shorts

Three of the best british LGBTQ+ films from the Iris Prize. Films are: Invisible Women, My Brother is A Mermaid and We Are Dancers. 8pm, £7. Theatre Clwyd, Mold 01352 344101, theatrclwlyd.com

Open Doors

4th Thurs/month. A non-religious spiritual group, where a medium is invited once a month to share messages from loved ones from spirit. 7 - 10pm, £4. Above Archies, in Lola’s Bar, 151 High St., Prestatyn. LL19 9AS. Bookings: 07917 357746; Facebook: Open Doors, Prestatyn

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

Al Lewis: Te yn y Grug

Singer songwriter. Inspired by the iconic stories of Dr Kate Roberts, Al will be joined on stage not only by his band of musicians, but also by local choir, Cor Dre. Support from Beth Celyn. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galeraicnaronforn.com

Singing For The Soul

4th Thurs/month. 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 11.30am - 1pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. If you are interested to come along please email helen@soul-life.co.uk

Pwllheli Quakers

4th Thurs/month. 7.30pm, half hour silent worship followed by discussion/conversation in Welsh. Capel Penmonwnt, Pwllheli LL53 5HU. Rhian Parry 07753 409237, Huw Meredydd Owen 07733 121395.

(In) Visible - Celebrating the Hidden Diversity of LGBTQ+ Scientists Through History

Celebrate the diversity of Science by celebrating five iconic LGBTQ+ pioneers with an incredible discussion on the achievements and struggle of Alan Turing, Sally Rider, Lynn Conway, David K Smith and Nergis Mavalvala. The talk will be followed by special experiments relevant to each individual. 6.30 - 8.30pm, free. Techniquest Glyndwr, Wrexham LL11 2AW. 01978 293400, info@tqg.org.uk

Tree Planting

Join us as we assist the National Trust wardens in planting native broadleaf trees for the purpose of growing a hedge. These hedges not only act as boundaries and shelter for managing livestock but are also highly beneficial for wildlife. The hedge provides a food sources for birds whilst also playing a vital role in connecting up fragmented woodland. 10am, Cwm Penmachno. Booking essential, Mary 01286 685498, mary@snowdonia-society.org.uk

There is no Religion Higher than Truth

A talk by Wayne Gatfield, President of Bolton TS, with Colwyn Bay Lodge of Theosophical Society. Wayne is a well-loved and a knowledgeable speaker; his talks on Theosophy are inspiring as well as instructive. 2pm, admission £5, TS Members £3. Free refreshments, book and CD sale. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Julie 01248 431237, theosophywales@yahoo.co.uk

Dancing in the Wings

Rachel’s desire was a simple one; to have a family of her own and yet, despite the medical marvels of the modern age, this dream was snatched away. Alone, and faced with the adversity of losing a child, Rachel finds needed help from Julia, a counsellor at the local hospice. 7.45pm, £12, £10. Theatre Clwyd, Mold 01352 344101, theatrclwlyd.com

28th FRIDAY

Taste of Craft

Today: Melanie Baugh - Textiles. Workshops aimed at 50+. These are age friendly sessions and no previous experience needed – just a willingness to take part. Meet new people and learn new skills. 1 - 3.30pm. £12.50 all materials provided. Ruthin Craft Centre LL15 1BB, 01824 704774, ruthincraftcentre.org.uk

Cybi Poets

Meets last Fri/month to read and share poetry. 7.30pm, free. lorwerth Arms, Bryngwran, Holyhead. Contact Karen 07929 069235, karenankers@subscription.com
Loving the Mother ~ Sing & Social This evening is dedicated to the Mother - new mums, old mums, grandmothers, pregnant women and to all those who care for the Mamas of our world. You don’t need to be a mother to attend, everyone is welcome - but let's keep it to women only for now (and babies)! Come sing some simple beautiful songs, drink tea and be in good company. 5.30 - 7.30pm, £5, includes tea and fruit, bring more nibbles if you like! Quakers Meeting House, Dean St., Bangor. Laura Knott 07914 917711, Facebook: of event name

The Cold Concert An evening of music and song from local choirs, bands and other musicians to raise money to support homeless people in and around Bangor. Scrummy refreshments - hot and cold drinks and cakes in the interval. Pay as you can. 7 - 9.30pm. Bangor Cathedral.

Levellers Folk-rock band of 30 years+ whose basic humanity underpins their music. 7.30pm, £31, Venue Cymru, Llandudno LL30 1BB. 01492 872000, venuecyrmu.co.uk

Gongs & Drum ~ Journeying with Sound Allow the Soundscape to move you out of your head and into your body. Letting go of anything outside this moment, any events that occurred during the day, anything you need to do afterwards, becoming fully present in the Here and Now. 7 - 9pm, £20, with Claire Freeman and Steph Healy. Held at Neuadd Goffa, Mynydd Llandegai, Bangor. Steph Healy 07534 118899, puresound.org.uk

28th FRIDAY & 29th SATURDAY

Portrait of a Lady on Fire (15) France, set in 1770. Marianne, a painter, is commissioned to do the wedding portrait of Héloïse. The film is an acknowledged masterpiece and a landmark in feminist and LGBT+ cinema. 28th - 2pm, 5.30pm & 8.15pm. 29th - 5.30 & 8.15pm. Pontio, Bangor 01248 382828, pontio.co.uk

Bombshell (15) Film. US drama in which a CEO is exposed for sexually harassing women in the workplace. 8pm on 28th; 2pm on 29th. £7. Theatr Clwyd, Mold 01352 344101, theatrclywd.com

28th FRIDAY - 1st MARCH, SUNDAY

Identifying Conifers in the British Isles This course introduces the skills needed to identify the conifers which are commonly found in the British Isles; both in the forest environment and in parks and gardens. Over the weekend we will use classroom sessions to introduce key features of conifers which are crucial for successful identification, and then apply that knowledge and skills in the field. £195 - £290; led by Mike Parratt. Field Studies Council, Rhyd-y-Crenau, Draper’s Field, Betws-y-Coed, Conwy LL24 0HB, 01690 710494, enquiries.rc@field-studies-council.org

Zen with Jo Held at Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org ~ more: zenwithjo.co.uk

29th SATURDAY

Non-flowering Plant Group Looking at the use of microscopes for bryophyte identification and interpretation in books. Bring yours if you have one! 10am - 3pm, bring your own lunch & refreshments. Indoor meeting, Pensychnant Centre, Conwy. Contact Lucia Ruffino, luciaruffino65@gmail.com

Monthly Mindfulness for Anxiety Workshop Today: How to Silence the Inner Critic. 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, £5 for reference tool. Beehive Healthcare, Chester. Tickets: inspireandrewire.com. Contact 07421 996393, nicola@inspireandrewire.com, Bookings: inspireandrewire.com

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

Wild Weaving Workshop See 1st

Managing a Small Woodland On this one day course we will look at the 50 acres of Warren Woods as a whole and at several different compartments – coppice with standards, continuous cover, new plantings, conversion of softwood to hardwood etc. The overall management plan will be examined and successes and failures discussed. The course is suitable for people who have recently bought a small woodland or are thinking of buying one and want some pointers to what they might do with it. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

NWWT: Species Awareness Raising Session and Children’s Fun Activities A talk given by the Our River Wellbeing Project team about threats to the River Alyn from Invasive Non-Native Species, as well as childrens treasure hunt and other fun activities. 2 - 3.30pm, Hope Community Library, Fagl Lane, Hope, Wrexham, LL12 9PY. Gemma Rose 07535 487704, gemma.rose@northwaleswildlifetrust.org.uk

Emma Twyford Talk Emma is a successful rock climber. Open to all, free, 8pm, Plas Y Brenin, Capel Curig LL24 0ET. 01690 720214, pyb.co.uk

XY Chelsea (15) Film. Tells the historic story of whistleblower Chelsea Manning, whose 35-year sentence in an all-male maximum security prison was commuted by President Obama in 2017. It’s the journey of her fight for survival and dignity, and her transition from prisoner to a free woman. A historical figure and Welsh LGBT+ hero. 2pm, £7.50 standard, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Met Opera Live Screening: Handel's Agrippina Set in Ancient Rome, Agrippina plots the downfall of Emperor Claudius to secure the throne for her son Nero, in Handel’s first operatic triumph. 5.55pm, £13, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also £14, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Copydate for March issue: February 18th

info@network-news.org 07777 688440
Chiara Camoni Until 1st March. Working primarily across drawing, sculpture and installation, Camoni creates spaces imbued with poetic sensibility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Gareth Parry Major Solo Exhibition 2nd - 26th February. Born in Blaenau Ffestiniog Gareth’s work is mostly about “Cymru” and “Y Cymry” (land and the people). The "people paintings” often reflect his own concerns about living in a changing Wales. His landscapes and seascapes, whilst inspired by his local environment of Wales, are more about weather and the natural elements than the place alone. Ffin y Parc Llanrwst LL26 0PT, 01492 642070, welshart.net

Susie Freeman: WOWI+ Until 29th March. A retrospective of Susie’s work. A textile artist of great originality; she invented a knitted network of pockets using a monofilament thread: into each small transparent pocket she dropped a tiny object before safely sealing them with a further row of knitting, and repeating this to construct the cloth. Included is a collaboration with Dr Liz Lee - “Pharmacopeia” - huge garments constructed of metallic pill packets. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

The NW Project - Y Gogledd/The North Until 22nd February. Championing photography in North Wales. An exhibition by Hazel Simcox, Roj Smith, Ethan Beswick, Philip Jones and Robert Law. Five photographers share their personal observations and stories concerned with North Wales. In a response to an area rightly known for its wonderful landscapes, the North Wales Project’s aim is to bring photographers together who document and give a voice to the overlooked or intriguing, and collectively offer an honest portrait of this special region and its people. Oriel Colwyn, upstairs in Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 577888, orielcolwyn.org


Quiltfest 2020 5th - 14th February. We challenged Quilters’ Guild members to celebrate this event using “40 Years and Still Stitching” as the theme for inspiration. Come and see how members interpreted this challenge. There are two venues: open daily 10am - 4pm, £2 entry, free parking. Demonstrations take place at this venue. Llangollen Pavilion, Abbey Rd.; and The Museum, Parade St., Llangollen from 10.30am - 4pm, no disabled access. Closes 1pm on last day at both venues. Trading Day 9th, see Calendar. Visit: quiltfest.org

Exhibitions

Open Art Exhibition 2020 Until 8th February. A variety of talented artists from North Wales. Open 11am - 5pm. RCA Conwy, 01492 593413, education@rcaconwy.org

Ffâlwigans ~ Chwyldao Until 15th February. Propaganda posters that rhyme... some of the time. Caffi Y Garreg Café and Shop, Llanfrothen. Facebook: Ffâlwigans

Anj Smith Until 1st March. Working primarily with painting, Anj Smith is interested in reflecting on the very possibilities and limitations of the medium itself. Her work excavates often-overlooked art histories, which she combines with her lived experiences, to form the layers of her work. Exploring the very edges of representation, Smith’s intricately rendered paintings explore issues of identity, eroticism, mortality and fragility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Bill Kneale ~ Viewpoints/Golygfannau Until 9th February. “My paintings are visual journeys mostly into the mountains and coast of North Wales.” Oriel Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

Nobuko Tsuchiya: 30 Ways to Go to the Moon Until 1st March. Working primarily with sculpture, Tsuchiya’s practice uses a wide range of materials, often including household objects, collected over time, which she assembles and casts to create amorphous, hybrid minimalist mechanical objects. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Kristina Veasey ~ My Dirty Secret 3rd February - 6th March. This experiential artwork exhibition was born from her frustration as a disabled person trying to keep up with the housework. Galeri, Caernarfon 01286 685222, galeri-caernarfon.com Talk on 4th @ 6pm.

Various Artists Exhibition Until 22nd March. Artists include Stephen John Oliver, Teresa Urbanska, Rachel Stewart, Deirdre McKenna & Margedd Pendrell and Archie Miles. Open 10am - 5pm, 6 days (closed Tues). Plas Glyn Y Weddw, Llanbedrog, Pwllheli, Gwynedd, LL53 7TT. 01758 740763, oriel.org.uk

Chiara Camoni Until 1st March. Working primarily across drawing, sculpture and installation, Camoni creates spaces imbued with poetic sensibility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

Gareth Parry Major Solo Exhibition 2nd - 26th February. Born in Blaenau Ffestiniog Gareth’s work is mostly about "Cymru" and “Y Cymry” (land and the people). The "people paintings” often reflect his own concerns about living in a changing Wales. His landscapes and seascapes, whilst inspired by his local environment of Wales, are more about weather and the natural elements than the place alone. Ffin y Parc Llanrwst LL26 0PT, 01492 642070, welshart.net
Button It Up ~ Cadwch Ar Gau Until 21st March. Many topics, such as the Women’s Suffrage movement, have been comprehensively covered by museums, but more recent social changes and hidden histories are only starting to be addressed. Large museums in Brighton and Liverpool have projects that explore LGBTQ+ (Lesbian, Gay, Bisexual, Transgender) communities and how their stories have been ignored or misrepresented in relation to their permanent collections. Storiel, Bangor LL57 1DT, 01248 353368, storiel.cymru

Martin Smith: Little Machines Until 29th March. An artist engineer whose mechanical sculptures are exhibited worldwide. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Jane Adam ~ Never The Same River Until 29th March. It became my mission to make jewellery that reflected as honestly as possible my own experience of the richness and variety of contemporary life, in the hope that other people would find in it echoes of their own. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Paul Davies ~ ‘Welsh Not’ Until 28th March. Part 2 of a retrospective of Paul Davies’ work. Featuring previously unseen items, with a focus on the now iconic Welsh Not lovespoon, part of a performance at the Wrexham National Eisteddfod in 1977. Paul Davies was the driving force of Beca. Storiel, Bangor LL57 1DT, 01248 353368, storiel.cymru

Show & Tell Exhibition ~ Geithin Ceidiog Hughes February - March. Geithin has created a range of Japanese denim scarves using indigo dye and techniques mastered by traditional weavers – and uses Halen Môn (Anglesey Sea Salt) as a finishing agent. The new textile range is the result of six months of painstaking research and experimentation. Ruthin Craft Centre LL18 1BB, 01824 704774, ruthincraftcentre.org.uk

Niall McDiarmid ~ State of Independents Ongoing. A new set of portraits to shine a light on and celebrate our Independent Traders and Shopkeepers based in and around Colwyn Bay, Old Colwyn and Rhos on Sea. 24 large scale portraits displayed in the six promenade shelters between Rhos on Sea and Old Colwyn with each shelter exhibiting two portraits on either side, the project links the town together via photography. More from Oriel Colwyn, 01492 577888, orielcolwyn.org

Victoria at Storiel Until 29th February. Queen Victoria’s clothes together with other textiles and accessories from the Victorian period will be on display. Storiel, Bangor LL57 1DT, 01248 353368, storiel.cymru

Material World Until 29th February. This exhibition brings together the diversity and individuality of the Applied Arts and Ceramic Wales teams from Glyndŵr University. Cerys Alonso – jewellery/metalwork; Wayn Clarke – large scale wood fired urns and domesticware; Julie Mellor – Jewellery; Wendy Lawrence – Large scale ceramics; Meri Wells – figure-based ceramics; Julie Fewster – slip cast ceramics. Oriel Gallery, Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

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# Centres in North Wales:
Workshops in March & April

## Cae Mabon
Fachwen, nr Llanberis LL55 3HB  
01286 871542, caemabon.co.uk

**MARCH**
19 - 23 [Spring Equinox with Sisters of the Wild](http://sistersofthewild.com)

## Dru Yoga
Snowdon Mountain Lodge  
Nant Ffrancon, Bethesda LL57 3LX  
01248 602900, druyoga.com

**MARCH**
20 - 24 [Ayurvedic Detox Retreat](#)

**APRIL**
3 - 5 [Sound & Mantra](#)
17 - 19 [Intro: Ayurveda Tailed For You](#)
20 - 23 [Karma Yoga Retreat](#)

## Field Studies Council
Rhyd-y-Creuau, Draper’s Field  
Betws-y-Coed, Conwy LL24 0HB  
01690 710494, enquiries.rc@field-studies-council.org

**APRIL**
17 - 20 [Birds of NW Coast, Woodlands & Uplands](#)
17 - 20 [Sphagnum](#)

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

**MARCH**
1 [Masterclass : The Poetic Monologue](#)
5 - 7 [Mindfulness: A Journey into Wholeness](#)

## The Healing Centre
8 Fron Ogwen  
Tregarth LL57 4NP  
01248 601388, vivreiki@hotmail.com

**MARCH**
7 & 8 [Reiki, 1st Degree Course](#)
14 & 15 [Reiki, 2nd Degree Course](#)

**APRIL**
4 & 5 [Reiki, 1st Degree Course](#)

## Centre for Alternative Technology (CAT)
Machynlleth, 01654 704966, cat.org.uk

**MARCH**
1 [Reedbeds and Waste Water Management](#)
7 & 8 [Growing Fruit](#)
9 - 13 [Energy Generation From Wind](#)
16 - 20 [Restoration Ecology](#)
31/3 - 3/4 [Social Forestry OCN](#)

**APRIL**
4 & 5 [Self-Build Project Management](#)
6 - 10 [Energy Generation From Solar](#)
18 [Earth Oven Building](#)
18 & 19 [Intro to Renewables for Households](#)
20 - 24 [Ecosystem Services](#)
24 - 26 [Bird Identification](#)
29 & 30 [Zero Carbon Britain](#)

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

**MARCH**
27/3 - 3/4 [Everyday Liberations - Renew & Deepen](#)

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

**MARCH**
1 - 3 [My Story, Our World](#)
5 - 8 [Space To Be](#)
6 - 8 [Source Yoga & Fitness](#)
13 - 15 [Pressing Pause Weekend Retreat](#)
Details: info@inspireandrenew.com
16 - 18 [Infinite Way](#)
21 - 28 [Mindfulness Teacher training](#)
Retreat Level 1
28/3 - 4/4 [Elan Training Ltd](#)

**APRIL**
18 [Mindfulness Teacher Training](#)

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See ad on page 38
MARCH
2 - 6  Access and Public Rights of Way, Law & Management
13 - 15  Tales of the Mabinogion
13 - 15  Creative Landscape Photography
13 - 17  Spring Painting Experience

Woodland Skills Centre
The Warren, Bodfari, Denbigh
01745 710626,
woodlandskillscentre.uk
MARCH
1  Practical Woodland Tasks
8  Rake
15  Water Colour Landscapes
21 & 22  Split Hazel Baskets; & Rustic Chair
24 - 27  Social Forestry OCN
28  Gypsy Crafts 1 & Grey Squirrel Control
28 & 29  Bushcraft Spring
29  Gypsy Crafts 2;
29  Tool Handles - Chisels & Drawknives

APRIL
5  Corn Dollies Improvers
5  Willow Plant Support
11 & 12  Family Weekend
18 & 19  Spoon Carving
18 & 19  Three-Legged Stool
19  Plant a Medicinal Herb Garden
25  Peg Loom Weaving
25 & 26  Bowl Turning
25 & 26  Deckchair
28/4 - 1/5  Mindfulness OCN

Plas Tan Y Bwlch
Maentwrog LL41 3YU
01766 772600,
eryllyw.cymru
MARCH
2 - 6  Access and Public Rights of Way, Law & Management
13 - 15  Tales of the Mabinogion
13 - 15  Creative Landscape Photography
13 - 17  Spring Painting Experience

Kalpa Bhadra Buddhist Centre
34 Mostyn Ave., Craig y Don
Llandudno LL30 1YY
01492 878778,
meditatenorthwales.com
MARCH
28  Death & Dying - the Buddhist Perspective

APRIL
18  Creating A World of Peace ~ Avalokiteshvara Empowerment

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# Workshops in March & April

## MARCH

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<td>Bangor.</td>
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<td>Acceptance &amp; Commitment Therapy (ACT2)</td>
<td>Conwy.</td>
<td>Aimed at health care professionals and students in related disciplines. Fiona Smith: <a href="mailto:ask@theconwycounsellors.co.uk">ask@theconwycounsellors.co.uk</a></td>
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<tr>
<td>5/3-30/4</td>
<td>Mindfulness Based Cognitive Therapy Course</td>
<td>Bangor.</td>
<td>More: gwyneddmindfulness.co.uk</td>
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<td>Menai Bridge, Ynys Mon.</td>
<td>Laura Bell 07989 512859, thezestlife.co.uk</td>
</tr>
<tr>
<td>7</td>
<td>Upholstery Workshop</td>
<td>Stiwdio 9, Bangor LL57 1NW.</td>
<td>Phia 07391 930719, <a href="mailto:phiaeco@gmail.com">phiaeco@gmail.com</a></td>
</tr>
<tr>
<td>7</td>
<td>Introduction to Navigation Course</td>
<td>Snowdonia National Park.</td>
<td>Footprint Mountain Adventures 07793 532308, Facebook: Footprint Mountain Adventures</td>
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<td>Germination of Difficult Plant Species</td>
<td>Treborth Gardens, Bangor.</td>
<td>Bookings: <a href="mailto:treborth@bangor.ac.uk">treborth@bangor.ac.uk</a></td>
</tr>
<tr>
<td>9 - 13</td>
<td>Writers Retreat</td>
<td>Betws y Coed.</td>
<td>Contact: <a href="mailto:info@writersretreat.wales">info@writersretreat.wales</a></td>
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<tr>
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<td>Yoga &amp; Detox Weekend</td>
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<td>Laura Bell 07989 512859, thezestlife.co.uk</td>
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<td>14</td>
<td>The Mountain Environment</td>
<td>Snowdonia.</td>
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<td>14</td>
<td>Discover Shamanism</td>
<td>Llandudno.</td>
<td>Marie 07910 410059, <a href="mailto:marielouiseedwards@hotmail.com">marielouiseedwards@hotmail.com</a></td>
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<tr>
<td>15</td>
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<tr>
<td>18</td>
<td>Habitat Management</td>
<td>Our Back Yard, Broadoak Woods, Connnah’s Quay. 01978 757524, <a href="mailto:ourbackyard@groundworknorthwales.org.uk">ourbackyard@groundworknorthwales.org.uk</a></td>
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<td>The Rhythm of Life ~ Sacred Circle Dance Workshop</td>
<td>Rhosesmor, Mold CH7 6PP.</td>
<td>Bookings: Helen Newton: <a href="mailto:helen@soul-life.co.uk">helen@soul-life.co.uk</a></td>
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<td>21</td>
<td>Grow Your Own</td>
<td>Y Plot, Blodeuwedd Botanics, Bangor.</td>
<td>Contact 07799 224636, Facebook: Blodeuwedd Botanics</td>
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<td>Sustainable Woodland Management</td>
<td>07876 794098, woodlandclassroom.com</td>
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<td>Developing Self Compassion and Self Care</td>
<td>Bangor.</td>
<td>Fiona: <a href="mailto:ask@theconwycounsellors.co.uk">ask@theconwycounsellors.co.uk</a></td>
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<tr>
<td>27 - 29</td>
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<td>Llangaffo, Anglesey, LL60 6NH.</td>
<td>wildwalesretreats.com</td>
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<tr>
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<td>Yoga Workshop</td>
<td>Portmeirion.</td>
<td>Tracey: 07809 485323, traceyyogamassage.co.uk</td>
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<tr>
<td>30/3 - 3/4</td>
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<td>Betws y Coed.</td>
<td>Contact: <a href="mailto:info@writersretreat.wales">info@writersretreat.wales</a></td>
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## APRIL

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<td>Bushcraft Skills Course</td>
<td>Woodland Classroom, James 07876 794098, woodlandclassroom.com</td>
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<td>5</td>
<td>Free Your Back, Above &amp; Below - Feldenkrais Method</td>
<td>Veronica Rock 07990 825783,</td>
<td><a href="mailto:vrrock@feldenkrais.co.uk">vrrock@feldenkrais.co.uk</a></td>
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<td>Claire Mace 07970 409724,</td>
<td>northwalesretreats.com  See article on page 4</td>
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<td>Capel Curig.</td>
<td>Lauren Wood 07926 530129, Facebook: same name of event</td>
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<td>A day of nature connection. Held at Henbant Farm, LL54 5DF. Bookings through: Tom Carter - nomadwales.com</td>
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<tr>
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<td>Wild Food, Foraging &amp; Wilderness Cookery</td>
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<td>James 07876 794098, woodlandclassroom.com</td>
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<td>Menai Bridge, Ynys Mon.</td>
<td>Laura Bell 07989 512859, thezestlife.co.uk</td>
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<td>Beddgelert.</td>
<td>Morris Mountains 07541 740311, morrismountains.co.uk</td>
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<td>Silver Stacking Rings</td>
<td>Siop lard, Caernarfon LL55 1RR,</td>
<td>01286 672472, siopiard.com</td>
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<tr>
<td>25</td>
<td>Wild Cooking</td>
<td>Erddig.</td>
<td>James 07876 794098, woodlandclassroom.com</td>
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<td>Gate Making - The Art of Cleaving</td>
<td>Wernog Wood.</td>
<td>Ruthin, wernogwood.co.uk</td>
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<tr>
<td>26</td>
<td>Make Your Own Silver Bangle</td>
<td>Noctua, Rhug Estate, Corwen LL21 0EH. Bookings: noctua.co.uk</td>
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<td>Finding Your Inspiration: Starting to Write Poetry and Fiction</td>
<td>Tŷ Newydd Writing Centre, Llanystumdwy, Cricieth LL52 0LW. 01766 522881, tynewydd.wales</td>
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<tr>
<td>29</td>
<td>Mindfulness in All Our Relationships</td>
<td>Bangor.</td>
<td>Fiona: <a href="mailto:ask@theconwycounsellors.co.uk">ask@theconwycounsellors.co.uk</a></td>
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</table>
It’s autumn and I am attending the first weekend of my Sensory Herbal Apprenticeship. We are sat in a circle; there are candles and a faint smell of sage lingering in the air. There are cards placed on the floor faced down “please choose a plant” we were asked.

As my eyes fixed on the cards, my gaze softened and immediately a card to my left started to quiver as if a small breeze was caught underneath it. A whisper of “yes pick me” entered my curiosity and without further hesitation, I picked up the card. As I slowly turned it over, my heart fluttered and a warm fuzzy feeling encircled me as the plant Marshmallow (Althea officinalis) was revealed.

I first fell in love with the Mallow family when I moved to the magical Isle of Anglesey in 2010. The giant Tree Mallow grows abundantly here and she is known to the locals by her Latin name Lavatera. This mysterious plant caught my eye immediately as I drove along the coastal roads exploring my new home. I can remember pulling over in my campervan and standing next to her, looking up in awe at this simply magnificent plant that can grow up to nine feet tall. To me she is the Enchantress in the tarot deck with her large maple shaped leaves tempting us to stroke her soft downyness. Her exquisite pink and mauve flowers with dark purple veins radiating from her centre could cast a love spell on anyone wanting to dance with her!

In 2016 I travelled to mainland Greece to volunteer at a community and noticed that Mallow was growing everywhere; I was in Mallow heaven! Mallows were growing next to the compost bins, in the flower beds, next to the washing lines, in the cracks in the walls and much to the disgust of some, in the veg patches.

Being a woman who speaks from the heart (especially when it comes to plants) I spoke joyfully and enthusiastically at the profusion of mallow plants growing there. A couple of the plant loving sisters shared this love too but the rest of the members saw them only as a hindrance, referring to them as “an invasive weed”? Tensions were running high in that community and I found myself sitting with a Mallow plant one night and subconsciously asking for assistance. The next day I started to recognise some of my own demons reflected within the community and by doing so, was able to empathise and wanting to help. So with an abundance of Mallow, I got to work. I started to serve up Mallow leaf tea, putting the fresh leaves and flowers into salads, added the fruits (known as cheese wheels) to breakfast cereals and desserts. On hot days when members became thirsty whilst working the veg patches, I suggested they chew the leaves from the plants growing close by as this could help to retain moisture in the mouth. In addition, a lotion was made to heal sun damaged skin and I experimented with making shampoo too.

Marshmallow
Manna From The Mellow Land
Jules Cooper

cont...
It is clear to see that Mallow was there to offer her nourishment not only in the edible and medicinal sense but also helpful in softening rigid mental thought patterns… something I also have difficulty with! When departing the community, I was suggested that they might want to sit with the Mallow and discover the deeper side to her lovely healing benefits and maybe she could help soothe some of the tensions as well!

When I returned home, I brought with me some of those seeds collected from the community, the towns and coastal areas that I visited. The few that did geminate settled well amongst their Welsh cousins and hold within them, the preserved memory of the healing and lessons I received from the community and the sacred Mallow plants living there.

Since being gifted the Marshmallow plants as a plant ally, I have grown several plants. This has allowed me to really get to know her and dance on a more intimate level. However, it wasn’t until a few months later during a blind tea tasting activity in winter, did I get to sample her medicine.

At the time, I was experiencing a lot of anxiety but the soothing undertones of Liquorice and Anise coupled with a hint of celery smelt amazing. A calming feeling rippled through my body and then, as if like magic, I felt something sit behind my eyes. I can remember asking out loud what I was drinking because it was having such an amazing effect on me. All the edges in the room started to softened, I felt warm and supported, like being held in a cotton wool hug. I then started to sigh out heavily and emotions of deep held grief in my heart dissipated. The memory of Greek Malls drifted in to join the party and then a whispering in my ear “soften your edges lovely, soften, soften, soften”. Almost immediately we were then told we were drinking Marshmallow root and I can remember feeling so blessed that I was making such a wonderful connection.

Following my herbal weekend, I was excited to dig and dry my own roots for tea and as we were experiencing a mild winter, I saw that the root was already sending out tiny shoots. These were promptly potted up to increase my Marshmallow family. This I felt, would also be the perfect opportunity to observe her growing cycle and indeed, the spirit medicine of her loveliness.

From observation, those babies were very strong and even though they had no
roots they quickly grew into strong plants. In addition, the leftover root ball that was dug for tea was also potted up and has grown back into a strong healthy plant too. This serves as a reminder of how resilient Marshmallow is.

Other ways I received inspiration from the Marshmallow was to dry the leaves and use for smudging in my home. Placing leaves under my pillow also gave me some interesting dreams, one being that the Mallow was giving me instruction to use Cleavers for lymphatic cleansing. Moreover, since my astrological sign is Cancer and finding that Marshmallow holds the feminine vibration of water and connected to the moon, this prompted me to look at my own constitution and how the elements may affect me.

As long as I can remember, I have always had dry skin and since shifting through the menopause it has got worst. The most wonderful learning experience during my sensory herbal training was finding out about the moistening effect that Marshmallow has on the mucous membranes and how this could support the dryness/deficiency in my body.

As a Hedgewitch, I delight in creating healthy edible treats from the wild seasonal larder on my door step. However finding a healthy treat using Marshmallow root or leaf is quite a challenge. Online searches gave me pictures of cosy campfires with happy families toasting squishy pink and white cubes named Marshmallows. As for the recipes, a shed load of sugar is required including egg white and gelatine...as a vegan and trainee herbalist, I came to the conclusion that this not good mutt! The original Marshmallow confectionary that was used for sore throats was simply made from a mixture of sliced roots and a little sugar boiled together. A jelly was also made from the powdered roots, water and sugar.

After much searching and a soupcon of wild alchemy, I found a recipe that I could adapt using my home grown roots and more importantly, it doesn’t contain any dead animals or a shed load of sugar!

**Vegan Marshmallows**

**Ingredients**

- 2 cups of desiccated organic coconut
- 2 TB of dried Marshmallow Root ground to a powder.
- 4TB of homemade Dandelion honey (loads of recipes on the internet) or sweetener of your choice.
- 8 Tb Organic coconut oil
- Pinch of Celtic sea salt

**Method**

- Process coconut until grainy in texture.
- Add the rest of the ingredients until well combined and dough like
- Spoon out a good tsp full of the dough and shape into cubes or balls.
- Place on greaseproof paper and refrigerate until needed. For extra decadence, melt vegan chocolate and drizzle over the top.
- These can be kept in the freezer or fridge until needed.
- These little treats will definitely soften your edges when needed!

Jules Cooper is a Wild Plant Healer and Hedgewitch and Guardian to seven acres of sacred land and 5000 trees on Ynys Mon. Her first book “The Little Hedgewitch” teaches children about the importance of hedgerow preservation. www.hedgewitch.wales
Some people believe that rules are only there to be broken; boundaries only set to be crossed. Similarly, what does it matter if we drop the occasional piece of litter? … put out that extra bit of toxic rubbish to go into landfill? … turn our backs on the dying insects and plants? … pretend not to notice all the birds and animals who have lost their habitat or been poisoned by the chemicals we use and which can no longer shelter, feed or procreate?

As with all floods, it always starts with a tiny trickle – so with our own actions (and their ultimate results) it only began with something small here and there, but now these occasional actions have been multiplied billions of trillions of times. The individual person can no longer hide among the multitude. The effects of what each and every one of us is doing on a daily basis is polluting and killing the very environment in which we, too, live and need to survive.

Some people simply don’t believe it; other people think that it has nothing to do with them; many are waiting for someone else, (the ‘authorities’? our government?), to come along and ‘put it right’ for us. It is not our responsibility… is it?

Each and every day we contribute to the problem, but each and every day we can do something to change what is happening. We – you and I – can choose whether we live through a terminal tragedy or experience a worthwhile challenge which brings out the very best in humanity and gives us the precious opportunity to be a part of re-nurturing our World.

In many ways we are tremendously lucky. We have made such a huge mess of things that anything we do is going to have a beneficial effect to some degree, no matter how small. There are so many things which we need to actively stop doing that we are ironically spoilt for choice.

However, there are also other things which we need to mindfully and positively start doing, and these are not always so obvious. We need to learn how to reach out beyond our limited circle of mundane human concerns and re-connect with the very heart, the very essence of our Earth. We must stop thinking only of ourselves and reach out to all the other forms and levels of life around us. We are being called to actively engage in reinventing – rebirthing - a completely new World.

Here we have an amazing opportunity to work hand in hand with Mother Nature / Gaia / the Earth / the Goddess. There is much that can be achieved without even...
getting up out of our cosy armchairs. In doing so, we accept the challenge, not merely to put right what we have done wrong, but to co-create a truly brave new world. Incidentally, as we engage in this wondrous activity, we will also heal ourselves – both at a personal level and universally.

With a little thought and reorganisation there are literally hundreds of practical things which we can do in our homes, around our working environment and in our leisure areas to change, improve and heal our World. But there is even more that can be done by loving intention and direction. The incredible power of thought is being scientifically proved and is immense in its energy and effects. Each one of us possess these capabilities, if we choose to use them.

The question is, are you brave enough to accept the challenge? Do you have the temerity and courage to take those first steps and reach out with firm intention and resolve, an open mind and loving heart, and go walking with the Goddess in harmony and unity? Why not give it a try?

Gillian Monks is a Quaker, a Theosophist and a Druid, and she leads self-development and spiritual workshops in North Wales. www.caenon.co.uk

Walking With The Goddess:
on-line community to promote physical and spiritual practical activity for the benefit and healing of all, including monthly suggestions, activities, goals and guided meditations. For more details, please contact me gillian@gillianmonks.com
01286 881 786

The Great Invocation is 75 years old this year. According to its custodians, the Lucis Trust, “The Great Invocation was given to humanity by the spiritual Hierarchy, the aggregate of those members of humanity who have triumphed over matter, who have achieved the goal of self-mastery by the same path that individuals tread today. The spiritual Hierarchy is the result of human activity, aspiration and achievement; it has been created by and of humanity. The members of the Hierarchy have achieved a complete control of the personality or lower self. They are no longer centred in the individualised consciousness but have entered into the wider realisation of the planetary group life, which includes all stages, from that tiny sense of social responsibility of the man or woman taking the first steps upon the path of spiritual maturity, to the inclusive comprehension of a Spiritual Elder.”

Full Moon Meditation Network
Aquarius: January 20th ~ February 19th
Full Moon: February 9th at 7:33am
www.lucistrust.org

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
Britain should become a world leader in natural climate solutions. We can show the way in responding to the climate emergency.

To enable nature’s recovery on a massive scale and help stop climate breakdown, we are calling on the UK governments to make the political and financial commitment this deserves. Those who manage our land and seas should be supported to come together to rewild land and seascapes that deliver carbon reductions. Leaving it to the market alone will take too long. We also need a mandatory carbon pricing mechanism to curb emissions and help fund natural climate solutions.

We are calling on the UK governments to make a political and financial commitment to enable nature’s recovery on a massive scale and help stop climate breakdown.

Download our report “Rewilding & Climate Breakdown” free from rewildingbritain.org.uk

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A Network of Goodwill

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

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

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

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

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

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

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

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

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

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