The Team @ Network News wishes everybody who reads, distributes, shares and contributes to NN a peaceful Yuletide and blessed New Year.

New Moon
Dec 4th, 07:43am

Full Moon
Dec 19th, 4:35am

The Inner Pages ... a place to find each other and to discover the inspirational and transformational goings on in North Wales

Photo Competition ~ Welsh Ornithological Society
Closing date 31st December 2021. A new competition with 3 categories - Main, Humorous and Young Photographer - up to 21 years (win a week on Bardsey Island!) Photos must have been taken in Wales during 2021.

Email entries to: photocomp@birdsin.wales / accompanied by an entry form.

Find out more: birdsin.wales

The Land Workers Alliance
North Wales Gathering
Sunday 5th December,
11am - 10pm, Henbant Farm,
Clynnog Farm, Caernarfon

Coming together to strengthen our local community and build the movement for food and land justice.
Contact: matt@henbant.org
Book your place: landworkersalliance.org.uk

Gweithredu Hinsawdd Gogledd Orllewin Cymru N.W.
Wales Climate Action Group After the success of the COP26 Climate Action in Bangor, a group of representatives of the local groups involved agreed to keep in touch and look for future climate actions in which we can cooperate. If you know of anything coming up and would like to be involved - please contact us. Also if anybody has any personal Climate commitments they would like to share please feel free. It can be very encouraging and helpful to exchange ideas and practical tips. Find us on Facebook!

n.w.walesclimateactiongroup@potonmail.com

Winter Solstice 3:59pm on Tuesday 21st December
Winter Solstice is the great stillness before the Sun’s strength. It is suggested to take time - 15 minutes before and 15 minutes after the precise moment of the Solstice to open to the intelligence of nature all around you and to acknowledge your personal growth cycle. A simple ritual act done with intention in your heart is enough; a time to rest and reflect.

Copydate for January issue: December 18th
These listings are face-to-face and subject to current Covid guidelines

<table>
<thead>
<tr>
<th>1st WEDNESDAY</th>
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<tr>
<td><strong>World AIDS Day “Rock the Ribbon”</strong> It’s 40 years since the rights of people living with HIV have been fighting the discrimination and stigma. Be an HIV ally and support this year’s campaign to continue to raise awareness about HIV. Find out how: worldaidsday.org</td>
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<th>2nd THURSDAY</th>
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<tr>
<td><strong>Discover Trees in Winter</strong> Join us for a walk around our Nantporth Nature Reserve in Bangor as we learn how to recognise different trees in winter. 1.30 - 3.30pm. Meet at Crossroads Hwfa Road and Gorad Road in Bangor LL57 2BN. Book: NWWT, 07917 455367, <a href="mailto:anna.williams@northwaleswildlifetrust.org.uk">anna.williams@northwaleswildlifetrust.org.uk</a></td>
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<td>**Menders, Makers and Mince Pies</td>
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<tr>
<th>2nd THURSDAY - 8th WEDNESDAY</th>
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<td><strong>National Grief Awareness Week</strong> Raising awareness of all aspects of grief and loss on a national scale. To offer access to a choice of tailored bereavement support to all those grieving in the UK and to those working with the bereaved. To ensure immediate access to support for all types of bereavement in local communities across the country. To raise awareness of smaller front line organisations in the UK, and to give them a national platform to reach those in need in their local area. To help the public to better understand how to support those grieving the loss of someone they love. To open conversations and normalise grief. You can find resources and info: thegoodgrieftrust.org</td>
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<th>3rd FRIDAY</th>
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<td><strong>Swampier Secrets</strong> Join Caroline Bateson to explore the amazing wetland habitat as it becomes wetter and swampier with winter rains (but hopefully not on the day) 11am - 1.30pm, £2, bring hot drink and picnic. Cors Goch, Llanbedrogoch, Anglesey, LL78 8JZ. NWWT, Mark Roberts 07908 728484, <a href="mailto:mark.roberts@northwaleswildlifetrust.org.uk">mark.roberts@northwaleswildlifetrust.org.uk</a></td>
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<tr>
<td><strong>Martin Harley</strong> Exploring roots, blues and slide guitar. 7 - 11pm, £17.60, Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk</td>
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<tr>
<td><strong>Love Actually</strong> (15) Romantic comedy and Christmas classic! 7pm, £12.50, includes mince pie and drink. All profits to St David’s Hospice. Theatr Colwyn, Colwyn Bay LL29 7RU, 01492 556677, theatrcolwyn.co.uk</td>
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<tr>
<th>3rd FRIDAY &amp; 4TH SATURDAY</th>
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<td><strong>Christmas Wreath Making Workshop</strong> Make a Christmas wreath from local, naturally sourced materials. Festive cakes and hot drinks will be included. 3rd 4 - 7pm; 4th 10am - 1pm or 2 - 5pm. £15 session. Treborth Botanic Garden, Bangor. Book: <a href="mailto:treborthevents@outlook.com">treborthevents@outlook.com</a></td>
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<th>3rd FRIDAY - 5TH SUNDAY</th>
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<td><strong>Yoga Retreat</strong> The Yoga sessions are suitable for beginners and more experienced alike. There will be an energising morning yoga to kick start the day and a restorative Yin class in the late afternoon. Pranayama practices to truly relax. £365 single; £320 twin. Trigonos, Nantlle LL54 6BW. Book: traceyyogamassage.co.uk</td>
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<th>3rd FRIDAY - 6TH MONDAY</th>
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<td><strong>Yoga Workshops with Inspiratrix Yoga</strong> Join us either online or in Valley’s Tabor Chapel Hall on Anglesey to deepen your yoga practice. Not suitable for total beginners. <strong>Friday</strong> 10am - 1pm. Breath Centred Heart Opening with Claire. <strong>Saturday</strong> 10am - 1pm. Release your Burdens with Adrian. <strong>Sunday</strong> 10am - 1pm. Get Grounded - Feet, Legs, Breath with Claire. <strong>Monday</strong> 10am - 1pm Change Your Perspective - Inversions with Adrian. £20 per workshop. Book the ones you want to attend at: inspiratrix.co.uk or text Claire on 07970 409 724.</td>
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4th SATURDAY

Wrexham Eco-Fair 30 stalls selling eco friendly, ethical and fair trade products and local produce. 10am - 4pm, free entry. Ty Pawb, Market St., Wrexham LL13 8BY, 01978 292144, typawb.wales

Christmas Crafts There will be 2 of our craftspeople ready to show you a range of crafts – card making, tree decorations, table decorations, wreaths, candle holders, Gypsy baskets, small wooden rustic Christmas trees, small reindeers. Come in the morning or afternoon. £25 adult, £15 child. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Welsh Chamber Orchestra Conducted by Anthony Hose the Welsh Chamber Orchestra bring a varied programme of live music to our stage. Works include pieces by Beethoven, Nicola LeFanu, Saint-Saëns and Haydn. 7.30pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

4th SATURDAY & 5th SUNDAY

Rustic Chair We will cut some silver birch and coppice hazel from our woods and then select the pieces we want to use for the back legs, the front legs and the rails. We will cut them to length and turn tenons on the rails, drill the mortices in the legs and assemble the chairs. £140, dep £70. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Blacksmithing - Door Knocker & Door Pull Over two days, make simple but beautifully crafted items for everyday use and a memory that will stay with you forever. Using hammers, traditional hand tools and a forge, you will learn about upsetting your metal and drawing it down, chiselling, doming and using the horn of your anvil to forge various shapes into your hot steel. £275 includes materials; accomm & meals extra. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Snowdonia & Local Christmas Market Full of growers, makers, crafters, picklers and more! 10am - 3pm, Royal Oak Hotel, Betws-y-Coed LL24 0AY. 01690 710219.

5th SUNDAY

Circle Dancing Sociable, joyful and good for mind, body & spirit. 1st Sunday/month, 2 – 4 pm. Rhosesmor Village Hall. Contact helen@soul-life.co.uk or 01352 780281.

Beautiful Butterflies Craft Fair for Kids and Grown ups; 11am - 3pm, Ucheldre Centre, Holyhead 01407 763361. FB: Beautiful Butterflies Group Baby Events

Willow Decoration Workshop with Juliette Hamilton. Bring the whole family and have a go at making a selection of handcrafted Christmas decorations in willow. Suitable for 6+ years. 10.30am - 12.30pm, £4 child / £8 adult. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Landworkers Alliance (LWA) Cymru AGA Gathering - North Wales Bringing together the practical, visionary and poetic we will have an inspirational day of fire, conversation, song and food with friends, whilst planning for building a better and resilient local and regenerative food ecosystem. 11am - 10pm, up to £10. Henbant, Clynnog Fawr, Caernarfon LL54 5DF. Book tickets: eventbrite.co.uk (There is also an online gathering on 4th December, more from matt@henbant.org or book via eventbrite.co.uk)

Met Opera Live Broadcast: Eurydice The ancient Greek myth of Orpheus, who attempts to harness the power of music to rescue his beloved Eurydice from the underworld. Soprano Erin Morley, baritone Joshua Hopkins and countertenor Jakub Józef Orlinski. 5.55pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

6th MONDAY

Meditation 1st Monday of the month, 2 - 4pm, at Hillside Retreat, Rhosesmor, Mold. Contact helen@soul-life.co.uk or 01352 780281.


2021 Writers in Residence Launch Evening The writers will be announced; Join us for an evening of readings and conversation. To register your interest, please email rhian.waller@gladlib.org. Held at Gladstone’s Library, Hawarden. 01244 532350, gladstoneslibrary.org

6th MONDAY - 9th THURSDAY

The French Dispatch (15) Film; a collection of stories from the final issue of an American magazine published in a fictional 20th-century French city. £7.50-£5.50, Pontio, Bangor 01248 382323, pontio.co.uk
**7th TUESDAY**

**Make Your Own Christmas Wreath** See 9th, except 2 - 4pm, in NWWT HQ, Garth Rd., Bangor, northwaleswildlifetrust.org.uk

**Community Photography Workshop** Multi-disciplinary artist, photographer and writer Hollie-May will teach about the foundations of art and photography: offer experience with professional equipment; contribute to documenting Wrexham and its people. Free, for everyone. If you have your own camera, feel free to bring it along, but bringing your own equipment isn’t essential. 4 – 6pm, Ty Pawb, Market St., Wrexham, 01978 292144, typawb@wrexham.gov.uk / typawb.wales

**Gong Bath** Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space); centering & relaxing. Bring water, with Steph Healy. 7pm, £15. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Bookings: puresound.org.uk

**7th TUESDAY & 8th WEDNESDAY**

**Clirio Eithin ~ Gorse Clearance** Help us to remove gorse from the site of an ancient settlement on the lower slopes of Moel Faban. 9.30am. Register at Snowdonia Society : snowdonia-society.org.uk

**8th WEDNESDAY**

**Anglesey Story Share/Rhannu Stori Môn** Join Rob and Morris 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 – 10pm, free. Held at the Auckland Arms, Water St, Menai Bridge LL54 5DD. No booking necessary, just turn up. More details at FB: anadlustraeon

**Film Ifanc Off Y Grid** (12A) Off Y Grid and Ffilm Ifanc are joining forces to showcase the triumphant films of the next generation of young filmmaking talent here in Wales. Two local filmmakers, Hedydd Ioan and Ffion Pritchard will be in attendance to introduce their films, *Again* and *Pentre Fi*. We then will cap the evening showing the Bafta Wales winning film *The Welshman* with a special Q&A with the director Lindsay Walker. The evening is presented in partnership with OFF Y GRID, a network of local cinemas committed to sourcing and screening non-mainstream content for their audiences and supporting local film making talent. 7pm, £7.50 - £5.50, Pontio, Bangor 01248 382323, pontio.co.uk

**Woo Woo Wednesday** Every 2nd Wednesday/month. Calling all free spirits, free thinkers, like-minded souls, truth lovers - come gather and share; crystals, tarot card, healing, mediums, spiritual awakening, seeking authenticity, energy healing, angels, god, universe, mother nature. 7 - 9pm, Blend Coffee Shop, Llandudno. june@aamarhealing.co.uk

**9th THURSDAY**

**Make Your Own Christmas Wreath** Come and make a wreath. 10.30am - 12.30pm, £15. Meet at lay-by north of Llanbedrgoch by main entrance, SH504816, LL76 8TZ. Contact NWWT, 07917 455367, anna.williams@northwaleswildlifetrust.org.uk

**The Rescue** See 3rd

**10th FRIDAY**

**Ffestive Ffeast** Come along to our Ffeast and enjoy a celebration of yuletide with a difference! Following our Ffeasting philosophy of enjoying Fire cooked Food, embracing the Elements, engaging with the Arts and Story, and celebrating Togetherness, this evening is set to be a wonderful Wintry gathering. We will be enjoying wonderful Ffestive tunes from the Celtic Harp of Michael Richards as we settle in to the evening and the food, and then a performance from a TBC local musician will follow, plus some yummy sweet treats. 6 - 9pm, £32 - £7.50. Henbant, Clynnog Fawr, Caernarfon LL54 5DE. Bookings: nomadwales.com/ffeast

**Sad Little Men** Richard Beard’s book, *Sad Little Men*, shines an uncomfortable light on the private school system. He asks what type of leader this system produces, and how they, in turn, shape society through policies and decisions informed by their schooling. 7 - 8pm. £10. Gladstone’s Library, Hawarden. 01244 532350, gladstoneslibrary.org

**Beach Clean and Litter Survey** Join to survey a stretch of the beach at Criccieth and to clean the beach after the holiday season. 2pm. Register at Snowdonia Society : snowdonia-society.org.uk

**10th FRIDAY - 12th SUNDAY**

**Corki and the Acoustic Drinking Club** With support from Southbound Attic Band - an evening of live music. 7.30pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org. (tickets also available from Jon 07903187801).
Discovering the Heart of Buddhism (DHB) Retreat A teaching and practice weekend suitable especially for new students and those doing the DHB. Join us as we set aside some time to turn towards our experience - noticing and exploring both our yearning for spaciousness and relaxation and the obstacles that might prevent us from satisfying that yearning. Talks, walking meditation, Puja. Hermitage of the Awakened Heart, Ynys Graianog, Criccieth. Books: ahs.org.uk. Also available as an online event.

11th SATURDAY

Choose Kindness Buddhist monk and meditation teacher Kelsang Jangchub will explain methods to choose kindness through meditation and mindfulness. 10 - 11.15am, £6. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditatenorthwales.com Also available online

Weaving of Women Dreamcatcher Circle We will sit in ceremony and create our own dream catcher using recycled sari material, crystal pieces. Please bring extra trinkets/beads/crystals/shells to add to your dream catcher; yoga mat, blanket and something for the altar. 12.30 - 3pm, £35. Hawarden Wellbeing Centre, 10 The Highway, Hawarden. FB: Weaving of Women Dream catcher Circle or Of the forest

Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space); centering & relaxing. Bring water, with Steph Healy. 7pm, £15. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Bookings: puresound.org.uk

Women’s Circle with Rosie Foottit. The woman’s sharing circle is first and foremost a sharing space and secondly, a ritual of reconnecting to the spirit. Not only does the ceremony allow for the spirit within our individual physical temples, but also for reconnection for our spiritual connection to both the divine and the collective. 6.30 - 8pm, Held at Bodnant Welsh Food, Colwyn Bay. More: FB: MONTHLY Women’s Circle with Rosie Foottit

Christmas Colwyn Bay Artisan Market Makers, bakers, artists and creators showcasing their talents, plus a variety of unique arts and crafts to discover and peruse. 10am - 4pm, Station & Seaview Rd., Colwyn Bay. FB: Colwyn Bay’s Artisan Christmas

Tom Blackwell Singer-songwriter distilling his blues, folk, soul and gospel influences. 7 - 11pm, £17.60, Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

André Rieu: Christmas with André The King of the Waltz brings you a festive spectacular from his newly created Winter Palace in his hometown of Maastricht. 2pm and 7pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Guided Wildlife Walk Receive expert commentary on all aspects of natural history from our knowledgeable guides, as we aim to see 50 species in just a couple of hours! 10am - 12pm, £3.50/£4.50. RSPB Conwy, LL31 9XZ. More: rspb.org.uk

Christmas Tea Party / Te-Parti Nadolig Welcoming over 60s to join us for our annual tea party. Live music, crafts, afternoon tea, 11.30am, free and transport can be arranged. Powis Hall, Bangor University. Register: 01248 388000, undeb@undebbangor.com

Christmas Wreath Workshop Join Claire from the Snowdonia Society and Lucy Evans from the Celtic Rainforest Project to learn how to make a festive wreath for your home this Christmas with locally-found holly, ivy and pine sprigs. 10am - 12pm, all materials supplied booking essential. Register at Snowdonia Society: snowdonia-society.org.uk

Volunteer Day Meet new friends and learn new woodland skills. Hot drinks and biscuits will be provided but please bring your own cup and a packed lunch! 11am - 3pm, meet at 11am by the wooden building at Llyn Parc Mawr Community Woodland, Newborough Forest, Ynys Mon.

12th SUNDAY


Bangor Forest Garden A voluntary organisation that exists to promote forest gardening as an agroforestry solution for sustainable living. Regular workday 2nd Sunday/month; weeding, composting, planting. Henfaes Research Centre, Bangor LL33 0LB. Contact thebfg.org.uk bangorforestgarden@gmail.com

Social and Work Days As part of our activities we organise regular workdays, on the second Sunday in the month. Forest Gardening is one of many techniques that may be used in the implementation of Permaculture Design. Permaculture is a philosophy based on three ethics: PeopleCare, EarthCare and FairShare. Bangor Forest Garden, Henfaes Research Centre, Bangor LL33 0LB. FB Bangor Forest Garden

The Nutcracker ~ Ballet As 9th, except at 2pm.
Ffestive Ffeast A heartfelt celebration of the season in the rustic setting of Henbant’s beautiful open barn with special guests crafter Sue Deli, harpist Michael Richards and storyteller/musician Eric Maddern. 11am-2.30pm, £32 - £7.50. Henbant, Clynnog Fawr, Caernarfon LL54 5DE. Bookings: nomadwales.com/ffeast

Gong Bath for OMYoga Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space). Please bring plenty of water. 7pm, Provideros Tea and Coffee House, 112 Mostyn St, Llandudno LL30 25W Llandudno. Bookings: bookwhen.com/omyoganorthwales

13th MONDAY

Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space); centering & relaxing. Bring water; led by Steph Healy. 7.30pm, £15. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Bookings: puresound.org.uk

13th MONDAY - 19th SUNDAY

A Constellation of Stars We hope to fill St. Peter’s Church with Stars – big ones, small ones – a whole constellation made up of stars you have created using any kind of material - small or big (up to 1 metre!). Perhaps the stars represent your group, your team, school, shop / business, your passions or interests or maybe your stars show your skills as a craftsperson or you could even create a star out of found material, flowers, plants or recycled materials; let your imagination soar and make a star. St Peter’s Church, Ruthin. Your star should arrive at St Peter’s by 12th December. Stuart 01824 702068, cymrostu@gmail.com

14th TUESDAY

Community Photography Workshop See 7th

15th WEDNESDAY

Olwyn Lliw ~ Colour Wheel Monthly art workshop for adults with tutor Jwls Williams. Ideal for beginners and all creative people. Bilingual,10.30am, £10. Galeri, Caernarfon, galeria caernarfon.com

The Furrow Collective Lucy Farrell (viola, voice & saw), Rachel Newton (harp, fiddle, voice), Emily Portman (banjo, concertina, voice) and Alasdair Roberts (guitars, voice) share a love of traditional song and balladry of England, Scotland and beyond. 8pm, £14/£13 concs., Pontio, Bangor 01248 382828, pontio.co.uk

The Royal Opera Live Broadcast: Tosca A romance, a tragedy and a thriller – travel to 19th century Rome with Puccini’s passionate, political opera. 7pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

16th THURSDAY

Circle Dancing Sociable, joyful and good for mind, body & spirit. 3rd Thursday/month 2 – 3.30pm, The Clubhouse, Park Avenue, Mold. Contact helen@soul-life.co.uk or 01352 780281.

17th FRIDAY

Ffestive Ffeasts A heartfelt celebration of the season in the wonderful grounds and barn at Bryn Llys with special guests harpist Michael Richards and singer song-writer SERA. 6 - 9pm, £32 - £7.50. Bryn Llys, Bethesda LL57 4YW. Book: nomadwales.com/ffeast

The Ugly House ~ Tŷ Hyll Tasks may include weeding, maintenance jobs or path clearance. 10am. Snowdonia Society : snowdonia-society.org.uk

Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space); centering & relaxing. Bring water, with Steph Healy. 7pm, £15. Rhuddlan Community Centre, Parliament St, Rhuddlan, LL18 5AW. Bookings: puresound.org.uk

18th SATURDAY

Defod Alban Artahn Ritual Ar ol 2 flynedd yn nhref gwastraff yr pandemic, o’r diwedd fe fyddwn yn casglu ar dir cysygredig Bryn Celli Ddu i ddathlu Alban Artahn unwaith eto. Croeso i bawb. Cymorth am 3yh yn y maes parcio ar gyfer y gorymdaith i’r siambr. After 2 years in the pandemic wasteland, we will finally be back, in person to celebrate Alban Arthan/ Midwinter, at the sacred site of Bryn Celli Ddu. Meet in the car park for a prompt 3pm procession to the site. Ritual will commence approx 15 to 20 minutes later. All are welcome. Please wear suitable footwear. 3 - 6pm. FB: Defod Alban Artahn Ritual or Anglesey Druid Order - Urdd Derwyddon Môn

Llangollen Story Café please bring a story, poem or other item, if you would like to share something. We invite you to bring your own refreshments and food if needed. Tea & coffee will be available. The event is free, 7pm. And as Suzi will be away, a song or a tune will be especially welcome. St Collen’s Community Hall, Llangollen. LL20 8HU. Contact - suemoore@me.com

Recordiau Noddfa Presents Hosan Lawen 2021 Live music with: 3 Hwr Doeth; Kim Hon; Papur Wal; Mellt; Pys Melyn; Crinc. 7pm, £10. Neuadd Ogwen, Bethesda, -1248 208850, neuaddogwen.com
19th SUNDAY

**Dusters & Gardening Gloves at the ready!** Volunteer to do some useful indoor and outdoor tasks 10am - 12pm at Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditatenoorthwales.com

**Ffестиve Ffeasts** A day time event so that folk of all ages can come along and enjoy our Feasting celebration - enjoying Fire cooked Food, embracing the Elements and celebrate Togetherness; plus special guests Sue Deli, harpist Michael Richards and storyteller Fiona Collins. 11am - 3pm, various prices. Bryn Llys, Bethesda LL57 4YW. Bookings: nomadwales.com/ffeast

20th MONDAY

**Richard Durrant’s Candlelit Christmas Concert** with special guests Django Durrant, Brian Gulland & Amy Kakoura. This is an acoustic, festive feast of tunes from the early music repertoire, British folk and traditional carols hosted by natural storyteller Richard. 7.30pm, £10. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

21st TUESDAY

**Winter Solstice 3:59pm**

22nd WEDNESDAY

**Withnail and I (15) Film**; a regular annual showing of the the two friends who ‘accidentally’ go on holiday. 7pm, £7.50 - £5.50, Pontio, Bangor 01248 382323, pontio.co.uk

24th FRIDAY - 31st FRIDAY

**Practice Retreat for Men** These retreats allow retreatants to follow the themes and rhythms emerging in their own meditation practice; plus support and structure that practising in the company of others can bring. £315, £287 concs. For those who have been meditating for at least 3 years. Vajraloka Retreat Centre, Corwen 01490 460406, vajraloka.org

27th MONDAY

**Celt Country, folk & Celtic music**, 8pm, £12, Neuadd Ogwen, Bethesda, -1248 208850, neuaddogwen.com

28th TUESDAY

**Band Pres Llareggub** Lively brass band, 8pm, £12, Neuadd Ogwen, Bethesda, 01248 208850, neuaddogwen.com

29th WEDNESDAY

**Social and Work Days** Bangor Forest Garden, see 12th

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**Alexander Technique in Gwynedd**

A means of releasing tension, physically, emotionally and mentally and moving with grace and ease.

One-to-one sessions in Bangor and Porthmadog area

Pippa Bondy
MSTAT ::
07814 959613
pipbondy.com
pip@pipbondy.com

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**Why not buy a SUBSCRIPTION to NN for a friend or family member for an inspiring and engaging Christmas present!**

£20 for 12 months p&p or £12 for 6 months p & p

network-news.org

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**Woodland Skills Centre**

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.

Covid permitting we run a wide range of courses in traditional crafts including coppice and woodland crafts, basket making, timber frame building, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw 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@woodlandskillscentre.co.uk
www.woodlandskillscentre.uk

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**Copydate for January Issue:**

December 18th
Winter Pop-Up Openings  Come and enjoy a mix of art with one of Mima’s pop-up openings. Meet the artists and purchase some art! 2nd, 5th, 11th December 10.30am - 4pm & 14th December 11am - 7pm. (check Covid guidelines before you come please!) Oriel Ty Meirion, Y Brif Heol, Dyffryn, LL44 2DH, 01342 242481, tymeirion.co.uk

Open Show 2021 Hiraeth: A feeling unique to Wales  Until 24th December. Artists from all genres including painting, sculpture, photography, installation, digital media, video, and more show their work in the theme of “homesickness, nostalgia and longing that is uniquely Welsh.” Life: Full Colour, 23-25 Hole In the Wall St., Caernarfon LL55 1RF, 01286 674719, lifefullcolour.com

Jacqueline de Jong: The Ultimate Kiss  Until 6th February 2022. Expressive in style, her work exhibits uninhibited eroticism, violence and humour. Open Tues - Sat 11am - 4pm. Mostyn, Llandudno 01492 879201, mostyn.org

Wanda Garner ~ Every Picture Tells a Story  Until 13th February. A collection of works by the local artist. “What remains at the core of my practice is my interest in narrative and passion for drawing and print, principally; collagraph, drypoint and monoprint. The circus is a constant source of inspiration and recently I have explored some religious themes.” Oriel Ynys Mon, Llangefni, Ynys Mon LL77 7IQ, 01248 724444, orielmon.org

Basketry ~ Rhythm, Renewal & Reinvention  Until 9th January 2022. A visual slice across contemporary UK basket making. There are some 35 makers’ work filling all three galleries at Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Anathemata  Until 6th February 2022. Antonin Artaud, Martin Bladh, Pierre Guyotat, Paul-Alexandre Islas, David Jones, Sarah Kane, James Richards, Karolina Urbaniak

Anathemata is a display that interrogates the tradition of epic poetry within a tetrad (a colour scheme) display of manuscripts, drawings and videos. Open Tues - Sat, 11am - 4pm. Mostyn, Llandudno 01492 879201, mostyn.org

The Biennial Print International Exhibition  4th December - 26th February. Celebrating the 20th anniversary of the Regional Print Centre in Wrexham. Ty Pawb, Market St., Wrexham LL13 8BY, 01978 292144, typawb.wales

Bodnant Art Gallery  A constant display of the best of Welsh artistic talent. Mon - Sat 9.30am - 4.30pm, Sunday 10.30am - 4.30pm. Colwyn Bay LL28 5RE, bodnant-artgallery.co.uk

Wendy Murphy Creates a Scene  Until 24th December. Featuring oil on board paintings of landscapes, flowers and cottages. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

The Art Quarter Gallery  Original Art works by local and guest artists. “We have up to five Artists each month displaying their Original Art Works”.

John Merrill ~ Tipping Point  Showcasing and celebrating John Merril’s three most recent commissioned projects in the UK. Tipping Point is part of a UK-wide Arts project that will feature eighteen sculptures installed at designated sites. Ongoing. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

“More important than a work of art itself is what it will sow. Art can die, a painting can disappear. What counts is the seed.” Joan Miro
**Pete Jones: Y Bae ~ The Bay** Until 31st December. “A range of emotional and cultural reference points have guided the work. Recollections of looking out to sea and the horizon feature prominently in this body of work. I have attempted to create atmospheres which reflect my feelings for what was and is now gone.” Storiel, Bangor, storiel.cymru

**Robin Cove ~ Ceramic Portal Series** Ongoing. A new series of craft work in focus from Welsh ceramic makers. “I make larger hand built pots that are strongly inspired by Korean forms and both Chinese and a British decoration.” Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Pushing the Boundaries** 1st December - 15th January. Six Printmakers and an Enameler from mid England and Wales respond to the Landscape that straddles the Present and Ancient borders which connect and divide them in this exhibition of work created from their collaboration. The artists are: Emma Aldridge - Alison Craig - Jacqui Dodds - Carolyn Hudson - Jill Leventon - Christine Matthews - Estella Scholes. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

**Collect and Keep** Until 31st December. This exhibition displays some of the objects that have been received into the STORIEL collection during the past five years. The range of objects reflect the story of Gwynedd and its diverse communities with its many layers of history, economy, culture and heritage. Areas of focus include: social history, archaeology, textiles, fine & decorative art and furniture. Storiel, Bangor, storiel.cymru

**Lloyd Jones ~ Sober: light of day ~ Sobor o beth** Until 31st December. Images from wanderings around Wales and the world. Storiel, Bangor. More: storiel.cymru

**Forces in Translation** Until 9th January. A collaboration between basket-makers, anthropologists and mathematicians. Our project focuses on how the hand-skills we use in basket-weaving can enhance spatial and geometric understanding alongside other aspects of mathematics. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Björk Haraldsdóttir** Until 9th January 2022. “The tactile nature of my work is intentional; an invitation to touch. I am constantly working into each piece ‘making stitches’ or lines of weave and the result is often cloth-like in appearance. The scrape marks are visible and the surface is a plane of shallow relief, like an elaborate braille or a tapestry”. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Daniel Boyle ~ Ceramics** From 20th November. Using salt and ash glazed stoneware Daniel explores unconventional firing processes, experimenting and developing a combination of purpose built and re-cycled kilns. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**ArtWorks2 Celf** Constant exhibition of large variety of artistic talent. Betws y Coed, LL24 0AB, 01690 710807, artworks2.com / kizzykadesigns.com

**Christmas Mixed Exhibition** 5th - 19th December; all under £1000 to buy. Ffin y Parc, Llanrwst, Conwy LL26 0PT, 01492 642070, welshart.net Gallery closes 20/12 - 19/1/22

**Christmas Craft Fair** 1st - 31st December
Oriel Ynys Mon, Llangefni, Ynys Mon
LL77 7TQ. 01248 724444,
orielmon.org

**Florence**
Keep Conversations Going
A forum for all things to do with LGBTQcommunities with panel discussions. Videos and conversations on topics such as surviving the scene, Being LGBTQ, Life’s A Drag, UK Black Pride; I Am Who I Am
More from: lgbtqymru.wales

ARC-BHS Joint Scientific Meeting 2021 amphibian and reptile conservation. This year’s ARC-BHS Joint Scientific Meeting will be running virtually (via Zoom), giving attendees the chance to enjoy live talks on sand lizard reintroduction, smooth snakes, great crested newts, non-native geckos in Florida and urban adders – with an opportunity for questions after each talk. 4th December, 11am - 4pm, £15. There will also be a “virtual social evening” on the evening of Friday 3rd December, from 20:30 GMT. Details will be sent to those indicating an interest when registering. Book: arc-trust.org

Zero Carbon Britain: Carbon Literacy for Local Authorities 9th & 10th December, 9.30am - 1pm both days, £140. Drawing on our Zero Carbon Britain research, we’ll look at low carbon objectives in the Local Authority sector and create an action plan to influence others. Your output from this course will be evaluated by the Carbon Literacy Project in order for you to be certified as Carbon Literate. Bookings: cat.org.uk

Landworkers Alliance (LWA) AGM Saturday 4th December 1 - 5.30pm. Bringing together across UK, the practical, visionary and poetic, we will have an inspirational day of fire, conversation, song and great food with friends, all planning and coiling our springs for building a better and resilient local and regenerative food ecosystem. 11am - 10pm. Book: Landworkers’ Alliance website: landworkersalliance.org.uk

Opening Doors and Hearts Voices from the front line of Community Woodlands Sunday 12th December, 2.30pm. Hosted by Llais y Goedwig Policy Advisory Group. What can we do locally, regionally, and nationally to influence decisions? Explore how to find and use local connections and levers to help your cause. Are there specific barriers you are facing that hinder your projects? Can we help? Bring your mulled wine and settle in for a good debate to shape future actions. To book your place please email booking@llaisyg goedwig.org.uk

Winter Equinox Ceremony ~ The ceremony will begin with a heart chakra meditation, prayer and blessing around the winter equinox and settling into the season’s energetics, finishing with a womb healing transmission. 21st December, 7 - 8.30pm, £16. More from: FB: Eden Healing rosie@edennorthwales.uk

Gong Bath Meditation Wednesday 1st, 8th, 12th, 15th December Gentle relaxation, ceremony, prayer, centering and energising, led by Steph Healy. 7pm, £15, £8, £4 concs. Book a place: puresound.org.uk

Discovering the Heart of Buddhism (DHB) Retreat All welcome, 11th & 12th December. The weekend is an opportunity to deepen our understanding of openness together. Book: Awakened Heart Sangha, ahs.org.uk Available in-person as well - see Calendar

Gong Bath Meditation Wednesday 1st, 8th, 12th, 15th December Gentle relaxation, ceremony, prayer, centering and energising, led by Steph Healy. 7pm, £15, £8, £4 concs. Book a place: puresound.org.uk

Secrets of the Soul : Yogic Wisdom and the Bhagavad Gita 3rd - 5th December. A user manual for life that answers our age-old questions about how to be a spiritual seeker in our modern day world. Chapter 9 of the Gita gives you a deeper understanding of the mysterious workings of the universe. On this online retreat you will learn how you can use these universal laws to empower your life! £149. dru yoga.com

The Right of Return and The Struggle for Justice Speakers include Lubnah Shomali, Nidal Betare, Basma El Doukhi and Sawsan Samara Saturday 11th December, 5pm. Hear the stories of Palestinian exiles and learn how the right of return remains an essential part of the struggle for justice. Book: palestinecampaign.org
Scottish Avalanche Info with Plas Y Brenin and Mountain Equipment
The winter hills and mountains of the UK are an awe-inspiring escape for many and our team is here to help provide you with knowledge, skills and techniques to deal with avalanche options. 2nd December 7pm, free. Book: pyb.co.uk

An introduction to STWR's campaign for Article 25 with Share The World’s Resources (STWR) Article 25 is the right of everyone to adequate food, housing, healthcare and social security. Wednesday 8th December 7 - 8pm, Register: sharing.org/article25 or FB: Online event: An introduction to STWR’s campaign for Article 25

The Effortless Cooking Workshop
Live Zoom Friday 3rd December, 6pm & Saturday 4th December 10am.
In this 90 min workshop I'll show you how to make no-stress tasty and nourishing meals from simple ingredients you can keep in your cupboards. No need for recipes! Led by Katerina from Health & Food Llanrwst. Book by 1st - £19 each, afterwards £29 each. Book for one or both workshops: theintuitivecook.co.uk

Crystal Wellbeing Meditation
Live meditations are held on the fourth Tuesday of every month, 7.30 - 8.30pm, Zoom. Tuesday 28th December Free, but please book a place. intuitive-healer.co.uk

Missing People’s Evening of Hope
13th December, 7pm
A virtual evening of carols and prayers, poetry and music. missingpeople.org.uk

Resurgence Book Club with Ellie Harrison. Gather with the artist, activist and author with Marianne Brown followed by a book club chat. Ellie is the author of The Glasgow Effect: A Tale of Class, Capitalism and Carbon Footprint 15th December 7 - 8pm resurgence.org

How Can Education Reconnect Children with Nature Join Satish Kumar and Richard Dunne as they address this important question and launch a free teaching and learning pack. 2nd December, 5 - 6pm - resurgence.org

Earth Festival Meditation: Winter Solstice 13th December, 7 - 8pm | £5
Embrace the stillness of deep Winter and deep rest; honouring the Earth’s wisdom. In the dark of winter let us dream, envisioning a better world for all life. resurgence.org

Tree Foraging Workshop
Adele Nozedar, author of The Tree Forager and James Kendall creator of The Complete Tree ID Course will guide you through the uses and possibilities of foraging from trees. Tuesday 7th December 7 - 8.30pm, £11, Zoom. Book: woodlandclassroom.com

Mothers of the Revolution Documentary - a straight-up talking-heads-and-archive-footage documentary about the Greenham Common women’s peace camp as told by some of the activists who were there, with a few dramatic recreations knitted in | 1hr 41m, See also Page 6 Watch on Amazon Prime or YT: £4.49

Meditations with Creuynni
4th: New Moon Body Wisdom Connection Meditation 10am, creuynni.eventbrite.com
11th: Meditation 11am. Live on FB: Katherine Creuynni
19th: Energy Clearing at Full Moon Meditation 10.30am, creuynni.eventbrite.com
21st: Winter Solstice Ceremony and Meditation 3.30pm, creuynni.eventbrite.com

As part of the Land Workers Alliance Film Club you can watch Honeyland - Watchalong & Livestream Q & A
Once the content becomes available on December 3rd at 7.30pm, you'll have 7 days to start watching. Once you begin, you'll have 24 hours to finish watching the film. The livestream on December 3rd at 9pm can be viewed anytime until December 10th at 11.59 pm. Go to: watch.eventive.org or via landworkersalliance.org “It's a tough and tender portrait of the delicate balance between humankind and nature, a glimpse at a fast disappearing way of life, and an unforgettable testament to one extraordinary woman’s resilience.”
Proposal for Conwy Community Garden

Conwy residents will be proposing an ambitious community garden on Council land, with new allotments and a forest garden, near to Conwy town and secondary school. We seek support from residents and community groups interested in using this proposed space. Please visit our website and complete our survey to help make this a reality! [https://www.conwycommunitygarden.co.uk/](https://www.conwycommunitygarden.co.uk/)

**Community Energy Wales / Ynni Cymunedol Cymru ONLINE ~ Delivering Home Energy Advice in Wales**

**Thursday 2nd December**

10am - 12.30pm, free. Community Energy Wales is holding an online workshop focusing on Housing Retrofit. The workshop is aimed at community organisations that would like to improve the support for owner/occupier retrofit in their communities.

Bookings: tocyn.cymru

**Help shape a new community space**

reSource CIC is working towards taking over the ‘old Barclay bank’ in Ruthin and is now forming a community steering group to shape what happens to a unique and exciting place for all. We want to hear everyone’s voices!

Let us know you are interested by contacting: janine@resourcewales.com ~ 07941 914323 or DM @resourcewales

**Prosiect Llwybrau Chwarel | Club Clinic**

Watch a short video about some of the inlines and quarryman’s trails across Blaenau Ffestiniog. The video is the result of a unique mapping research session with Steffan from the history society. It is intended to reconnect the young peoples of Stiniog with their heritage. 3 mins

YT: Prosiect Llwybrau Chwarel | Club Clinic

We are greatly in need of volunteers for St. Dyfnog’s Woodland Project in Llanrhaeadr, Denbigh as we will soon be undertaking our tree planting project which will need all hands on deck, so if you are able to lend a hand please get in touch with me at jcwstdyfnog@gmail.com

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**Do you want to…**

- Learn practical skills?
- Try growing fresh food?
- Connect with nature?
- Meet people outdoors?

**Community Resources and Activism**

**Educate Yourself ~ Find Like-minded People ~ Have Fun ~ Never Give Up!**

**GARDD GYMUNEDOL CONWY COMMUNITY GARDEN**

A land resource and education hub, to cultivate local food and wildlife in the community for generations to come

To find out more and show your support…

...Visit our Website:
www.conwycommunitygarden.co.uk

...Send us an E-mail:
gardd.conwy.garden@gmail.com

...Follow us on Facebook:
Gardd Gymunedol
Conwy Community Garden

Ydych chi elsiau…
- Dysgu sgiliau ymarferol?
- Rhoi cyynnig ar dyfu bwyd ffres?
- Cysylltu â natur?
- Cyfarfod â phobl yn yr awyr agored?

Adnodd tir a chanolfan addysgiadol i dyfu bwyd lleol a chynyddu bywyd gwyllt yn y gymuned ar gyfer y cenedlaethau sydd i ddod

I gael gywobod mwy a dangos eich cefnogaeth…
- ewch i'n gwefan
- anfonwch e-bost atom
- dilynwch ni ar Facebook

Take our survey! Gymyd man yr yr Arwyng!
These stories contribute to the ongoing dialogue on inclusivity and diversity in contemporary society. The readers go on a journey across continents, getting an insight into different cultures and a glimpse of the tenacity and perseverance of diverse women who overcome all odds to achieve their dreams.

Available from parthianbooks.com

**Book Recommendations by Wales Arts Review:**

- **The History of Wales in Twelve Poems** by M. Wynn Thomas “a volume which sets out not to compile a frivolous chart of the best poetry from Wales, but to place the poets of Wales at the very forefront of Welsh history’. Available from University of Wales Press

- **Why Wales Never Was** by Simon Brooks. A consideration of some of the text’s most important points – from the rise of nationalism in Europe to how liberalism was positioned against a nationalist agenda in Wales.
  
  Both available from University of Wales Press - uwp.co.uk

- **Flashbacks & Flowers** by Rufus Mufasa a poetry collection which plays with rhythm and rhyme whilst exploring themes of identity and spirituality.
  
  Available from Indigo Dreams - indigodreams.co.uk

More from: walesartsreview.org

**Birth Time: The Documentary**

Zoe Naylor, Jerusha Sutton and Jo Hunter embark on a mission to find out why an increasing number of women are emerging from their births physically and emotionally traumatised. Watch the film from December on birthtime.world / 1hr 42mins.

**how to support someone with grief:**

* Stop for a chat
* Check in on your neighbours
* Go for a walk and a talk
* Put the kettle on
* Distance shouldn’t mean we can’t share our grief
* Your story could be someone else’s hope
* Say their name

thegoodgrieftrust.org

**The River Cannot Go Back**

Kahlil Gibran

It is said that before entering the sea a river trembles with fear. She looks back at the path she has traveled, from the peaks of the mountains, the long winding road crossing forests and villages. And in front of her, she sees an ocean so vast, that to enter there seems nothing more than to disappear forever. But there is no other way. The river can not go back. Nobody can go back. To go back is impossible in existence. The river needs to take the risk of entering the ocean because only then will fear disappear, because that’s where the river will know it’s not about disappearing into the ocean, but of becoming the ocean.

**Seventy Years of Struggle and Achievement**

Life stories of Ethnic Minority Women Living in Wales

Edited by Prof. Meena Upadhyaya, Prof. Chris Weedon

Bernardine Evaristo & Philippa Perry Monday 6th December, 7.30 - 8.30pm, £7. Author Bernardine will talk to psychotherapist and Observer columnist Philippa Perry about her life and writing, and answer some of your questions. Book: membership.theguardian.com

*poetry corner*

The River Cannot Go Back

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BOOK CLUBS

Book Club Zoom Fortnightly group, 7.30pm. More from pontio.co.uk

Book Club Monthly, with a business theme. 8pm. Zoom. NetworkShe: networkshe.co.uk

CIRCLE DANCE

Circle Dancing Sociable, joyful and good for mind, body & spirit. Rhosesmor Village Hall on 1st Sunday/month 2 – 4pm. AND also at: The Clubhouse, Park Avenue, Mold on 3rd Thursday/month 2 – 3.30pm. Contact helen@soul-life.co.uk or 01352 780281.

North Wales Coast Circle Dance Group Come and join us! We are a friendly group that dance in a circle to a wide variety of inspiring ‘world music’. Mostly gentle dances with easy steps. 1st and 3rd Thursday of each month. 2 - 4pm at the Abergele Scout Hut. £5 per session. Jackie 01492 202986.

DANCE / MOVEMENT

Continuum Movement Practice Group FB: Lucy Parry / North Wales Continuum Movement

Farrah’s Dance Workout - Bollywood Fit at Home! More from FB: farrahdsdanceworkout/live

Chakradance with Roz FB: Chakradance with Roz

Heb Ffiniau / Movement Bilingual lessons. Pontio, Bangor. More: pontio.co.uk

Under The Dancing Tree Polynesian, sacred, bellydance plus meditations. Full calendar: underthedancingtree.co.uk

Dance Classes FB: Harmony of the Heart or harmonyoftheheart.co.uk

Afro Latin Dance Class Every Monday (including Bank Holiday Monday), Wednesday & Thursday, 5.30 - 6.30pm, £6. at the Masonic Hall Car Park, Parc Menai, opposite Table Premier Inn, LL57 4FA. All welcome, socially distanced. No need to book, just turn up. Helen McGreary 07751017157, helenmcgreary7@hotmail.com

Dance for Parkinsons Dance has been proven to develop confidence and strength; digital classes via Zoom Tuesdays, 10 - 11.30am, throughout June £3.50 per week. More: pontio.co.uk

Dance for Parkinsons Open to everyone living with Parkinsons and their carers and families. 11.45am - 1pm, free. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

Ffitrwydd Dawns gyda Dawns i Bawb Weekly sessions for people aged 16+ years. Come and keep fit to your favourite music! Option to book over Zoom 7pm, Contact Dawns i Bawb on 01286 685220, galericaernarfon.com

DRUID

Anglesey Druid Order ~ Urdd Derwyddon Môn Invokes and celebrates the importance of Anglesey as the chief seat of ancient British Druidry. Annual rituals, workshops and various other events. More angleseydruidorder.co.uk ~ info@angleseydruidorder.co.uk

EXERCISE

Online Exercise Classes Clubercise, Boogie Bounce Daily and Hoop Cahoots. Led by teachers from Aspire Fitness, Rhos on Sea: aspirefitnessstudio.co.uk

HSBC UK Breeze Free bike rides for women of all abilities. FB: Breeze Network Anglesey, Gwynedd & Conwy

Online Exercise Groups in Wales Free weekly health and fitness groups via Zoom, tailored for older people. 45mins. More from: reengage.org.uk

Ffitrwydd Dawns gyda Dawns i Bawb Mondays; weekly sessions for people aged 16+ years; keep fit to music. 7 - 8pm, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com Online options available

FELDENKRAIS METHOD

Feldenkrais Classes Led by Veronica Rock. Tuesdays, 4.30 - 5.30pm, held at Verve, 2-4 George St, Llangollen LL20 8RE. Please phone Veronica on 01978 869062 to check suitability due to Covid restrictions.

GARDENING & NATURE

Blodeuwedd Botanics ‘Wellbeing Through Gardening’ Y Plot, Pandy Farm, LL57 4RA. FB: Blodeuwedd Botanics or 07799 224636.

Felin Uchaf Volunteers Tuesdays, please ring beforehand. Rhoshirwaun, Pen Llyn. Contact Dafydd 01758 780280, info@felinwales.org / FB: Felin Uchef

Wildlife Garden Drop-In Come and explore our wildlife garden. Watch and listen to the birds, search for minibeasts or take away some ideas to use at home. 1 - 4pm. North Wales Wildlife Trust Bangor office, Llys Garth, Garth Rd., Bangor LL57 2RT, info@northwaleswildlifetrust.org.uk

Volunteer Gardening Tuesdays or 1st Sunday/month at Henbant, Clynnog Fawr, nr Caernarfon LL54 5DF, 01286 660761, 07786 316413, matt@henbant.org ~ henbant.org

Bangor Forest Garden A voluntary organisation that exists to promote forest gardening as an agroforestry solution for sustainable living. Regular weekday 2nd Sunday/month. Henfaes Research Centre, Bangor LL33 0LB. Contact bangorforestgarden@gmail.com / thebfg.org.uk
Gardening for Well-being Club  Every Tuesday, 10am - 12.30pm & 1-3pm, Treborth Botanic Garden/ Garad Fotaneg Treborth. For more information, contact: info@wildelements.org.uk ~ 07799 566533

Llangollen Community Garden  Saturdays. An opportunity for local people & groups to grow their own food. FB: Llangollen Community Garden

Creating a Green Space  Thursdays, 10am, help ‘green-up’ the Café and kitchen garden! Ucheldre Centre, Millbank, Holyhead LL65 1TE. Alison 07918 636229; FB: Creating a Green Space

Arfon Communal Gardening Club  Thursdays, 10am, Catrin 07876 819185.

Free Online Nature Sessions  Mon 10.30 - 11.30am Nature Watch; Tues 10.30 - 11.30am Foraging & Nutrition; Fri 10:30 - 11:30am Mindfulness. YT: Coed Lleol - Small Woods Wales ~ coedlleol.org.uk ~ FB: Coed Lleol

GONG

Pure Sound ~ Steph Healy  Free online relaxation and sound meditations! YT: Pure Sound / FB: Pure Sound ~ puresound.org

INCREDALE EDIBLES

You can find out how the Incredible Edible Network began in 2008 from: incredibleedible.co.uk or hear the TEDtalk by Pam Warhurst: ted.com

Incredible Edible Ruthin  FB: of same name

Bwys Bendigedig Port / Incredible Edible Porthmadog  FB: of same name

Incredible Edible Conwy / Bwys Bendigedig Conwy  FB: of same name

Incredible Edible Llanfairfechan ~ Gardening Get Togethers  Thursdays, 6.30pm, Victoria Gardens Raised Bed. 01248 681697, jayne@llanfairfechan.net FB: Incredible Edible Llanfairfechan

KUNG FU

Wing Chun  Dave McQuillan, northwaleswingchun.co.uk

LGBTQ+

Join our Group  For those in the North Wales community. FB: LGBT+ Gwynedd, Conwy & Môn

Rustic Rainbow  Group for those who love the natural beauty of North Wales; a relaxing environment to make friends. FB: Rustic Rainbow ~ rusticrainbow.wordpress.com

Gay Outdoor Club  Activities include abseiling, underground exploration, scrambling, camping; walking is our main focus. Info: goc.org.uk

MEDITATION

Meditation 1st Monday month at Hillside Retreat, Rhosemor, Mold. All welcome. Contact helen@soul-life.co.uk or 01352 780281.

Offering to the Spiritual Guide ~ Long Life Prayers  In-person & livestream held monthly on 10th & 25th, 10am - 12pm. Held at Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditatenorthwales.com

Crystal Wellbeing Meditation  Online. Monthly group, with Jo Stuart. Go to: intuitive-healer.co.uk

Meditation  Variety of classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878778, meditatenorthwales.com

Teresa’s Meditation Class Online  Friday 8 – 9am, suitable for beginners or those more experienced who wish to connect with like-minded souls. Live via zoom or via YouTube recording. To book and pay go to: teresa4yoga.co.uk

Powa - Prayers for the Deceased  Monthly; also known as the practice of transference of consciousness, is performed each month at our Centre on behalf of those who have recently died, traditionally within forty-nine days of their death. You are welcome to bring a white offering of food, flowers or candles to include in the prayers. You can submit names of those to be held in prayer on the website. Everyone is welcome. 7 - 8pm, Kalpa Bhadra Kadampa Buddhist Centre, Llandudno, LL30 1YY, 01492 878778, meditatenorthwales.com

Meditation Session  Mondays, 7pm for 30 mins via Zoom. Alan 07816 988124, newmindfulness.net

Breathing Exercises  FB: Wave Therapy / annalisalloyd@googlemail.com

Meditation Classes & Gentle Yoga  OM Yoga North Wales, Colwyn Bay / omyoganorthwales.co.uk

Llangollen Buddhist Centre  Online for the time being. Visit: llangollenbuddhistcentre.com

Monthly Webinars on Goodwill  A monthly webinar on the energy of goodwill, which is linked to the rhythm of the Goodwill Meditation Group. Last Wednesday of each month, 5pm. Register: lucistrust.org

Network of Light  A monthly group; join in wherever you are, 9pm, December 1st. More: networkoflight.org

MEN’S SHEDS & GROUPS

Men’s Shed Llandudno  Meets Tues, Thurs & Sat 2 - 4pm. Llandudno Football Club, Builder Street West, Llandudno, LL30 1HH. 01492 621076, chair@mensshed-llandudno.co.uk

Llanrwst Men’s Shed  Contact: Nerys Veldhuizen, mensshedllanrwst@gmail.com

Colwyn Bay Men’s Shed  LL29 9UG, contact Malcolm Worth, 07986 315853, malcolmworth@gmail.com

MUSIC/SOUND

Live Music Events  Follow FB page for events in and around Bangor, Anglesey and surrounding areas. FB: Live Music Events in and around Bangor, North Wales with links to other pages for more music and festivals.

Sound, Animation, Graphics, Field Recording  Sessions every day via Zoom. Run by Tape Community Arts Centre, Old Colwyn. Visit: tapemusicandfilm.co.uk

Drumming  Every Thursday, 2pm, Llanrwst. FB: Chris Puleston

MINDFULNESS

Monthly Mindfulness  inspire-rewire.com

MUM & BABY GROUPS / PREGNANCY

Om Yoga North Wales Pregnancy Workshops  FB: OmYoga North Wales
Mother and Baby Groups Parenting and birthing sessions with Laura Knott: birthingsmamas.co.uk or FB group: Laura Birthing Mamas Doula, Pregnancy and Postnatal Yoga

Boogie Babies Tues & Thursday 10-11am, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

NONVIOLENT COMMUNICATION (NVC) Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundle, email: busybees@phonecoop.coop

PAGAN

The Pagan Moot Tree Gather 2nd Friday/month, Grosvenor Hall, Mold. pagantreemoot@gmail.com FB: The Pagan Tree Moot

PEACE GROUPS

Bangor & Ynys Mon Peace and Justice / Heddwch a Chyfiawnder Bangor ac Ynys Mon Currently meeting online due to Covid restrictions. Meetings are open to anyone with an interest in peace, human rights, international law and social justice. FB: Bangor & Ynys Mon Peace and Justice

PILATES

Pilates with Lauren Hill, Plas Brondanw, Llanfrothen. Contact 07769 343572, FB: Lauren Hill Pilates; bydbod.cymru

SINGING

The Singing Circle Mondays Open to women of all ages and stages of life, babies and children are especially welcome.10 - 11.30am, £7, £6 concs, led by Viv Ervine, held at Y Cylch Canu, Mynydd Llandegai, Bangor. Please book by email: ycylchcanu@gmail.com.

Singing for the Soul Natural Voice singing led by Felicity Jones at Hillside Retreat, Rhosesmor. 4th Thursday/month 11-12.30. Contact helen@soul-life.co.uk or 01352 780281. All singers welcome!

Coming Home Choir for veterans and veteran families. Thursdays, 10am - 12pm, tea and bun from 9.30am, no previous experience required. Contact: Rachel Clark-Yeo 07737 337842, rachel@re-live.org.uk

SOCIAL

Canolfan Felin Fach Pwllheli. Contact 01758 701611 or FB: Canolfan Felin Fach

Actif Conwy (for children) FB: Actif Conwy

Coffee Connections 2nd Tues/month; networkshe.co.uk

Anglesey & Gwynedd Widowed - Gweddawns Ynys Mon a Gwynedd Coping with grief and loss and enjoying life to the fullest. More: meetup.com

North Wales Africa Society For those from the African diaspora community and those who have an interest in Africa. FB: North Wales African Society

STORYTELLING

Caffi Stori Llangollen and Blue Bell Story Group Conwy Groups are meeting again outdoors. Contact: suemoore@me.com

TAI CHI & QI GONG

The 18 Movements of Tai Chi Qigong with Phil East. Tues 11-12pm. Bodnant Welsh Food, Colwyn Bay LL28 5RP. Bookings: bookwhen.com

Self Connection Qigong with Rik Midgley. Details from choosecompassion.uk/qigong

Tai Chi Weekly class on Wednesdays at 12.30 - 1.30pm. The Body Studio, John Williams House, Conway Rd, Mochdre. Contact: Eirian Stevens 07748 582380, wingsofchangeuk.com

Internal Arts Academy in Daoist and Buddhist Studies, Martial Arts & Medicine lotusneigong.com

Tai Chi North Wales See: taiji-online.co.uk

Qi Gong Classes via Zoom; contact taichiphil@outlook.com

Infinite Tai Chi, Chi Gung and Meditation Every Thursday at St Grwst Church, Llanrwst, 6 - 7.30pm, £10 per session. More info/ book contact Lydia Watson on 07502 293114, lydia4020@yahoo.co.uk or FB: ‘Finding Your Anchor’

Llyn Tai Chi Mondays, 6.30 - 7.30pm, £5. Pwllheli School of Dance, gaol St., Pwllheli. Sue Baumann 07833 791317, llyntaichi@gmail.com

THEATRE

Fuse Up Explore your own creativity and learn about theatre making. For those aged 25+ with additional learning needs. 7.30 - 9pm. £60 term; Theatr Clwyd, Mold 01352 344101, theatrclwyd.com Contact: emma.king@theatrclwyd.com

Cwmni Company 65 For those aged 65+ years; 11am - 1pm, £60 per term. Come to explore and learn about theatre making. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

WALKING GROUPS

Walking Group Covering Denbigh, Ruthin, Llangollen & Corwen. Info: contact Paul Hughes Walking Leader 07770 124874. FB: Bryniau Clwyd a Dyffryn Dyfrdwy - Clwydian Range and Dee Valley

Actif Woods Anglesey Weekly Walk on Fridays, different locations. FB: Actif Woods Anglesey or vivienneroberts@smallwoods.org.uk

Walking in North Wales Visit website cometo.wales for many walking trails and options.

Walking, Cycling & Disabled Access Trails Routes, locations and wheelchair friendly. Visit: crwydro.co.uk

WOMEN’S GROUPS

North Wales Women’s Centre Supporting women with complex needs and offering a safe space, Pob dydd Mercher / Wednesdays 9.30am - 2.30pm. 46 - 54 Water St., RhyL LL18 1SS, 01745 339331, FB: North Wales Women’s Centre / northwaleswomenscentre.com

Women’s Circle Monthly gathering More from: FB: MONTHLY Women’s Circle with Rose Foottit.

Circle of the Feminine Women’s spaces and activities in North Wales on FB page, same name

Red Tent Gwynedd Pabell Goch on FB; same name

Online Sister Circles & Meditations FB: Sisters Circle Under the Dancing Tree sisterscircletemple.com / NetworkShe For women in business. More from: networkshe.co.uk ~ FB: Network She Mothership

Womens Gatherings Gwynedd Genod Gyda’n Gilydd Join in on their FB page of same name

Women’s Full Moon Circle Monthly group, meditation, yoga and circle sharing. Goleuo Studio, Tyn y Coed Farm, Rowen, Conwy LL32 8YL. Book: goleuostudio.com
**WRITING GROUPS**

**Writer’s Circle ~ Colwyn Bay** A writing circle which offers a weekly email submission of work within the group. If you are interested please contact Chris Hemmings: crishtrees@gmail.com

**Llandudno Writers** More from: llandudnowriters.weebly.com

**YOGA**

**Karma Yoga** with Val Young. Tuesdays, 7pm, £8. Vinyasa Krama Yoga in the tradition of T. Krishnamacharya. Classes consist of posture work, breathing techniques and meditative practices. The movements are done slowly and mindfully in coordination with the breath. Tan Y Garth Hall, Pontfadog, nr Llangollen LL20 7AS. 0300 302 1936, tanygarthhallretreat.org


**Claire Mace** 7 indoor yoga classes in Valley, Aberffraw and Holyhead plus 10 live-stream virtual yoga classes. inspiratrix.co.uk - FB: Inspiratrix Yoga

**Tru Dru Yoga** Mondays @ Y Ganolfan, Trefor, 6 - 7.15pm, £9. Tuesdays @ Babell Community Centre, Llanalhaearn 7 - 7.15pm, £8.50. Wednesdays Virtual class, 6.30 - 7.45pm, £8. Thursday Virtual class, 10.15 - 11.45am, £12. Thursday @ Canolfan Bro Llanwnda, 6 - 7.15pm, £9. Saturday @ Nefyn Canolfan 10.30 - 11.45am, £9. Saturdays Outdoor Yoga @ Berts Kitchen Garden, Trefor 10 - 11am, £10. Cat Stuijt 07816 103064, trudruyoga.co.uk

**OM Yoga North Wales** Meditation, Yoga Nidra & special events. FB: OM Yoga North Wales

**Dru Yoga North Wales** Info: druypogonline.com FB: Dru Yoga Online Studio

**Online Chair Yoga** Book with Lisa 07878 113599, lisa.martindale@newmind.org.uk

**Space Yoga** with Charlotte Jackson. Dru Yoga with Qi Gong. Fridays 10.30am - 12pm, Penyffordd War Memorial Institute, £8 first session, Charlotte 07879 440968, charlettespaceyoga@gmail.com

**Source Yoga Nutrition & Health** FB: Source Yoga, Nutrition and Health / sourceyoga.org.uk

**Derwen Hatha Yoga** FB: Derwen Yoga (North Wales)

**Rishiculture Ashtanga Yoga** FB: Yoga North Wales

**Yoga Class** Mondays with Pam, 11am - 12pm; or Weds with Laura 6.30 - 7.30pm, first class free. Trefnant Village Hall, Denbigh. Go to: thezeolife.co.uk

**Tracey Yoga** Contact Tracey 07809 485323, traceyyogamassage.co.uk

**Gentle Yoga & Relaxation** 01352 974430, jillblandford@yahoo.co.uk

**Hatha Yoga with Nalini Yoga** Weds 7.45pm & Thurs 6pm. More on FB: Nalini Yoga

**Teresa’s Yoga Class for Inner Calm** Mondays, 5.50 - 7.20pm. Suitable for beginners and those who wish to experience the magic of Dru yoga. Westminster Park Community Centre, Five Ashes Road, Chester, CH4 7QT. To book and pay go to: teresa4yoga.co.uk

**Teresa’s Yoga Class For Wellbeing** Wednesdays, 9.30 - 11am, from 29th Sept. Suitable for beginners and those who wish to experience the magic of Dru yoga. Oddfellows Hall, 65 High Street, Saltney, Chester, CH4 8SG. To book and pay go to: teresa4yoga.co.uk

**Yma Yoga** Llanberis. Find out more: FB: Yma Yoga

**Soulshine Hatha Yoga** Bangor. FB: Soulshine Yoga

**ZUMBA**

**Zumba Afro-Latin Dance-fitness In-person outdoors**. Mondays 5.45 - 6.45pm, & Wednesdays 5.45 - 6.45pm. £6, at the Masonic Hall Car Park, opposite Premier Inn Table, Parc Menai, LL57 4FH. **AND In-person indoors** Every Thursday 5.45 - 6.45pm, at Canolfan Telford Centre, Opposite Waitrose, Menai Bridge, LL59 5EA. £6. Hip hop, Bollywood, African dance, Salsa, Jive and more! All welcome, including 2 left feet, all ages and abilities. Helen McGreary, dance-classes-north-wales.co.uk, 07751 017157.

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**SPICEY ROSEHIP TEA**

A wonderful source of vitamin C

1. Place the ginger, rosehips and spices in a saucepan an cover with 4 mugs of water, bring to the boil and simmer for 15 minutes.
2. Strain through a sieve or tea strainer.
3. Add a slice of lemon if you wish.

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If you would like your regular group listed here please contact us by calling or texting 07777 688440 or email info@network-news.org
JANUARY

Yoga & Fitness Retreat 7th - 9th, & 14th - 16th; Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, thezestlife.co.uk

Confidence Workshop 8th, Rhyl. Contact keeley.roberts@yahoo.co.uk 07591 710580 or see FB: Confidence Workshop (Rhyl)

Meditation on Prajnaparamita, Mother of the Buddhas 14th - 21st, Vajraloka, Corwen 01490 460406, vajraloka.org

How To Identify Trees 15th, Chirk Castle, with woodlandclassroom.com ~ 07876 794098.

Living in the Present 18th Jan - 15th March, 8 week mindfulness course. More: gwyneddmindfulness.co.uk

Be-In Presence Retreat 19th - 23rd, Noddfa, Penmaenmawr. FB: Be-in Presence Retreat with Jenny Brooke & June Meagher

Massage, Art & Yoga Weekend 22nd & 23rd. Claire Freeman, Tyn y Ffridd, Bangor LL57 4UF. Book - FB: Massage, Art & Yoga Weekend

Liberal Christianities 22nd & 23rd, Gladstone’s Library, Hawarden. 01244 532350, gladstoneslibrary.org

The Light in the Darkness Yoga Retreat with Claire Mace & Adrian Kingsley-Hughes, Trigonos, Nantlle. Quote “Network News” when booking for £25 off. More: northwalesretreats.com or call Claire on 07970 409 724.

FEBRUARY

Zero Carbon Britain: Carbon Literacy for Local Authorities 3rd - 10th, CAT, Machynlleth 01654 705950, cat.org.uk

Yoga Immersion Retreat 4th - 6th, 11th - 13th; Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

Heathr: Literary Festival 4th, Gladstone’s Library, Hawarden. 01244 532350, gladstoneslibrary.org

Winter Foraging Walk 19th, Chirk Castle, with Woodland Classroom, 07876 794098, woodlandclassroom.com

Field Ecology of Mosses, Liverworts & Hornworts 19th, Field Studies Council, Rhyd-y-creau, Betws y Coed LL24 0HB, 01743 8521000, field-studies-council.org

Blacksmithing - Dragon Toasting Fork Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Wisdom Energy 19th - 27th February, Vajraloka Buddhist Retreat, Corwen 01490 460406, vajraloka.org

Self Rescue Techniques for (Experienced) Climbers 26th & 27th, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

MARCH

Introduction to Renewables for Households 5th, CAT, Machynlleth 01654 705950, cat.org.uk

Introduction to Horse Logging 6th, CAT, Machynlleth 01654 705950, cat.org.uk


Yoga & Detox Retreat 11th - 13th, Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, thezestlife.co.uk

Dhyana through the Body 12th - 20th, Vajraloka Buddhist Retreat, Corwen 01490 460406, vajraloka.org

Alban Eilir: Yoga & Sound Weekend 18th - 20th, held in Trigonos, Nantlle. Book: Steph Healy 07534118899, puresound.org.uk

Ostara Women’s Retreat 25th - 28th, Trearddur Bay, Anglesey. FB: Ostara women’s retreat


Pressing Pause Retreat Anxiety and fatigue relief. 25th - 27th, nr Clynnog Fawr, Pen Llŷn. Book: inspire-rewire.com

Refresher Retreat 25th March - 1st April, Vajraloka Retreat Centre, Corwen 01490 460406, vajraloka.org

Glass Making 26th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Renewables for Households: Insulation 26th, CAT, Machynlleth 01654 705950, cat.org.uk
Fixing Your Damp House 26th & 27th, CAT, Machynlleth 01654 705950, cat.org.uk

Jewellery Making 29th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

APRIL

Yoga Rocks - Yoga & Snowdon Hiking Retreat 1st - 3rd, Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, thezestlife.co.uk

Making Pallet Furniture; Renewables for Households: Wind Turbines; Compost Toilets - all on 2nd. CAT, Machynlleth 01654 705950, cat.org.uk

Reawaken and Renew Yoga Workshop 15th January, CAT, Machynlleth 01654 705950, cat.org.uk

The Brahmaviharas: a complete path 8th - 18th, Vajraloka Retreat Centre, Corwen 01490 460406, vajraloka.org

The Mountain Environment 9th, Jim Langley, Nature’s Work, Snowdonia area. Book: natureswork.co.uk

Charcoal Portraiture 9th & 10th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Glaciation of Snowdonia 10th, Jim Langley, Nature’s Work, Snowdonia area. Book: natureswork.co.uk


Yoga Rocks - Yoga & Snowdon Hiking Retreat 1st - 3rd, Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, thezestlife.co.uk

Jewellery Making 23rd & 24th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Eco Refurbishment 29th April - 2nd May CAT, Machynlleth 01654 705950, cat.org.uk

Since 1967 the band GONG have shared a million shades of psychedelia, space rock, jazz, avant-garde, krautrock and surreal soundscapes... a rare treat!

20th MARCH, 2022, 7.30pm, £15, Neuadd Ogwen, Bethesda, 01248 208850, neuaddogwen.com

ONLINE WORKSHOPS ~ 2022

New Year, Real You An Intention Setting Workshop, 1st January. Register at: inspiratrix.co.uk or text Claire on 07970 409 724.

Yoga Teacher Practice Session 8th January. Book at: inspiratrix.as.me/ytt or text Claire on 07970 409 724.

Reawaken and Renew Yoga Workshop 15th January, Register at: inspiratrix.co.uk or text Claire on 07970 409724.

Your Wild Food Year: Best of Winter 20th January, Woodland Classroom, woodlandclassroom.com

Compost Toilets: live online 29th January, CAT, Machynlleth 01654 705950, cat.org.uk

Simply Being Online Retreat 29th January - 4th February, Vajraloka, Corwen 01490 460406, vajraloka.org

Eco-Refurbishment: live online 5th - 12th February, CAT, Machynlleth 01654 705950, cat.org.uk

Investigative Journalism and Independent Media

Stories of Our Times Stories told in depth covering modern themes: slavery, politics, queer identity, and much more. thetimes.co.uk

Byline Times Fact, Argument, Reportage & Culture. bylinetimes.com

Democracy Now! Independent news Dec 7th - Join the *25th Anniversary Celebration!* More: democracynow.com

Glenn Greenwald Independent, unencumbered analysis and investigative reporting, captive to no dogma or faction. greenwald.substack.com

The Canary - Campaigning journalism that informs and empowers people to change their world. thecanary.co

The Intercept - Fearless, adversarial journalism that holds the powerful accountable : theintercept.com

Jonathan Cook - Journalist based in the Palestinian section of Israel. More: jonathan-cook.net

Declassified UK in-depth analysis and exclusive news on British foreign policy, investigating the UK military, intelligence agencies and its most powerful corporations. dailymaverick.co.za

Double Down News Alternative voices & progressive media - patreon.com/doubledownnews

The Conversation Academic rigour, journalistic flair: theconversation.com

Factchecking for more than 180 years. factcheck.afp.com

Tax Research UK Tax, accounting & political economy: taxresearch.org.uk

Private Eye Humour, social, political observations and investigative journalism. private-eye.co.uk

Community Alliance for Global Justice Global food sovereignty; community education & mobilisation. cagj.org
Mae cynhyrchwyr lleol angen ein cefnogaeth nawr fwy nag erioed.
Local producers need our support now more than ever.

VEG BOXES DELIVERIES & ORDERS

**Village Veg, Waunfawr/Caernarfon** Delivery Thur, Fri or Sat. Free delivery over £8.50 order, PayPal only. Phone 07389 815759, village-veg.com, FB: Village Veg

**Ffestiniog Veg Box ~ Bocs Llysiau Ffestiniog** Seasonal, Local, Sustainable. Ffestiniog and the surrounding area. Contact 07949 189192, info@ffestiniogvegbox.com, ffestiniogvegbox.com

**DJ’s Fruit and Vegetables, Penrhyndeudraeth** Mixed organic boxes. Email: info@djfruit.cymru for a form or call 01766 514330, djfruit.cymru

**Llys Ifor Farm Shop** Check for opening hours. Deliveries to areas in Gwynedd. FB: Llys Ifor Farm Shop, 01766 530378, open 11am - 6pm daily.

**Felin Uchaf, Rhoshirwaun** For local Pen Llyn residents: Market Garden full of organic veg, fruit and flowers/ Roadstall weigh & pay. FB: Felin Uchaf; 01758 780280, felinwales.org

**Henbant, Clynnog Fawr, Caernarfon** Permaculture based. Taking orders for their veg boxes Sign up : henbant.org. matt@henbant.org / 07786 316413.

**Tyddyn Teg** Bethel, Caernarfon. Organic veg. Order or drop-in. Subscribe at: tyddynteg.com, 07737 970229, info@tyddynteg.com, FB: Tyddyn Teg

**Tatws Bryn Llanllechid, Bangor** 07860 268410, tatwsbryn.co.uk

**Moelyci, Tregarth** Orders via phone; outside seating area now! 01248 602793, FB: Moelyci

**Siop a Caffi y Garreg in Llanfrothen** Are open! Call 01766 770094.

**Kyffin Café Deli, Bangor** You can find them on Facebook or call 01248 355161.

**Wildings Vegan Kitchen, Colwyn Bay** Phone 07980 112698 or Facebook

**Soulvegan Bakery** Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk ~ FB: Soulvegan bakery

**Eat Your Greens** Grown using environmentally friendly methods. Delivery service available, based in Denbigh. Order from 01745 289160, hello@eatyourgreens.wales ~ eatyourgreens.wales

**Zero Food Waste and Food Share Llangollen** Pengwern Community Centre. See their page on Facebook

**Blodeuwedd Botanics** Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics
Where you can buy NN

Vegonia Wholefoods
49 High Street
Porthmadog
LL49 9LR
01766 515195
100% vegan, independent wholefood shop.

Harmony with Sarah
The Square, Corwen
LL21 0DL
07725 724932
a natural approach to healing
“... an earth based spirituality shop...crystals, essential oils, candles and jewellery, plus a therapy room for holistic therapies.”

The Natural Choice
14 Colwyn Avenue
Rhos on Sea
LL28 4RB
01492 549520
Health food shop selling organic fruit & veg boxes, natural remedies, skincare, eco cleaning products, refills, plastic free products and lots more.

RAINBOWBIZ HIPPY SHOP
Unit 8, Daniel Owen Precinct
Mold CH7 1AP
07759 753473
Alternative & fairtrade clothing, incense, crafts, gifts & jewellery.

Siop Dewi
14/15 High Street
Penrhyndeudraeth
LL48 6BN
01766 770266
A friendly shop at the heart of the community; health foods and environmentally friendly refills

Health & Food
8 Denbigh Street
Llanrwst
LL26 0LL
01492 641669
“Organic boxes of fruit & veg; plastic free goods ... we are passionate about sourcing local produce and supporting local businesses.”

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01248 351562

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