Dame Jocelyn Bell Burnell will be giving a talk on Astronomy in Betws Y Coed on Friday 22nd - see Calendar

**September ~ Medi**

If you see someone without a smile, give them one of yours.

Dolly Parton

New Moon
15th, 2:40am
Full Moon
29th, 10:57am

Autumn Equinox ~ Alban Elfed on 23rd, 7:49am
See page 23 for ritual

Stockport Mind Body Spirit Event
Saturday 2nd & Sunday 3rd September
* Stockport Masonic Guildhall SK1 3UA *
10am - 6pm.
50+ Exhibitors and Retailers. 50+ FREE Workshops
Advance £4 day / £7 weekend or £1 more on the door, parking £2.
rosemarydouglas.com

Clwydian Creatives Art Trail
watercolour-acrylic-pastel-calligraphy-pottery
Every weekend - Friday to Sunday in September
22 studios hosting 71 artists
Visit clwydian-creatives-art-trail.buisness.site and download full programme

**Subscribe!**
£20 for 12 months
£12 for 6 months

Volunteer!
If you would like to do something to help protect your local wildlife, we would love to hear from you! Whether you like working indoors or out, there are lots of different volunteering opportunities available with North Wales Wildlife Trust.
Become a Volunteer: northwaleswildlifetrust.org.uk
See Calendar for more volunteering opportunities

Leycesteria formosa
himalayan honeysuckle

network-news.org
1st FRIDAY
Volunteer: Caru Eryri, Ogwen Join the Caru Eryri team as we support the local community by managing litter levels and provide information and guidance to visitors on the path. 9am - 3pm, reasonable fitness level. Book: snowdoniawildlife.org.uk

Sketching Wildlife at the Spinnies Come and sketch with local Anglesey artist Christine Garwood - beginner or experienced, all welcome. Please bring your own sketch book and pencils or whatever you like to use. 1 - 3.30pm, £5. Spinnies Aberogwen Nature Reserve, Bangor, LL57 3YH. Book with NW Wildlife Trust at eventbrite.co.uk

Plant Pot Workshop For children and families. In this workshop you will create a clay plant pot inspired by nature. Experimenting with items from nature to add texture and learn clay techniques. 10.30am - 12pm, free. Reserve a spot: eventbrite.co.uk

Farha (15) Film; a film about a Palestinian girl’s coming-of-age experience during the Nakba, the 1948 expulsion of Palestinians from their homeland. Following the film there will be a live link with Darin J. Sallam, the writer and Director of the film who lives in Amman, Jordan and is of Palestinian descent. A story about friendship, aspiration, separation, rite of passage, exile, survival and liberation in the face of loss, all seen through the eyes of a young girl. 7pm, £6.50, concs., £4. Galeri, Caernarfon, 01286 685222, galericaernarfon.com

Fleabag Performance. Following a Welsh woman’s chaotic journey towards having nothing to lose. She may seem oversexed, emotionally raw and, self-obsessed, but that’s the tip of the iceberg. With relationships straining and a guinea pig café struggling, she’s on the edge with seemingly nowhere to go. 7.30pm, £12, £10. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

1st FRIDAY & 2nd SATURDAY

1st FRIDAY - 3rd SUNDAY
Writing for Resilience This residential long-weekend held in the stunning mountains of Eryri and combines creative writing with landscape connection and mindfulness practices. Residential £320 lunch and dinner provided, Camping £220 lunch and dinner provided, non-residential £150, lunch provided. Tan y Rhiw, Nantmor. Book: 07761 813290, silviarosetinted@gmail.com

3 Day Raja Yoga, Art Therapy, Forest Bathing (Shinrin-Yoku) & Dreamwork in Wales How can yoga and meditation help our spiritual development? What are our dreams trying to tell us? How can art help us know ourselves better? Raja yoga is declared as the goal where one experiences nothing but the bliss of the undisturbed, the natural state of calm, serenity, peace, communion within and contentment. Uncover what our dreams are saying to us and how they can lead us to personal and spiritual growth. £245. Led by Earthlight Retreats at Noddfa, Retreat Centre, Conway Old Rd., Penmaenmawr LL34 6YF. Vegetarian meals provided. Please contact us via email at consciousretreats@gmail.com or phone 07588 563143 with any questions. We look forward to you joining us on this retreat at Shalom. Sol & Dennis. Tickets/info: eventbrite.co.uk

2nd SATURDAY
Repair Café Ruthin 10am - 1pm. The Naylor Leyland Centre, Well Street, Ruthin; repaircafewales.org

Caru Eryri: Llanberis Path, Yr Wyddfa Managing litter levels and provide information and guidance to visitors on the path and village. 9am - 3pm. Demanding fitness level. Book: snowdoniawildlife.org.uk

Healing Pilgrimage A pilgrimage of healing, journeying from Llanynys to Llanychafal. Led by Dyfrryn Clwyd Mission Area. We will travel along ancient pilgrimage paths first travelled in the 6th century, stopping along the way to connect with the stories of the past and with nature to allow them to speak to our today. Our journey will end at Llanychafal church with a service of healing using the Holy Water from St Cynhafal's ancient well. The journey is around 5 miles, mostly flat with plenty of stops. 10am - 4pm, free. St Saeran’s Church, Llanynys LL16 4PA. Reserve a spot: eventbrite.co.uk

Craft Fayre Plenty of local crafts, art and produce. 10am - 4pm, The Bulkeley Hotel, Betws Y Coed. More: northwalescraftworkers.wordpress.com/calendar

Flow A talk with Sian Hughes about her current exhibition ~ an interpretation of Traeth Mawr and Afon Dwyryd before the Cob at Porthmadog was completed in 1811. In this re-imagined landscape, tiny porcelain boats and drifts of sheep fleece convey the tidal flow. 2pm, £3 includes cuppa, limited places. Book: 01248 353368, storiei@gwynedd.llyw.cymru

Repair Café Troop Llandudno 11am - 2pm, The Coach Park, Mostyn Broadway, Llandudno, Conwy LL30 1YL. More: repaircafewales.org

Digwyddiad Cloi Arddangosfa Ash Cooke Exhibition Closing Event Roughly 30 years in the making, ARBROFOL has been the first solo art show by North Wales artist and musician Ash Cooke. To celebrate the work and bring the show to a fitting close Ash Cooke & Glyn Roberts (AKA FFRWD) present The Yellow Wall, an immersive performance of improvised music & projections. 2 - 4pm, free. Galeri, Caernarfon, 01286 685222, galericaernarfon.com
Picnic with a Porpoise Join us to learn more about these and other cetaceans, seabirds and seals. 10am - 3pm, donations welcome. Bull Bay, Anglesey, LL68 9SH. northwaleswildlifetrust.org.uk

Felt / Felt Learn how to create one of the most durable materials – felt, with tutor Katherine Keatley. 10am - 4pm, £60. Tecstiliau, Bethel LL55 1AX. Book: tecstiliau.org

A Clear Mind ~ Beginner’s Meditation Discover more about the practice of meditation and how by learning to control your mind you can find lasting peace of mind. 10am - 1pm, £15, Kalpa Bhadra Buddhist Centre, Craig y don, Llandudno. Book: meditatenorthwales.org

Oil Workshop 'Impressionist Figure' with Elyssa Gilman. 10.30am - 4pm, £75 includes use of materials (except brushes). Synthetic brushes are recommended. Bodnant Art Studio, Conwy 01492 650153, bodnantart.com

Printmaking with Ann Bridges In this workshop individual prints will be designed and printed using a collection of horse bristles as inspiration, using card, stencils and rollers. This printmaking technique doesn’t require the use of a printing press. Designs could include the family pet, favourite hobbies, a portrait, flowers, birds etc., led by Ann Bridges. 10.30am - 4pm, £55 includes all materials and refreshments. Ruthin Craft Centre. Book via eventbrite.co.uk

Conscious Tribal Dance (Mountains) A sober rave with a festival/freeparty vibe and much more…. an exciting multi sensory tribal journey through dance and sound with cacao, drums and gongs! 6 - 11pm, Non-alcoholic drinks welcome; ticket includes a measured cup of ceremonial grade Cacao (over 16’s and over only). £20; 13-18 year olds £5; u13s £2; no dogs. Canolfan Cae Cydro, Clawddnewydd, Ruthin, Denbighshire, LL15 2ND. Tickets from: conscious-tribal.co.uk More info Facebook - Conscious Tribal Dance (Mountains) - Sept 2nd 2023

Wellbeing Walk Join us for some peace and quiet, with plenty of space and time to experience the sights, sounds, smells, and textures of our coastal heathland at South Stack. We’ll have blankets and cushions, following a short stroll to a sit spot (some rocky paths to be expected) we’ll have a warming cup of herbal tea and a chance to take in all the beauty around us. Please note that the event is weather dependant. Bring your own reusable cup, or purchase one from our shop. 1 - 3pm, £1.35 - £5.75. South Stack Cliffs, Holyhead LL65 1YH. Book: events.rspb.org.uk

Heathland Insect Hunt There’s so much to discover and our staff and volunteers are learning too. Join us as we go out and see which little heathland friends we can find and identify. We’ll expect to find bumblebees, solitary bees, butterflies, moths, spiders, and more! All ages and insect enthusiasts most welcome. 1 - 3pm, £3.75 - £4.75. South Stack Cliffs, Holyhead LL65 1YH. Book: events.rspb.org.uk

Conwy Valley Voices Come and join us! 10.30am - 12.45pm, doors open 10am for tea. Trefriw Village Hall, Conwy LL27 0JH. Led by Ella Speirs: 07922 620503, ellaspeirs@hotmail.com

2nd SATURDAY & 3rd SUNDAY

A Morning of Crafts Join us on either day for some various creative crafting! 10am - 12pm, £1 - £4 per day. South Stack Cliffs, Holyhead LL65 1YH. Book: events.rspb.org.uk

Stockport Mind Body Spirit Event See Page 11.

Wellbeing Walk Join us for some peace and quiet, with plenty of space and time to experience the sights, sounds, smells, and textures of our coastal heathland at South Stack. We’ll have blankets and cushions, following a short stroll to a sit spot (some rocky paths to be expected) we’ll have a warming cup of herbal tea and a chance to take in all the beauty around us. Please note that the event is weather dependant. Bring your own reusable cup, or purchase one from our shop. 1 - 3pm, £1.35 - £5.75. South Stack Cliffs, Holyhead LL65 1YH. Book: events.rspb.org.uk

Gong Bath with OM Yoga 7 - 8.30pm, Provideros Tea and Coffee House, 112 Mostyn St, Llandudno LL30 2SW. Book with: /bookwhen.com/omyoganorthwales
Social Ride Everyone is welcome. You ride what you want, at the pace you want. Suitable for MTB, Gravel bikes and e-bikes. 10am - 2pm, free. ALPKIT Holyhead Road Betws-y-Coed LL24 0BW. eventbrite.co.uk

4th MONDAY

Feline Friend’s Experience To raise funds for the Idlewild Animal Sanctuary. 100% is donated to the care of the animals here at Idlewild! You will get time alone in the quiet room with one or more of the cats. You can play with cats, stroke them, groom them, read a book to the cat(s) or just relax with the cat(s) for company. 1 - 3pm, £27.50. Idlewild Animal Sanctuary, Pen Bryn Twr, Llanbedr-y-cennin LL32 8UP. Book: eventbrite.co.uk

Life Drawing Join us as we delve into the world of life drawing! Each session is 2 hours. Easels will be provided along with some basic art supplies. So if you would like to work in any specific medium please do bring it along. Ink Gallery, 7 Abergale Rd, Colwyn Bay LL29 7RS. Book: inkgallery.co.uk

5th TUESDAY

Introduction to Mindfulness Led by Fiona Smith. It’s easy to lose touch with the way our bodies are feeling and to live instead ‘in our heads’, caught in our thoughts and not noticing how those thoughts are driving our emotions and behaviour. By stepping back from those thoughts and seeing their pattern, we can train ourselves to notice when those thoughts are exercising too much control and to know that we can do something about it. This is achieved through Mindfulness practice. 9.30am - 4pm, £30, booking essential. Pensychnant Centre, Conwy. Book: julian.pensychnant@btinternet.com

Howling Drums Gwynedd Monthly Jam Circle. We have spare drums and percussion if you don’t have your own. All welcome, 7 - 9pm, free, refreshments available. Canolfan y Babell, Llanaelhaearn. FB: of same name.

Llanddona Gong Bath Please bring a mat, or something to lie on, blanket, pillow (anything to make a comfortable space) along with plenty of water. 7 - 8.15pm, £15. Llanddona Village Hall, Beaumaris LL58 8TS. Tickets: puresound.org.uk

6th WEDNESDAY

Walk: Discovering Bats at Ty Hyll Embark on a guided bat walk and learn the hidden secrets of these fascinating creatures of the night! 8 - 9.30pm. Easy fitness level. Book: snowdonia-society.org.uk

7th THURSDAY

Art and Planting Workshop Join us for this art and planting workshop; no experience needed. Today “Relief Printing workshop”, 1.30 - 3pm. Funded by Natural Resource Wales. Held at Mostyn Gallery with Golygfa Gwydyr. Book: holly@mostyn.org

Sacred Songs for Birth and Beyond Song circle centred around Mothers and Babies, but open to all! Accompanied by the soothing harmonium from India. 10.30am - 12pm. £8.50. Quaker Meeting House Bangor, 6 Dean St, Bangor LL57 1UP. Book with Laura: birthmingmamas.co.uk

Talacre Dunes Volunteer Day Spend the day with the Rangers at Talacre on a variety of practical tasks to support the conservation at these special Sand Dunes. 10am - 2pm, free. Talacre Community Centre Pay & Display Car Park, Gamfa Wen, Talacre CH8 9RT. Reserve a spot: eventbrite.co.uk

Watercolour Workshop – Late Summer Daisies Beginners welcome, 10.30am - 1pm, £45 includes use of materials. Led by Liz Bolloten. Bodnant Art Studio, Conwy 01492 650153, bodnantart.com

Llanrwst Gong Bath 7 - 8.30pm, St Grwst Church, Church St, Llanrwst LL26 0LE. Tickets: bookwhen.com/omyoganorthiswales

8th FRIDAY

Poetry and Faith with Catherine Okoronkwo. Part of the GladFest season. Ritual, emotion, faith: all are rooted in the language that we speak, and the words that we reach for when we write. How can we connect with others; how best can we explain to them how we think, feel and act? As both a poet and Anglican priest, Catherine Okoronkwo ponders how we express ourselves, particularly in the context of faith. 4 - 5pm, £15, online £10. Gladstone’s Library, Hawarden. Book: gladstoneslibrary.org

Felting Class Make a needle-felted dog of your choice; bring a photo of your furry friend or breed of your choice. 1 - 4.30pm, £30, kit provided, plus refreshments. Pensychnant Centre, Conwy. Book with Beryl 07928 484584, naybourberyl@gmail.com

Becoming a More Powerful YOU Meditation Series A 6 week programme starting today, led by Ameena Ahmed. This bespoke meditation series with exercises will help you Step into Your Power. Ameena has designed the sessions to teach you how to embrace your true self and to develop forgiveness and release judgment. 2 - 3pm, Friends Meeting House Dean Street, Bangor LL57 1UR. See feature on page 27.

Following Writers and Rebels in the Spanish Civil War with Sarah Watling. Sarah’s new book asks questions particularly appropriate to the here and now: when is it right to take a side? What might it take for you to step forward? How would you know that moment had come? 5.30 - 6.30pm, £15, Gladstone’s Library, Hawarden. Book: gladstoneslibrary.org Also online £10.

Repair Café Pwllheli M-SParc#AryLon 10am - 12pm. 43 High St., Pwllheli. repaircafewales.org

Seal Spotting at Cemlyn A coastal wildlife walk looking for seals, dolphins, porpoise and seabirds on, and around, our wonderful Cemlyn Nature Reserve. 11am - 2pm, £2. Cemlyn Nature Reserve, Cemaes, Isle of Anglesey, LL67 0EA. More: northwaleswildlifetrust.org.uk

Monthly Healing Intensives Led by Henrietta Wynne Finch. An alchemical mix of Breathwork, Cranial sacral Therapy and Authentic Movement practices. The groups will offer an intimate and supportive space for healing and will be limited to 6 participants. You’re welcome if you are in need of support for Mental, Physical or Emotional difficulties and wish to uncover and release the root cause of your dis-ease. 10am - 1pm, £55. £145 for 3 sessions booked upfront. Pentrefoelas, Conwy. FB: Alchemy Crystal Sound Bath and Craniosacral Meditation
Introduction to Autumn Foraging Workshop and Walk. A 4-hour workshop with a foraging expert, including ID guidance, finding and tasting wild ingredients. 10am - 2pm, up to £35. Bodfain, Rhyd-y-foel LL22 8DY. Book: eventbrite.co.uk

8th FRIDAY & 9th SATURDAY
GladFest The friendliest literary festival on the scene. We have some accommodation availability. Full of friendly writers to share their skills and adventures in talks, workshops and discussions. £15 per person, £10 online, £55 masterclass tickets. Gladstone’s Library, Hawarden. Book: gladstoneslibrary.org Also online

Yoga Sutras Retreat The Yoga Sutras, the foundational text of classical yoga, refers to an eight-limb path, which offers guidance on how to live a meaningful and purposeful life. We’ll explore and apply this practical wisdom over seven sessions of asana, pranayama and meditation. Suitable for all; £295 - £350; held in English. Ty Newydd Writing Centre, Llanystumdwy. More: tynwyddd.wales

Angelic Reiki Level 1 & 2 For personal development or professional practice, Angelic Reiki is simple to learn, easy to use and a delight to receive. You will be attuned to 1st and 2nd Degree Angelic Reiki and learn a number of treatment methods. You will gain ‘hands on’ experience in the healing methodology and learn how to attune healing tools. £252. Reiki Healing and Training North Wales 48 Deganyw Road Deganyw LL31 9DG. Book: eventbrite.co.uk

Silence and Sound Weekend Retreat “I invite you to join a group of open and like minded people to journey within yourself, explore the balance between the seasons, dark and light, your inner and outer Self, through silence and sound”. Led by Steph Healy. £365 twin / £380 single. Trigonos Centre, Plas Bala Deulwyn, Caernarfon LL54 6BW. Book: puresound.org.uk

Penwythnos MaD Weekend: Make A Difference/ Mentro a Dathlu This year’s Make a Difference weekend will take place at the National Trust’s Bwlch Mwllchan bunkhouse at the foot of Snowdon’s Watkin path at the shore of Lake Gwynant. Join us for a weekend of conservation activities including owl box building, canoe litter pick, footpath maintenance, invasive species management and loads more! This weekend will be a fantastic opportunity to spend time enjoying the special habitats and landscapes of Eryri while helping to look after them. You are welcome to join us for the whole weekend, the day or for individual activities. Book: snowdonia-society.org.uk

Yoga for Spiritual Awakening A residential weekend retreat with Sol Summerfield aimed at people beginning their own personal, spiritual journey, who wish to explore the theme of the undiscovered self through discussions and active yoga and meditation exercises. £215 residential all inclusive, £145 non-residential, includes meals and refreshments. Tan-y-Garth Hall Retreat, Pontfadog, Llangollen LL20 7AS. Book: tanygarthhallretreat.org

Alistair James, Moniars a Alis Glyn Noson o ganu a dawnsiio yng nghwmni. 7 - 11pm, £10. Llanfairfechan Community Centre, Village Rd., LL33 0AB. Book: eventbrite.co.uk

De-Stress and Relax Weekend Relax and Unwind in stunning surroundings. Enjoy our new Outdoor Wellness Spa, nourishing, and wholesome vegetarian food prepared by our professional Private Chef, with optional meditation and yoga sessions included. £360 residential, £320 campervan. Tan-y-Garth Hall Retreat, Pontfadog, Llangollen LL20 7AS. Book: tanygarthhallretreat.org

Any Old Iron Sculpting with old tools and mechanical bygones; refreshments and simple lunch included; accommodation extra. £575 + £75 for materials. Wernog Wood, Llanbedr-Dyffryn-Clwyd, Ruthin LL15 1YE. Book: wernogwood.co.uk

8th FRIDAY - 10th SUNDAY

Dive into Yoga - Yoga & Wild Swimming Retreat On this retreat you will experience expert guidance in wild swimming, restorative coastal walks, wholesome food, yoga sessions, healthy lunches, relaxation. £598 - £754. Plas Cadnant, Menai Bridge. Book: thezestlife.co.uk

9th SATURDAY

Go Wild at West Shore Join us for a fun day of family-friendly activities at our annual Wild at West Shore event. There’s lots to see and do: egg case hunts, beach clean, strand line search, arts and crafts and nature-related games. 11am - 3pm, donations welcome. Meet on the green at West Parade, Llududno LL30 2AX. northwaleswildlifetrust.org.uk

Cymru, Cymreictod - Capturing Culture Masterclass with Julie Brominicks. Part of the Gladfest weekend. Julie is ready to offer guidance to other writers working on the question of capturing Cymru - or any other complex blend of landscape and culture in this masterclass, as an insider or in-comer. 3.30 - 5pm, £55. Gladstone’s Library, Hawarden. Book: gladstoneslibrary.org

101 Dalmatians (U) Classic 1961 animation from Disney; how will the puppies be saved?! 11am, £3.50. Pontio, Bangor. pontio.co.uk

Operation Mincemeat (12A) Film. During WWII, two intelligence officers use a corpse and false papers to outwit German troops. Hot drinks and popcorn available. 7pm, £5. Halkyn Mountain Community Cinema, Halkyn Parish Hall/Library. Book: mountaincinema.org.uk

A Day Exploring Wholeness and Healing Come and join us in the welcoming, intimate space for this exploration of Wholeness and Healing. 10am - 4.30pm, free, St Asaph Cathedral 25 High Street Saint Asaph LL17 0RD. Reserve a spot: eventbrite.co.uk

Witchcraft and Magic in Wales: Past and Present In this workshop we will be exploring the history of Witchcraft and Magic in Wales. We will delve into folk tales concerning Witches, Wizards and Cunning Folk. We will also be looking at traditions of conjuring, cursing, charming and blessing. Come along to learn about traditional Welsh spells and charms that were believed to heal illnesses, to curse those who had wronged you, and to protect your home. On top of this we will also be exploring how Wales’ magical heritage has influenced and inspired modern Paganism and Witchcraft today. 2 - 4.30pm, £10, booking essential. Storiel, Bangor 01248 353368, storiel.cymru
Mothers Circle Rest, re-centring and community for Mothers seeking time for themselves. Saturday afternoons, monthly. 2 - 4.30pm, £20, £15 concs., Quaker Meeting House Bangor, 6 Dean St, Bangor LL57 1UP. Book with Laura: birthingmamas.co.uk

Stargazing While Writing a Novel with Sarah Perry. The starry sky has a long association with the inspiration of great writers, but as we’ll hear from Sarah, they hold a very specific significance for her and her recent writing. 11.30am - 12.30pm, £15, Gladstone’s Library, Hawarden. Book: gladstoneslibrary.org Also online, £10.

Karen Williams: Jewellery Workshop A masterclass exploring surface to produce a textured silver pendant and earrings. 10.30am - 4.30pm, £85. Ruthin Craft Centre LL15 1BB. Book with eventbrite.co.uk

Introduction to Renewables for Households Where our energy comes from has a big impact, and to reach a Zero Carbon Britain it needs a major rethink. If you’d like to install renewables in your home, but are unsure how, what option to go for, and what the likely costs and benefits are, this course will give you a broad overview to help you make your decision. 9am - 4pm, £125, 18+. CAT, Machynlleth 01654 705950. cat.org.uk

Josh Weaver An evening of live music with locally based acoustic singer-songwriter. “My music takes inspiration from life all around us, the joy, sadness, happiness and problems that every day people face.” 7.30pm, £5, £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

9th SATURDAY & 10th SUNDAY

Bath Tower Open Day Come along to this free guide and learn about the history of the Tower. Open both days 10am - 4pm, free. Organised through Cadw Open Doors, Bath Tower, Church St., Caernarfon LL55 9ZY. More from: landmarktrust.org

10th SUNDAY

Bushcraft Essentials Through the day you will learn a range of practical skills you can take forward into the wilderness on your own bushcraft journey. You will gain a deepened connection to nature whilst experiencing how bushcraft can enhance your enjoyment and appreciation of the outdoors. 9.30am - 5pm, £60. Park in the Past, Wrexham. Book: woodlandclassroom.com

Repair Café Conwy 2 - 5pm. St Mary’s Church Hall, Rosehill Street, Conwy; repaircafewales.org

Bethan Hughes: Pwytho Llais: Sgwrs a Encil pwytho Talk & Stitching Retreat Join artist Bethan as she shares the progress of her current project Pwytho Llais (Stitching a Voice). 10.30am - 4pm, free but ticketed. Ruthin Craft Centre LL15 1BB. Book with eventbrite.co.uk

Repair Café Wrecsam Plas Madoc 2 - 6pm. Little Sunflowers Opportunity Centre, Hamddden Way, Acrefair, Wrexham; repaircafewales.org

Bangor Forest Garden Social and Work Day 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch, tea and coffee provided. Henfaes Research Centre, Bangor Contact: bangorforestgarden@gmail.com / thebfg.org.uk Also on 28th

10th SUNDAY - 13th WEDNESDAY

Autumn Yoga & Meditation Retreat Autumn Retreat where you will be invited to move slowly, rest quietly and be held by the mountains, woodland and lake. You will be nourished with wholesome food and good company, and nurtured with gentle yoga and meditation. £480 twin, £580 single. Held at Trigonos, Nantlle. Book: bookwhen.com/omyoganorthwales

10th SUNDAY - 21st THURSDAY

Autumn Vision Quest An ancient ceremony to mark and move on from one life transition to another. We spend time together and time outdoor solo; full details of the programme from Pip Bondy. Sliding scale from £895 - £1150. Held in Eryri. More: Pippa - ancientthealingways.co.uk ~ 07814 959613.

11th MONDAY

Feline Friend’s Experience See 4th

12th TUESDAY

Coffee Connections with NetworkShe An informal way to meet and develop new contacts. 10.30am - 12pm, £5. Snowdonia Nurseries, Conway Road, Llansanffraid, LL28 5SR. Book: eventbrite.co.uk

Dementia Interpreters It can be common that the person loses the ability to speak as they would before the disease. When this happens, the brain seeks new ways to communicate. A dementia interpreter is someone who helps translate the actions, noises, behaviours and body language into an understandable and recognised language. 9.30am - 1pm, free. Canolfan Naylor Leyland Centre, 55 Well St., Ruthin LL15 1AF. Reserve a spot: eventbrite.co.uk

Filkín’s Drift are walking the entire Wales Coast Path (870 miles), performing every night on the journey. Along the way, the duo will collect songs, stories and tunes to incorporate into their gigs, weaving together a tapestry of shared experiences of the Welsh coast. Seth Bye, Chris Roberts and with Eve Goodman for tonight’s concert. 7.30pm, £8, £7, £4. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

12th TUESDAY - 17th OCTOBER, TUESDAY

Pregnancy Circle 6 week course starting today. Movement, meditation and birth preparation. Quaker Meeting House, Bangor. Book/info with Laura at birthingmamas.co.uk

13th WEDNESDAY

Rhiisai Artwel Join us for an evening of music with renowned guitarist. 7.30pm, £12, £10. Neuadd Dwyfor, Pwllheli; neuadddwyfor.com

Repair Café Mold NEWCIS 12 - 3pm, 28 - 44 New St., Mold; repaircafewales.org

Garden Escapers! Explore the many ways in which gardeners can tackle one of the ‘top five’ issues facing nature; invasive species. 9.30am - 1pm. Meet at St David’s Church Hall, Beach East, Penrhyhn Bay, Llandudno LL30 3NT. More: northwaleswildlifetrust.org.uk
**Forest Babies!** Parent and Toddler Group with forest play time. 10am - 12pm, £8 - £10. Park in the Past, Wrexham. More: woodlandclassroom.com

**Indulgence Evening - Reflexology, Soundbath** Indulge yourself in a heavenly session of hand and face reflexology followed by a deeply relaxing Soundbath, Prosecco/Nozzecco and Fruit Platter. 6.45 - 9.15pm. £34. Llandrynog Village Hall, Llandrynog LL16 4EY. Book: eventbrite.co.uk

**Hairspray (PG) Musical Film; dementia friendly screening where lights are dimmed and sound is lower; relaxed showing for individuals living with dementia and their families. 11am, Galeri, Caernarfon, 01286 685222, galeri.caernarfon.com

**The Mistake** by Michael Mears. Theatre performance. 1942, two actors, one British, one Japanese, enact the compelling stories of a brilliant Hungarian scientist, a daring American pilot and a devoted Japanese daughter, in a fast-moving drama about the dangers that arise when humans dare to unlock the awesome power of nature. 14 yrs+, 7.30pm, Galeri, Caernarfon, 01286 685222, galeri.caernarfon.com

**Olwyn Llwi ~ Colour Wheel** Monthly art workshop for adults led by Jwls Wiliams. 10.30am, £10. Galeri, Caernarfon - galeri.caernarfon.com

**14th THURSDAY**


**Autumn Walk** Join us for an early Autumn walk across the moors at Gors Maen Llwyd Nature Reserve and enjoy a spectacular heather display. 10am - 1pm, £2. Meet: The reserve car park off the B4501. SH97015 58123. Gors Maen Llwyd Nature Reserve, Nantglyn, Denbighshire, LL16 5RN. Book: eventbrite.co.uk

**Llangefni Gong Bath** Please bring a mat, blanket, pillow (anything to make a comfortable space) along with plenty of water to drink afterwards. 7 - 8.15pm, £15. Pilates4any1 Studio, Ffordd Yr Efail, Llangefni. Book: puresound.org.uk

**14th THURSDAY - 17th SUNDAY**

**Make a Greenwood Bed** Make a bed you will look forward to climbing into every night using greenwood ash. £650 - £325, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

**15th FRIDAY**

**New Moon 2:40am**

**Caru Eryri: Watkin Path, Yr Wyddfa** Managing litter levels on the lower parts of the path in the Gwynant valley. 9am - 3pm, moderate fitness level. Book: snowdonia-society.org.uk

**Crochet for Beginners** Learn how to hook up and crochet. 11am - 3pm, £38.62. Abakhan Fabrics, Hobby & Home Coast Road Mostyn CH8 9DX. Book: eventbrite.co.uk *There are a host of other workshops to do with sewing and quilting plus their Artisan Market on 30th. Abakhan Fabrics - abakhan.co.uk

**Scrapper** (12) Film; a dreamy 12 year old girl living in London fills her days with magic and then her estranged father turns up and she has to confront reality. 2pm, Pontio, Bangor, pontio.co.uk

**Fundraising Fun Quiz** Teams of 4 persons, £4 each, includes refreshments. 7pm, Ty Croeso, The Church, Pentre Halkyn, nr Holywell. Pay at the door. FB: Rhosesmor Village

**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 to drink afterwards. 7 - 8.15pm, £15. Rhuddlan Community Centre, Rhyl LL18 5AW. Book: puresound.org.uk

**15th FRIDAY & 16th SATURDAY**

**Fleabag Performance. Phoebe Waller-Bridge’s award-winning comedic play Fleabag, adapted into Welsh by Branwen Davies. This filthy, funny, unfiltered show follows a Welsh woman’s chaotic journey towards having nothing to lose. 7.30pm, £15, concs £13.16+. Pontio, Bangor, pontio.co.uk

**15th FRIDAY - 17th SUNDAY**

**Visions of the Living Light** A retreat to celebrate the feast of St Hildegard von Bingen, using Hildegard’s own musical and illustrated compositions. Noddfa Spirituality Centre, Penmaenmawr. Book: 01492 623473, noddafapan@aol.com See article on page 7.

**Cogwarts Steampunk Spectacular** Come and join US, (Utter Spiffingtonians), for a wonderful weekend of pure steampunk mad-hattery and general goings-on. Includes the Grand Steam Ball on Saturday night. Tickets: £22.38 - £72, Steampunk Market, train tea, held at Llangollen Town Hall and Pafiliw Llangollen Pavilion LL20 8SW. Book: eventbrite.co.uk

**Forest Gardening** Suitable for beginners and the experienced we will together find the edges and heart of this subject, look at the holistic context of what you are creating, look at the ecological theory and patterns behind it, look at the polycultures you can create and ways of designing and planting it, lessons learned from what’s works well and doesn’t. The course will be mainly theory based but we will spend as much time as possible incorporating practical elements and be outside at Henbant. £295 includes all food and camping in your own tent. Payment instalments ok - please email us. Henbant, Clynog Fawr, Caernarfon LL54 5DE. Book: 07786 316413, henbant.org

**Yoga with Mary** Vinyasa and Yin Yoga, Mary has been teaching for over 20 years. Cae Mabon, Llanberis. Book/info: Mary - yogatastic@hotmail.com

**Yoga Retreat** A weekend of yoga, meditation, mindfulness, daily exercise including beautiful scenic routes. £350. Ynys Môn. Book: ellenkayyoga.com

**The Great Goddess Gathering Retreat** A weekend of yoga, meditation, prayer, ritual, reflection, inner journeying, sharing, healing, and sacred space for every sister to be celebrated in her truth and authenticity. We believe deeply in the power of nature. 14 yrs+, 7.30pm, Galeri, Caernarfon, 01286 685222, galericaernarfon.com

**17th SUNDAY**

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**17th SUNDAY**
15th FRIDAY - 18th MONDAY

All Wales Weekend Llanberis with Gay Outdoor Club. Moderate Walk, Mountain Walking, Social, Weekend. We will explore a fascinating mix of wild mountain landscapes and substantial remains of the slate industry in the area. There are a choice of walks from strenuous to moderate. We will visit two renowned gardens Treborth on 15th and Bodnant on 18th. For more details and how to become a member, book with: goc.org.uk

15th FRIDAY - 24th SUNDAY

Great British Beach Clean Organised through the Marine Conservation Society UK - data has been used to make a positive impact on our ocean - including the introduction of the plastic bag charge, banning micro-plastics in personal care products, better wet wipe labelling, and supporting a tax on single-use plastic items. Download guides and resources from: mcsuk.org

15th FRIDAY - 30th SATURDAY

NW International Music Festival The returning festival includes: Tenebrae vocal ensemble, Mugenkyo Taiko Drummers, Jonathon Richards guitarist, Kabantu folk band; Male Voice Choirs, Spoken Word, Ensemble Cymru, Catrin Finch and Aoiife Ni Bhariain - harp & violin and many more. All concerts held at St Asaph Cathedral. Book: Theatr Clwyd 01352 344101 and for full programme visit: nwimf.com

16th SATURDAY

Marchnad Lleu Mae croeso cynnes yn aros pawb sy’n dod i’r farchnad, gan gefnogi tfwyrr, gwneuthurwyr a chynhyrchwyr lleol. A warm welcome awaits everyone who comes to the market, supporting local growers, makers and producers. 9.30am - 1.30pm. Talsarn Community Centre, Station Road, Caernarfon LL54 6HL. FB: Marchnad Lleu

Caru Eryri: Ogwen managing litter levels and provide information and guidance to visitors on the path. 9am - 3pm, reasonable fitness level. Book: snowdonia-society.org.uk

Embroidery & Repair with Jess Chorley. The main focus of this masterclass is to give new life to a pre-loved and worn item, as well as creating a beautiful, one-off memento. £190, Ruthin Craft Centre. Book: celiahume@me.com / celia.hume@me.com

Alchemy Crystal Sound Bath and Craniosacral Meditation "We will start these sessions with an embodied craniosacral meditation, that will first guide you on a deep cellular healing journey. This process will take your body/mind into a healing space where it may release what it no longer needs and find rest and relaxation. I will then play the beautiful crystal sound bowls to enable you to deepen into this state". 10 - 11.30am, £15. Led by Henrietta Wynne Finch. Pentrefroelas, Conwy. FB: Alchemy Crystal Sound Bath and Craniosacral Meditation

Batik Workshop Learn how to create stunning contemporary Batik paintings. 10am - 4pm, £70. Stiwdio Biwmares. Book: celia.hume@me.com / celiahume.com

Community Archaeology Open Day / Archaeology Gymunedol Diwrnod Agored Come to learn about what has been discovered during our recent community archaeology project at Ty’n y Mynydd historic farmstead. 10am - 4pm, free. Bi-lingual. Bumwerth Farm, Rhoscolyn, Holyhead LL65 2LZ. Tickets: eventbrite.co.uk

Scrapper See 15th.

Llyn Padarn and Dinorwic Slate Quarry Walk Part of the Gay Outdoors Club All Wales Weekend but open to visitors and anyone who would like to come as well. 10am - 3pm. Approx 9 miles; relatively easy, with short climb. Become a member and join in! More: goc.or.uk

Colwyn Bay Artisan Market 3rd Saturday/month. A variety of artisans with an eclectic array of quality products. Local food makers and producers, art and craft, vintage; events. 10am - 4pm. Station and Seaview Rd, Colwyn Bay. FB: Colwyn Bay Artisan Market

Repair Café Denbigh 10am -1pm. HWB Dinbych, Smithfield Rd, Denbigh; repaircafewales.org

The Jungle Book (U) Classic Disney animation of the story of a young boy from the jungle as he leaves for urban civilisation. 11am, £5. Pontio, Bangor, pontio.co.uk

16th SATURDAY & 17th SUNDAY

Weaving Wild - Autumn We will explore a range of traditional basketry techniques including looping, twining, coiling and cordage to create unique and beautiful baskets. Camp at the Centre with access to kitchen, w.c. and shower. There is a small charge of £5 per person/per night. A simple mid-day meal will be provided each day. If you book on all four courses you will get a discount of £40 for the last (Weaving Wild - Winter) course. £160, £80 deposit. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

17th SUNDAY

Circle Dance Group 3rd Sunday/month. Sociable, joyful and good for mind, body and spirit. 2 - 4pm, £8. Rhosesmor Village Hall, nr Mold. Contact Helen 07508 640354.

Cefn Du, Slate Trail Walk, Llanberis Part of the Gay Outdoors Club All Wales Weekend but open to visitors and anyone who would like to come as well. 10am - 4pm. Approx 5 miles; strenuous walk and rough paths. Become a member and join in! More: goc.org.uk
Beginners Modern Calligraphy Workshop A gentle introduction to the art of modern calligraphy. Discover the art of modern calligraphy with our beginners workshop. This hands-on class will provide you with the tools and techniques to start creating beautiful lettering that will elevate any project, from invitations to home decor. Led by our experienced calligrapher Rebecca Woodhall from Epiphany Lettering. 1.30 - 3.30pm, £45. Picture Playground, 13 Madoc St, Llandudno LL30 2TL. Book: eventbrite.co.uk

Perfumery Create a natural perfume that is the essence of you. 9am - 5pm, £60 - £120. Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Caru Eryri: Llanberis Path, Yr Wyddfa As 2nd

18th MONDAY

Feline Friend’s Experience See 4th

Scrapper See 15th; 2pm & 5.30pm.

18th MONDAY - 22nd FRIDAY

Traditional Timber Building Taught by brothers Joe and Fred Farey, you will learn about the timber you will be using, the design process and the basic techniques of timber frame construction. See the section below to read about an exciting new opportunity to build your own structure on this course. At the end of the course we will hopefully erect the finished frame which will be full of the character you give it. £450; includes refreshments and a simple lunch. Accommodation extra. Wernog Wood, Ruthin. Book: wernogwood.co.uk

18th MONDAY - 23rd SATURDAY

Editing and Submitting Poetry Do you have a writing deadline, or a collection of poems and no idea what to do with them next, or are you simply looking to escape from a busy life for a short while? Led by André Naffis-Sahely with Mona Kareem as a guest reader. £575 - £675. Ty Newydd, Llanystumdwy. More: tynwydd.wales

19th TUESDAY

Pregnancy Circle See 12th

Scrapper See 15th; 5.30pm.

Jazz Club Come along and enjoy the music and mixing with like minded Jazz enthusiasts. 7.30pm, Ucheldre Centre, Holyhead 01407 763361, ucheldrede.org

20th WEDNESDAY

Denbighshire Walk to Get Fit Get your walking boots on and join us for a walk through St Asaph. 9.30am - 12.30pm, free. Organised with NEWCIS. Bowling Green Pay & Display Car Park, Saint Asaph LL17 0SG. Reserve a spot: eventbrite.co.uk

ROH Opera Live: Das Rheingold Director Barrie Kosky joins forces with conductor Antonio Pappano in a bold new imagining of the first chapter of Wagner’s Ring cycle. 7.15pm, £13, £11 concessions, £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

20th WEDNESDAY & 21st THURSDAY

Gweithdy gwehyddu basged helyg / Willow basket making workshop Dros 2 diwrnod dysgwch i wehyddu gyda helyg i greu basged hardd helyg i fynd ar Yr Ardd / Over the two days you will learn how to weave with willow to create a beautiful willow basket to take home. £90, £80 members/aeldau. Llŷn Parc Mawr, Newborough. Book: llynparcwmawr.org

20th WEDNESDAY - 24th SUNDAY

Uplift Led by Lani and Annabelle. The 5 day retreat will include Kundalini Yoga, Sharing Circles, Nature Walks, Ceremonies, Meditation, Sound Journeying, Plant Medicine and Detox plus organic vegan meals. £500 - £700. Cae Mabon, Llanberis. Book/info: caemabon.co.uk/events

20th WEDNESDAY - 15th NOVEMBER

Life Drawing Course 8 sessions, £120, 7 - 9pm, Royal Cambrian Academy, Conwy. Booking essential: 01492 593413, rcaconwy.org

21st THURSDAY

International Day of Peace The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire. Never has our world needed peace more.

Writing Darwin’s Garden at the Mount 21st, Hawarden. Book: gladstoneslibrary.org

MamaToto - Postnatal Circle Meditation, Songs & Talking Circle for Mamas and Babies in their 1st Year. 10.30am - 12.30pm, £12 - £16, Quaker Meeting House, Bangor LL57 1UP. Book with Laura: birthingmamas.co.uk

Scrapper See 15th; 2pm & 5.30pm.

22nd FRIDAY

Caru Eryri, Abergwyngregyn Join the Care for Snowdonia team as we manage litter levels and provide information and guidance to visitors on this busy path. 9am - 3pm, strenuous fitness level. Book: snowdonia-society.org.uk

Footpath Maintenance Join us to clear drains on the most well-trodden footpaths to prevent erosion from rainwater and footfall. 10am - 3pm, strenuous fitness level. Lon Gwyrfai, Saint Asaph. £450; includes refreshments and a simple lunch. Accommodation extra. Wernog Wood, Ruthin. Book: wernogwood.co.uk

Over the Garden fence Theatre performance. It is a fast paced, uplifting and comical exploration into family, life and relationships that promotes an awareness of dementia to all audiences. 11am - 12pm, free. Twm o'r Nant Theatre, Station Rd, Denbigh LL16 3DA. Reserve a spot: eventbrite.co.uk If you have any requirements call 01824 706347.

Night of Astronomy with Dame Jocelyn Bell Burnell, astrophysicist whose contributions led to a Nobel Prize in Physics in 1974. A talk followed (hopefully) by stargazing. Free event. Betws Y Coed. Contact dani-robertson@eryri.llyw.cymru
Coastal Cookout with Jules Cooper. Jules will share her extensive knowledge teaching how to identify what is edible and how and when to harvest natural resources in a sustainable way. Snacks may include pakoras, dips, pates and a shot of spring soup, a wildflower salad, seaweed popcorn, a sea beet tortilla, dandelion muffins, thistle lemonade and floral teas. 8 places. Book with: allevents.in

22nd FRIDAY - 24th SUNDAY

A Pathway to Peace and Power A weekend discovering the key elements to deeper, lasting happiness, peace, and inner joy. An exploration of consciousness, energy, mindset, and emotions, and how they bring transformational life changes. Integrated with yoga, meditation, and visualisation. £346 residential plus meals; non-residential £225; campervan discount includes all meals. Tan y Garth, Pontfadog, Llangollen. Book: tanygarthhallretreat.org

22nd FRIDAY - 25th MONDAY

Sound Healing Retreat Looking for a transformative and rejuvenating experience? Join us on our 3-day sound retreat featuring gong baths, solfeggio frequencies, and meditation! Our retreat is designed to help you release stress, relax deeply, and connect with your inner self. Immerse yourself in the soothing sounds of gongs, singing bowls, and other instruments, as our experienced sound healers guide you through a series of healing sessions that will leave you feeling rejuvenated and refreshed. £375. Ty Mam Mawr, Conwy. Book: wearenature.online

22nd FRIDAY - 28th THURSDAY

Past Lives (12A) Film; Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Decades later, they are reunited for one fateful week as they confront destiny, love and the choices that make a life. £7.50, £6.50 concs & £5.50 children. Pontio, Bangor, pontio.co.uk

23rd SATURDAY

Autumn Equinox / Alban Elfed 7:49am The Sun crosses from the north to the south. It’s time to clear out and let go of that which no longer serves you. And it is time to plant seeds of new ideas for the coming Spring. See page 23 for ritual.

Leopard Gallivanting Dress up together in Leopard’s clothes I and be in the woods. 1 - 2pm, part of Gwyl Afon Ogwen Festival. Contact Fem 07753 195264

Dissolving Judgement: a retreat day with Claire Mace What stops you doing the things you want to do, achieving what you want to achieve, going where you want to go? Often we are so mean to ourselves: we are our own worst enemy internally. We will be doing Yoga and somatic practice, journaling and process work and enjoying lunch. 10am - 5pm, £99. Trigonos, Plas Baleadelyn, Nantlle LL54 6BW. Book: northwalesretreats.com

Pure Mind, Pure World with meditation teacher Kelsang Jangchub. The blessing empowerment of Buddha Vajrasattva together with teachings on the four opponent powers of purification. 9am - 5pm, St Beunos Spirituality Centre, St Asaph, LL17 0AS. Book: meditateinnorthwales.org/coursesandretreats

Acrylic Workshop for Adults with Stephen John Owen Dewch i griu darlun bach acryll/ Take home a small painting from this acrylic workshop. 1 - 4pm, £45, Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. Book: oriel.org.uk

Craft Fayre Plenty of local crafts, art and produce. 10am - 4pm, The Bulkeley Hotel, Betws Y Coed. More: northwalescraftworkers.wordpress.com/calendar

Wild Food, Foraging and Wilderness Cookery (Autumn) Join our expert guest tutor, Dave Watson from Woodland Survival Crafts as we explore the world of edible plants, fungi and wild game. “Food tastes better outdoors” is a common phrase but it tastes even better when you have gathered and prepared it yourself. 9.30am - 4.30pm, £60. Chirk Castle. More: woodlandclassroom.com Also 24th

Watercolour Workshop ~ “Painting Boats” Andrew will give demonstrations at all stages, and give personal one-to-one guidance in this practical hands-on workshop. All levels, from beginners to experienced, are welcome. 10.30am - 4pm, £75 including use of materials. Bodnant Art Studio, Conwy 01492 650153, bodnantart.com

Caru Eryri: Llanberis Path, Yr Wyddfa As 2nd

Great British Beach Clean and Litter Survey Not only will we be removing harmful litter, but also collecting critical data that drives policies such as the plastic bag charge, which reduced plastic bag use by 95%! Join us to collect litter and survey a stretch of the beach along Harlech. 10am - 3pm. Book: snowdonia-society.org.uk

Richard Durrant - Virtuoso Concert Guitarist A magical evening of music in the company of innovative guitarist/composer Richard Durrant. Organised by North Wales Guitar Circle/ Cyllch Gitár Gogledd Cymru. 7.30pm, £15 - £20. Penrhyhn Hall, Ffordd Gwynedd, Bangor LL57 1DT. Book: eventbrite.co.uk

Banda Bacana A sax and percussion driven 7 piece, who've rapidly built a reputation for their live gigs. 8 - 11pm, £6. Padarn Hotel High street Llanberis LL55 4SU. Book: eventbrite.co.uk

23rd SATURDAY & 24th SUNDAY


Bushcraft through the Seasons – Autumn Each course will make full use of the seasonal food and crafting resources available. Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. Choose your favourite season or attend all three courses to see the magical transformation of a year in the Warren Woods. £170, £85 deposit. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Tetra Pak & Box Printing Create your own limited edition prints using recycled cartons and boxes. £115 - £230, refreshments and lunch included; accommodation extra. Wernog Wood, Ruthin. Book: wernogwood.co.uk
**Home Chainsaw** During this course an experienced local forestry worker will cover the construction and maintenance of a chainsaw including sharpening the chain, cross-cutting logs and felling small diameter trees. You must have your own chainsaw and appropriate protective chainsaw clothing – helmet, visor and ear defenders, gloves, trousers and boots. £160, £80 deposit. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

24th SUNDAY

**Repair Café Mold** 11am -1pm. Parkfields Community Centre, Ash Grove, Mold; repaircafewales.org

**Caru Eryri: Llywbr Watkin Path, Yr Wyddfa** The Watkin path pools and waterfalls are very popular amongst visitors and locals alike. Join the Caru Eryri team as we manage litter levels on the lower parts of the path in the Gwynant valley. 9 - 3pm, moderate fitness level. Book: snowdonia-society.org.uk

**JTU Project Walk & Talk** For anyone who is 16-25 and struggling as well as anyone who has been affected by the suicide of a teenager or young adult, to come along and help us raise awareness. We will walk together, share stories and practice some techniques that can hopefully help you, or that you can pass on to someone else to bring calm, and peace when your brain is making you feel chaotic, depressed or anxious. This will be a community where young people can feel supported. 7am - 6pm, free. Railway Car Park Llanberis LL55 4TY. Reserve a spot: eventbrite.co.uk

**Wild Food, Foraging and Wilderness Cookery (Autumn)** See 23rd

**Repair Café Colwyn Bay** 2 - 5pm. Y Fron Community Centre, Pford Bugail, Colwyn Bay; repaircafewales.org

**Autumn Equinox Cacao Ceremony, Harmonious Dance and Soundbath** Indulge in a divine cacao ceremony that will awaken your senses and open your heart. Immerse yourself in harmonious dance, letting the rhythm guide your every move. 2 - 5pm, early bird price till 3rd Sept £24. Led by Speedwell Sound Therapy. Dyserth Community Hall, Cwm Rd., Dyserth LL18 6BB. Book: eventbrite.co.uk

**ROH Opera Live: Das Rheingold** as 20th except at 2pm.

25th MONDAY

**Eich Iechyd – Eich Llais: Iechyd LHDTC+ yng Ngogledd Cymru / Your Health – Your Voice: LGBTQ+ health in North Wales** We would like to invite you and your members to an engagement event on the 25th September, 10am - 4pm, at Bangor University to support us to shape the Betsi LGBTQ+ Action Plan which we are developing following the publication of the Welsh Governments LGBTQ+ Action Plan. The event is being attended by Deputy Minister for Social Partnership, Hannah Blythyn MS and is a chance for our services to engage with third sector and education partners, as well as students, on the needs of LGBTQ+ people in health and education. The event will be split into 2 half day sessions. Please indicate which time you are able to attend. 10 -12.30pm (Hannah Blythyn will present 10.30am); 1.30 - 4pm , free. Held at Neuadd Reichel Hall, Bangor LL57 2GP. Tickets: eventbrite.co.uk

**Feline Friend’s Experience** See 4th

26th TUESDAY

**Pregnancy Circle** See 12th

**Goleuadau, Camera, CREADIGRWYDD! // Lights, Camera, CREATIVITY!** Digwyddiad ym yr addangos y diwydiannau film yng ngogoledd cymru A creative north event showcasing the film industry in North Wales. 3 - 9pm, free. TAPE Colwyn Bay, Berthes Rd., Colwyn Bay LL29 9SD. Reserve a spot: eventbrite.co.uk

26th TUESDAY & 27th WEDNESDAY

**Jewellery Making (Bangles)** An introduction to making bangles. Refreshments and lunch included; accommodation extra. £120 - £240 depending on materials used. Wernog Wood, Ruthin. Book: wernogwood.co.uk

26th TUESDAY - 29th FRIDAY

**Healing Sound** Join Alexandra Simson, Healing Sound Practitioner and Storyteller, in an immersive healing retreat. Let yourself be cradled by the harmonic qualities of sound and silence in a beautiful natural setting. Trigonos, Nantlle LL54 6B. 01286 882388; trigonos.org. See ad page 9.

27th WEDNESDAY

**Walk: Navigation beyond the footpath with Mike Raine** Join Mike Raine for a one day workshop aimed at developing your map reading and navigational skills. Bring OS Explorer map Sheet 17 & 18 and your compass. Advanced booking essential. Book: snowdonia-society.org.uk

Hazel Findlay: The Walls Within Hazel tells stories from her most difficult ascents and wild expeditions, to talk about the psychological 'walls within' that we all face, such as impostor syndrome, fear of failure, distraction and motivation. 7.30pm, Galeri, Caernarfon, 01286 685222, galericaernarfon.com

28th THURSDAY

**Volunteer: Tree Care** Join us and help look after the tree nursery and recently planted woodland nearby to the famous Glaslyn osprey nest. At the National Trust’s tree nursery of Hafod Garegog. Advance booking essential. Book: snowdonia-society.org.uk

**Bangor Forest Garden Social and Work Day** 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch, tea and coffee provided. Henfaes Research Centre, Bangor Contact: bangorforestgarden@gmail.com / thebfg.org.uk

28th THURSDAY - 1st OCTOBER, SUNDAY

**Dru Community Experience Retreat** brings together people who are enthusiastic about serving others, participating in community, and making a difference in each other's lives. You'll experience what it's like to live and work and be with the Dru team and gain insights into ‘seva’ or ‘karma yoga’ (yoga of selfless service). Along with satsang, yoga, meditation, nature walks and free time. £225, all inclusive. Snowdonia Mountain Lodge, Bethesda. Book: druysoga.com

**A Little Life** (18) Film; following four college friends in New York City: aspiring actor Willem, successful architect Malcolm, struggling artist JB, and prodigious lawyer Jude. 7pm, £16, £15, £13. Neuadd Dwyfor, Pwllheli neuadddwyfor.com
29th FRIDAY

**Fungus Foray / Helfa Fflyngau** Join our traditional Saturday morning wild mushroom hunt through Trebornth Botanic Garden with identification workshops run by local experts Nigel Brown and Charles Aaron, fungal competitions and refreshments. 10am - 1pm, £5, just turn up. Treborough Botanic Garden / Gardd Fontaneg Treborth, Bangor. 01248 388877, treborth.bangor.ac.uk

**Mynydd Llandegai Gong Bath** Bring mat, blanket and whatever to keep warm and comfortable. 7 - 8.15pm, £15. Neuadd Gofa, Mynydd Llandegai, Bangor LL57 4LQ. Book: puresound.org.uk

**Make a Shave Horse** A simple but effective traditional tool to hold a piece of green wood while it is shaped with a draw-knife. You will be provided with all the materials you need and you will make your own “modern” pattern shave-horse to take home, based on the design of Mike Abbott. £100, £50 deposit. Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk


**100,000 Poets for Change** A Global Event Day with poets all around the world coming together to celebrate and demonstrate promoting peace, sustainability and justice with a call for serious political change. Today is a chance to meet other poets and hear there work in North Wales. Ink Gallery, 7 Abergae Rd, Colwyn Bay LL29 7RS. Book: inkgallery.co.uk / 100tpc.org See article on Page 6

30th SATURDAY

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**Linocut Workshops ~ Bodnant - Water & Stone** Traditional willow weaving and basketry techniques. Wernog Wood, Llanbedr-Dyffryn-Clwyd, Ruthin LL15 1YE. Book: wernogwood.co.uk

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**Glaciation in the Uplands** Develop your understanding of glaciation and how ice has shaped our upland environment. 10am - 4pm, £50, Natures Work. Book: naturework.co.uk

**The Yoga of Purification Day Retreat** with Resident Teacher Kelsang Jangchub. Learn more about the practice of purifying your mind through the practice of relying on Buddha Vajrasattva. 10am - 5pm. Llandudno. Book: meditateinnorthwales.org

**Gardening at Ty Hyll** Join us at the lovely Ty Hyll with its garden which blends naturally into the surrounding woodland. Tasks may include weeding, maintenance jobs or path clearance. 10am - 3pm, Betsws y Coed. A monthly meeting. Book: snowdonia-society.org.uk

**Abakhan Artisan Market** We are happy to host a unique range of stalls including arts and crafts, designers and makers, producers and creators alongside an array of delicious food and drink stalls. 10am - 4pm, (*pitch fee £20 (3mx3m)). Abakhan Fabrics, Hobby & Home Coast Road Llanerch Y Mor CH8 9DX. More: eventbrite.co.uk

Copydate for October Issue: September 18th
**Autumn Equinox/Alban Elfed Solo Ritual**

**Have a black candle, white candle, stone and apple**

This ritual can be performed outdoors on a beach or in a grove. You will need to construct a large spiral of stones or pebbles upon the sand/ground. If this is not possible, the ritual could be adapted for indoor use, creating a mini spiral with stones, chord or ribbon, or merely circling inward to the centre of your circle and back out again.

**Ritual Statement:** I cast circle to celebrate the festival of the Autumn Equinox. At this time I give heartfelt thanks for the Earth’s bounty: trees swollen with nuts and fruit; the hedgerows heavy with blackberries; the last of the grain gathered and stored.

Place a black candle at the centre of your spiral and a white candle at the beginning of the spiral on the outer edge. Stand at the beginning of the spiral. Have with you your apple and your special stone.

**Say:** “Goddess and God, I ask for your guidance as I begin my journey back to the centre of the spiral. Teach me that this is the journey up river to the source, a journey I will make many times in my life, as sure as the ebb and flow of tides, as vital as the breathing in and out of my own body.” Pick up the white candle and light it. Carrying your candle, your apple and stone, you walk the spiral, silently and slowly with focus and intent to the centre. Take your time and concentrate. Feel yourself actually moving to the deep source within you. When you reach the centre sit down. There you will find your black candle — this represents the waning energies of the year. Light it and place both candles next to each other with the apple and stone between them.

Meditate on the balance that the candles represent; feel the light in equal balance to the dark — this is the gift of the equinox. Reach for that equilibrium within you; feel it as a moment of stillness and peace. Draw this feeling into yourself. Let it nourish and ground you.

**Give Thanks:** “Sweet Goddess and God of the Abundant Harvest of Earth and Sea, I thank you for your presence and your deep generosity. May your wisdom grace my life; may I honour you, this land and this earth as sacred and precious. Go with me always.”

**Blessed Be.**

You can find the full Ritual at :: druidry.org
Group Online Biofield Tuning Session 2 September 10 - 11am / £8
a method of sound therapy that can help you to release old stagnant emotions, memories, thoughts, habits and behaviours.
Book: puresound.org

Be Calm Be Happy is a 6-week online mindfulness course designed to help you develop and deepen your own practice of mindfulness, based on the well-loved and practical teachings of Zen Master, Thich Nhat Hanh
Starts Tues 6 September 12 - 2pm / £30 - £200.
More classes and info from: eventbrite.co.uk or plumvillage.uk/learn-mindfulness

Online Welcome Social with the Gay Outdoor Club
This is an opportunity for new and experienced GOC members to connect with each other, and with newcomers to GOC who book from our new GOC Meetup group.
For these newcomers it is an opportunity to meet GOC and some of our members, and to consider joining as a member themselves. 2nd Tues/month 7 - 8pm, 5 September.
More/book: goc.org.uk

Zero Carbon Britain: Carbon Literacy for Local Authorities Online 12 & 13 September. £140 / 16 years +.
Explore climate solutions, create an action plan for you and your work, and gain Carbon Literate certification on our online course.
Specifically developed for those working in Local Authorities, this online course will cover the science of climate change, local and global impacts and how these will affect the work and duties of Local Authorities.
Book: cat.org.uk

Speak the Word: online poetry writing workshop
Friendly and encouraging poetry and spoken word writing workshops open to people of all abilities. Always 1st & 3rd Saturday/month.
Saturday 2 & 16 September / 6 - 7.30pm / free. Reserve a spot: eventbrite.co.uk

Poetry and Faith with Catherine Okoronkwo, see Calendar Friday 8 September for info. 4 - 5pm, £10.

Your True Path to Wellness’ Women’s Circle
A warm welcome. Our circle is a sacred and safe space for women to share their wisdom, share their stories, and feel seen, heard and held.
Wednesdays 6, 13, 20 & 27 September 7 - 8.30pm, free
Reserve: eventbrite.co.uk

We The Medicine - Weekly World Meditation
A guided meditation to open the heart
Sat 9 September 7 - 8pm/free
A sacred space, sharing weekly loving-kindness meditations; particularly in relation to PTSD, anxiety, depression, fear, and childhood traumas. Free.
Reserve a spot: eventbrite.co.uk

Workshops with Academi Wales online:
* Moving Towards Mid-Life and Beyond What happens in mid-life. Tuesday 5 September, 10.30 - 11.30am
* Menopause Champions Supporting colleagues through menopause Wednesday 13 September, 10.30 - 1pm
* Practising Positive Psychology Maintaining mental wellbeing - Monday 18 September, 10am - 12pm
Book and more info from: academiwales.gov.wales/events

Yoga Basics: Feel the Ground Workshop
with Claire Mace. In this extended session we’ll introduce some of the simple and straightforward practices you’ll meet regularly in yoga classes. You’ll also cultivate an intention of grounding, calming and settling within your body.
Saturday 9 September 10am-midday. £20 (£10 conc/ with code CONC). Book at : inspiratrix.co.uk

Yoga for Burnout
with Claire. A free session to stream whenever you want. Available on YouTube: Inspiratrix Yoga: Yoga for Burnout - 60 minute yoga
Online Advanced Notice Events and Courses

Awakened Heart Sangha, Criccieth
Vaster Vision - Mahayana Sutra Principles
6 - 8 October
Tulku Sherdor Weekend
28 & 29 October
Clarity: Daily Life Awareness Teaching Day
12 November
For more info: ahs.org.uk/events

Speak the Word
online open mic night
An online poetry and spoken word open mic night for people of all levels of experience.
4th Sat/month 6 - 8pm.
23 September
Come and enjoy some wordplay with a friendly, inclusive and encouraging group. Whoever you are and whatever your relationship with poetry, we’d love you to join us. Feel free to join as audience, without reading.
Free.
Reserve a spot: eventbrite.co.uk

In conversation with Naomi Klein
Join Naomi Klein, award-winning author of The Shock Doctrine and No Logo, for a special event, live from Manchester and via the livestream.
Weds 27 September 7 - 8.30pm, £11.06.
Tickets: eventbrite.co.uk

Shamanic Journey and Power Animal
Introductory Course in Therapeutic Shamanism
30 Sept - 28 October.
Led by Paul Francis
To book/info : therapeutic-shamanism.co.uk

Feather, Fire, Stone and Bone
Conversations with our Animate World with Angharad Wynne and Special Guests.
Online Course, begins 19 September.
A year-and-a-day long exploration of what it means to live soulfully and magically in our Animate World.
More from: animate-earth.org

Gong Bath Meditation
Weds 20 September
7pm - £4/£8/£15. “I will play the Gongs for you while you receive the sounds from the comfort of your own home.”
Book with puresound.org.uk

Pointing to the Moon
9 - 15 December
We’ll focus on the ‘Moon’ by addressing a core delusion: “I am separate”. Partly this will involve exploring the teaching of anatta or ‘not-self’. Anatta isn’t suggesting that we’re somehow non-existent. Rather, it is pointing us back to our essential, non-divided nature.
Cost is on a dana basis / pay as you can
Suitable for those who have been meditating for at least 3 years.
Book: vajraloka.org/calendar

planet LOCAL Summit
29 September - 1 October
A celebration of the worldwide localisation movement
Join cutting edge thinkers, creatives, policy-makers and activists for three days of analysis, inspiration and connected covering: ecological Economies, The Food & Farming Revolution, Community & Connection, Climate & Carbon Colonialism, Earth-based Wisdom. Talks, Workshops, dialogue and debate.
Find out more : planet-local-summit.localfutures.org

In conversation with Margaret Hodge and Harriet Harman
Monday 11 September
8 - 9.30pm, £11.06
Join us for an evening with veteran Labour MPs Margaret Hodge and Harriet Harman live in London and via the livestream.
Tickets: eventbrite.co.uk

Kosha Meditation ~ Secrets to Inner Strength, Intuition and Holding the Space
Wednesday 6 September 7 - 8pm / £27.
In this class, we’ll be showing you how to adapt the Inner Fire Sequence to each kosha, taking you on a meditative journey to build your strength.

Celebrating Movement
Friday 8 September 8am - 9.15am, £10 - £7
This monthly class is about celebrating our ability to move, doing it joyously and together.
Book: druyoga.com

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Our cover artist Femke van Gent has been collecting happy, funny and heartwarming stories from people around Ysbyty Gwynedd to complement her exhibition organised by Gwynedd Community Arts and Oriel Ysbyty Gwynedd. The first stories came from friends on Facebook and in real life.

Over the last month Fem has spent precious time in the foyer of the hospital connecting with staff, patients and visitors. Some lovely stories have come to her already. All these stories will be combined in a big drawing to be offered to the hospital as a feel good thank you present.

One of the lovely stories you see above was of a friend who came in to the hospital to visit her mum. She was reading to her and at some point realised the ward had gone quiet and other patients were listening too. Even the nurses popped in to enjoy the calming reading. Some patients did not want her to leave because they liked to know how the story would continue!
Around and About

**Wrexham’s Tŷ Pawb’s Gallery** will be transformed into a film set where children will work alongside artists, play-workers, and filmmakers to explore play in Wrexham. *PLAY – The Movie!* has links to the Welsh Play Sufficiency Assessment, and research being carried out in relation to Wrexham’s forthcoming campaign to become UK City of Culture 2029. During September there are many days where anyone can join in: some are for all ages, some for young ones, some you need to book, others are free drop-ins. Plus Family Art Days and Multilingual Family Art Club; pay what you can. Anyone is welcome to get involved, either behind the scenes or in front of the camera. The finished film will premiere in a red carpet event at Wrexham Odeon in late 2023. Check out their website for more details: [typawb.wales](https://typawb.wales)

**AMLEDDAU by John Meirion Rea**
You can read about John’s research film exploring the history of broadcasting in Wales through archive and soundscapes commissioned by BBC Radio Cymru.
Find out more with Wales Arts Review: [walesartreview.org](http://walesartreview.org)

**Caffi Creu! : Volunteering opportunity / Cyfle gwirfoddoli**
Os gennych ddiddordeb mewn ail-greu, trwsio a bod yn greadigol, ac efo awr neu ddwy i sbario yn achlysurol, mae cyfle gwynf i helpu allan efo Caffi Creu! Rydym yn gweithio gyda pobl ifanc i leihau gwastraff, i roi bywyd newydd i hen eitemau ac i gael hwyl.
If you are interested in re-creating, fixing and being creative and you have an hour or two to spare occasionally, there is a great opportunity to help out with Caffi Creu! We work with young people to reduce waste, to give a new life to old items and to have fun.
If you are interested, contact siwan.iones@gisda.co.uk or gwynfor.rowlinson@gisda.co.uk

**Becoming a More Powerful YOU Meditation Series with Ameena Ahmed**
Self-love and meditation are important today because they can help us heal and grow as individuals. Self-love and meditation can help us break free from negative self-talk and perfectionism and build up our self-esteem and self-compassion. Self-love and meditation can also help us connect with our inner self and become more aware of our thoughts and feelings. Together they also help us reduce stress, improve emotional regulation, and enhance physical wellbeing leading to a happier and more fulfilling life.
Whether you have a regular meditation practice or would like to start one, this bespoke meditation series with exercises will help you Step into Your Power.
Ameena has designed the sessions to teach you how to embrace your true self and to develop forgiveness and release judgment. Releasing accumulated toxic or unhelpful energy from your body will allow you to forgive everyone and everything that has contributed to internal blockages, including yourself. And eventually you will see that you will be able to “Release Judgement”
Ameena is Welsh-based from a BAME heritage. She spent over two decades practising a form of Japanese Buddhism chanting a specific mantra, she now embraces a non-denominational spiritual practice focussing on meditation and breathwork.

**Session descriptions:**
1. Energy clearing  
2. Being your own best friend  
3. Honouring your Self  
4. Forgiving and Releasing  
5. Releasing Toxic Energies  
6. Complete Self Cleanse

Venue and Time, Friends Meeting House Dean Street, Bangor LL57 1UR at 2-3pm.  
Dates : Fridays September 8th, 15th, 29th & October 6th, 13th & 20th.  
Cost £10 per session, payment of the series upfront before the start of the course.

Contact Ameena: ameena@direct-path.co.uk ~ direct-path.co.uk
Sioned Glyn ~ Mapping Wales Until 2nd September. A series of colourful contemporary maps recording all areas of Wales; noting towns, main roads and mountain ranges. Storiel, Bangor. More: storiel.cymru

Femke van Gent Until 5th September. “... (the exhibition) aims to lift your spirits, make you smile and fill your heart bringing images of teapots, clouds, hedgehogs, a lively pub, dancing people and many more. Hopefully it will give you some hope and relief from worries, just for a few minutes.” Oriel Ysbyty Gwynedd foyer, Bangor. Fem is NN’s talented cover artist. You can find out more about Fem at femkevangent.art

Bill Kneale ~ Viewpoints Until 15th October. “I paint in an impressionistic figurative way about what I see.” AND: Daniel J Yeomans Until 7th September. ‘Home and back again’ is Daniel's largest solo show to date, bringing together works devoted to a shift in his project styles and ideas. Open Tues - Sun 10am - 5pm. Oriel Mon, Rhosmeirch, Llangefni LL77 7TQ. More: orielmon.org

Gareth Parry Major Solo Exhibition & Kate Pasvol Until 13th September. Open Weds - Sat, 10am - 5pm, Sun 11am - 5pm. Oriel Ffin y Parc Gallery, Llanrwst LL26 0PT 01492 642070, welshart.net

Bodnant Art Gallery Ongoing. 20 of the best artists from across North Wales gathered together in one gallery space. Open daily 10am - 5pm. Tal y Cafn, Colwyn Bay LL28 5RE, 01492 651000, bodnant-artgallery.co.uk

John Hedley and Andrew Smith Cysylltiad Lliw + Colour Connections Until 23rd September. In order to collaborate, develop understanding of and critically respond to each other’s creative methods, Hedley and Smith have made a series of paintings in their respective studios whilst maintaining a close critical dialogue that in turn has fed back to this joint exhibition. ALSO Sian Hughes: Fragments in Time - Flow Until 16th September. “I was particularly drawn to crossing points and bridges, and the jetties that would have been used on the river Dwyryd as part of the slate industry, as well as marks left in the landscape by human hand, by geological features, and by nature.” Storiel, Bangor 01248 353368, storiel.cymru

Matthew Harris ~ Cut, Shift, Repeat Matthew Harris makes work that employs dying, cutting and hand stitching. It is concerned primarily with abstract imagery and the translation of drawn marks into cloth. By making work that is pieced, patched and assembled, he aims to create pieces that explore repetition, pattern and the disrupted or dissonant journey of line and image across and through the surface of cloth. ALSO at the Centre: Surface Matters by a collection of artists offering work in stoneware, ball clay, china clay, earthenware revealing different messages and responses. Natural (Re)Sources The material basis for the work is ‘of the earth’ in various forms. Here we see the results of makers efforts to embrace the bounty that the earth proffers, working harmoniously with their chosen materials. Darren Hughes ~ Drawings on the Wall The images are grounded in observation, reflecting upon the energy and atmosphere of the places visited and my love of the landscape’s geometry, structure and architecture. Mali Morris ~ Printmaker in Focus Fascinated by how relationships of colour can structure luminosity, Mali has continued, since the 1970s, to experiment with the language of painting, arriving at imagery that is both radiant and direct. All until 24th September. Open Tues - Sun, 10am - 5.30pm. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
Philip Jolley ~ Ceramics Throughout September. The Potters Gallery, 1 High Street, Conwy LL32 8DB, 01492 593590, thepottersgallery.co.uk

30 Mile Radius ~ David Hurn Until 17th September. This unique tailor-made exhibition of thirty photographs, all made within a thirty mile radius of Oriel Colwyn Gallery, provides a glimpse of North Wales captured in the preferred style of one of Britain’s most respected living documentary photographers. Open Tues - Sat, 12.30pm - 5pm. Theatre Colwyn, Colwyn Bay LL29 7RU. 01492 577888, orielcolwyn.org

Oren Pinhassi: False Alarm Until 7th October. Oren Pinhassi’s sculptures examine the relationship between the human figure, nature and the built environment. Made from sand and plaster, layered by hand over welded steel skeletons, the totemic figures exist in a state of metamorphosis, ready to collapse or reinvent themselves, caught between life and death, making and becoming. Open 10.30am - 4.30pm, Tues - Sat. Mostyn Gallery, Llandudno LL30 1AB mostyn.org

Diane Dal-pra: Dissolutions Until 7th October. The exhibition will present a series of paintings, including new work, which are detailed, ambiguous and mesmerising at the same time. Often associated with layers of intimacy and even voyeurism, the new body of work focuses on our daily life rituals, relationships, obsessions and sensations. Open 10.30am - 4.30pm, Tues - Sat. Mostyn Gallery, Llandudno LL30 1AB, mostyn.org

Casgliad Charles Tunnicliffe Collection Until 21st January 2024. Oriel Mon, Llangefni, Ynys Mon 01248 724444, orielmon.org

Cefyn Burgess ~ By Hand and Picture 30th September - 30 December. Contemporary illustrations in ink, print and stitch of the Hills of Khasi. A new collection of work following further study visits to the region with reference to original letters by missionaries over the years. Part of an ongoing project to discover the connections between the people of Wales and the Khasi people of north east India. Storiel, Bangor 01248 353368, storiel.cymru

Pererindod Until 2nd September. Creative journey of visual art and contemporary craft from artists based in Llŷn and Eifionydd. CARN, Oriel Pendeitsh, Caernarfon LL55 2AY. More: carncelf.com

Arddangosfa adoly gol Emrys Parry Retrospective Exhibition and 90 artists/artistiaid Until 8th October. Croeso cynnes i bawb / warm welcome to all. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Mysteries of the Coastline Uncovered by Jocelyn Roberts Until 23rd September. The exhibition of more than 30 artworks features an eclectic array of subjects including sea glass and shells, forgotten toys, pill packets, and broken pottery. Visitors can also expect to see large scale waves, which you can imagine are responsible for weathering the items they wash onto the shore. Life: Full Colour, Caernarfon 01286 678211, lifefullcolour.com

The Llŷn and Eifionydd Over the years fine and elegant ‘plates’ have been produced to celebrate and commemorate the National Eisteddfod. As an avid collector and keeper of yesteryear’s finer objects, Mici has received an invitation by the gallery to display his collection. On display until the end of September. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Summer Exhibition Until 9th September. New work by members of the Royal Cambrian Academicians in the 140th annual summer exhibition. A diverse show, with something for everyone - from traditional watercolours to avant garde sculpture, cutting edge photography, reduction linocut, oil painting and pastels - all work for sale. Open Tues - Sat, 11am - 5pm. CrownLane, Conwy LL32 8AN. 01492 593413, rcaconwy.org

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Workshops ~ Gweithdai

OCTOBER ~ HYDREF

Make a Rustic Stool and Apple Day 1st, Bodfari 01745 710626, woodlandskillscentre.uk


Preserving the Abundance Pickling and Fermentation. 3rd, Trigonos, Nantlle. Book: preservingtheabundance.com

Receiving Feedback on Our Work (Literary) 5th, Hawarden. Book: gladstoneslibrary.org

Resilient Homesteading Course 6th - 8th, Henbant, Clynnog Fawr. Book: henbant.org

Sunflowers Gathering for local families and friends Contact Roz: roz4harmony@yahoo.co.uk held at Cae Mabon, Llanberis

Yoga as Spiritual Art (2) 6th - 8th, Pontfadog, Llangollen LL20 7AS. Book: tanygarthhallretreat.org


Yoga & Wellness Retreat 6th - 8th; 13th - 15th, Menai Bridge. Book: thezestlife.co.uk

Autumn Foraging Walk 7th, Chirk Castle. Book: woodlandclassroom.com

Apple Day 7th, Woodland Skills Centre, Bodfari 01745 710626, woodlandskillscentre.uk

Welsh Frame Basket 7th & 8th, Bodfari 01745 710626, woodlandskillscentre.uk

Hand Forge a Kitchen Knife 7th & 8th, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Practice of Council in Nature 7th - 13th, Snowdonia. More: Pippa - ancienthealingways.co.uk

Growing Trees from Shed 8th, Bodfari 01745 710626, woodlandskillscentre.uk

Printing with Packaging Workshop 8th, Ruthin Craft Centre. Book via eventbrite.co.uk

Yoga for Spiritual Awakening (2) 8th - 10th, Pontfadog. Book: tanygarthhallretreat.org


Connection & Nature Experience Awakening 9th - 13th, Cae Mabon, Llanberis. Book: caemabon.co.uk

Writing Crime Fiction with a Twist 9th - 13th, Ty Newydd, Llanystumdwy. More: tynewydd.wales

Menspedition ~ Winter Vigil 11th - 16th, Cae Mabon, Fachwen, Llanberis. Book: caemabon.co.uk

Photography in Nature 13th, Ruthin. Book: wernogwood.co.uk

Thomas Merton’s Writing and the Desire to (re)Connect 13th - 15th, Hawarden. Book: gladstoneslibrary.org

Mountain Environment 14th, Nature’s Work. Book: natureswork.co.uk

Rush Hat 14th, Bodfari 01745 710626, woodlandskillscentre.uk

Make a Pole-Lathe 14th & 15th, Bodfari 01745 710626, woodlandskillscentre.uk

Mixed Media Windows & Doors 14th & 15th, Ruthin LL15 1YE. Book: wernogwood.co.uk

Bushcraft Skills Weekend 14th & 15th, Chirk Castle. Book: woodlandclassroom.com

Glaciation in the Uplands 15th, Nature’s Work. Book: natureswork.co.uk

Rush Baskets 15th, Bodfari 01745 710626, woodlandskillscentre.uk

Writing about Food, Feelings and Family 16th - 20th, Llanystumdwy. More: tynewydd.wales

The Death & Resurrection Show - A Storytelling Retreat 17th - 22nd, Cae Mabon, Llanberis. Book: caemabon.co.uk

Gweithdy Gwehyddu Trybed Helyg / Willow Trivet Making Workshop 20th, Newborough. llynparcmawr@gmail.com

Autumnal Glow Retreat 20th - 22nd. Pontfadog, Llangollen LL20 7AS. Book: tanygarthhallretreat.org

Sharpening Edge Tools 21st, Bodfari 01745 710626, woodlandskillscentre.uk

Reading Like a Writer 21st, Gladstone’s Library, Hawarden. Book: gladstoneslibrary.org

Compost Toilets and Small Table or Stool Making 21st, CAT, Machynlleth 01654 705950. cat.org.uk

Blacksmithing Tasters 2 workshops, 21st, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Painting Realistic Waves 21st, Bodnant Art Studio, Conway 01492 650153, bodnantart.com

Hedge-Laying and Ash Splint Basket 21st & 22nd, Bodfari 01745 710626, woodlandskillscentre.uk

Bushcraft Skills Weekend 21st & 22nd, Chirk Castle. More: woodlandclassroom.com

Reedbeds and Waste Water Management 22nd, CAT, Machynlleth 01654 705950. cat.org.uk

Traditional Soap Making 22nd, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Tree Planting and Karma Yoga Retreat 26th - 29th, Bethesda. Book: druylife.com

Kawandi Patchwork 27th, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Poetry and Writing for Wellbeing 27th - 29th, Ty Newydd, Llanystumdwy. More: tynewydd.wales

Creative Paper Cutting 28th, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Coppice Crafts 28th & 29th, Bodfari 01745 710626, woodlandskillscentre.uk
Cae Mabon
Autumn
Working Party
30th Oct - 5th Nov. Cae Mabon, Llanberis. Book: caemabon.co.uk

Our Dreaming Nature 31st Oct - 3rd Nov. Trigonos, Nantlle. Claire: claireheath55@icloud.com

NOVEMBER ~ TACHWEDD

Break Free Breathwork 3rd - 5th, Pontfadog, Llangollen LL20 7AS. Book: tanygarthhallretreat.org

Spoon Carving Day ALSO Stone Carving Both on 4th, Ruthin LL15 1YE. Book: wernogwood.co.uk

Bird Nest Boxes 4th, Bodfari 01745 710626, woodlandskillscentre.uk

Self-build Project Management 4th & 5th, CAT, Machynlleth 01654 705950. cat.org.uk

Rustic Chair 4th & 5th, Bodfari 01745 710626, woodlandskillscentre.uk

Interwoven 4th & 5th, Tecstiliau, Bethel LL55 1AX 1AX. Book: tecstiiau.org

Rewilding the Mind 4th - 7th, Trigonos, Nantlle. Book: trigonos.org

Zero Carbon Britain for Communities 7th & 8th, CAT, Machynlleth 01654 705950. cat.org.uk

Yoga & Relaxation Retreat - Winter Warmer 10th - 12th, Menai Bridge. Book: thezestlife.co.uk

Glass Fused Lanterns AND Glass Fused Birds 11th, Ruthin LL15 1YE. Book: wernogwood.co.uk

Managing a Small Woodland ALSO Use a Pole-Lathe 11th, Bodfari 01745 710626, woodlandskillscentre.uk

Jewellery Making 14th & 15th, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Zero Carbon Britain Carbon Literacy for Communities 14th - 16th, CAT, Machynlleth 01654 705950. cat.org.uk

Breathe: Yoga & Breathwork Retreat 17th - 19th, Menai Bridge. Book: thezestlife.co.uk


Beginners Meditation Retreat: Learn to Relax 18th, Wrexham. Book with: meditateinnorthwales.org

Building Natural and Healthy Homes 18th & 19th, CAT, Machynlleth 01654 705950. cat.org.uk

Printmaking in Repeat 19th, Tecstiliau, Bethel LL55 1AX 1AX. Book: tecstiiau.org

An Introduction to Lino Printing 19th, Ruthin Craft Centre 01824 707774, ruthincraftcentre.org.uk

Rush Bags 25th, Bodfari 01745 710626, woodlandskillscentre.uk

Death and the only Beauty That Lasts 25th & 26th, Blaenau Ffestiniog. Jan Parker : janparker.co.uk

Spinning for the Festive Season 26th, Tecstiliau, Bethel LL55 1AX 1AX. Book: tecstiiau.org

Christmas Crafts 26th, Bodfari 01745 710626, woodlandskillscentre.uk

DECEMBER ~ RHAGFYR


IHS Silent Retreat Members 1st - 3rd, Pontfadog, Llangollen LL20 7AS. Book: tanygarthhallretreat.org

Christmas Crafts 2nd, Bodfari 01745 710626, woodlandskillscentre.uk

Lino Printing Christmas Cards 2nd, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Wild Weaving ~ Winter 2nd & 3rd, Bodfari 01745 710626, woodlandskillscentre.uk

Blacksmithing - dragon fire poker or toasting fork 2nd & 3rd, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Floristry - Christmas Garlands 9th, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Glass Fused Lanterns 10th, Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

Glass Fused Birds Wernog Wood, Ruthin LL15 1YE. Book: wernogwood.co.uk

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One the beautiful Llŷn Peninsula, North West Wales
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upstickesyurts@yahoo.co.uk

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**Weekly Ongoing Sessions, Groups and Classes**

**ARTS AND CRAFTS**

Llandudno Craft & Gifts Tuesdays & Thursdays.
9.30am - 3.30pm, free. St John's Church Hall, Mostyn St., Llandudno. FB: North Wales Arts and Crafts

Adult Learning Wales Art Class Tuesdays & Thursdays.
9.30am - 3.30pm, free. St John's Church Hall, Mostyn St., Llandudno. FB: North Wales Arts and Crafts

Adult Learning Wales Art Class Weekly
Observational Drawing/Art Classes with Lisa Hudson.
Wednesdays, 1 - 4pm, Ucheldre Centre, Holyhead.
Please book: adultlearning.wales

Meet, Make and Create Group Mondays 10.30am - 12.30pm, book for each class. Pengwern, Llangollen.
Hub Coordinator - 01490 266004, heulwen@sdcp.org

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Making and Creating in the Canolfan / Gwneud a Chreu yn y Ganolfan Fridays, 4.30 - 6pm. Crochet, sewing, weaving; bring your skills and ideas as we make things to raise funds for the community. Cymuned Llanaelhaearn. FB: same event name

**CIRCLE DANCE**

Dyffryn Conwy/Conwy Valley Circle Dance Group
We meet every Monday from 10am - 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.

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 music. Mostly gentle dances with easy steps. We meet on a couple of Thursday afternoons each month in Rhos on Sea Scout Hall, Church Road, Rhos on Sea, Conwy.

**DANCE / MOVEMENT**

Shakti Flow Combining awareness of body, mind and spirit. Tuesdays, 9.30 - 1.30am, Yoga Light Centre, Ruthin LL15 1BE: serendipitywellbeing.online

Actif Woods Anglesey Weekly Green Gym Gentle exercise in a woodland, suitable for all abilities. Meeting on Fridays, different locations. FB: Actif Woods Anglesey / vivienneplank@smallwoods.org.uk

**DRUMMING**

Drum Circle Tuesday evenings, 7.30 - 9.30pm, £15. Tan y Coed Retreat, Conwy. Chris Puleston 01776 811502, chris.puleston@btinternet.com

**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 first to check space or numbers, Veronica 01978 869062.

**GARDENING & NATURE**

Tyddyn Teg Tuesdays, from 10am. Get your hands dirty! Bethel/Caernarfon More: tyddynateg.com

Henbant Community Gardening
Mondays, from 10am, lunch @ 1pm. henbant.org / 07786 316413

Community Digging Deeside
Mondays and Wednesdays 10am - 12pm; Tuesdays, 1 - 3pm. Basic gardening skills, life skills and the chance to make new friends. Aimed at any member of the local community including businesses for a day out of the office. Refreshments are included, £5; carers no charge. Meet: Mill Lane Allotments, behind Shotton Job Centre. RainbowBiz 07759 753473, rainbowbiz.org.uk

Gardening Club
Thursdays from 10am. Ucheldre Centre, Holyhead 01407 763631, ucheldre.org

Transition Holywell & District/Trawsnewid Treffynona’r Cylch Community Gardening
Thursdays, 10am - 1.30pm, behind Abbey Café, bottom of Greenfield Valley, all welcome. Transition Holywell & District. 01352 710714, email robowen29@talktalk.net

**INCREDIBLE EDIBLES**

Incredible Edible Wrecsam would love more volunteers to help us grow food for anyone and everyone to take for free. We meet regularly at Price’s Lane allotment in Rhosdu, Wrecsam. FB: Incredible Edible Wrecsam or incrededwxm@gmail.com or incredibleediblewrecsam.wordpress.com

Incredible Edible Conway / Bwyd Bendigedig Conwy Meet Thursday evenings, 6pm at Conwy Tourist Information Centre. FB: Incredible Edible Conwy / Bwyd Bendigedig Conwy

Bwyd Bendigedig Port / Incredible Edible Porthmadog Thursdays, by Hamdden Porthmadog Leisure Centre. Contact: ediblemadog.co.uk

**MEDITATION / MINDFULNESS**

Teresa’s New Moon Group Meditation For more details contact teresa@teresa4yoga.co.uk

Teresa’s Meditation Live Class Online Friday 8 – 9am, suitable for beginners or those more experienced who wish to connect with like-minded souls. To book www.teresa4yoga.co.uk
Colwyn Bay Wave Meditation Sundays, 10.30am - 12pm. No charge. Meet by crazy benches, between pier and Porth Eirias. FB: Colwyn Bay Wave Meditation

Spiritual Meditation Tuesdays, 11am - 12pm, all levels welcome, please check first for spaces. Yoga Light Centre, Ruthin. Contact Carrie 07887 853091, serendipitywellbeing.online

MUSIC

RainbowBiz Disco & Karaoke Thursdays 3.30pm - 4.30pm. Meet new friends and have the chance to sing in karaoke or dance. Refreshments. £5 per person, carers no charge. Meets Queensferry War Memorial Institute, Chester Road West, Queensferry. RainbowBiz 07759 753473, rainbowbiz.org.uk

Open Mic Night All welcome from 8pm, Sundays. The Blue Bell, Castle St., Conwy 01492 338137, thebluebellconwy@outlook.com

Conwy Folk Club Mondays, for all Conwy Folk Club members and supporters to share news about mainly local and regional acoustic music. 8pm, The Gladstone, Dwygyfylchi LL34 6P FB: Conwy Folk Club

PEACE GROUPS

Bangor & Ynys Môn Peace and Justice / Heddwch a Chyflaenwnder Bangor ac Ynys Môn Online. FB: Bangor & Ynys Môn Peace and Justice

Quakers Find out from northwalesquakers.org

REPAIR / REMAKE / REFURBS Cafés

See Calendar for monthly groups information.

READING GROUP

Reading Club Different books, share your thoughts, Fridays, 2 - 4pm, £3. Llandudno Museum & Gallery 01492 701490, info@llandudnomuseum.co.uk

SINGING

Coastal Voices Community Choir Tuesdays, 7 - 9pm, £5. Mynydd Seion Chapel Hall, Abergele LL22 7AW. FB: Coastal-Voices Community Choir

Bangor Community Choir Wednesday, 7 - 9pm, £5. Capel Penrallt, Upper Bangor. Sara 07881 463585, FB: Bangor Community Choir

Wrexham Community Choir / Côr Cymuned Wrecsam Always open to new members and this term we’ll be collaborating with Wrexham musicians - Igloo Hearts. Tuesdays, 7.30 - 9pm, Tŷ Pawb, Market St, Wrexham LL13 8BB. For more information email info@wrexhamchoir.co.uk

The Singing Circle / Y Cylch Canu 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, Mynydd Llandegai, Bangor. Book by email: yyclhcanu@gmail.com


Heart & Soul Community Singers Chester Natural Voice Community Choir Thursdays: 7 - 9 pm, Northgate Church Hall. Sundays: 10.30am -12pm Water Tower Gardens (Outdoors). Fridays: Taiye, 10.30am - 12pm, Cathedral of St John. £10 (£5 concs). New singers always welcome. Ella 07922 620503 ellaspeirs@hotmail.com / heartandsoulsingers.co.uk

SOCIAL

Caffi Manna Every Thursday. Bwyd am oes / Food for Life Cydsafadi niol Tlodi / Solidarity not Poverty pryd symlheb unrhwy gost / a simple meal at no cost. 5yh - 7yh. Croeso Cynnes i bawb. Eglwys Dewi Sant, Nefyn. Parch Kevin 07535 557632. FB: Hwb Nefyn

NEWMind Mental health resources. Activities, groups and connecting. Flintshire; newmind.org.uk

Dyma Ni A community Hub as a place for local refugees for panad, chat, children’s space and support. Mondays & Thursdays 2 - 5pm. Quaker Meeting House, Bangor LL57 1UR. More from: FB Dyma Ni / dymani@croesomenai.org.uk

Conversation & Craft Group The Coffee Bean, The Mews or Community Museum, Holywell. Transition Holywell & District “bringing together the head, heart and hands of the community”. 01352 710714, robowen29@talktalk.net

Lunar Living Collective - Wellbeing, Wednesdays, 7.30pm, £5, includes tea & cake. Talacre Community Centre, Holywell CH8 9RT. Contact 01745 889290.

TAPE Community Music and Film Creative treats all week. Old Colwyn LL29 9SD, tapemusicandfilm.co.uk

Llwybrau Llesiant promote the wellbeing of adults with learning disabilities, whether that is physical, emotional or social wellbeing. See timetable for activities at : llwybraulessiant.cymru

TAI CHI & QI GONG

Tai Chi for Adults Beginners, Thursdays, 7.10 - 8.10pm, £8 at Prestatyn Kings Hall. Advanced every Monday 6.30 - 7.30pm, £8. Prestatyn Tŷ Caradoc Community Centre. FB: Taichi and Yoga with Hong

Ba Duan Jin: Health Qigong Practice Weds 12noon - 12.40pm; AND Tai Chi Sessions, Mondays 12noon - 12.40pm, free. Confucius Institute, Bangor. Info: confuciusinstitute@bangor.ac.uk

Tai Chi, Qigong with Phil East. Classes every day in Conwy area; plus on Zoom. More from: threedeepbreathschoolofqigong.wordpress.com

Tai Chi Workshop Thursdays, suitable for all; led by Henry Shallicross, 10 - 11am, £5. Held outdoors and very weather dependent. Llandudno Junction Conwy LL31 9XZ. Book: 07563 085945, events.rspb.org.uk

Tai Chi for Children Thursdays, 6 - 7pm, £6, Prestatyn Kings Hall. FB: Taichi and Yoga with Hong

WALKING GROUPS

Eryri Ramblers Short, easy strolls, walks and scrambles in Eryri. More: eryriramblers.org

Gay Outdoor Club For LGBTQ+ mainly walking plus other activities. More: goc.org.uk
Photography Walk Thursdays in September, 1 - 3pm, £8.75 - £10.75. with RSPB, at South Stack Holyhead LL65 1YH. Book: events.rspb.org.uk

Walking for Wellbeing Tuesdays, 10am - 12pm. A fully accessible weekly walking group around the local Deeside area. £5 per person, carers no charge. Refreshments are included. RainbowBiz 07759 753473, rainbowbiz.org.uk

Rustic Rainbow Informal group for LGBTQ+ adults. FB: Rustic Rainbow

Wildlife Walks Tuesdays. A guided walk across the reserve; weather dependent. 1 - 3pm, £3.50, £4.50. RSPB South Stack, Holyhead LL65 1YH. Info/Book: events.rspb.org.uk/events

Biodiversity Walk Wear suitable clothing! 11am - 12pm, £5. Meet: 10.45am. Llandudno Museum LL30 2DD. llandudnomuseum.co.uk

WOMEN'S GROUPS

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

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

NetworkShe For women in business. More from: networkshe.co.uk ~ FB: Network She Mothership

North Wales Women’s Centre Offering a safe space, for women with complex needs. Wednesdays 9.30am - 2.30pm. 46 Water St., Rhyl LL18 1SS, 01745 339331, northwaleswomenscentre.com

Heart Centred Mama and Baby Time Circle and Song Mum and Baby group. Wednesdays 12.30 - 2.30pm. A cosy meet up with a panad to connect with other mums and babies. Donations welcome. Y Nyth, 26 Criccieth High St. Emma 07947 832148.

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

WRITING GROUPS

Writers Circle ~ Colwyn Bay Meet Saturdays, 1pm, Colwyn Bay Library. FB: Colwyn Bay Writers Circle

YOGA

Inspiratrix ~ Somatic Yoga with Claire Mace in Bethesda, Tuesdays 7pm - 8.15pm plus virtual yoga, workshops and yoga teacher training. Visit: inspiratrix.co.uk

Yoga Wednesdays, 10 - 11am and 7 - 8pm, £7.50. Neuadd y Pentref, Llanystumdwy. Richard Fowler 07840 149651, richardfowlyeryoga@gmail.com

Kundalini Yoga Mondays, 7.15pm, Thomas Telford Centre, Menai Bridge. Restarts 4th Sept. Mari - experiencetransformation@protonmail.com

Yoga Restore and relax, Mondays, 4 - 5pm, Sychdyn Village Hall. £5, skill trade accepted. Hayley Evans : hde5@hotmail.com

Teresa’s Yoga Class for Inner Calm Mondays, 5.50 - 7.20pm. Suitable for beginners or more experienced. Westminster Park Community Centre, Chester, CH4 7QT. To book and pay go to: teresa4yoga.co.uk

Yoga gyda Ceri Lloyd Mondays, 8pm, Studio, Pontio, Bangor 01248 382828, pontio.co.uk

Teresa’s Yoga Class For Wellbeing Wednesdays, 9.30 - 11am. Suitable for beginners or more experienced. Oddfellows Hall, 65 High Street, Saltney, Chester, CH4 8SG. Book /pay go to teresa4yoga.co.uk

Yoga & Relaxation Wednesdays. Gentle stretches, breathing and relaxation. For students, free, starts 3.30pm, mats provided. Treborth Botanic Garden, Bangor. Book: eventbrite.co.uk

Nalini Yoga Thursdays @ Y Festri, Llanberis; and Mondays @ Beacon Climbing Centre. More info & book: bookwhen.com/naliniyoga or FB: Nalini Yoga


ZUMBA

ZUMBA Afro-Latin Dance-Fitness Easy-to-follow routines for all ages and abilities. £6 per class. Mondays (including bank holidays), 5.45 - 6.45pm, £7, Telford Centre, opposite Waitrose, Menai Bridge.

Wednesdays & Thursdays 5.45 - 6.45pm, £6, Academi Nightclub, Deiniol Rd, Bangor. Helen McGreary 07751 017157, dance-classes-north-wales.co.uk

If you would like your group listed here please let us know !
info@network-news.org 07777 688440
VEG BOX :: BOCS LLYSIAU

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, Waunfawr

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

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

Llys Ifor Farm Shop
Check for opening hours. Deliveries to areas in Gwynedd. FB: Llys Ifor Farm Shop, 01766 530378, llysiforfarm@yahoo.co.uk

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

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

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

Wildings Vegan Kitchen, Colwyn Bay
Phone 07980 112698 or Facebook

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. On Facebook

Blodeuwedd Botanics
Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics

Llysiau Lleol Ffres/Local Fresh Vegetables
Delivery on Thurs. Order your bags/Archebwch eich bag llysiau. Book: llysiaumenai.cymru Contact Sam Hollick llysiau.menai@gmail.com

Food Pantry / Pantri Bwyd
Fridays, 4.30pm, £3.50. Canolfan y Babell. Llanelhaearn, Pen Llŷn. FB: Cymuned Llanelhaearn Community
The Natural Choice
14 Colwyn Avenue
RHOS ON SEA
LL28 4RB
01492 549520
Health food shop selling organic fruit & veg boxes, natural remedies, skincare, eco cleaning products, refills, plastic free products and lots more.

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

Our Outlet
Stryd Fawr
Local Town
01234 987654
Do you know of an outlet or place of distribution for NN?
Please let us know
info@network-news.org
07777 688440

RainbowBiz Hippie Shop
20 Chester Road West,
SHOTTON, Deeside, CH5 1BX
Alternative, #fairtrade clothing, incense...
...crafts, gifts & jewellery.

Plas Baladeulyn, Nantlle LL54 6BW
01286 882388
trigonos.org
info@trigonos.org
“an ideal venue for courses and events.”

RainbowBiz
Promoting equality & diversity

Iechyd Health Food Shop
10 Y Maes,
PWLLHELI LL53 5HD
01758 612223
Open M-F 9am - 5pm
Sat 9am - 4.30pm
Plant-based food, eco products, supplements, refills, gifts
iechyd-healthfoodshop.co.uk

Dimensions Dru Health Store
15 Holyhead Road
BANGOR
LL57 2EG
01248 351562
Natural & organic foods, zero waste, remedies & bodycare products. Chiller cabinet, fresh organic fruit & veg; ethical gifts

Health & Food
8 Denbigh Street
LLANRWST LL26 0LL
01492 641669
supporting shop local
A proposal for a **social and ecological land project** in the heart of Conwy, to support the community for generations.

- 200 fruit & nut trees
- 60 allotment plots
- Vegetable garden
- Student Farm
- Wildlife & kids areas

**HOW TO HELP**

- Take our online survey
- Write us a letter of support
- Join our start-up group
- Contact your Councillor
- Follow us on Facebook

**DETAILS ONLINE**

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