**Beltane**

*May 1st ~ Calan Mai*

As the darkness would approach on Nos Galan, bonfires were lit which would represent purification, ward off harmful spirits and banish disease.

As dawn broke on May Day, people in villages and surrounding farms would be woken by the singing of May carols. These songs were known as carolau Mai, carolau haf, (summer carols) or as canu haf, (summer singing). Summer dancing, and the singing of bawdy ‘Summer carols’ were popular, as lively groups meandered from house to house, accompanied by a fiddler or a harpist.

Often these songs would be quite explicit in nature, but basically, they were intended to be giving thanks for the season. The singers, if worthy, would be rewarded with food and drink. In North Wales, it was a slightly different method, called “Cangen haf” and up to twenty young men would dress in white with ribbons, except for two who would be named “Fool” and “Cadi.”

The Cadi would carry the “Cangen Haf” which would be decorated with watches, spoons and silver items donated by the village folk. Singing and Dancing they would carry this through the village knocking on doors and asking for money as they did so.

**Plant and Share Month**

*20 April - 20 May A UK month-long campaign to get us all out to dig in, sow, grow and share. fflgettogethers.org*

**Sign up now, count your plastic for one week**

*We're all doing our bit to recycle, but plastic waste is still everywhere. Something doesn't add up... and we need your help to prove it.*

Join The Big Plastic Count and help push the government, brands and supermarkets to take bold action to tackle the plastic crisis. thebigplasticcount.com / greenpeace.org.uk

“NN is here to support you. To any one who lives and/or works in North Wales, please know that Network News exists to not only advertise your group or event but to continue an ancient tradition of belonging; what is often termed networking these days. Belonging to this particular network is to want another world, where we can find our voices, shine our lights, and become friends in unexpected spaces and places. Stay in touch; send us your pictures of nature, cats, yourselves and your thoughts, about NN or about how you manage to keep inspired and positive in this world of ups and downs. Namaste”

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Copydate for June issue: May 18th
mai/may events, courses & workshops

1st SUNDAY
Gwaith coed gwyrdd yng Nghoedwig Boduan/ Green Woodworking at Boduan Wood Come and discover the traditional craft of working with wood. A free taster in green woodworking suitable for beginners. Tuition and tools provided by Billy Bodger (Bill Pywell). Please message or call the office to reserve a place. 10am. The Eternal Forest, Boduan, Pwllheli. Contact 01758 612006, eternalforest.org

Reiki Share Please bring blankets/mats (and Reiki beds if poss.) Donations only. Anyone who may be interested in Reiki /or would like to receive some healing are more than welcome to join us. Tea and coffee provided. Led by Sue Baumann who will be offering “Empowerments” for those who need a “Zap”! 10am - 1pm, Llangwnnadl Old Schoolhouse, Pen Llyn. Sue: llyntaichi@gmail.com

NW Vegan Meet Up A group who meet up to vegan food together in cafes and fairs in the local area. 1pm. Green Island Bistro, Rhuddlan, nr Rhyl. Join: meetup.com/northwalesvegans


2nd MONDAY
Resting to Earth A day of nourishment including Somatic soundbath; an invitation to movement and stillness in conversation with body and land. 10am - 5pm, £25/£30/£35; lunch included, limited places. Capel Curig. Book: roz4harmony@gmail.com / roz4harmony.co.uk See article page 12

Caffi Angau yn y Goedwig/ Woodland Death Café Dying Matters Week begins on 2nd May – Bank Holiday Monday – this year. The theme for the event is “A good place” so, because the wood is indeed a good and lovely place, we will be holding a Death Café, where we will chat about death and dying over a cuppa. There will also be guided birdsong walks. Everyone is welcome. 3 - 8pm. The Eternal Forest, Boduan, Pwllheli. Contact 01758 612006, eternalforest.org

Meditation 1st Mon/month, 7 - 8.30pm. Hillside Retreat, Rhosesmor, nr Mold. Contact Helen ~ helen@soul-life.co.uk

Gypsy Crafts 2 On this one day course you will learn how to make a number of simple products: willow lanterns; Gypsy flowers and Gypsy baskets. £60, £30 deposit. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Marchnad Gwneuthurwyr Beaumaris Makers Market Held in gazebos directly across the main road from the Castle. 10am - 4pm. Castle Square, Castle Street, Beaumaris, LL58 8AP.

Boat Shed Building Course We’re building a 65ft by 26ft open span barn from locally grown Douglas Fir and Larch, to house our next project; the restoration of ‘Mystery’, a 1911, 42ft sailing boat. Second of two weeks, all welcome. £400 per week, includes lunch; accommodation is on a nearby ketch for £15 per night. £50 deposit to Elwy Working Woods, LL22 9RL. Contact Adrian 01745 833742, 07833 097754, ade.farey@gmail.com

3rd TUESDAY
Howling Drums Gwynedd 1st Tuesday/month, 7 - 9pm. Open jam sessions encouraging drummers to come together to drum out rhythms to Mother Earth’s beating soul. Sometimes outside in good weather! All levels welcome, Canolfan y Babell, Llanelhaearn, Pen Llyn. Bea 07979 595019, FB: Howling Drums Gwynedd.

Dance for Parkinsons /Dawnsio ar gyfer Parkinsons 10am, £3.50. Pontio, Bangor 01248 382838, pontio.co.uk Also on 10th, 17th, Lladdonna Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space). Please bring a bottle of water. 7pm, £15. Lladdonna Village Hall, Llanddona, Beaumaris LL58 8UF. Steph Healy 07534 118899, puresound.org.uk

3rd TUESDAY- 12th JULY, TUESDAY
Growing into Mindfulness Course 11 week course, 16 participants. Research has demonstrated the effectiveness of mindfulness in managing stress, anxiety and depression. It helps us find a way to respond more wisely to things as they are, making us increasingly resourced and resilient. Tuesdays, from today 4.30 - 7pm, £240, includes materials. Treborth Botanical Garden, Bangor. Apply to: heathermariebolton@gmail.com

4th WEDNESDAY
Volunteer: Footpath Maintenance Join us to help maintain the network of paths through this ethereal ancient oakwood that allows spectacular views over Snowdonia National Park. 10am. Book: snowdonia-society.org.uk

Olwyn Lliw ~ Colour Wheel Facilitated by artist and tutor Jwls Williams, supporting and discussing all things art each session. These sessions are ideal for beginners and creatives who wish to gain new skills and experiment with new materials. ‘Light and Shadow’. 10.30am, £10. Galeri, Caernarfon 01286 685222, galeri.caernarfon.com

Parent Support Group For families with children and young people with additional needs and disabilities. Come for cuppa and a chat. 10am - 12pm. Plas Pigot, Ruthin Rd, Denbigh LL16 3ER. Sarah 07749 998708, sara@standnw.org
Kendal Mountain Tour Join us for an evening of film and talks celebrating adventure from some of the most spectacular places on earth, brought to you by the team behind Kendal Mountain Festival. You’ll be guided through a curation of short adventure films from across the globe and taking to the stage will be Matt Pycroft, a highly experienced filmmaker and photographer, who specialises in working in remote and hostile environments. Numerous expeditions to places such as Greenland, Pakistan and Alaska through to extensive work for NGOs in Sub-Saharan Africa. 7.30pm, £18, u25s £10. Galeri, Caernarfon.

Caffi Cysylltu Free drop-in sessions in the local community; be confidential online and with digital technology; befriending support service. 1st Weds/ month, 9.30am - 11.30am. Y Ring, Llanfrothen LL48 9AQ. Gwenda 07999 453676, erirycooop.cymru

Anglessey Story Share/Rhannu Stori Môn Join Claire, 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. 7.30pm - 9.30pm. Aukland Arms, Water St, Menai Bridge LL59 5DD. Free. No booking necessary, just turn up. More: anadlu.com

Lava Theatre performance. Boy meets girl; then a small asteroid hits the capital city. 7.45pm, £10+. Theatr Clwyd, Mold 01352 344101, theatraclwyd.com

Our Souls Palette An expressive arts journey workshop. We will dive deep into our inner-selves, working with a range of media processes and using somatic art therapy techniques, music and meditation. We will move through the body within a sacred space expressing what we find, feel and see through artistic responses to our inner-landscape - giving a voice to our souls palette. No experience necessary, all materials provided with the exception of sketchbooks. £111 for an 8 week course, every Wednesday, 10am - 12.30pm, Harlech Old Library. 07470735247, indigoartenergymedicine@gmail.com

Grief is Not A Dirty Word During this workshop you will learn what grief is. Discuss society’s ‘rules’ on how people behave during bereavement. What might you expect from your own reactions to grieving, a safe space to acknowledge your own grief journey and to be heard. Small group; 10am - 1.30pm, £30 including refreshments. Llindir Inn, Henllan LL16 5BH. More info: derwenna45@gmail.com. Book and Pay: paypal.me/ PJRoscoe

Cain An opportunity for any person over the age of 60 to experience the positive impact of dance and movement on the body and mind to create, develop and practice new work. 11am, £10. Galeri, Caernarfon. Contact: 01286 685241, naomi.saunders@galericaernarfon.com Also 13th, 20th & 27th

Catrin Finch & Seckou Keita The harp and kora share centuries of history, and Catrin and Seckou create a unique dialogue in a musical alliance of rare empathy, inspired by differences and similarities. Their atmospheric magic crosses genre boundaries, from folk and world to classical and contemporary as their fingers flow like opposing tributaries into a single river of sound. 7.30pm, £22. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Life as Living Art A residential weekend retreat with Alan and Vidah Roberts that explores the theme of the undiscovered self though active imagination in theory and practice. Deposit £50; Tan y Garth Hall Retreat, Pontfadog, nr Llangollen LL20 7AS. More info: 0300 3021936, tanygarthhallretreat.org

Simply Being Discovering and resting here-now in presence, there is a lightness of touch and being. Our self-stories, conditionings and painful emotions begin to lose traction as we enter into the wholeness which is our birthright. £500, £450 concs; £70 deposit. Vajraloka Retreat Centre, Corwen 01490 460406, vajraloka.org

Bring Your Own Photo ~ Pastel Workshop Paul Pigram’s workshops are very popular for both beginners and more advanced students. Paul will take you through a stage by stage process towards producing your own painting. Materials provided. 10am - 4pm, £70. Bodnant Art Studio, Conwy. Book: 07909 333929, katepigram@aol.com

Just Breathe In this short introductory retreat, you can learn three forms of breathing meditation that help calm the mind, reduce stress and give rise to an experience of inner peace and well-being. 10am - 1pm, £15. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditatenorthwales.com

Mynydd Llandegai Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space), along with plenty of water. 7pm, £15. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Drum Circle You are invited to come drum together to celebrate our ability of co-creating, in finding harmony in our united uniqueness and joy that we can grow in life. 3 - 4.20pm, £11.37. Hawarden Wellness Centre, CH5 3DH. Book: eventbrite.co.uk or message Katherine 07472 266952.
Siwan Llynor ~ Welsh Storyteller 11am - 12pm, with tea and biscuits. Organised with NW Africa Society and Pontio. BLAS Pontio Book Club, Pontio, Bangor/ To book: m.huws@bangor.ac.uk

Colwyn Bay Artisan Market Unique handmade artisan arts & crafts from local artists, designers and makers, 10am - 4pm. Station Road, Colwyn Bay, Conwy, LL29 8BU. Contact 07495 585757.

Turandot: Met Opera Live Puccini’s opera live from New York. Yonghoon is determined to win Turandot’s love; sung in Italian with English surtitles. 5.55pm, £12, £11 concs, £4 children; 2 intervals. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org ALSO Galeri, Caernarfon 01286 685222, galericaernaronf.com

7th SATURDAY & 8th SUNDAY

Rustic Chair We will provide some coppice hazel and silver birch 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. £180, £90 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Colwyn Bay Pop-Up Vegan Food Market Vegan street food to takeaway or eat in a seated area. Station Road, Colwyn Bay, LL29 8BU. FB: Colwyn Bay Pop-up Vegan Food Market

#ShePaddles Cymru The world of paddlesport bringing excitement and possibilities on the water! £110 non-res; £175 res; Plas Y Brenin, Capel Curig, LL29 8BU. Contact 07495 585214, pyb.co.uk

8th SUNDAY

Dawn Chorus Walk Join a dawn chorus walk at CAT and discover the moths and bats that call CAT home. 5am walk starts, ends 7.30am; hot veggie breakfast to shuting it down and unloading and grading the trade, and more. £475 - £575. Ty Newydd, Llanystumdwy. 01766 522811, myoganorthwales.co.uk

Colwyn Bay Artisan Market A selection of the very best crafters, makers and creative bakers. 11am - 4pm. Daniel Owen Square, High Street, Mold, Flintshire, CH7 1AZ. Contact 07938 794761.

Dru Yoga & Walking Day We know from experience that the power of yoga and meditation is magnified when we are outside and connected to the elements. At the end of the day you’ll find yourself restored and rebalanced. Bring lunch and refreshments for the day. 11am - 4pm, £35. Dru Yoga, Bethesda - dru瑜伽.com

Charlotte Saluste-Bridoux ~ Violin Music by Brahms, Amy Beach, Von Biber and Poulenc. 7.30pm, £10+. Theatr Clwyd, Mold 01352 344101, theatrclywyd.com

9th MONDAY - 13th FRIDAY

Tips from a Literary Agent ~ Spring Retreat During this retreat, literary agent Abi Fellows from the Good Literary Agency will be present for part of the retreat to offer short talks or workshops to the group on professional development, including good practice in finding an agent, how to get published, tips of the trade, and more. £475 - £575. Ty Newydd, Llanystumdwy. 01766 522811, tynewydd.wales

10th TUESDAY

Make Charcoal You will be able to help with most stages of the operation – loading a kiln, lighting it, shutting it down and unloading and grading the charcoal. £50, £25 deposit. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
10th TUESDAY - 12th THURSDAY

Love is Everything: The Spirituality of the inspirational Medieval Beguines A retreat of reflection upon and celebrating Divine Love aided by accounts of the inspiring lives, experimental religious communities and mystical poetry and prose of three medieval Beguines. Noddfa Retreat, Conwy Old Rd., Penmaenmawr LL34 6YF. 01492 623473, noddfa.org.uk

10th TUESDAY - 17th TUESDAY

Mabon's Way Pilgrimage More info from Cae Mabon, Fachwen, Llanberis, caemabon.co.uk

11th WEDNESDAY

This Much I Know To Be True (15) Film documentary which captures legendary musicians Nick Cave and Warren Ellis' exceptional creative relationship as they bring to life the songs from their last two studio albums, *Ghosteen* and *Carnage*. 8pm, £13, £11, £10. Pontio, Bangor 01248 382838, pontio.co.uk

Masterclass - Emotional Excellence Utilising the five Ayurveda pathways, create a plan that works for you as a unique individual. Learn the most powerful techniques to transform fear to courage, anger to passion and self-loathing to self-love 7-8pm, £25. Dru Yoga, Bethesda - druysoga.com

Occasional Cinema Films are shown 2nd Weds/month at Mill Bistro, Seiont, Caernarfon and at Bwyd Da, Bangor on 4th Thurs/month. Starts approx 7.30pm. Membership is £5 lifetime, after that £3 per film. Info: occasionalcinema.org

One Another See 10th; 1pm & 7.30pm.

12th THURSDAY

Somatic Sound A soundbath in conversation with body and Earth with the invitation for movement and stillness 10am - 12pm; £10, £12, £15. Contact me if money is a problem. Bethesda Rugby Club. roz4harmony@gmail.com See Roz's article on page 12

Conwy Job Expo Organised by Conwy Employment Hub. 2 - 7pm, Eirias Events Centre, Colwyn Bay 01492 576280, ceh@conwy.gov.uk

Hang Massive 2 guys and 6 hang drums transport you to a magical dreamscape. 7pm, £18. Neuadd Ogwen, Bethesda LL57 3AN. 01248 208850, neuaddogwen.com

An Evening with Rebecca Watts: Human/Nature Poetry Join poet Rebecca Watts as she considers her own work in the light of these questions, exploring how poetry might help us come to terms with our own and the world’s nature. 6pm, £8. Gladstone’s Library, Hawarden 01244 532350, gladstoneslibrary.org

12th THURSDAY - 15th SUNDAY

Shakti Tantra: The Naked Fool Annabel and Kate are taking you with them on this new adventure – the Fools Journey, the courage to step into the unknown with every step. If you want to liberate your authentic-self and say a wholehearted ‘yes’ to life you must first be prepared to fail. Join us as we learn to fail with style using a mix of fooling and tantric techniques. £345 all inclusive. Cae Mabon, Fachwen, Llanberis, caemabon.co.uk / shaktitantra.co.uk/event/ naked-fool-may22

13th FRIDAY

Ffeast #11 Renowned Welsh folk musician Gwilym Bowen Rhys will be sharing some of his songs of the land and sea, deeply rooted in the history and future of beautiful Wales, this place we are lucky to call home. We will be enjoying a Spanish inspired menu from the fire, inspired by Gwilym’s own adventures on the Camino last year. As usual, you can expect the wonderful community vibes and friendship we see each month. 6-9pm, £24, £18 concs, 12-18 yrs £10, 11-12s £5. Bryn Llys, Coed y Parc, Bethesda, Bangor LL57 4YW. Book: nomadwales.com

Rhuddlan Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space), along with plenty of water. 7pm, £15. Rhuddlan Community Centre, Rhyl LL18 5AW. Steph Healy 07534 118899, pure(sound).org.uk

Draenen Ddu - Theatr Bara Caws Angharad Tomos’ translation of *Blackthorn* by Charley Miles. The only two children born in the village for a generation cannot imagine ever being apart, but as their lives shift, so too do the ties that bind them. A highly relevant piece for today’s community audiences. 7pm, £10. Neuadd Ogwen, Bethesda LL57 3AN, 01248 208850, neuaddogwen.com

13th FRIDAY & 15th SUNDAY

Song of Lilith Storytelling Weekend Is Lilith a demoness or goddess? A wronged woman or strong wife? Storyteller Shonaleigh carries a living, unbroken oral tradition passed down from grandmother to granddaughter, including many ancient stories (such as these of Lilith) that have never been written down. This is an unmissable opportunity for anyone interested in stories or in oral and lost cultures to help document and archive this tradition through listening and asking questions. From 6pm Friday to 2pm Sunday. Held at Mynydd Llandegai Memorial Hall, near Bangor LL57 4LQ. £100. More: anadlu.com
What’sSUP/ Yoga and Stand Up Paddle Retreat
Have fun and be inspired as you learn new skills, immersing your self in our positive, vibrant way of life. This retreat is suitable for beginners to those with moderate experience of SUP. £568 - £744. Plas Cadnant, Anglesey. Info/Bookings: Laura Bell 07989 512859, thebestlife.co.uk Also 16th - 20th; 20th - 22nd.

14th SATURDAY
Reach Out for Nepal 2022 Fundraising day to support Doug Scott’s charity CAN, (Community Action Nepal) supporting rural villages in Nepal. Paul Hodges will be doing a gruelling 100 mile run - to Tryfan and back 10 times ! Donations and route support always welcome. There is a Just Giving page. The run starts on 13th at sunset. There will be games and challenges in the café throughout the day, a meal of Dal Bhat for £6.50 and a wild swim for those who fancy a plunge. There will also be an auction of items; finishing with a quiz - £2 for teams to enter. Moel Siabod Café, Capel Curig LL24 0EL. Contact 01690 720429, moelsiabodcafe.co.uk

Catrin Angharad Jones Folk Singer, 11am - 12pm, with tea and biscuits. Organised with NW Africa Society and Pontio. BLAS Pontio Book Club, Pontio, Bangor/ To book: m.huws@bangor.ac.uk

How To Change Your Karma By understanding karma, we can begin to take control of our experiences by learning to create good causes and purify any past negativity holding us back. Through this knowledge and understanding, we will realise that no matter how negative our mind is, we can purify it completely. 10am - 12.45pm, £15. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditateinnorthwales.com

Gŵyl Fwyd Caernarfon Food Festival All kinds of local produce, demonstrations, performances, and much more. 10am - 4pm, Castle Square, Caernarfon LL55 2WY.

Dŵrnod gwirfoddoli Plannu coed/Volunteer day Tree Planting 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! We will meet 11am - 3pm by the wooden building at Llyn Parc Mawr Community Woodland, Newborough, Anglesey. More: llynparcmawr.org

Paddle and Porpoise Join our Living Seas team and Sea Môr Kayaking where we’ll be looking for wildlife, both on and above the water. Book early to avoid disappointment; 16 places available. 10am - 4pm, equipment & lunch provided, 12 yrs+, £75. Llaneilian, Amlwch, LL68 9LT. North Wales Wildlife Trust, contact Nia: nia.jones@northwaleswildlifetrust.org.uk

Sea Clouds and Rocks - Oil Paint Art Workshop Beginners welcome; full day £70; all materials supplied. Bodnant Art Studio, Conwy. Book: 07909 333929, katepigram@aol.com or bodnantart.com

NW Vegan Meet Up All welcome. 1pm, The Flatulent Frog, Vegan Food Stall, Wrexham. Join: meetup.com/ northwalesvegans

Tales from the Song of Lilith Lilith is one of most mysterious (and misunderstood) manifestations of the feminine in all her contradictions. Join world-renowned tradition bearer and storyteller Shonaleigh for an evening of ancient stories all about this force of nature. Shonaleigh carries a living unbroken oral tradition passed down from grandmother to granddaughter. She’s also hilarious, deeply moving and always entertaining. 7.30pm, 16+ only, £12. Held at Mynydd Llandegai Memorial Hall, near Bangor LL57 4LQ. More details at: anadlu.com

Gwledd Rhuddlan Food Festival Local Food and drink; craft stalls and children’s activities; live entertainment. 10am - 4pm. Entry £1, u16s free. Parliament Street, Rhuddlan, Rhyl LL18 5AW. Contact 01745 591906

Bettisfield Bioblitz a 24-hour event in which teams of volunteer scientists, families, students, teachers, and other community members work together to find and identify as many species of plants, animals, fungi, and other organisms as possible. More details nearer the time. cofnod.org.uk

Botanical Society of Britain & Ireland BSBI Meetings to improve scientific understanding the flora of the country as well as improving our plant identification skills. 10am - 4pm. Halkyn Mountain, Flintshire. Gail Quartly-Bishop ; gailqb@hotmail.com

Chester Vegan Market The event brings together a huge variety of vegan street food vendors, artisan bakers, craft brewers, ethical jewellers, sustainable chandlers, local artists, zero-waste champions, environmental charities and loads more. Town Hall & Library Squares, Chester. FB: Vegan Market Co.

Newen Afrobeat Multi instrumental Afrofunk band which will keep you dancing. 7.30pm, £12. Neuadd Ogwen, Bethesda LL57 3AN. 01248 208850, neuaddogwen.com As part of the Three Gig Bundle you can go to all three gigs: this one on 14th, 20th Turbans & 21st Fulu Miziki Kollektiv for £30.

14th SATURDAY & 15th SUNDAY
Weaving Wild ~ Focus on Bark As the sap is rising it is possible to peel bark from the tree! We will focus on this flexible and leather like material - exploring different techniques of folding and weaving to create beautiful baskets and pouches. Over 4 weekends we will work with the seasons to learn how to forage, prepare and work with a variety of wild materials. £160, £80 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk

Spoon Carving Spoon carving is a perfect introduction to working with green wood and provides enough interest for a lifetime’s work. £130, £65 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk
15th SUNDAY
Andrew Smith RCA: Journey into Abstraction Workshop Led by Andrew Smith RCA, we will look at colour and composition in their broadest sense, refreshing and finding new approaches to making art. Booking essential. 10am-4pm. £210 for the course. A materials list will be provided on booking. To book: 01492 593 413, email education@rcaconwy.org Also on 22nd & 29th.

Marchnad Gwneuthyrwyr Beaumaris Makers Market See 2nd

16th MONDAY
Full Moon 5:14am The Wesak Festival As well as being the Festival of the Buddha, there is also a total lunar eclipse. In the UK we will see it as a blood red moon. The eclipse begins 2:32am and falls below the horizon at 5:54am. More from: timeanddate.com

Watch Dance Class Get a unique behind-the-scenes look at how dancers prepare just hours before a show. You can observe, sketch, record and photograph their daily dance class. 10am, free, please register. Pontio, Bangor 01248 382838, pontio.co.uk

One Another with National Dance Company Wales. Three dances to reconnect to ourselves and our theatres. 7.30pm, £14, £12. Pontio, Bangor 01248 382838, pontio.co.uk

16th MONDAY - 20th FRIDAY
Writing and Yoga In the morning, 7 - 8.30am, Laura Karadog will be holding a yoga class and from 2 - 3.30pm poet Mona Arshi will run a creative writing workshop. Individual sessions available; share your poetry. £575 - £675. Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales

What’sSUP/ Yoga and Stand Up Paddle Retreat See 13th & 15th.

16th MONDAY - 22nd SUNDAY
Invasive Species Week For one week every year, organisations across Ireland, the UK, Isle of Man, Jersey and Guernsey come together for a week of action to raise awareness on invasive alien species and actions to prevent their spread. Events listings and advice from: invasives.ie

17th TUESDAY
Old Time Sailors An unplugged musical show that takes the audience back in time to the 19th century. 7pm, £10. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

18th WEDNESDAY
Photography in Nature A focus on water and local woodlands. Studio based and you will learn to build still life nature compositions and learn to optimise the quality of your images. You will also take an in-depth look at Adobe Lightroom for efficient editing & organisation of raw images. £120; bring lunch. Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Walk: Ysbyty Ifan and the Upper Conwy Valley An easy 6 mile walk from Ysbyty Ifan westwards towards Afon Eidda and Cwm Eidda, Foel Gopyn and Padog. We will be walking along country paths (and some lanes) over traditional farmland. The undulating landscape and surrounding hills make for a relaxing and chatty walk. 11am, with Gay Outdoor Club. Please join the Club and join the walk! goc.org.uk

Volunteer: Tree Care Come and give young trees a helping hand as we assist them in a vital stage of their growth. We will be giving them ongoing care by clearing competing weeds. Join us at the National Trust rangers’ tree nursery, on their Hafod Garegog nature reserve. 10am, Beddgelert. Book: snowdonia-society.org.uk

Graham Walker - Cello; Ellis Thomas - Piano 7.30pm, £15. Rhyl Music Club, Rhyl Town Hall. 01745 561006, rhylmusic.com

19th THURSDAY
Black Poplar Tour of NE Wales Come and join North Wales Wildlife Trust and tree ID expert Hilary Ash, as we visit some of North East Wales’s finest Black poplar trees – the most threatened broadleaf tree species in Britain! This will be an excellent opportunity to learn the distinguishing features between native trees from hybrids, as well as Black poplar habitat and propagation. Spaces are limited as we will be touring Flintshire, Denbighshire and Wrexham by minibus. To book contact Jonathan Hulson: jonathan.hulson@northwaleswildlifetrust.org.uk

Llŷn Recorders’ Day Pland study & recording; provisional dates and locations will be released later nearer the dates. cofnod.org.uk

ROH Ballet Live: Swan Lake This classic fairytale represents the battle between good and evil, and the attempt of love to conquer all. 7.15pm, £13, £11 concs, £4 child. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also on 22nd ALSO: Pontio, Bangor 01248 382838, pontio.co.uk

20th FRIDAY
Turbans “... a stomping ensemble that sound like Eastern Europe swinging the Middle East around by the arm in the middle of a raucous party.” Songlines 7.30 - 11pm, £12. Neuadd Ogwen, Bethesda LL57 3AN. 01248 208850, neuaddogwen.com

The Mold Book Festival Quiz £5 per team, money goes to Mold Book Festival. 8pm - 10.30pm. Caffi Isa, Mercia Drive, Mynydd Isa, Mold CH7 6UH. Contact 07738 288135.

Professor Bad Trip A new programme dedicated to electroacoustic composition. Three new 8-minute works for large ensemble and live electronics from 3 welsh composers Sarah Lianne Lewis, Bethan Morgan Williams and Andrew Lewis. 7.30pm, £15, £12. Galeri, Caernarfon 01286 685222, galericarfn.com

Bara Caws: Draenen Du Angharad Tomos’ translation of Blackthorn. 7.30pm, £12, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.ticketsolve.com

Belfast (12A) Film; Belfast is a poignant story of love, laughter and loss in one boy’s childhood, amid the music and social tumult of the late 1960s. Presented by New Dot Cinema, Town Hall, Llangollen - newdotcinema.org
20th FRIDAY - 22nd SUNDAY

**Feminism in Poetry & Prose** Through workshops and group discussions, this course will explore the various ways in which feminism can be translated to creative writing and literature. Bilingual. £250 - £350. Tŷ Newydd, Llanystumdwy. 01766 522811, tynnewydd.wales

**Mindfulness Weekend** We will be focusing on the mindfulness teachings of Thich Nhat Hanh including, peaceful breathing, mindful walking and gentle movement through Tai Chi & Yoga. £50 deposit; Tan y Garth Hall Retreat, Pontfadog, nr Llangollen LL20 7AS, 0300 302 1936, tanygarrthhallretreat.org

**What’sSUP/ Yoga and Stand Up Paddle Retreat** See 13th & 15th.

20th FRIDAY - 31st TUESDAY

**Celebrated Virgins ~ A Story of the Ladies of Llangollen** When Eleanor and Sarah took up residence in Llangollen they became minor celebrities. A new play based on the true story of Lady Eleanor Butler and Miss Sarah Ponsonby. 2.45 & 7.45pm. £10+. Theatr Clwyd, Mold 01352 344101, theactheatr.com (Not on 22nd, 29th or 30th)

21st SATURDAY

**Wrexham Vegan Market** Bringing together vegan street food vendors, artisan bakers, craft brewers, ethical jewellers, small-batch soapers, local artists, zero-waste champions + more. 10am - 4pm. Queen’s Square, Wrexham LL11 1AT. Info: veganmarkets.co.uk / eventbrite.co.uk

**Good Heart** with Buddhist monk Kelsang Jangchub. This short introductory retreat will help you to develop greater peace of mind and happiness and to improve your relationships through learning to deepen your love and appreciation of others. 2 - 5pm, £15. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditateinwynales.com

**Japanese Folded Patchwork** For this beginners’ patchwork course you will make simple Japanese folded blocks that are constructed and quilted in one go. 10am - 4pm, £42, with Gwyneth Rose. Tecstiliau, Y Bedol, Bethel LL55 1AX. Book: tecstiliau.org

**African Folk Singer (TBC)** 11am - 12pm, with tea and biscuits. Organised with NW Africa Society and Pontio. BLAS Pontio Book Club, Pontio, Bangor/ To book: m.huws@bangor.ac.uk

**Lon Las Ogwen Porth Bangor Walk** Robin’s Trust welcomes you all to a walk to meet up, chat and make new friends. Meet at 2pm at the Porth Penrhyn car park (by the Menai Seafood Company). Bring comfortable shoes and something to drink. FB: of event name Robin’s Trust is a new baby loss and fertility peer support group.

**Steve Harley Acoustic Band ~ Uncovered** Singer, songwriter from the 70s continues to play across the UK and Europe. 7.30pm, £28. Pontio, Bangor 01248 382838, pontio.co.uk

**Colwyn Bay Artisan Market** See 7th Yoga

**Workshop: Connect to Your Roots** Join Adrian Kingsley-Hughes in Holyhead – or online via Zoom – to explore how having a strong, firm connection to the earth through your legs and feet is vital not just on the yoga mat but for day-to-day life. 10am - 12pm, £20 (£10 concessions). Held at Llangoch Village Hall, South Stack Road, Holyhead LL65 1AQ. More details at: inspiratrix.co.uk

**Abstract Flowers Workshop** The workshop is based on creating a painting in Acrylic of flowers as reflections of nature. They are flowing colours to reproduce the glow of the individual flowers rather than their exact shape. £70, includes all materials. Bodnant Art Studio, Conwy. Book: 07909 333929, bodnantart.com

**Colour Run** Get messy at our Colour Run this May and raise money for life-saving cancer research! £30 Registration – Includes warmup, NWCR t-shirt, 5k course, paint, race photos and a finisher’s medal! Supporting @northwestcancerresearch at Bangor University. There will be music, stalls and refreshments on the day as well. If you have any questions please message us Treborth Race Track. Treborth Playing Fields, Bangor LL57 2NX. FB: Colour Run

**Day of Mindfulness & Navigation for Women** On this women-only workshop, using a mix of mindfulness practices and techniques, you will explore planning a walk; basic map reading and route-finding skills; equipment; hazards & emergency procedures and mindfulness practices. 10am - 4pm, £54.50. Wernog Wood, Llanbedr-Dyffryn-Clwyd LL15 1TE. Book: eventbrite.co.uk

**Fulu Miziki Kollektiv** An eco-friendly Afro-futuristic-Punk collective of artists who come straight from a future where humans have reconciled with mother earth, and with themselves. For several years now its members have spent an amount of time conceptualising an orchestra made from objects found in the trash, constantly changing instruments, always in search of new sounds. Their unique sound supports a pan-African message of artistic liberation, peace and a severe look at the ecological situation of the Democratic Republic of Congo and the whole world. 7pm, £12, Neuadd Ogwen, Bethesda LL57 3AN. 01248 208850, neuaddogwen.com

- **Relaxation** with Buddhist monk Kelsang Jangchub. Learn three forms of breathing meditation that help calm the mind, reduce stress and give rise to an experience of inner peace and well-being. 10am - 1pm, £15. Kalpa Bhadra Kadampa Buddhist Centre, Llandudno 01492 878778, meditateinwales.com

- **The Devil’s Violin: The Beast in Me** A masterful storyteller complemented by gifted musicians. 7.30pm, £12, £10 concs, £4 child. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
21st SATURDAY & 22nd SUNDAY

Making a Whittling Knife You will learn how to forge, heat treat, grind, sharpen a piece of tool steel and fit a handle to make a knife suitable for bushcraft. £180, £90 deposit. Woodland Skills Centre, 01745 710626, woodlandskillcentre.uk

Introduction to Basket Making Tutor Mandy Coates will be teaching you the traditional techniques of a round basket and you can make either a shopping basket or a log basket. For beginners and those experienced. £180, £90 deposit. Woodland Skills Centre, 01745 710626, woodlandskillcentre.uk

Identification of Spring Birds by Sight and Sound The perfect introduction for those with an interest in the avian world and wanting to learn how to identify a range of birds by sight and sound. £140. Rhyd-y-creuau, The Drapers Field Centre, Betws-y-coed LL24 0HB. Enquiries: enquiries.rc@field-studies-council.org

22nd SUNDAY

International Day for Biological Diversity Biodiversity remains the answer to several sustainable development challenges. From nature-based solutions to climate, health issues, food and water security, and sustainable livelihoods, biodiversity is the foundation upon which we can build back better. There is a list of 22 actions anyone can chose to do in their local community; ranging from cleaning up the area around you; supporting environmental organisations, raising awareness, changing a habit that is negative for biodiversity, ask businesses to source responsibly and to share goods, items, skills. More from cbd.int See online event on page 26.

Dru Yoga Teaching Training Graduate as a 200-hour yoga teacher in one year. Full programme and details from druyluma.com

HPS Clwyd Plant Fair Join the HPS Clwyd plant fair and find hardy plants, bedding plants, houseplants and more. Have a chat with expert growers and find out what the Hardy Plant Society is all about. 10.30am - 1.30pm. Stamford Gate Hotel, Holywell CH8 7SJ. Info: hardy-plant.org.uk

ROH Ballet Live: Swan Lake See 19th

Met Opera Live: Lucia di Lammermoor Lucia is caught in a feud between her own family and that of the Ravenswoods. The setting is the Lammermuir Hills of Scotland (Lammermoor) in the 17th century. Sung in Italian with English surtitles. 5.55pm £13, £11, £4 child. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

A Masterclass with Sarah Watling Join Sarah Watling for this day masterclass in learning how to order and schedule research for your writing. 10am, £60. Gladstone’s Library, Hawarden. Book: literaturerwales.com

Andrew Smith RCA: Journey into Abstraction Workshop See 15th

23rd MONDAY

Bethesda Gong Bath Please bring a mat, or something to lie on, blanket, pillow, along with plenty of water. 7pm, £15. Bethesda Rugby Club, Bethesda, Bangor LL57 3NQ. Steph Healy 07534 118899, puresound.org.uk

26th THURSDAY

Occasional Cinema Films are shown at Bwyd Da, Bangor on 4th Thurs/month. Starts approx 7.30pm. Membership is £5 lifetime, and then £3 per film. Info: occasionalcinema.org

Somatic Sound A soundbath in conversation with body and Earth with the invitation for movement and stillness. 10am - 12pm; £10, £12, £15. Contact me if money is a problem. Bethesda Rugby Club. Book with roz4harmony@gmail.com See Roz’s article on page 12.

27th FRIDAY

Gŵyl Melangell A lively feast of entertainment and local talent: storytelling, music, poetry and more featuring local choirs, storytellers and performers! Legendary Welsh saint Melangell is celebrated as the saint for hares and all wild creatures and hunted things. In more recent times, she has become associated with refugees. This is a fundraising event in aid of Creso Menai, which supports refugee families settling into the area. 7pm, £12. Held at Eglwys, Grist, Ogwen Terrace, Bethesda, LL57 3NL. Tickets from: https://www.eventbrite.co.uk/e/gwyl-melangell-tickets-300531055477

Daria Kulesh & Tristan Sème ~ Live in the Woods Daria Kulesh presents: Long Lost Home – the story of the Ingush people. Mixing her Eastern roots with Western folk influences, she creates an original and exciting sound. Tristan Sème is one of the UK’s leading acoustic guitarists. It will involve a 10-minute walk over uneven ground and with some incline. 7 - 9pm, £12.50. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk

Cybi Poets Meet last Fri/month to share writing, in lorrwyr Arms, Bryngwran, Ynys Mon. FB: Cybi Poets

27th FRIDAY - 29th SUNDAY

Hiraeth and Home: A Creative Non-fiction Exploration of Longing and Discovery On this weekend course, we’ll explore the subject of home, and the Welsh concept of hiraeth, the longing for an ideal home, or the keen awareness of not feeling at home in time, place, or even yourself—through creative non-fiction. Led by Pamela Petro & Kumari Tilakawardane. £250 - £350. Tilakawardane. £250 - £350.

27th FRIDAY & 28th SATURDAY

Gŵyl Criccieth Festival Wine Tasting on 27th, at 7.30pm, £20; and Music from Gershwin Gang on 28th £15 table, £5 balcony; both in The Memorial Hall, Criccieth. Info: cricciethfestival.org.uk The Festival runs until 5th June.

27th FRIDAY - 30th MONDAY

Conscious Camp Morning Circles, Meditation, Kirtan, Conscious Dreaming, Yin Yoga, Breathwork, Sitar music, Co-Counseling Introduction and more events to explore ourselves in a safe space to raise consciousness and celebrate life. Intoxicant free. Weekend £55adv, £65 gate, u18s free; day ticket £25. Live-in vehicles £1. Held in the Dee Valley. Booking details and guidelines: conscincamp.co.uk
28th SATURDAY

The Mountain Environment  We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. A notebook, pencil and camera would be useful to bring along. £50, Nature’s Work, Snowdonia area. Book: natureswork.co.uk

Habitats & Meadows Group  Scheduled events to meadows in North Wales. Contact kategibbs.nwwt@gmail.com

The Graduate  Classic film; 7pm, Rowen Memorial Hall, Conwy LL32 8YA. Contact: penny@dmxl.co.uk

Watercolour ~ ‘Buildings’  £70, includes all materials. Bodnant Art Studio, Conwy. Book: 07909 333929, katepigram@aol.com or bodnantart.com

Jac Jones ~ Illustrator  How to create and draw for a book. 11am - 12pm, with tea and biscuits. Organised with NW Africa Society and Pontio. BLAS Pontio Book Club, Pontio, Bangor/ To book: m.huws@bangor.ac.uk

Using a Pole-Lathe  You will cleave a log of green wood, shape it with a draw-knife on a shave-horse and then turn it on a pole-lathe. £60, £30 deposit. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Relaxation  See 21st

30th MONDAY

New Moon 11:30am BST

Glaciation of Snowdonia  We will identify and explain the formation of glaciation features both large and small scale including features of erosion, transportation and deposition. £50, Nature’s Work, Snowdonia area, 07813 727414, natureswork.co.uk

Memory Arts Café  The café is a chance to explore and enjoy the Arts in a safe space with people from the community living with Memory loss. There will be music, movement, drama, art and lots of tea and cake. We welcome those living with Dementia and their friends and family. 1 - 3pm, free. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

31st TUESDAY

Celebrated Virgins: A Story of the Ladies of Llangollen  See 20th - 31st

Copydate for June Issue: May 19th

Tickets are now on sale for the world premiere of Steve Banks’ ground-breaking major new choral work, Blue Pearl: A One World Oratorio on 14th May performed by the London Mozart Players & Excelsis Chamber Choir, conducted by Rob Lewis, at St Giles’, Cripplegate, London, and streamed live around the world.

‘A superb, exhilarating, magical piece of music.’ – Ken Wilber
stevebanks.info/bluepearl/tickets/
Educate Yourself ~ Find Like-minded People ~ Have Fun ~ Never Give Up!

Tenent Support & Rental Unions
Find out how housing agencies can help in renting property
sheltercymru.org.uk
rentsmart.gov.wales
acorntheunion.org.uk
tpas.cymru

The Community Garden
WhatsApp Group is a place for tips, questions and photos for those gardening in their own spaces. FB: Llangollen Community Garden

Hedgehogs - Get together with your neighbours to make a hole in your fence or dig a channel beneath garden boundaries to connect!
wildlifetrusts.org

Caru Eryri: Join the Care for Snowdonia Team
To support the local community by managing litter levels and provide information and guidance to visitors on the path, 9am.

Dates & places for May:
Nant Peris & Capel Curig: 1st, 7th, 14th, 22nd & 28th.
Watkin Path: 1st, 7th, 9th, 15th, 22nd & 28th.
Llanberis Path: 2nd, 6th, 13th, 20th, 27th.
Ogwen: 2nd, 6th, 9th, 13th, 20th, 22nd, 27th & 29th.
Rhyd Ddu, Cwellyn: 7th, 14th, 21st & 28th
Llyn Dinas, Aberglaslyn: 8th & 21st
Book: snowdonia-society.org.uk

Turtle Tally
The project is aimed at collecting observational data on the locations where we see turtles and terrapins in our local lakes and ponds in the UK. If you spot them in local waterbodies, you can submit your sighting to the survey link: turtletally.co.uk

You can write to your local NatWest branch to object to their Investment in nuclear weapons. See www.icanw.org/change_natwest
See Jonathon Porritt’s article on page 40

Dying Matters Week
‘We want everyone “In A Good Place” when they die
Monday 2nd - Friday 6th
Coming together to talk about death and grief with your family and friends. You can download a resource pack from: hospiceuk.org/dyingmatters
Hold an event, write to your MP/AS, spread the word. There will be story sharing on FB, Twitter and Instagram and website above.

*There is a Death Café in the Eternal Forest, Boduan, Pen Llŷn on 2nd May - see Calendar

Find Out Which Tea Bags Are Plastic Free by visiting: greencompostables.com
... and Who Owns the Companies:
More from Ethical Consumer: ethicalconsumer.org

The National Free Wills Network
A national network of local law firms offering Will writing services to supporters of UK charities. These include North Wales Wildlife Trust, Versus Arthritis, RNIB, Liberty, Huntington’s Disease and others.
Check out: nationalfreewills.net

Clothing Recycling Collect 4 full bin bags and book a slot for collection - 80% of UK covered.
collectmyclothes.co.uk
**Drawing Parallels** Until 10th July. Pauline Burbidge & Charles Poulsen. Pauline’s studies are a form of visual thinking that is rooted in observation. Charlie’s seek to capture unseen energies and elements, with the representational consciously avoided even in his titling of work. Both use flattened, map-like, perspectives and scale up initial drawings to create artworks that envelop the viewer. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Celebrating 125 years of Bangor’s Garth Pier** Until 4th June. Free, donations welcome. Also an original film reel and original photography, as well as artwork from schools from across the region. Open Tuesday to Saturday, 11am - 5pm. Storiel, Bangor, 01248 353 368, storiel.cymru

**Jane Perryman ~ From Light to Dark From Dark to Light** Until 10th July. Jane’s ceramic journey continues through the investigation of changing light / dark and twilight ratios. It documents a year’s passage from solstice to solstice as the shadows of nature lengthen and shorten. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Elin Hughes, Niki Pilkinson, Nesta Eluned** 15th May - 10th July. Tapestries and paintings. Oriel Plas Glyn Y Weddw, Llanbedrog, 01758 740763, oriel.org.uk

**The Wig** Until 12th June. “The Wig” broadly refers to anything done under the guise of work, but is in fact not work, or not the work one is supposed to be doing. Taken from “La Perruque” (the Wig) and philosopher Michel de Certeau. MOSTYN, Llandudno 01492 879201, mostyn.org

**Angharad Williams: Picture the Others** Until 12th June. A large-scale installation includes film, painting, sculpture, and text. Power, control and violence underpin Williams’ work and are brought into tension with a sense of mundanity, intimacy and humour. 10.30am - 5pm, daily. MOSTYN, 12 Vaughan St, Llandudno, Conwy, LL301AB, mostyn.org

**Russ Chester - The Journey in my Heart and Clare Flinn - The Lovely, Yearning Light; and Rob Floyd** Until 8th May. ‘Daylight drove off the darkness as the Diety bids, But wild was the weather the world awoke to’ (Sir Gaiwan and the Green Knight). Plas Glyn Y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

**Welsh Art Collection** Ongoing. A diverse collection of drawings and paintings by many renowned artists mainly from Anglesey. Oriel Ynys Mon, Llanegfni, Ynys Mon 01248 72444, orielmon.org

**Peter Lord ~ Hidden Things** Until 10th July. Many of Peter’s sculptural pieces explore the outside and the hidden inside of an object. The boxes, handmade books, temples and triptychs each hold secrets within, but they are not always what you expect. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Dewi Tudur, Pete Monaghan & Mandy Payne** 1st - 25th May. Ffin y Parc, Llanrwst 01492 642070, welshart.net

**NW Potters ~ Darren Edgey** Throughout May, NW Potter’s Gallery, 1 High Street, Conwy LL32 8DB, 01492 593590, thepottersgallery.co.uk

**Ar y Dibyn** 7th - 31st May. Work from a series of creative workshops with artists Iola Ynyr and Mari Elen for Welsh speaking women living with substance misuse. Ar y Dibyn is an opportunity to venture together to celebrate the possibilities we have, not the barriers of dependency. Galeri, Caernarfon 01286 685222, galericaernarfon.com

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

**Kim Dewsbury & Gerald Dewsbury ~ On The Wall** Until 10 July. A new series of crafted fine art. Spaces A & B, Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
From Inside Out - Inspiration of Nathan Jones Until 20th May. Daily 11am - 6pm.
“Depending on my mood and inspiration, a painting will be based on seascapes, landscapes (both imaginary and North Wales based), animals and birds, as well as abstracts.” Nathan is the artist-in-residence. Life: Full Colour, 23-25 Hole in the Wall Street, Caernarfon LL55 1RF. Contact 01286 678211, lifefullcolour.com

Daniel Boyle ~ Ceramics Ongoing. 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

Bodnant Art Gallery A constant display of Welsh artistic talent. Mon - Sat 9.30am - 4.30pm, Sunday 10.30am - 4.30pm. Colwyn Bay LL28 5RE. Contact 01492 593413, rcaconwy.org

John Merrill ~ Tipping Point Showcasing and celebrating John Merrill’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

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”. Open 10.30am - 4.30pm, 18 Church St., Beaumaris LL58 8AB. theartquarter.com

Billy Adams ~ Ceramic Portal Series Until 10th July. “The majority of my pieces are hand built using a slabbing technique instead of coils, and each incorporate some type of thrown element. The thrown element is usually the base or the incorporated rings.” Studio 6, Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Graham Hembrough RCA: Artists & Makers of Conwy Until 21st May. Photographer Graham reveals through a collaborative approach the creators in their working environment. AND Contemplations: Mick Brown RCA Paintings which explore the area between the representational and the abstract. Open 11am - 5pm Tues - Sat. RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org

Paper After All 28th May - 9th July. Works on paper with 10 RCA members. Open Tues-Sat 11am - 5pm. Royal Cambrian Academy, Conwy LL32 8AN, 01492 593413, rcaconwy.org

Art in Nature Until 22nd May. Exploring the natural elements of nature to create artwork that is inspired by nature in the Welsh landscape. A virtual tour of the exhibition will go live shortly after the opening celebration. Ty Meirion, Y Brif Heol, Dyffryn Ardudwy LL44 2DH. 01341 242481, tymeirion.co.uk

Celf Agored / Open Art Until 25th June. An exhibition on an open theme showing artwork of various media including painting, print, photography, textiles and ceramic. Storiel, Bangor 01248 353368, storiel.cymru

Anne Aspinall, Kim Dewsbury & Beth Fletcher 29th May - 22nd June. Ffin y Parc, Llanrwst 01492 642070, welshart.net

V’cenza & Piera Cirefice Until 5th June. Landscapes of Anglesey and Ireland. Oriel Mon, Llangefni LL77 7YQ, 01248 724444, oreilmon.org

Virtual Garden Visits All kinds of gardens on offer for walks, gardening tips and tranquility sounds. Find out more from: National Garden Open Scheme ngos.org.uk
Cross Quarter Day (Beltane) Co-Creation Meditation Thurs 5th May. A co-creating ceremony meditation. What is beneficial to co-create and how can we do this with ease and grace with benefit to the world around us - as we walk with stewardship of the earth. 1 - 1.45pm, eventbrite.co.uk

We The Medicine - Healing Our Inner Child 2022 Mindfulness & new integration tools that we can all use on a daily basis starting with the power of intentions and breath work. Sunday 1st May, 7 - 8pm, free. Book: eventbrite.co.uk

Family Constellations Online Circle Exploring resonance, individual system, solutions, Morphic resonance, disidentification from the Mother/Father/Carer. Sun 8th May 6 - 9pm. £11.37. Book: eventbrite.co.uk

Space to Write Project Thurs 12th May, 6pm The third in a series of workshops for authors from Black, Asian, and Minority Ethnicity background. From practical advice on how to draw three-dimensional characters to hearing from published authors about their specific writing habits. Summing it Up Weds 15th May, 6pm, free. Summing up how to summarise your book, letters to write, etc. Tickets: literaturewales.org

International Day for Biological Diversity: UK Snakes, Key Stage 2 Friday 20th May To celebrate the International Day for Biological Diversity (22nd May) ARC will be teaching students about some of the more unusual animals that live in the UK: reptiles. We will cover the names and main identifying features for each of the 6 native species. Each lesson also includes the opportunity to develop learning further by staying for a Question and Answer session with a conservation scientist. 2 - 3pm, free. Amphibian and Reptile Conservation : arc-trust.org

Opening: Daily Life Awareness Teaching Day Sun 29th May, 7am - 9pm, with Steph Youten Hair. An Event for current and past students of the Sangha. We will be hosting a series of Sunday Gatherings this year to explore the intersections between our everyday lives and the Discovering of the Heart of Buddhism themes. Each session will include some time for practice, an exploration of a DHB exercise or reflection and time to discuss with fellow students how the DHB theme manifests in our lives. Enquiries: events@ahs.org.uk

Digital Taster Course: Writing about Nature and the Climate Crisis Friday 6th May 12noon - 1.30pm, £12. This is a Welsh-language course with Grug Muse exploring the essay as a form to write about the natural world in the context of the growing climate emergency. Ty Newydd Writing Centre. Book: tynewydd.wales

Compost Toilets: Live Get a good understanding of the principles, benefits and limitations of compost toilets. Saturday 7th May, 9.45am - 4.30pm, £65. CAT, Machynlleth 01654 705950, cat.org.uk

Group Online Biofield Tuning Session 7th May, 10am, £15 - £8. Biofield Tuning is a method of sound therapy that can help you to release old stagnant emotions, memories, thoughts, habits and behaviours. Empowering you to experience a less stressful life with more energy and positivity. Info: puresound.org.uk

Vital Discussions: On Demand - Literature, Injustice & Empathy Fri 13th May, 12pm, free. Maggie Gee in conversation with prize-winning Fellow Nadifa Mohamed to explore the intersections between their writing. Tickets: literaturewales.org

Reading Race A live online discussion of the power of literature. Thurs 5th May 6pm, free. This panel, featuring four passionate equal rights activists, Nkechi Allen-Dawson, Omolara Cordle, Jackie Anyango and Shanice Burke, will discuss the literature that has shaped societal views of racism and anti-racism. Gladstone’s Library, Hawarden: gladstoneslibrary.com / rhian.waller@gladlib.org
**Zoom Social & Support**
Perhaps you don't find it easy to join many of our outdoor events for one reason or another, or you're interested to connect with members beyond those that you usually meet in person? Come join in with the Gay Outdoor Club zoom gathering. For information:
**Link-up: goc.org.uk**

**Resurgence Events Online May**

**Carbon Ambassadors Course** A comprehensive overview of carbon foot-printing and reductions including the global picture and localised opportunities. Fri 6th May - Fri 24th June / 8 week course, £89 (£55 concs) course or £15 (£9 concs) per session.

**Hope in Action - Beyond Narratives of Us and Them** Tuesday 17th May, 7.30 - 9pm, via Zoom. Join us in a learning space in which we will explore how we can move beyond dualistic and combative narratives of ‘us’ and ‘them’, ‘win’ or lose’ and begin to communicate in a way that cultivates hope, action, connection and change. There is a panel of speakers and interactive Q&A. £8, £4 concs.

**Resurgence Readers’ Group** Monday 23rd May, 7 - 8pm, free. Topics raised in Resurgence & Ecologist continue to be explored.

**Tim Lang, Prof of Food Policy** Tim talks about the hope of sustainability, health and social justice at the heart of food policy. Wednesday 25th May, 7.30pm, £6.50

**Book Club** Held every month with book author and participant Q&A.

**Digital Library of the Caribbean**
The dLOC provides users with access to Caribbean cultural, historical and research materials held in archives, libraries, and private collections. You can find out from: dloc.com

**Encounters with Barn Owls**
**Thursday 19th May, 7 - 8pm.** Join us for an online talk, plus live viewing via our special ‘Owl Cam’! Get up close with our barn owls as Chris Wynne, Senior Reserve Manager, explores their journey over the spring and summer months.

**Free webinars for Educators about restoring sand dunes for community and wildlife in Wales.**
In English and Cymraeg:
- 16th & 24th May Stage 1 & 2;
- 19th & 24th May Stage 3 & 4.
More: dynamicdunescapes.co.uk

**Zero Carbon Britain: Carbon Literacy for Local Authorities**
26th & 27th May Explore climate solutions, create an action plan for you and your work, and gain Carbon Literate certification on our online course. Continues 29th & 30th June. £140. cat.org.uk

**Monthly Women Circles**
A sacred journey into womanhood; when women come together to celebrate and support their sacred feminine, there is a special and unique energy that can be nourishing and healing for the individuals as well as the collective. £5.98 - £11.37.

Book: eventbrite.co.uk

**Online Chair Yoga**
A very calming and relaxed session for all abilities. Wednesdays 1.30 – 2.30pm.
Book with: Mind North East Wales 01352 974430, communitywellbeing@newmind.org.uk

“Sane leadership is the unshakeable faith in people’s capacity to be generous, creative and kind. It is the deep knowing that, even in the most dire circumstances, more becomes possible as people engage together with compassion and discernment.” from ‘Who Do We Choose to Be?’ by Margaret Wheatley
margaretwheatley.com
The Wesak Festival
Full Moon in Taurus: May 16th at 5:14am

Network News - and the local “network of goodwill” to which we attempt to give voice - has its spiritual roots in the 30 year collaboration of Alice Bailey with the Tibetan teacher Djwhal Khul. It was they who introduced The Great Invocation (See Page 45) in 1945, and who spearheaded the work to integrate Eastern and Western spirituality through “The Three Festivals”.

It happens that the date of the Christian Festival of Easter is calculated in relation to the Full Moon in Aries, and the great Buddhist Festival of “Wesak” is celebrated at the following Full Moon in Taurus. By inviting people from all traditions and none to celebrate both these Festivals, we begin to absorb and blend wisdom from East and West - in the cause of one humanity.

The third of The Three Festivals is the following full moon in Gemini, the “Festival of Humanity”, or “World Invocation Day”. The Tibetan suggests this is the most auspicious time to celebrate the emerging planetary vision and spiritual reality - one that integrates both East and West but also reaches beyond into a boundless and borderless future.

It has been suggested that we can measure our humanity by where we draw the line between “Us” and “Them”. Let us use this Festival period to stretch our hearts even further - to include ever more beings on “our” side of the line...
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

Labrys Lit Book Club A book group run by, for, and about lesbians. Meets last Sunday of the month over Zoom. This month: 29th May / filia.org.uk / FB: FILIA

CIRCLE DANCE

Dyffryn Conwy/Conwy Valley Circle Dance Group We meet most Tuesdays 10.30am - 12 noon at The Old School Hub, Llanrwst to dance to an eclectic mix of modern, classical and ‘World’ music. This accessible and uplifting form of dance benefits Mind, Body and Spirit. Contact Maia 01492 642123.

Circle Dancing Sociable, joyful and good for mind, body & spirit. Rhosesor Morfey Hall on 1st Sunday/month, 1st May 2 – 4pm. AND also at: The Clubhouse, Park Avenue, Mold on 3rd Thursday/month 19th May 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: 5th & 19th May 2 - 4pm at the Abergele Scout Hut. £5. Jackie 01492 202986.

DANCE / MOVEMENT

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

Groove Dancefloor Explore how it feels to move to a variety of musical styles in the name of fun, exercise and connection. Suitable for all, 4yrs+, all fitness levels. Mondays, 6.30 - 7.30pm, £6, Harlech Memorial Hall. Liz 07732 470482, lilzane1273@gmail.com

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

Chakradance with Roz FB: Chakradance with Roz

Heb Ffinau / Movement Bilingual lessons. 11am, £3, Pontio, Bangor. More: pontio.co.uk

Under The Dancing Tree Polynesian, sacred, bellydance plus meditations. Full calendar: underthedancingtree.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. Helen McGreary 07751017157, helenmcgreary7@hotmail.com

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

Dance for Parkinsons Dance helps to develop confidence and strength; Tuesdays, 10 - 11.15am, £3.50. More: pontio.co.uk Online and In-person.

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

Fitfroredd Dance 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, galeriacaernarfon.com

Get Together & Keep Agile Class Fridays, 11am - 12.30pm, £2. For older adults of all abilities. Neuadd Cymunedol Bro Ffestiniog. Emma 07768 988095, emmajaynequaek@gwynedd.llyw.cymru

DRUID

Anglesley Druid Order ~ Urdd Derwyddon Môn Invokes and celebrates the importance of Anglesey as the chief seat of ancient British Druidry. More angleseydruidorder.co.uk ~ info@angleseydruidorder.co.uk

DRUMMING

Drumming Every Tuesday, 7.30 - 9.30pm, vegan refreshment included! Llanrwst. FB: Chris Puleston or 07796 811502, chrispuleston.co.uk

Howling Drums Gwynedd 1st Tuesday/month, 7 - 9pm, 3rd May. Open jam sessions encouraging drummers to come together to drum out rhythms to Mother Earths beating soul. Sometimes outside in good weather! All levels welcome, Canolfan y Babell Llanelaehaearn, Pen Llyn. Bea 07979 595019, FB: Howling Drums Gwynedd.

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 all women. 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

Fitfroredd Dance gyda Dawns i Bawb Mondays; weekly sessions for people aged 16+ years; keep fit to music. 7 - 8pm, £5. Galeri, Caernarfon 01286 685222, galeriacaernarfon.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, 10am - 1pm; ring beforehand. Rhoshinvaun, Pen Llyn. Dafydd 01758 780280, info@felinwales.org / FB: Felin Uchaf
Wildlife Garden Drop-In Come and explore our wildlife garden. 1 - 4pm. North Wales Wildlife Trust Bangor office, Llys Garth, Garth Rd., Bangor LL57 2RT, info@northwaleswildlifetrust.org.uk

Bangor Forest Garden A voluntary organisation that exists to promote forest gardening as an agroforestry solution for sustainable living. Regular workday 2nd Sunday/month: 8th May Henfaes Research Centre, Bangor LL33 0LB. bangorforestgarden@gmail.com / thebfg.org.uk

Gardening Group Fridays, 2 - 3pm, Apr-Oct. NW Women’s Centre Rhyl LL18 1SS, 01745 339991, northwaleswomenscentre.com

Volunteer Gardening Tuesdays or 1st Sunday/month: 1st May at Henbant, Clynog Fawr, nr Caernarfon LL54 5DF, 01286 660671, 07786 316413, matt@henbant.org ~ henbant.org

Gardening for Well-being Club Every Tuesday, 10am - 12.30pm & 1-3pm, Treborth Botanic Garden/ Gardd Fotaneg Treborth. For more information, contact: info@wildelements.org.uk ~ 07799 566533

Community Gardening and Soup Thursdays, 10am - 3pm, suitable for all. Caer DAI Trust, Denbigh LL16 4SU, 07941 914323, resourcewales.com

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. coedlleol.org.uk ~ FB: Coed Lleol

Conservation Volunteering Contact NWWT for details: northwaleswildlifetrust.org.uk

GONG

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

INCREDIBLE 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
Bwyd Bendigedig Port / Incredible Edible Porthmadog FB: of same name
Incredible Edible Conwy / Bwyd Bendigedig Conwy FB: of same name
Incredible Edible Llanfairfechan ~ Gardening Get Togethers 01248 681697, jayne@llanfairfechan.net FB: Incredible Edible Llanfairfechan

KUNG FU

Wing Chun Dave McQuillan, northwaleswingchun.co.uk

LGBTQ+

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

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

MEDITATION

Meditation 1st Monday month; 2nd May at Hillside Retreat, Rhosesmor, Mold. All welcome. Contact helen@soul-life.co.uk or 01352 780281.

Mindfulness Through the Senses Monthly online mindfulness walks from the comfort of your home. Different meditations to awaken the senses. 10.30 - 12pm, £11.37. Book at eventbrite.co.uk

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. Book: teresa4yoga.co.uk

Powa - Prayers for the Deceased Monthly; also known as the practice of transference of consciousness, Powa 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. 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@gmail.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

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

Monthly Webinars on Goodwill A monthly webinar linked to the rhythm of the Goodwill Meditation Group. Last Wednesday of each month, this month: 25th May 5pm. Register: lucistrust.org

MEN’S SHEDS & GROUPS

Men’s Shed Llandudno Meets Tues, Thurs & Sat 2 - 4pm. Llandudno Football Club, 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 Bangor, Anglesey. FB: Live Music Events in and around Bangor, North Wales

Sound, Animation, Graphics, Field Recording Daily via Zoom. Tape Community Arts Centre, Old Colwyn. Visit: tapemusicandfilm.co.uk

**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: birthingmamas.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. Lisa Mundle, busybees@phonecoop.coop

**PAGAN**

The Pagan Moot Tree Gather 2nd Friday/month, 13th May Grosvenor Hall, Mold. FB: The Pagan Tree Moot / pagantreemoot@gmail.com

**PEACE GROUPS**

Bangor & Ynys Mon Peace and Justice / Heddwch a Chyffiwnder Bangor ac Ynys Mon Online. Peace, human rights, international law and social justice. FB: Bangor & Ynys Mon Peace and Justice

Quakers Find out about a local Quaker Group in your area: Holyhead, Mold, Porthmadog, Pwllheli, Ruthin & Wrexham from northwalesquakers.org

**PILATES**

Pilates with Lauren Hill, Llanfrothen. Contact 07769 343572, FB: Lauren Hill Pilates; byd-bod.cymru

Pilates Tuesdays 11am & Thursdays 6pm, Braf Café Studio, Dinas Dinlle. Carys carys@carysmatic.co.uk

**SINGING**

Singing with Ella Speirs: **Sacred Song** Beautiful songs from many faith traditions and none, every 2nd Saturday, 14th May 10.30am-12.30pm at Wesley Church Centre, Chester. Heart And Soul Community Singers Thursdays 7-9pm at Northgate Church Hall, Chester. Taize Singing Fridays, 10.30am-12pm at Chester Cathedral. Singing for the Earth every Sunday morning at various outdoor locations around Chester Centre. For all groups contact/book with Ella Speirs 07922 620503, ellaspeirs@hotmail.com

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 Cyllch Canu, Mynydd Llandegai, Bangor. Book by email: ycyllchcanu@gmail.com.

Coming Home Choir for veterans and families. Thursdays, 10am - 12pm. Contact: Rachel Clark-Yeo 07737 337842, rachel@re-live.org.uk

Singing for the Soul 26th May. 11.15am - 12.45pm. Contact helen@soul-life.co.uk or 01352 780281.

Harmony Singing Workshop 1st Saturday/month, 7th May in Betws-y-Coed. Steve Johl 07730 683686, johl@doctors.org.uk

**SOCIAL**

Saturday Drop In Relaxed gatherings, 12.30pm and 2.30pm at Tyddyn Street Church, Tyddyn Street, Mold, CH7 1DX. Contact: enquiries@newmind.org.uk

[Actif Conwy (for children)](mailto:Actif%20Conwy%20(+%20for%20children)%20FB%3A%20Actif%20Conwy%20Canolfan%20Felin%20Fach%20Pwllheli.%20Contact%2001758%20701611%20or%20FB%3A%20Canolfan%20Felin%20Fach%20Coffee%20Connections%202nd%20Tues/month%3A%2010th%20May%20networkshe.co.uk%20See%20Calendar%20Open%20Doors%20Online%20An%20interesting%20talk%20every%20Friday.%20More%20from%3A%20dvsc.co.uk%20Online%20Social%20Drop-In%20A%20relaxed%20talk%20for%20a%20chat%20about%20life%2C%20Thursdays%202%20-%203pm.%20Contact%2001352%20974430%2C%20communitywellbeing@newmind.org.uk%20Anglesey%20&%20Gwynedd%20 Widowed%20-%20Gweddwn%20Ynys%20Mon%20a%20Gwynedd%20Coping%20with%20grief%20and%20loss%20and%20enjoying%20life%20to%20the%20fullest.%20More%3A%20meetup.com%20North%20Wales%20Africa%20Society%20For%20those%20from%20the%20African%20diaspora%20Community%20and%20those%20who%20have%20an%20interest%20in%20Africa.%20FB%3A%20North%20Wales%20Africa%20Society%20GOC%20Online%20Group%208%20pm%20Tuesdays.%20Join%20the%20Gay%20Outdoor%20Club%20online.%20Info%3A%20goc.org.uk%20Community%20Makers%20Tuesdays%20%26%20Wednesdays%20from%2010am.%20Arts%20%26%20Crafts%20and%20activities%20around%20the%20site.%20Cae%20Dai%20Trust,%20Denbigh%20LL16%204SU,%2007941%20914323,%20resourcewales.com%20Caffi%20Cysylltu%20Free%20drop-in%20sessions;%20befriending%20support%20service.%201st%20Wed/month,%204th%20May,%209.30am%20-%2011.30am.%20Y%20Ring,%20Llanfrothen%20LL48%209AQ.%20Gwenda%2007999%20453676,%20eryricoop.cymru%20Social%20Groups%20Creative%20Writing.%20Library,%20Knitting,%20Exercise%20and%20more.%20NW%20Women%27s%20Centre,%20Rhyl%2001745%20 339331,%20northwaleswomenscentre.co.uk%20STORYTELLING%20Caffi%20Stori%20Llangollen%20and%20Blue%20Bell%20Story%20Group%20Conwy%20Groups%20are%20meeting%20again.%20Contact%3A%20suemoore@me.com%20TAI CHI & QI GONG%20Tai%20Chi%20for%20Children%20Thursdays,%206%20-%207pm,%20£6,%20Prestatyn%20Kings%20Hall.%20FB%3A%20Taichi%20and%20Yoga%20with%20Hong%20Tai%20Chi%20for%20Adults%20Beginners,%20Thursdays,%207.10%20-%208.10pm,%20£8%20at%20Prestatyn%20Kings%20Hall.%20Advanced%20every%20Monday%206.30%20-%207.30pm,%20£8.%20Prestatyn%20Ty%20Caradoc%20Community%20centre.%20FB%3A%20Taichi%20and%20Yoga%20with%20Hong%20The%2018%20Movements%20of%20Tai%20Chi%20Qigong%20with%20Phil%20East.%20Tues%2011-12pm.%20Bodnant%20Welsh%20Food,%20Colwyn%20Bay%20LL28%205RP.%20Bookings%3A%20bookwhen.com%20Self%20Connection%20Qigong%20with%20Rik%20Midgley.%20Details%20from%20choosecompassion.uk/qigong%20Tai%20Chi%20Wednesdays%2012.30%20-%201.30pm.%20The%20Body%20Studio,%20John%20Williams%20House,%20Conway%20Rd,%20Mochdre.%20Contact%3A%20Eirian%20Stevens%2007748%20582380,%20lotusneigong.com%20Internal%20Arts%20Academy%20in%20Daoist%20and%20Buddhist%20Studies,%20Martial%20Arts%20%26%20Medicine%20lotusneigong.com%20Tai%20Chi%20North%20Wales%20See%3A%20taiji-online.co.uk%20Qi%20Gong%20Classes%20via%20Zoom%3A%20taichiphil@outlook.com%20LifeForce%20Qigong%20Tin%20Shed,%20Treuddyn,%20nr%20Mold;%20free%20intro,%206.30%20-%207.30pm,%20with%20Ben%20Calder%20%3A%20bcalder.co.uk%20

32
Tai Chi for Health Every 2nd Sunday/month: 8th May Llangwnnadl Old Schoolhouse, Pen Llŷn. Sue Baumann 07833 791317, llyntaichi@gmail.com

Tai Chi & Qigong Wednesdays 3.30pm, Rowen Memorial Hall LL32 8YA, Eirian Stevens 07748 582380, wingsofchange@gmail.com

Infinite Tai Chi, Chi Gung and Meditation Thursday, Llanrwst, 6 - 7.30pm, £10. Lydia Watson 07502 293114, lydia4020@yahoo.co.uk or

THEATRE

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

Cwmni Company 65 For those aged 65+ years; 11am - 1pm, £60 per term. 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: Brynial Clwyd a Dyffryn Dyfrdwy - Clwydian Range and Dee Valley

Actif Woods Anglesey Weekly Walk on Fridays, different locations. FB: Actif Woods Anglesey or email vivienneroberths@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: cwyro.co.uk

Walking For Wellbeing A relaxed group for more vulnerable members of society. Tuesdays, 10am - 12pm, £5, carers are free. Deeside area. RainbowBiz 07759 753473, rainbowbiz.org.uk

WOMEN’S GROUPS

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

Women’s Circles 6 - 7.30pm. Book via FB page: Eden Healing

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

Red Tent Gwynedd Pabell Goch Join the group to be a member. FB: same name

Red Tent Flintshire A monthly Sacred Circle. FB: same name

Online Sister Circles & Meditations FB: Sisters Circle Under the Dancing Tree / sistercircletemple.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

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

Cybi Poets Meet last Fri/month Iorwerth Arms, Bryngwran, Ynys Mon. FB: Cybi Poets

YOGA

Karma Yoga with Val Young. Tuesdays, 7pm, £8. Posture work, breathing techniques and meditative practices. Tan Y Garth Hall, Pontfadog, nr Llangollen LL20 7AS. 0300 302 1936, tanyakarthallrecreation.org

Tru Dru Yoga A mix of in-person and Zoom. Find out more from Cat Stuijt 07816 103064, trudruyoga.co.uk

Emily Kyle Yoga Menai Bridge & Pentraeth. 07775 798536. FB: Emily Kyle Yoga ~ ekmyoga.com

Inspiratrix ~ Claire Mac Indoor yoga classes in Bangor, Valley, Aberffraw and Holyhead plus virtual yoga classes. Visit: inspiratrix.co.uk See page 29

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

Dru Yoga North Wales Info: dru.yogaonline.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, charlottespacesyoga@gmail.com

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

Derwen Hatha Yoga FB: Derwen Yoga (North Wales)

Rishcultural Ashtanga Yoga FB: Yoga North Wales

Yoga Classes Trefnant Village Hall, Denbigh. More: thezestlife.co.uk

Yoga Mondays, 6pm, Braf Café Studio, Dinas Dinlle, Caernarfon. Contact gwen_lasarus@yahoo.co.uk

Green Yoga Mondays, 6 - 7pm, suitable for beginners, bring mat and blanket. St George Town, Abergele. Contact: yella984@hotmail.co.uk

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

Yogarami Unlimited online for £7/week. In-person in Denbigh and Ruthin. 07764 945885, yogarami.co.uk

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

Hatha Yoga with Nan Dumbell Weds 7.45pm & Thurs 6pm. Y Festri, Caernarfon LL55 4HL. 07894 992993, nanlimyogaclass@gmail.com and on FB: Nanlim 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: teresayoga.co.uk

Teresa’s Yoga Class For Wellbeing Wednesdays, 9.30 - 11am. 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 teresayoga.co.uk

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 Table Table, Parc Menai, LL57 4FH. AND in-person outdoors Every Thursday 5.45 - 6.45pm, at Cholmondeley 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 McCreary, danceclasses-north-wales.co.uk, 07751 017157.
JUNE

Mummy & Me Wellbeing From 1st for 4 weeks. Aspire Fitness Studio, Rhos-on-Sea LL28 4YX; 07919 131516, fitnessandwellbeingwithnatasha@gmail.com

Charcoal Portraiture 1st & 2nd, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Space to Be 1st - 4th, Trigonos, Nantlle, 01286 882388, trigonos.org See ad page 36

Nature Detectives Family Day 2nd, CAT, Machynlleth 01654 705950, cat.org.uk

Renewables-Solar Hot Water; Compost Toilets 4th, CAT, Machynlleth 01654 705950, cat.org.uk

Make a Hay Rake 4th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

Reedbeds and Waste Water Management 4th, CAT, Machynlleth 01654 705950, cat.org.uk

Pastel Workshop 4th, Book: 07909 333929, katepigram@aol.com or bodnantart.com

Boost Your Energy Masterclass 8th, Dru Yoga, Bethesda LL57 3LX, 01248 602004, druyoga.com

Botanical Society of Britain & Ireland (BSBI) AGM Weekend 10th - 12th, Bangor Uni. Contact: bsbi.org


Dive Into Yoga / Yoga & Wild Swimming Retreat 10th - 12th; 13th - 17th; 17th - 20th & 20th - 24th, Anglesey. Laura Bell 07989 512859, thezestlife.co.uk

Summer Sound Healing Weekend Retreat 10th - 12th, Trigonos, Nantlle LL54 6BW. Steph Healy 07534 118899, puresound.org.uk

Arctic-Alpine Flowers of Snowdonia 11th, Nature’s Work, Snowdonia area. Book: natureswork.co.uk

Practice of Council in Nature 12th - 18th, Snowdonia. Pippa Bondy 07814 959613, ancienthealingways.co.uk (Also 12th - 18th October)

Dragon Making 14th - 21st, Cae Mabon, Fachwen, Llanberis, caemabon.co.uk

The Bond ~ Father & Son Connection Weekend 17th - 19th, held in Henbant, Clynnog Fawr. Book: nomadwales.com

Make a Cleft Oak Gate 17th - 20th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Know Your Trees 18th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

Save the Bees Weekend Course 18th & 19th. Pen y Bonc, Bangor. FB: Save the Bees

Willow Animal Sculpture & Bushcraft through the Seasons - Summer 18th & 19th, Bodfari, 01745 710626, woodlandskillcentre.uk

Embodying the Spirits 22nd - 27th. Cae Mabon, Fachwen, Llanberis. Book: bwgoddard1@aol.co.uk

Wake Up - Just Sit 24th June - 1st July, Vajraloka Retreat Centre, Corwen 01490 460406, vajraloka.org

Summer Flowers 25th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

LCYoga Festival 25th, Trelawnyd Village Hall, Flintshire. More: FB: LCYoga Festival

The Mountain Environment 25th, Nature’s Work, Snowdonia area. Info: natureswork.co.uk

Renewables for Households: Biomass 25th, CAT, Machynlleth 01654 705950, cat.org.uk

Advanced Basket Making & Family Weekend in The Woods Both on 25th & 26th, Bodfari, 01745 710626, woodlandskillcentre.uk

Saving the Bees 25th & 26th, CAT, Machynlleth 01654 705950, cat.org.uk

An Introduction to Cyanotype 26th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Arctic-Alpine Flowers of Snowdonia 26th, Nature’s Work, Snowdonia area; natureswork.co.uk

JULY

Day of Mindfulness & Navigation for Women 1st, Wernog Wood, LL15 1TE. Book: eventbrite.co.uk

Fixing Your Damp House 2nd, CAT, Machynlleth 01654 705950, cat.org.uk

Botanical Skincare 2nd & 3rd, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Make a Three-Legged Stool 2nd & 3rd, Woodland Skills Centre, 01745 710626, woodlandskillcentre.uk

Dive into Yoga / Yoga & Wild Swimming 8th - 10th; 11th - 15th; 15th - 18th; 18th - 22nd, Anglesey. Info/Bookings: Laura Bell 07989 512859, thezestlife.co.uk

Know Your Trees 9th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

Making Contemporary Silver Jewellery 9th, Wernog Woods, Ruthin. Info: wernogwood.co.uk

Weaving Wild 9th & 10th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

An Introduction to Cyanotype 10th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Lucid Dreaming 11th - 14th, Cae Mabon, Llanberis. Info: luciddreamtree.com

Making Contemporary Silver Jewellery 9th, Wernog Woods, Ruthin. Info: wernogwood.co.uk

Weaving Wild 9th & 10th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillcentre.uk

An Introduction to Cyanotype 10th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk

Lucid Dreaming 11th - 14th, Cae Mabon, Llanberis. Info: luciddreamtree.com

Tales of the Unexpected 11th - 15th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales

Wild Gaian Soul 15th - 21st, Cae Mabon, Llanberis. Info: wildgaiansoul.com

Gardening for Nature Experience Day 16th, CAT, Machynlleth 01654 705950, cat.org.uk

Introduction to Basket Making 16th & 17th, Bodfari 01745 710626, woodlandskillcentre.uk
Reinventing the Protagonist 18th - 22nd, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Mums and Daughters Retreat 22nd - 25th, Cae Mabon, Llanberis. More: jolandseasky@aol.com
Nature Detectives Family Day 25th, CAT, Machynlleth 01654 705950, cat.org.uk
Writing from Identity 25th - 29th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Brain Health Masterclass 27th, Dru Yoga, dru-yoga.com
Building Using Locally Sourced Materials 29th July - 1st Aug, CAT, Machynlleth 01654 705950, cat.org.uk
The Way of the Buzzard Mystery School 29th July - 1st Aug, Cae Mabon, nr Llanberis; caemabon.co.uk
Making Pallet Furniture 30th, CAT, Machynlleth 01654 705950, cat.org.uk
Scything 30th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
Growing and Using Medicinal Herbs 30th & 31st, Bodfari 01745 710626, woodlandskillscentre.uk
Farm Scale Permaculture Design Course 30th July - 7th August. Henbant, Caernarfon. Book: henbant.org
Fan Birds 31st Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

**AUGUST**

Poetry and The Planet 1st - 6th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Botanical Sketchbook 3rd - 5th, Wernog Woods, Ruthin. Bookings: wernogwood.co.uk
Innerwork Retreat 4th - 8th, Cae Mabon, Fachwen nr Llanberis. Book: iona@processworkuk.org
Dive into Yoga / Yoga & Wild Swimming 5th - 7th; 8th - 12th; 12th - 15th; 15th - 19th. Anglesey. Info/Bookings: Laura Bell 07989 512859, thezestlife.co.uk
Build a Small Wind Turbine 6th & 7th, CAT, Machynlleth 01654 705950, cat.org.uk
Myth, Folktales & Fantasy 8th - 12th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Nature Detectives Family Day 11th, CAT, Machynlleth 01654 705950, cat.org.uk
Writing to Heal 12th - 14th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Eco Refurbishment (Only one place left) 12th -15th, CAT, Machynlleth 01654 705950, cat.org.uk
Making Pallet Furniture 13th, CAT, Machynlleth 01654 705950, cat.org.uk
Gardening for Nature Experience Day 21st, CAT, Machynlleth 01654 705950, cat.org.uk
The Poetry of Place 22nd - 26th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Botanical Lino Relief Printmaking 26th - 28th, Wernog Woods, Ruthin. More: wernogwood.co.uk

**SEPTEMBER**

Yoga Weekend with Mary Freeman 2nd - 4th, Cae Mabon, nr Llanberis; caemabon.co.uk
Yoga & Wild Swimming Retreat 2nd - 4th, Anglesey. Laura Bell 07989 512859, thezestlife.co.uk
Make a Rustic Stool 3rd, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
Make a Shave Horse 4th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
Yoga and Walking Retreat 5th - 8th, Nant Gwrtheyrn, Pen Llyn. Book: trudruyoga.co.uk
Yoga & Wild Swimming Retreat 5th - 9th, Anglesey. Laura Bell 07989 512859, thezestlife.co.uk
The Psychology of Exceptional Human Experience 8th - 11th, Cae Mabon, nr Llanberis; caemabon.co.uk
The Other Side of Insight 8th - 18th, Vajraloka Retreat Centre, Corwen 01490 460406, vajraloka.org
Yoga & Wild Swimming Retreat 9th - 12th, Anglesey. Laura Bell 07989 512859, thezestlife.co.uk
Gardening for Nature: Experience Day 10th, CAT, Machynlleth 01654 705950, cat.org.uk
Ash Splint Basket and Bushcraft Through the Seasons - Autumn Both 10th & 11th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
Writing and Illustrating for Children 12th - 16th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Yoga & Wild Swimming Retreat 12th - 16th, Anglesey. Laura Bell 07989 512859, thezestlife.co.uk
Storytelling Retreat 13th - 18th, Cae Mabon, nr Llanberis; caemabon.co.uk
A Tale on the Tongue: Storytelling Weekend 16th - 18th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Willow Animal Sculpture and Weaving Wild 17th & 18th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
Writing Wales 19th - 23rd, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Deep Ecology 23rd - 26th, Cae Mabon, nr Llanberis; caemabon.co.uk
The Radical Embrace 23rd - 30th, Vajraloka Retreat Centre, Corwen 01490 460406, vajraloka.org
Family Day in the Woods 24th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk
Spoon Carving 24th, CAT, Machynlleth 01654 705950, cat.org.uk
Make a Pole-Lathe 24th & 25th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.co.uk
Lost The Plot? 26th - 30th, Tŷ Newydd, Llanystumdwy. 01766 522811, tynewydd.wales
Yoga & Wild Swimming Retreat 26th - 30th, Anglesey. Laura Bell 07989 512859, thezestlife.co.uk
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, Penrhynedraeth 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: tyddyteng.com, 07737 970229, info@tyddyteng.com or 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 Café and Shop in Llanfrothen Call 01766 770094, ygarreg@gmail.com

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

Mae cynhyrchwyr lleol angen ein cefnogaeth nawr fwy nag erioed. Local producers need our support now more than ever.

Investigative Journalism and Independent Media

Democracy Now! Independent news. democracynow.com

Glenn Greenwald Independent, unencumbered analysis and investigative reporting. greenwald.substack.com

theCanary - 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 in the Palestinian section of Israel. jonathan-cook.net

Sustainable Human Stories involving human consciousness - sustainablehuman.org

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

News & Analysis Text, Podcast & video - scheerpost.com

The Alternative UK “a friendly revolution” More: thealternative.org.uk

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

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

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

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

The Conversation Academic rigour, journalistic flair : theconversation.com

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

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

Community Alliance for Global Justice Global food sovereignty; Community education & mobilisation. cagj.org