

network news

a guide to inspiring events in north wales



imagine peace ~ master wellbeing ~ reclaiming our emotions ~ bullshit jobs
 random acts of wildness ~ making yourself matter ~ the end of conscience
 exhibitions ~ workshops ~ festivals ~ groups

Network News

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A Guide to Inspiring Events
in North Wales

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Articles

Mastering Wellbeing In North Wales <i>John Thackara</i>	4
Making Yourself Matter <i>Adam May</i>	6
Bullshit Jobs <i>David Graeber</i>	8
Random Acts Of Wildness <i>Frances Cattanach</i>	33
Reclaiming Our Emotions <i>Rik Midgley</i>	34
The End Of Conscience <i>Gideon Levy</i>	36

Regular Features

Noticeboard	9
June Calendar	11
Exhibitions	28
Workshops In July & August	30
Full Moon Meditation Network	37
Advertisers Index	38
Network News Outlets	Inside Back Cover

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Welcome to the June Network News. Fem's cover celebrates those special people who are committed to the cause of Peace - year in, year out; come rain or shine - challenging the propaganda and dirty tricks that are forever spinning for more weapons and war.

The UN was formed in 1945 *"to save succeeding generations from the scourge of war"* but by 1950 Korea had become the testing ground for the next 68 years of pointless slaughter: "Great Powers" instructing their young people to drop industrial quantities of explosive chemicals from above onto men, women, children, creatures & crops - for reasons that simply evaporate over time.

50 years ago, two artists threw themselves wholeheartedly into the cause of Peace: John Lennon & Yoko Ono. We are very inspired to see that the Museum of Liverpool is currently hosting a free exhibition telling their story in their own words with special focus on their ongoing **Imagine Peace** campaign. (See back cover)

In the recent Korean Olympic Games - as in many preceding Olympics - a performance of John & Yoko's "Imagine" was a climaxing feature. A visitor from space would be most bewildered: *"Imagine there's no countries..."* being sung passionately while every national flag on Earth is being proudly waved! The human dichotomy could not be clearer: We know the nation state is the breeding ground for war, but can't quite let our own one go!

Let us pray that the people of Korea may be the first to welcome a new era of Peace, just as they were first to suffer in the Cold War.

Meantime, let's find creative ways to cure our own nation of its collusion and participation in war. Our votes have little power in the current system, but at least we can reserve our support only for those rare politicians who have consistently opposed war.

Blessings to all beings



Mastering Wellbeing In North Wales

John Thackara

Wellbeing is intimately linked to connection – to other people, but also to place, and the living systems that inhabit it. Relational design creates those connections.

Would you like to spend a year developing a project or business idea that reconnects city and country in a regional context? With a focus on wellness, adventure, tourism, and education?



The new Masters by Research in Relational Design (MRRD) is hosted by Arloesi Pontio Innovation (API), based in Pontio, at Bangor University. I'm teaching on the course as its senior advisor. It launches in September.

Wellbeing is intimately linked to attachment – not only to other people, but also to place, and living systems. Relational design creates those connections.

Based on creative ways to connect the “what is?” with the “what if?”, you will learn how to combine a region’s social, tech and ecological assets in ways that create new livelihoods and sustainable enterprises.

The MRRD Masters is not theoretical. It is designed to help you make a positive step-change in a live project. Your research will therefore be delivered in the form of a Business Proposal, an Exhibition, and a public Presentation to stakeholders and

peers. The Lab’s experts will help you develop and tell your story effectively.

North Wales is one of Europe’s most resilient regions. It enjoys spectacular natural assets, unspoiled land, clean air and biodiversity, abundant water, sea, low population density – and ancient but still thriving cultural roots.

A thriving ecosystem of small companies range from world-leading outdoor, extreme sports and adventure tourism, to biorefining, grain and fiber networks, maker networks, boat builders – and the 500-strong North Wales Tech Community.

Focus areas: Adventure, Tourism, Education

Your MRRD Masters could be about making connections in a wide variety of adventure and sport activities: climbing, running, diving, kayaking, camping, mountain biking, tree climbing, zipwiring, and more.

Or your focus could be tourism. Active travel, biodiversity learning journeys, or soil-to-table relationships with the land, have huge potential in Wales. Also promising are social farming, Wwoofing, and Fibershed ‘makations’. River, forest and ecosystem restoration camps are growing in popularity, too.

There is also scope for theme-based learning journeys in North Wales – from citizen science, and artist residencies, to maker centres, land-based learning, and coding in the countryside. Other inspirations are the Fermentation Routes being developed in Latvia, Slovenia’s Honey Routes, or the Deep Time Walk app at Schumacher College in Devon.

Relational design is not just about start-ups; it’s also about connecting with anchor institutions. Heritage buildings can be

restored as Coworking/Coliving (CoWoLi) sites. Chapels, pubs, libraries, regional museums, hostels, post offices, local shops can all be enhanced as rural hubs for visitor activities and create new livelihoods for local citizens; AirBNB Experiences is a good example.

Relational design in Bangor is supported by the expertise to be found in Bangor University: sport science, extreme environments, health sciences, medical and neuroscience research, environmental sciences, and soil science.

The MRRD course is based in a new arts and performance centre, Pontio, with facilities and expertise to match. The Masters is connected internationally with networks developing new business and governance models such as Cooperation Platforms.

Is this Masters for you?



The Masters in Relational Design course is for those who wish to: develop an existing project idea – perhaps in collaboration with an industry, government or anchor institution from your own territory; find employment in the public or private sectors in one of the sectors listed above; start a new enterprise; or work in regional development or innovation policy.

The course is residential, and runs full time from September to August. The course language is English. To get in touch please email Sara Roberts:

sara.l.roberts@bangor.ac.uk
relational.bangor.ac.uk



For more than thirty years John Thackara has travelled the world in his search of stories about the practical steps taken by communities to realize a sustainable future. He writes about these stories online, and in books; he uses them in talks for cities, and business; he also organizes festivals and events that bring the subjects of these stories together.

John is the author of a widely-read blog and of *How To Thrive In The Next Economy*. He organizes conferences and festivals in which social innovators share knowledge.

www.thackara.com



Making Yourself Matter

Adam May

"I don't matter to anyone else"

Whether its worrying about not having achieved much in life, or feeling lonely and empty, or just being bored, many of life's emotional problems boil down to a belief that one just doesn't matter enough to other people.

How do you make yourself matter? Well, the first thing to do is avoid the roadblocks. Roadblock One is thinking that mattering is about what you are worth or whether you are good enough. Thinking you don't matter because you are a bad or boring person is a cop out.

It's not what you are but what you *do* that matters.

Roadblock Two is the discounting trap: that's when we find contrary evidence but discount it, so people say "Well I matter to my kids, but that's only because they are my kids", or "I matter to my therapist, but that's only because I pay him". You matter to more people than you realise. The third roadblock is about thinking it's your problem, but other people need to solve it. If it's your problem, *you* need to solve it.

Just as we don't need as much stuff as we think we do, so we don't need to matter to as many people as we think we do. A handful is more than enough. And even they don't all need to be people! As regular readers of Network News, and all my clients know, my little cat Socs and I matter hugely to one another. I matter to him, not just because I feed him but because I greet him enthusiastically when he comes into the room. I talk to him, I stroke him, and I protect him. In his turn, he returns home when he knows I am

getting up, or sitting down with a client, or going into the sitting room to watch TV, or going to bed. He accompanies me through the day's transitions. He also brings me gifts of dead voles and birds and I have to remind myself that we don't get to choose the ways in which those who love us show us their affection. Mattering is as much about receiving as giving. By receiving my care, Socs helps me manifest myself in the world as a caring person.



Illustration: Femke van Gent

It may be true that you don't matter as much as some other people. Some of this may be age and stage. If you have recently moved to the area, you won't still be as important to the people who lived near you in your old area, and you won't

yet matter much to the people in the community you have moved into. Proximity makes a huge difference. If you start going out less because of increasing age, or infirmity, or poor mental health, you will probably matter to fewer people than if you were going out more. On the other hand, the phone and the Internet can be good proxies for proximity.

Moving to be in the same space as other people is often the only action we need to take in any deliberate way, because the rest follows naturally. My advice to clients with uncomplicated social phobia is very straightforward: Go where there are other people, stay near them, make some eye contact, smile, and take it from there.

Mammals have evolved to affiliate. We thrive in company. Affiliation is harder for some people than others though. Being different makes you more vulnerable to scape-goating. An early life history of not being able to trust your parents to care for

you consistently or reliably will probably make it harder for you to trust in later life. A brain that is constitutionally inclined to see dangers more readily than opportunities will make you paranoid; and a perceptual system that floods you with too much information, or lets in too little, as in autism, will cause you problems with managing information flow.

These are not insurmountable challenges, but you might benefit from specialist advice and support if you have them. For the rest of us though, we can learn a lot from Socs. You make yourself matter by being close, by communicating, by giving and receiving care, and by giving vigorous tickles under the chin and behind the ears, although that last one may be peculiar to cats.

© Adam May is a CBT Psychotherapist who lives and works in Llanddaniel, on Anglesey.

www.adammay.co.uk

Rosie Waite

Trained Funeral Celebrant

I conduct ceremonies in any venue, which aim to reflect the essence of the person who has died and tell the story of the life which has been lived.

I work closely with both individuals and funeral professionals.

Please feel free to contact me with any queries.

07772 584533

rosie.waite@yahoo.com

www.rosiewaitefuneralsnorthwales.com

Mind, Body & Spirit Fair

Beaumaris Town Hall

Castle Street, LL58 8AP

June 23rd & 24th
10am - 5pm

free admission

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

*For details of
future events
visit:*

ALL WELCOME!

refreshments available

www.gigaicrystals.co.uk

gina-gail@gigaicrystals.co.uk

Bullshit Jobs

David Graeber

One day, the wall shelves in my office collapsed. This left books scattered all over the floor and a jagged, half-dislocated metal frame that once held the shelves in place dangling over my desk. I'm a professor of anthropology at a university. A carpenter appeared an hour later to inspect the damage, and announced gravely that, as there were books all over the floor, safety rules prevented him from entering the room or taking further action. I would have to stack the books and not touch anything else, whereupon he would return at the earliest available opportunity.

The carpenter never reappeared. Each day, someone in the anthropology department would call, often multiple times, to ask about the fate of the carpenter, who always turned out to have something extremely pressing to do. By the time a week was out, it had become apparent that there was one man employed by buildings and grounds whose entire job it was to apologise for the fact that the carpenter hadn't come. He seemed a nice man. Still, it's hard to imagine he was particularly happy with his work life.

Everyone is familiar with the sort of jobs that don't seem, to the outsider, really to do much of anything: HR consultants, communications coordinators, PR researchers, financial strategists, corporate lawyers or the sort of people who spend

their time staffing committees that discuss the problem of unnecessary committees.

What if these jobs really are useless, and those who hold them are actually aware of it?

Could there be anything more

demoralising than having to wake up in the morning five out of seven days of one's adult life to perform a task that one believes does not need to be performed, is simply a waste of time or resources, or even makes the world worse? There are plenty of surveys about whether people are happy at work, but what about whether people feel their jobs have any good reason to exist?

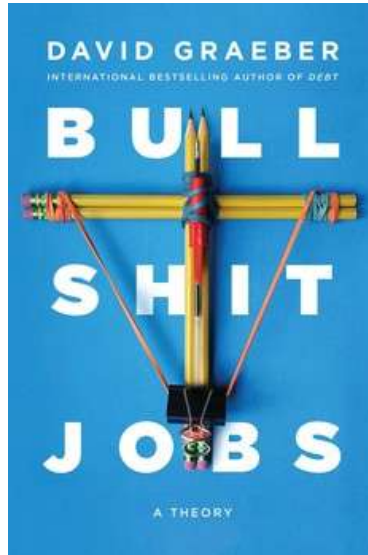
I decided to investigate this phenomenon by drawing on more than 250 testimonies from

people around the world who felt they once had, or now have, what I call a bullshit job.

The defining feature is this: *one so completely pointless that even the person who has to perform it every day cannot convince themselves there's a good reason for them to be doing it.* They may not be able to admit this to their co-workers – often, there are very good reasons not to do so – but they are convinced the job is pointless nonetheless.

David Graeber is professor of anthropology at the LSE and author of Debt: The First 5000 years; he was involved in the Global Justice Movement and Occupy Wall Street.

Twitter: @davidgraeber



Publisher: www.penguin.co.uk

In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

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a guide to inspiring events in north wales



RHWNG: The Art of Being Alive Come and Join Fiona and Linda in a creative day - all welcome! Ucheldre

Centre, Holyhead. *See Calendar 9th*

WALES NATURE WEEK 2nd - 10th June. Events take place throughout Wales with guided nature walks, bumblebee days, green fairs, Go Wild festival, hands-on activities and wildlife advice and encouragement from local experts. Suitable for all ages, events are a great way to learn about the natural environment on your doorstep and its importance to our well-being. biodiversitywales.org.uk *See Calendar 2nd & 3rd - Miner's Quarry Opening*

JUNE NOTICEBOARD

CRAFT OF COMEDY CONFERENCE 15th &

16th June, Llandudno, *see Calendar*

WALES FOR PEACE EXHIBITION A celebration of what Wales has done for Peace over the last 100 years. 7th June, Ucheldre Centre, Holyhead, *see Calendar*.

NORTH WALES WILDLIFE TRUSTS 30 simple, fun and exciting Random Acts of Wildness. To get your free 30 Days Wild pack, which includes a wallchart, a poster, an interactive booklet and some stickers to help you go wild, just select who is taking part and take the next step! *See page 33 for more details*

HOPE NOT HATE Community Action Network A unique opportunity to spread hope wherever you live. 40 campaigners from 40 areas of the UK meet for an exciting new Campaign School on 2/3 June. The course is in Birmingham and is completely FREE, with all food and accommodation also provided. 10am - 4pm. Here's the link to apply - <https://charity.hopenothate.org.uk/hope-academy>

EBB AND FLOW ~ LLANW A THRAI Art Group Exhibition of 50 artists, 1st - 26th July. Canolfan Beaumaris, 01248 811200.

WORLD OCEANS DAY 8th June.

Preventing plastic pollution and encouraging solutions for a healthy ocean. Will you stop using single use plastic bags, bottles and straws to help our ocean? Plastic trash is a serious problem for our ocean, and especially all the animals that call it home, but together we can be part of the solution. Ideas on how to be part of today from:



worldoceansday.org
See Calendar 9th

RSPB CONWY'S HEALTH AND WELLBEING IN NATURE WEEK 30th June - 7th July. Includes Tai Chi, Park Run, Wildlife Walks and Yoga for Children. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

R.S. THOMAS and M.E. ELDRIDGE POETRY AND ART FESTIVAL 28th June - 1st July, Aberdaron, *see Calendar*

GWYL GELF LLYN ARTS FESTIVAL 26th May - 3rd June. Artists and open studios; events and workshops throughout the time. *See Exhibitions and Calendar for activities on Page 30.* For leaflet and more info: Facebook: of same name

FELIN UCHAF We have a few weeks now to create a beautiful courtyard nature garden for the CAMAS building and will be recruiting volunteers starting next week for around 6 weeks here. If you know anyone who may be interested please let them know - fairly heavy landscaping and cutting & laying natural stone paving work. Felin Uchaf, Rhoshirwaun, Pen Llyn LL53 8HS, 01758 780280, felinwales.org

THE GREAT GET TOGETHER A celebration with older people at its heart. Activities, talks, workshops, shows and special cinema screenings; Chester, *see 22nd - 24th June, storyhouse.com*



Chris Packham from Springwatch is visiting Pensychnant Centre, Conwy
20th JULY 9am - 8pm

Monthly Vigil:

Stop UK Arms Sales to Saudi Arabia!

illegally used to bomb Yemen



At The Cross, Chester City Centre
on the last Saturday of the month
from 12.30pm - 1.30pm.

Please wear black if possible.

chestercnd@gmail.com



Free 30 minute

One-to-One Sessions

10am - 1pm

2 - 4pm

Acupuncture,
Acupressure, Shiatsu,
Relaxation

Dates:
11th June
9th July
13th August
10th September
8th October
12th November
10th December

Madog Natural Therapy Centre
73a High Street,
Porthmadog LL49 9ET
(above Browser's Bookshop)



2nd Monday of the month

Booking Essential

Donations welcome towards
the work of North Wales Cancer Care

Contact: Sheila Smith

07851 792014, info@health-matters.biz

North Wales Cancer Care ~ northwalescancercare.org.uk



10.30am - 12noon

**Social coffee/
tea & cake time**

12 - 1pm **Lunch**

1 - 3pm

Gardening

Dates:
13th June
11th July
8th August
12th September
10th October

2nd Wednesday of the month

Tŷ Newydd Farm Caravan Site and Café
Uwchmynydd, Aberdaron LL53 8BY



All welcome!



Contact: Sheila Smith

07851 792014, info@health-matters.biz



North Wales Cancer Care ~ northwalescancercare.org.uk

June Calendar

1st FRIDAY

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

Moving Stories, Changing Lives For those of you who wish to explore the stories of your life through movement. Drawing on the practice of Authentic Movement and using sound, cranial touch and movement meditations you will connect with the energy and life force flowing through your body. 3.15 - 5.15pm, free taster workshop. Booking essential. Canolfan Community Centre, Llanberis, LL55 4RU. Henrietta Wynne Finch: movingjourneys.co.uk

Holiday Club For 6 - 13 year olds. 2 Forest Schools, learn how to build shelters, make fire circles, learn about the trees, plants and wildlife; plus games and activities. £20 per day; £35 for 2 days; 2 children from same family £35 per day. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Citizen Science - Live! Pencychnant will become a family-friendly (OPAL) OPen-Air Laboratory! Booking essential. 10am - 1pm, Pencychnant Conservation Centre, Conwy, LL32 8BJ. Mark Sheridan, 07505 214073, mark.sheridan.mgc@gmail.com

What's That Raptor? Keith Offord (Wild Insights) will take a close look at the identification of raptors in real settings. With Cambrian Ornithological Society meeting. All welcome 7.30pm, £1. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

Masterclass: Attaching or non-attaching The meeting of mindfulness, emotional development, the brain and attachment theory, with Graham Music. This is a chance to catch up on research findings which will be presented in an easily digestible and accessible way, including the use of fascinating video footage, both of research and clinical work. The day will include a blend of experiential practices, formal teaching and group discussions. £130. Held at Crowne Plaza, Chester. Bookings: Centre for Mindfulness, Research & Practice (CMRP), Bangor University LL57 2DG, 01248 382498, mindfulness@bangor.ac.uk, bangor.ac.uk

Pagan Study Group Fridays. Sessions on modern paganism ending with a Summer Solstice ritual. Today: The Wheel of the Year and celebrating the Sabbats. Other meetings include: Symbols, Talismans, creating sacred space, 4 elements. 6.30pm, £3 per session or £20 if paid at first session for all 8 meetings. Participants should be bring a comfortable cushion to sit on. The meetings are held in the basement of the shop 'A Bit of This and That' and there is, unfortunately, no disabled access, 11 High St., Blaenau Ffestiniog. Bookings: yrhenysgol17@gmail.com *Each Friday until 22nd June*

A Fantastic Woman (15) Film, in Spanish with subtitles. Marina and Orlando are in love and planning for the future. Marina is a trans-woman and for most of Orlando's family her sexual identity is an aberration. 7.30pm, £6.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

Taste of Craft For people over 60+. Offering a wide range of hands-on craft making activities with different makers, helped along with a cup of tea or coffee (and some biscuits!). This year the sessions will be inspired by our Craft Counts programme celebrating 10 years since the re-launch of Ruthin Craft Centre. 1 - 3pm, £12.50, Ruthin Craft Centre, 01824 704774, ruthincraftcentre.org

Gŵyl Gelf Llŷn Arts Festival Join Asanga Judge for sound alchemy with crystal singing bowls 6.30pm, all welcome. Canolfan Felin Uchaf Centre, Rhoshirwau, LL53 8HS, 01758 780280, felinwales.org



Jonathan Richards - Guitarist Live music, 7pm, Gwaensysgor Church, nr Dyserth. Info: 01745 855801.

The Leisure Seeker (15) Film. With dementia taking over John's life, he and his wife go on a road-trip. 2pm, £5.50, £4.50. Galeri, Caernarfon 01286 685222, galericarnarfon.com

1st FRIDAY - 3rd SUNDAY

Snowdon Walking Weekend This walk is open to all levels of walker, beginners are very much encouraged to join us. We will be walking the beautiful Aberglaslyn Pass Saturday and then set off early on Sunday to climb Snowdon via the Miner's Track and return on the Pyg Track. Book your own accommodation. £57.20, tickets: Eventbrite.co.uk

Soul Clothing - ReWild Your Wardrobe/Natural Fabric Dyeing The retreat includes gentle tuition in the ancient art of natural fabric dyeing using locally foraged plant dyes along with the venue's botanical food waste. To help you adopt the pace of nature, simple breathing and meditation techniques will be offered along with opportunities to explore the idyllic surroundings. You'll be shown how to safely pre-treat your fabric, identify and extract dye, create patterns using ancient Japanese shibori techniques and record the unique imprint of a flower or leaf on cloth. You'll be given the time and space for some outdoor (weather permitting) mantra embroidery inspired by your surroundings. Full board £385, £100 deposit. Workshop only: £265. Includes sampling materials, lunch & refreshments. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org or book via naturalfabricdyeing.com

Supported Spindling for Beginners This weekend will cover all the techniques you need to get you spinning on a supported spindle. You will also have the chance to test out which spindle and dish works best for you. All spindles and fibre will be provided. There will be a £5 charge for fibres. Spinning experience beneficial but beginners are welcome. £219 - £228, Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Yoga & Seashore Weekend This two night retreat will have you connecting back to nature in no time at all, as you walk and forage the beautiful Welsh coastline, restoring both mind and body. £545 - £405. Plas Cadnant, Menai Bridge. Laura 07989 512859, info@thezestlife.co.uk

1st FRIDAY - 4th MONDAY

Eco ~Refurbishment Find out how to make critical improvements to your home to make it more comfortable, cheaper to run and better for the environment. £450; low waged/concs £400. CAT, Machynlleth 01654 705959, cat.org.uk

1st FRIDAY - 7th THURSDAY

Volunteering Week with Clwydian Range and Dee Valley. Contact Loggerheads 01824 712757, loggerheadscountrypark@denbighshire.gov.uk

2nd SATURDAY

Bangor Forest Garden Open Day It's our 20th year so come and celebrate with us! Come and see the garden, how it has progressed and developed, join a garden tour and feast on Cob oven fresh baked bread and tasty fresh baked pizzas, and cake. And also meet up with people implementing Permaculture projects in North Wales from areas such as Anglesey, Caernarfon, Bangor, Clynog Fawr, Llyn, Corwen, Cerrigydrudion, Llangollen and Wrexham. All donations/proceeds go towards a shelter structure for the cob oven and wood store for the fire pit. There will also be the next *NW Smallholders and Permaculture* meet up. 12noon - 5pm, Henfaes Research Centre, Abergwynregyn, LL33 0LB. thebfg.org.uk Facebook: Bangorforestgarden



Yoga & Mudra for the Chakras Learn movement, mudra, breathing techniques and affirmations to balance the chakras in order to create optimum health, wellbeing and success in your life! 11am - 4pm, £60. Dru Yoga, Snowdonia Mountain Lodge, Bethesda LL57 3LX. 01248 602900, hello@druworldwide.com

Dry-stone Walling Taster Day A full day's training under the guidance of Drystone Walling Assoc member Paul Smyth, £25. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk Bookings with: Paul Smyth 01766 513213.

Reiki 1 Healing: A Spiritual Journey Pt 2 11am-4pm, £45. Attunements Certificate and Manual incl. The Laser Beauty and Therapy Centre, Telford Road, Menai Bridge. Claire 07838 469174, energyteacher111@gmail.com

Weight Loss: A Mindset Approach Diets have been shown not to work in the long term. We all know that surplus weight can have serious health consequences and we are aware of the damage that sugar and junk food can do to us. Claire Wiggins of North Wales Hypnotherapy is running 3-session courses on the 1st and 3rd Saturdays of the month in The Laser Beauty and Therapy Centre, Telford Road, Menai Bridge, starting today. Claire Wiggins, 07838 469 174, relax@northwaleshypnotherapy.co.uk

2nd SATURDAY & 3rd SUNDAY

Bushcraft Skills Development for Forest School Leaders Expert tuition is provided throughout, and the course can be tailored to suit the needs of the group. Participants may want to recap sharpening skills, review axe work or recap their Tree identification. Additionally the instructor will constantly seek to extend participants knowledge and skills by introducing new techniques, tweaking existing ones and always adding more detail and information. £140, £70 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

NWWT: Minera Quarry Grand Opening and Bioblitz Coinciding with Wales Nature Week and in conjunction with COFNOD, all are welcome to see our new reserve and help us record as many species as possible. Graham Berry, NWWT's Reserves Officer, will lead - hopefully with a special guest alongside! 10am. Meet at end of Maesyyffynnon Road, Minera Quarry NWWT Nature Reserve, LL11 3DE. Adrian Jones 01248 351541, acljones@wildlifetrustswales.org See *Noticeboard*

Creative Writing This course will guide you through the techniques of creating your own 'true story, well told' and how to present it in a dramatic and compelling way. You will be introduced to the craft and techniques of creative non-fiction through a combination of writing exercises and readings. £120, £100 concs, accommodation £62. Held at CAT, Machynlleth 01654 705959, cat.org.uk Bookings through Aberystwyth University 01970 621580.

ArtlySparklyDesigns A display and sale of nature photography, sea glass jewellery and felt animals. 10am - 4pm, free entry to exhibition; normal charges to centre. Lookout at RSPB Conwy Nature Reserve LL31 9XZ, 01492 581025, conwy@rspb.org.uk

2nd SATURDAY - 10th SUNDAY

Wales Nature Week - Celebrate Welsh Wildlife An annual week of wildlife-themed events that takes place all over Wales. Visit biodiversitywales.org.uk for more info on events across North Wales. See *Noticeboard*

3rd SUNDAY

The Great Strait Raft Run A day of endeavour and fun in aid of charity and local good causes. Registration 11.30am; starts 2pm for approx 45 mins, from the old slate port of Felinheli to Menai Bridge. Visit: greatstraitraftrun.co.uk

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

Sacred Circle Dance 1st Sun/month, 2 - 4pm, £7. Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

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

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led alternately by the inspirational dancers and choreographers - Cai Tomos and Angharad Price Jones. 1.30 - 3.30pm, £4. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Open Garden for NGS Pencychnant is open full of stunning plants, all organic and planted for wildlife. Tea & cakes available on the lawn, plants for sale. Entry £3.50 in aid of Macmillan nurses, Marie Curie and Parkinsons UK. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

Mindfulness in The Woods Recent research has shown that people are happier when they are concentrating on the present rather than focussed on the past, the future or are distracted by worries, negative thoughts or fantasies. The aim of the session is to learn new ways to handle your moods and emotions and to become aware of the small changes in the physical sensations in the body, your thoughts, moods and emotions and what is happening in the world around you. Suitable for anyone over the age of 18 who either already practises mindfulness or wants to explore the benefits of mindfulness in nature. 10am - 12.30pm, followed by a simple vegetarian lunch. £15. The session will be led by Sabine Soosten, a Level 3 'Mindfulness in Woodland' practitioner who acts as guide and gives support. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Positive Birth Sessions The next block of 12 free antenatal discussion sessions starts today. Catrin will be starting the discussion on Making A Plan and Birth Choices. Just turn up if you fancy coming. 10am, Caban, Brynrefail, nr Llanberis. The sessions will run every Sunday til and including 19th August. Facebook: The Positive Birth Movement North Wales

All Day for 8 Week Course Graduates The all days are open to anyone who has completed either an 8 week MBSR or an 8 week MBCT. Please arrive at the venue at 9.30am for a 10am start. The venue location is specified on the booking form. £20. Centre for Mindfulness, Research & Practice (CMRP), Bangor University LL57 2DG, 01248 382498, mindfulness@bangor.ac.uk, bangor.ac.uk

Tempera Painting and Gilding Evolving from ancient times and widely used in Mediaeval Europe, offers a container through which the participant can embark on an inner journey - from the creation of the image, to the application of the many painted layers which bring the work to its completion. Bishop Lloyd's Palace, 51/53 Watergate Row, Chester CH1 2LF. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk

Green Woodworking Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, www.eternalforest.org

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

A Feast of Stories ~ Roundhouse Storytelling: Tales From The Mabinogi, 7.30 - 9pm, £7, £5. Felin Uchaf, Rhoshirwaun LL53 8HS, 01758 780280, felinwales.org

Skampa Quartet Originally from the Czech Republic, music by Schubert and Mozart. 7.30pm, £17, £15 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

4th MONDAY

Gong Bath Breathe and relax ... and gradually the whole being is gently returned to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

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

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

NW Moth Group Informal meeting 8pm, donations welcome. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

Volunteer Week with Snowdonia Society. Woodworking day in partnership with the Woodland Trust. Learn how to prepare waymarkers and make split timber gates! Free transport will be available from Bangor and Caernarfon. For enquiries, contact: mary-kate@snowdonia-society.org.uk

NW Practitioner Workshop How can we prevent suicide? The multifaceted nature of suicide, combined with the unique circumstances of each individual, make it a highly complex issue to assess, intervene and understand. 1 - 4pm, free. The Management Centre, Bangor LL57 2DG. Bookings: Eventbrite.co.uk

4th MONDAY - 8th FRIDAY

Volunteer Week with Snowdonia Society, free transport will be available every day from Bangor and Caernarfon, see *Calendar for specific events*

4th MONDAY - 9th SATURDAY

Emerging Writers: Writing, Editing & Publishing Prose This course is aimed at young and emerging writers between 18-35. Through group workshops and one-to-one tutorials, we'll look at a wide range of different elements to develop your prose writing skills throughout the week. £325 - £425. Ty Newydd, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

5th TUESDAY

Cygnus Café in Chester An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

Conwy County Peace Group Meets 1st Tues/month, 7.30pm, St. John's Church Hall (between the two M & S stores on Mostyn St., Llandudno). Contact Don Saunders 07748 927643, donsandersopt@aol.com



Volunteer Weep with Snowdonia Society. Footpath maintenance in partnership with the National Trust. Learn how to clear drains and culverts and why this is important. Free transport will be available from Bangor and Caernarfon. For enquiries, contact: marykate@snowdonia-society.org.uk

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

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

Weave a Wattle Fence Join us in weaving several wattle fences to help mark the junction between the start of the mountain bike track on top of the hill and the path down to the roundhouse. 10am - 3pm. Meet at Marsh Tracks c.p. Loggerheads 01824 712757, loggerheadscountrypark@denbighshire.gov.uk

Meditation Practice Group Three meditations, including a body scan and mindfulness of breathing, led by an accredited mindfulness teacher. 7.30 - 9pm, £6. All Saints Church Hall, 21 Poyser St., Wrexham. Contact Alan Butterworth 07816 988124, newmindfulness@gmail.com *Also 19th*

An Ideal Husband: Oscar Wilde Live (12A) Live satellite broadcast from the Vaudeville Theatre in London. 7.15pm, £15, £12.50. Pontio, Bangor 01248 382828, pontio.co.uk

Nightjars and Moths A twilight walk in Gwydir Forest to see birds, plants and other wildlife, halting on the Cors Bodgynydd Nature reserve as darkness falls. After dark, see the moths at the trap. Meet Cyffty Mine SH 773588. Bring torch and midge repellent. 8.30pm till late. Bookings: Mark Sheridan 01492 583820.

Geoff Muldaur plus Raphael Callaghan Folk, blues music from two exceptionally talented musicians, singers. 8pm, £12 available from Plas Print, Caernarfon and Mudshark Records, Bangor. Held at The Vic, Menai Bridge 01248 716774, vicmenai.com

5th TUESDAY & 6th WEDNESDAY

Drystone Walling Learn the traditional technique of building a dry stone wall. We will be re-building the old forest boundary at Coed Nercwys. 10am - 3pm, Meet at the main forest c.p. Contact Loggerheads 01824 712757, loggerheadscountrypark@denbighshire.gov.uk

5th TUESDAY - 7th THURSDAY

Funny Cow (15) Film. See 6th for film details. Daily 7.30pm, plus 10.30am 6th. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

6th WEDNESDAY

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

Tea @ Three Are you or anyone you know recently bereaved and would welcome some support. Our 'Tea at 3' service is Free to anybody affected by loss. You will be greeted by a trained volunteer who will support you. No appointment needed, but do let us know if you are coming. 3 - 4pm, free. St. Kentigern Hospice, Upper Denbigh Rd., St Asaph LL17 0RS. Contact 01745 585221, stkentigernhospice.org.uk

Summer Evening Stroll at RSPB Conwy Enjoy a Wednesday evening stroll around the reserve with friendly volunteer wildlife guides. 7pm, donations welcome. RSPB Conwy Nature Reserve, Llandudno Junction, Conwy LL31 9XZ. 01492 584091, hiraethog.org.uk

Funny Cow (15) Film. Charting the rise to stardom of a female comedienne through the 1970's - 1980's and set against the backdrop of working men's clubs and the stand-up comedy circuit of the North of England. 2pm & 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Jonathan Richards - Guitarist Live music, 1pm, St. John's Church, Chester. 01244 880210.

Volunteer Week with Snowdonia Society. Fencing workday in partnership with North Wales Wildlife Trust. Learn how fencing can benefit wildlife! Free transport will be available from Bangor and Caernarfon. For enquiries, contact: marykate@snowdonia-society.org.uk

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

Wales Nature Week: Night Life and Dark Skies A dusk walk to explore the wildlife living within the Country Park and view the dark skies above, 8.30 - 10.30pm. Meet Coed Moel Farnau c.p. See: clwydianrangeanddeevallyeaonb.org.uk

The Guernsey Literary and Potato Peel Society (12A) Film. Set in 1946, a young writer and journalist visits the island to find out about the society. 8pm, £4, £3.25 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

6th WEDNESDAY - 9th SATURDAY

Priscilla Queen of the Desert Tip Top Productions presents a musical of the iconic film. 7.30pm, plus 2.30pm on 9th. £12. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

7th THURSDAY

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

Exhibition Opening ~ The Four Quartets & Wales for Peace Exhibition A celebration of what Wales has done for Peace over the last one hundred years. The Four Quartets: An exhibition of work, created in Mind Art Classes, to tackle the stigma around mental health. *Quartet 1* Out of Harm; *Quartet 2* Daydream Nation; *Quartet 3* Good Grief; *Quartet 4* Collective Amnesia. Exhibition runs till 8th July. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Wellbeing Sessions for those living with cancer, their family and friends. Just come along on the day for a panad and chat, enjoy a taster therapy session, learn acupressure for stress relief or join us for yogarama (2 – 3pm) combining chair based yoga with using natural oils.) Disabled access is available. 1st Thurs/month. Today: Acupressure for fatigue and anxiety. Clwb Seren Wen, Day Centre, High St., Criccieth LL52 0RN. Martha Hughes 01766 522641, northwalescancer.org.uk

Positive Birth Movement NE Wales & Chester "Our baby knows when to be born" Join us for positive discussions around birth. Pregnant couples, birth professionals and anyone interested are very welcome to join our group. Free, 7 - 8pm. StoryhouseLive, Chester CH1 2AR. Facebook : PBM North East Wales and Chester meeting

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

Menopause Café A time to meet up together as women who are amidst the menopause or are feeling they would like to connect with menopausal women! This is the first meeting when we will work out what we need, and how to continue with our gatherings. 3 - 5pm, Black Cat Café, Parc Glynllifon, Caernarfon LL54 5DU. Enquiries: Sue - taiuchaf@gmail.com *You can find out more from menopausecafe.net*

Welsh Craft Fair All items for sale are crafted and designed in Wales. Art, pottery, slate art, pens, scarves, waxes, jewellery, pendants. 9am - 3.30pm, admission 50p includes tea/coffee. Llandudno Town Hall LL30 2UP, contact 07989 955541.

Chi Gong For The Spine 4 week programme 5 - 6pm, £25. Held at Beehive Healthcare, Northgate Ave., Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk *Bookings: xin-dao.net/events Also 14th, 21st & 28th*

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

Pastel Drawing: Summer Subject Beginners welcome, booking advised, materials supplied. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 07909 333929, katepigram@aol.co.uk

Volunteer Week with Snowdonia Society. Snowdon litter pick. An ever popular event in partnership with Snowdonia National Park Authority. Learn how and why we collect and survey litter. Free transport will be available from Bangor and Caernarfon. For enquiries mary-kate@snowdonia-society.org.uk

Gwynedd Astronomy Society 1st Thurs/month, 7.30pm. Arts and Drama Rehearsal Room, Bangor University. Parking is available directly outside the main entrance. Davyth Fear 01286 672882.

Boxcar Boys Weaving together folk songs, klezmer, traditional jazz. Doors 7pm, Gig 8pm, bar only. £10. Blue Sky Café, Bangor LL57 1PA. 01248 355444, blueskybangor.co.uk

Llangollen Friends of the Earth 1st Thurs/month; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

Sing Out Your Song! Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. 1st & 3rd Thurs/ month. Bishop Lloyd's Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

7th THURSDAY - 9th SATURDAY

Into The Woods With Llandrillo Performing Arts Company. Musical based on the Brothers Grimm fairy tales entwining 4 classics: Cinderella, Rapunzel, Jack & the Beanstalk and Little Red Riding Hood. 7.30pm, £8. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

7th THURSDAY - 10th SUNDAY

Connecting Within ~ Women's Retreat with Lisa and Miranda Join us for three days of quiet meditation, creative practice, breathwork and kundalini yoga where we will 'Connect Within', to that little voice that so often gets drowned out by the hectic pace of living; and 'Connect Without' to nature, and to each other. The focus throughout will be on mindfulness and being in the present with compassion and kindness. Cae Mabon, Fachwen, Llanberis LL55 3HB. 01286 871542, caemabon.co.uk Contact Lisa 07710 233156 or Miranda 07776 422164 or wonderretreats@gmail.com

Gottwood Festival Electronic Music and Arts Festival. £175 weekend ticket; daily ticket £60. Camping available in bell tents, tipis and yurts. 18+ years. Carregllwyd, Llanfaethlu, Holyhead, Anglesey, LL65 4NY, gottwood.co.uk

8th FRIDAY

World Oceans Day See Noticeboard

Summer Bio Energy Meditation Shaking Retreat A powerful practice in which you can experience immersing yourself in your own deepest nature surrounded by mountains, forests and big open skies. Shaking helps us access our original self, free of anxieties, pain and blocks and helping us discover true happiness. We laugh, we love, we share and we let go of anything that blocks the way to perfect health, happiness and abundance. £130, all inclusive. Ty Mam Mawr, Cynwyd, nr Corwen LL21 0LN. Tickets from Eventbrite. Facebook link: of same name

Peter Karrie ~ A Man and His Music Popular Welsh singer, 7.30pm, £10. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Sacred Cacao Medicine Dance Our second installment of conscious dancing and letting go. Tonight we will be blessed to drink and commune with Peruvian ceremonial grade cacao medicine in what will be a deeply heart opening evening. 7 - 11pm, £10. Roundhouse, Pandy Farm, Tregarth, nr Bangor LL57 4RA. Please send payment via paypal as FRIENDS AND FAMILY (this stops me having to pay fees) to: jonathansteele1@gmail.com Facebook link: of same name

Taste of Craft For people over 60+. Offering a wide range of hands-on craft making activities with different makers, helped along with a cup of tea or coffee (and some biscuits!). This year the sessions will be inspired by our Craft Counts programme celebrating 10 years since the re-launch of Ruthin Craft Centre. 1 - 3pm, £12.50, Ruthin Craft Centre, 01824 704774, ruthincraftcentre.org

Pagan Study Group See 1st

Volunteer Week with Snowdonia Society. Rhododendron clearance in partnership with Snowdonia National Park Authority. Learn why Rhododendron is such a problem in Snowdonia and what is being done to combat it! Free transport from Bangor and Caernarfon. For enquiries, contact: mary-kate@snowdonia-society.org.uk

Nightjars and Nightlife Walk in the fading light along forestry tracks to see birds, plants and other wildlife before entering Cors Bodgynydd to hopefully hear and see nightjars and identify the moths attracted to our light trap. Bring a torch and midge protection. Booking essential. 8.30 - 11.30pm, free. Meet at Cyffty Mine car park, Gwydyr Forest. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

Grease (PG) Classic musical celebrating 40 years. Doors open 7pm for 7.30pm start. Denbigh Film Club, Theatr Twm o'r Nant, Station Rd., LL16 3DA. Contact Lilian Jones 01745 813426, denbighfilmclub.co.uk

8th FRIDAY - 10th SUNDAY

Maritime History & Slate Industry A look at the Maritime history around Porthmadog and the connection to the slate industry. For a hundred years Porthmadog was a busy harbour exporting slate and importing timber, flour, coal and household goods. Come to examine its unique history and its links with Hamburg and Szczecin. £229 - £248. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-mpa.gov.uk

Building & Gardens in Pen and Wash The aim of this painting course is to explore techniques with watercolours and ink. Drawing skills, perspective, tonal values and colour theory are all areas that will be demonstrated and practiced during this course. £224 - £243. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-mpa.gov.uk

Alibis in the Archive The weekend centres around The Crime Writers' Association Archive which incorporates the archives and documentation of The Detection Club, the oldest and most august society of crime writers in the world. Non-residential places only available £110, includes all food. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

8th FRIDAY - 15th FRIDAY

Radical Embrace On this retreat we will focus on meeting ourselves where we are, with appreciation and curiosity, inviting all our disparate selves into a space of acceptance and presence. We will look at how resources including nature, grounding and simple mindful movement can help our practice deepen. £280, £252 concs., £70 deposit. Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN. 01490 460406, vajraloka.org

9th SATURDAY

Energy Workshop: Qi Gong Tino Faithfull will introduce qigong exercises aimed at engaging with energy work. Beginners welcome. 10.45am - 4.45pm, £50; bring lunch. Held at Beehive Healthcare, Northgate Ave., Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk Bookings: xin-dao.net.

Nature Day Come and explore the Gardens of Nantclwyd and help us with our Bioblitz. Talk to the experts and learn more about the creatures and plants and how you can help wildlife in your garden. 10am - 5pm, Nantclwyd y Dre. Contact Loggerheads 01824 712757, loggerheadscountrypark@denbighshire.gov.uk

Felting Ann Catherall will show you how to create a hare. 9.30am - 12.30pm, Flintshire Art Network. Members free, £8 non-members. Bethesda Hall, Mold. Bookings Carol Udale 01352 219028, chair@fvacn.org.uk

Rhwng: Linda Moss and Fiona Owen "The Adventure of being Alive". In June, as we approach midsummer and the longest day, we'll explore some mythical themes that set our lives within selected stories and myths that can help bring self-knowledge ('sophia'). We'll seek to connect with creative and vitalising words in an inter-supportive environment. No special experience or skills are necessary. 10am - 4pm, £15, £10 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Clean Up Cymru Every other Saturday throughout the year we will be hosting a 1-2 hour litter collection walk. The locations for these walks will vary from beaches to forestry and from village footpaths to lowland hill terrain. Plastics especially are causing untold damage to our environment and the ecosystem in which we live. Please support us in our attempts to spread the word about environmental conservation and remove as much rubbish from the landscape as possible. 3pm. Equipment will be provided on the day. For more information or to book a place summitosavour.co.uk/get-in-touch

Freeform Weaving and Needle Felting Workshop Create your own woven and needle felted wall hanging using beautifully hand dyed yarns and foraged materials such as slate, shells, bark and recycled beads in the capable hands of Sophia Ingham. 10am - 5pm, £45 including all materials and refreshments. Lunch £5. Pensychnant Centre, Conwy. Bookings: 07391 930719, phiaeco@gmail.com

The Movable Feast Foodslam and Social. Come one, come all to a celebration of the very best of North West Wales. Artisan Crafts, live music and food, food, food. 12noon - 10pm, £3, U12s free. Menai Bridge. Visit: themovablefeast.org

Draig Beats 2018 Live bands and DJs across two music stages • Syrcas Cimeria • Capoeira Workshop • Wild Elements Forest School • Tea & Cake Stalls • Willow Weaving Workshop • Home Cooked Vegetarian Food. 11am - 8pm, £20 adv, £25 door. 12-17 yrs £10 adv, £15 door, U12s free. No concs. Come by public transport if you can. Limited car park spaces. Sorry, no dogs, glass, alcohol, and under 18s must be accompanied. Treborth Botanic Garden, Coedlys Treborth Rd, Bangor, LL57 2RZ. Tickets: neuaddogwen.com

NWWT: World Oceans Day at Pensarn To celebrate World Oceans Day, we're wildlife-watching and beach cleaning with Conwy Council Biodiversity team. 1 - 4pm, free. Pensarn Beach, meet rough car park, LL22 7PP. Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org

The Snowdon Horseshoe Take on the mighty Crib Goch and the Snowdon Horseshoe. Probably the finest ridge walk that the UK has to offer. Please only come if you are not afraid of heights and exposure, this is not for the faint-hearted. 8am - 4pm, £37.06. Meet Pen y Pass c.p.. Llanberis LL55. Tickets: eventbrite.co.uk

Denbigh Record & CD Fair Over 30 stalls of Rare and collectable music, Vinyl, CD's, Tapes, DVD's, Memorabilia. Top record dealers attending from around the UK. 10am - 4pm, free. Denbigh Town Hall, Clwyd LL16 3TB. Contact 07904 688739.

Pride Special Event Film of a group of LGBT activists who join up with the striking miners in Wales. A presentation by Jayne Francis-Headon followed by a special showing of the film and question and answer session. 7pm, £7. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Pastel Drawing: Learn to Paint Rivers Beginners welcome, booking advised, materials supplied. 10.30am - 4pm, £55. Bodnant Art Studio, Conwy LL28 5RW. 07909 333929, katepigram@aol.co.uk

All Day for 8 Week Course Graduates These all days are open to anyone who has completed either an 8 week MBSR or an 8 week MBCT. £20; 9.30am for 10am start. Held at Rowen Memorial Hall. Bookings: Centre for Mindfulness, Research & Practice (CMRP), Bangor University LL57 2DG, 01248 382498, mindfulness@bangor.ac.uk, bangor.ac.uk

Jamie Smith's Mabon Celtic/World music playing outside, 5 - 8pm, at Greenfield Valley Heritage Park, Holywell, Flintshire CH8 7GH. Contact 01481 711361, jamiesmithsmabon.com

Phil King A deft guitar player and songwriter. Doors 7pm, Gig 8pm, bar only. £10. Blue Sky Café, Bangor LL57 1PA. 01248 355444, blueskybangor.co.uk

Sioe Ogwen Gig: Bryn Fôn and More 7pm, £10 adv. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

9th SATURDAY & 10th SUNDAY

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

9th SATURDAY - 17th SUNDAY

Cherishing Churchyards Week Join us for a special week to celebrate churchyards and burial grounds and to raise awareness of the treasures they contain; rich diversity of wildlife, archaeology and history, veteran trees, mosaic of mosses, ferns and lichens, stonework, quiet reflection, inspiration and community learning. Quizzes, Open Days, Volunteer Activities and Workshops. caringforgodsacre.org.uk

10th SUNDAY

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

Yoga Workshop Expect a dynamic, challenging morning and a chilled afternoon Yin Yoga session and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! 11am - 4pm, £28 includes light refreshments and healthy bites. Limited spaces. Portmeirion Village, Minffordd, LL48 6ER. Bookings: Tracey 07809 485323, traceyogamassage.co.uk

Positive Birth Sessions The next block of 12 free antenatal discussion sessions starts today. Laura will start the discussion on The 14 Phases of Labour. Just turn up if you fancy coming. 10am, Caban, Brynrefail, nr Llanberis. The sessions will run every Sunday til and including 19th August. Facebook: The Positive Birth Movement North Wales

Blasu Cain The sessions are held by professional dancer/choreographer/tutor Cai Tomos, for the over 60s. 3pm, £7. Galeri, Caernarfon 01286 685222, galericacaernarfon.com

NWWT: Cherishing Churchyards Week & Wales Nature Week When Sunday Service finishes all are invited for tea or coffee, inside or out, depending on the weather. We will then have a number of stalls with info illustrating the value of verges and churchyards for bees, butterflies and other insects. Also children's activities, help to identify common wild flowers some NWWT sales items, membership details etc. 11am - 4.30pm, free. St. Hywyn's Church, Aberdaron, Pwllheli LL53 8BE. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

Conwy's Top 50 Wild Flowers Explore the reserve with the site manager, Julian Hughes, identifying some of the wild flowers that fill the reserve with colour. This event is timed to coincide with hundreds of orchids in flower. 1 - 3.30pm, RSPB members £6, non members £7.50. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Healing With Crystals This workshop is ideal for anyone who feels drawn to working with crystals for either personal self-healing or professional development. £50, Bishop Lloyd's Palace, 51/53 Watergate Street Row, Chester, CH1 2LE. Bookings: hope-college.co.uk

Tempera Painting and Gilding See 3rd

Cemlyn Creature Count Perfect for families – help us spot as many species as possible in two hours at this amazing coastal reserve. There'll be rockpooling, bug-hunting, birdwatching and more... 1 - 3pm, free. meet at West car park, Cemlyn NWWT Nature Reserve. Ben Stammers 01248 351541, benstammers@wildlifetrustswales.org

Bolshoi Ballet: Coppelia Tchaikovsky's inspiring music and spectacular dance. 3pm, £13, £10, Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

10th SUNDAY - 16th SATURDAY

Wrexham Walking Festival Enjoy a week of free walks exploring the beauty and history of NE Wales and The Dee Valley. walksinwrexham.com

11th MONDAY

Disability of Arts Wales Writing Group Do you write non-fiction, poetry, drama, or novels.....in the Welsh language? Do you self-identify as a disabled person and/or have a long-term physical mental health condition? Come and participate in a monthly group. 4.30 - 6.30pm, free. Caernarfon Library LL55 1AS. Contact post@dacymru.com / 029 2055 1040.

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

Wellbeing Sessions for those living with cancer, their friends and family. 2nd Mon/month. Free 30 minute One-to-One Sessions, Acupuncture, Acupressure, Shiatsu, Relaxation. 10am - 1pm and 2 - 4pm. Madog Natural Therapy Centre, 73a High Street Porthmadog, LL49 9EU (above Browser's Bookshop, and sorry no lift). Contact Sheila Smith, Coordinator NW Cancer Care on 07851 792014, enquiries@northwalescancercare.org

Networking Dyserth Monthly informal gathering of small businesses and local cottage industries to draw support from each other and tell each other what we are doing. 6.30 - 8.30pm, £5.83. Dyserth Community Hall, Cwm Rd, Dyserth LL18 6BA. Enquiries: networkingdyserth@icloud.com or 07780 387269.

Lunch on the Fly This is a fun session in which you can have a go at vertical dance. Starting with an easy warm up, you will then try to stand on and jump off a vertical floor using waist harnesses. You will be guided through some simple positions, and then you will fly! Age 16+. 12pm, £5. Pontio, Bangor 01248 382828, pontio.co.uk

Seriously Books Want somewhere to discuss literary classics: past, present and future? Here you'll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Meets 2nd Mon/month. Books selected by vote and alternate between contemporary and classic fiction. Gladstone's Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other's work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

11th MONDAY & 12th TUESDAY

Moth-trapping at RSPB Conwy Trap overnight hoping for the Obscure Wainscot and other obscure wainscots. We will have a 'show and tell' session in the morning from 9.30am. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

12th TUESDAY

Bangor Theosophical Lodge Susan Bayliss gives a talk on 'Magic and Magicians on the Path of Life.' Magic and illusion in the pilgrim's life. Exploration of their role in the material world and the spiritualisation of consciousness. Theosophy teaches us how to become our own magicians and holds the key to the mystery of alchemy in this great quest. Sponsored by the FTS. (Foundation for the Theosophical Society.) Charity no 101 4648. 7.30pm - 9pm, followed by refreshments. £5, £3 TS Members. Hireal Community Centre, Ambrose St. Bangor. Contact Lesley Wills 01248 361700.

Invasive Species Control We will be controlling both Bracken and Himalayan Balsam. 10am, booking essential with Snowdonia Society, Owain: 01286 685498, owain@snowdonia-society.org.uk

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



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

ROH Live: Swan Lake Tchaikovsky's ballet. 7.15pm, £15, £12.50. Pontio, Bangor 01248 382828, pontio.co.uk

13th WEDNESDAY

New Moon in Gemini 7.43pm

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

World End Short Walk A walk along the Eglwyseg rocks and find out about our own unique species - the Llangollen Whitebeam. 10am - 12pm. Meet Llangollen Pavilion c.p. for lifts up LL20 8SW. Contact Loggerheads 01824 712757, loggerheadscountrypark@denbighshire.gov.uk

Wellbeing Sessions The Willow Wellbeing Group offers information, support and a sense of community for those affected by cancer. Drop in for coffee and a chat, stay for lunch, and join the gardening project - all welcome including volunteers! (Disabled access). Every 2nd Wed/month. 10.30am - 12 noon Social coffee/ tea and cake time; 12 - 1pm Lunch, 1 - 3pm Gardening. Tŷ Newydd Farm Caravan Site and Café, Uwchmynydd, Aberdaron LL53 8BY. Sheila Smith, Coordinator NW Cancer Care 07851 792014, enquiries@northwalescancercare.org See Page 10.

Summer Evening Strolls at RSPB Conwy See 6th

Chester Theosophical Lodge 'Cycles of Eternity'. A talk by Tim Wyatt, author of the book. Sponsored by Leeds Lodge. Refreshments from 7pm, talk at 7.30pm, £5.50, £3.50 TS members. Quaker Meeting House, Frodsham Street, Chester, CH1 3LF. Enquiries 01244 370461, chestertheosophy.org

Healing For Wellbeing 2nd Wed/month 6 - 9.30pm. Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more. Healing is used in the NHS. No fee, donations welcome, could travel. Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlyrea2003@yahoo.co.uk

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

Friends of the Earth Conwy meet 2nd Weds/month in the rear room of the Albion Ale House, Upper gate St., Conwy LL32 8RF. The meeting above replaces our usual monthly meeting. We would love to have some new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. Contact Kay 07918 663640, kaypitt40@gmail.com

Llandudno and District Writers Group This month: with guest speaker Bethan Gwanas "Creating Characters". 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk

Meditation Workshop During these sessions, Tino will introduce simple meditation techniques aimed at cultivating awareness and setting a foundation for growth. 6.30 - 8.30pm, £20. Beehive Health care, Northgate Ave, Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk

14th THURSDAY

Introduction to SAORI Clothing Workshop This workshop will introduce you to the principles of SAORI clothing. Find out how simple and effective the patterns can be and how easy it is to turn your SAORI cloth into the most fabulous garment. 10am - 5pm, £85. You will need to bring a finished and washed length of SAORI cloth approximately 45cms x 128cms. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorsewion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Chi Gong For The Spine See 7th

Colwyn Bay Theosophical Society Theosophy teaches that the Cosmos is created with Spirit and Intelligence and is guided from within. Human beings are both earthly and divine, have a vast potential still to be unfolded throughout many lifetimes in which to grow to spiritual maturity. You are welcome to join us. 2pm, £5; TS members £3. Meetings are held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea LL28 4SE. Pauline 0161 980 4942, theosophywales@yahoo.co.uk

15th FRIDAY

Taste of Craft For people over 60+. Offering a wide range of hands-on craft making activities with different makers, helped along with a cup of tea or coffee (and some biscuits). This year the sessions will be inspired by our Craft Counts programme celebrating 10 years since the re-launch of Ruthin Craft Centre. 1 - 3pm, £12.50, Ruthin Craft Centre, 01824, ruthincraftcentre.org *Final session*

Caffi Stori Llangollen Storytelling Café 3rd Fri/month. Join us for stories, songs, music and poetry ~ come to tell or just to listen. 7.30pm ~ only £2, in the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bawb! A warm welcome to all! Suzi 01490 460563.

Hannah Scott Singer-songwriter with folk influence. Doors 7pm, Gig 8pm, bar only. £10. Blue Sky Café, Bangor LL57 1PA. 01248 355444, blueskybangor.co.uk

Lleuwen Local born musician with roots in folk, jazz, blues and a regard for Welsh hymns. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Pagan Study Group See 1st

NWWT: Creatures of the Night A walk around this fascinating post-industrial landscape, led by NWWT's Reserves Officer, Rob Booth. Bring a torch (and midge protection!) to look and listen for bats, nightjars, and glow-worms. 9pm - 11pm, £2, non-members £4. Sorry no dogs, bring a torch. Meet at Cookes Industrial Estate entrance, Gwaith Powdwr NWWT Nature Reserve, Penrhyndudraeth, LL48 6LT. Rob Booth 01248 351541 / 07764 897414, robbooth@wildlifetrustswales.org

15th FRIDAY & 16th SATURDAY

Craft of Comedy Conference A celebration of comedy writing, production and performance. It uniquely combines the annual seaside gathering of UK comedy professionals with a festival of comedy events, open to the general public. An unconventional convention. 9.30am - 6pm, £150, £125 self-employed, £100 student. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk ~ craftofcomedy.com

15th FRIDAY - 17th SUNDAY

About Welsh Are you looking for a gateway into Welsh language, literature and song from earliest times to the present day? Come to explore some quirks of Welsh language and literature in a fun and accessible way. It is suitable for people with no previous knowledge of Welsh, but also gives new insights to Welsh speakers of all levels. £209 - £228. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Driftwood: Casus Circus This is a circus show that does not let you forget that to feel is to be human and in a moment of danger, a grasping hold is survival. The unique acrobatic shapes signature to Casus abound in this journey of explosive encounters, hidden looks, and humorous discoveries. 15th & 16th 7.30pm; 17th 2.30pm. Suitable for 12yrs +. Pontio, Bangor 01248 382828, pontio.co.uk

Breadwinner (12A) Animated film. An 11-year-old girl who lives under Taliban rule in Afghanistan in 2001. Parvana cuts off her hair and dresses like a boy to support her family and has an epic quest to reunite her divided family. 15th - 5.30pm; 16th & 17th, 2pm; also 20th 2pm. Pontio, Bangor LL57 2TQ, 01248 382828, pontio.co.uk

16th SATURDAY

Dementia and the Arts: A Day of Discussion Join Literature Wales at the Tŷ Newydd Writing Centre for a bilingual day of discussion and presentations by experts in the field of arts for health and wellbeing. It will be an opportunity to listen and learn in the company of guest speakers from many different art disciplines who specialize in working with people living with dementia. There will also be plenty of opportunity to discuss and deliberate over lunch. Speakers include John Killick, Beti George, Patrick Jones, Gwion Hallam. Representatives from Alzheimer's Society's Dementia Friends will run a session. The day is suitable for anyone interested in the arts, health and wellbeing, dementia research and more. 10.30am - 4.30pm, £6, includes lunch. Tŷ Newydd, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

NWWT: Grassland Flowers and Butterflies Looking to get out and about on The Wildlife Trusts' 'Big Wild Weekend'? Join us on a 5km walk taking in the National Trust's Graig Fawr and NWWT's Maes Hiraddug Nature Reserve, looking at the numerous wild flowers and butterflies. Bring a packed lunch. 11am - 2pm, free. Meet at National Trust car park, Graig Fawr, Prestatyn LL18 6DE. Mark Hughes 07800 771570, mjdhughes1108@gmail.com

2001: Beyond 50 Event A day of talks, music, exhibition and concert featuring experts and people who worked on the film by Stanley Kubrick. Contact n.abrams@bangor.ac.uk for further details). There will be two screenings of **2001: A Space Odyssey**: 11am, special children's/family screening; and 9pm general public. One will be aimed at our younger audience and is inspired by Christopher Nolan's (Dark Knight, Dunkirk) belief that it is a film that parents should show to their children. Our evening screening brings the event to an end and is a public screening to celebrate the 50th anniversary of the release of this extraordinary work of art – all are welcome on this ultimate trip! £7.50 (standard) / £6.50 (over 60s) / £6 (students) / £5.50 (child). Pontio, bangor 01248 382828, pontio.co.uk There is also an exhibition called **Inspired by 2001: An Exhibition** of original creative work by Bangor University Students inspired by Stanley Kubrick's 2001: A Space Odyssey (1968) including films, games, music, animation, photography, virtual reality. The work will be displayed in the White Box in Pontio during the 2001: Beyond 50 event. 11am - 11pm, free. Pontio, Bangor LL57 2TQ, 01248 382828, pontio.co.uk

Family Dance Project Monthly dance workshops for parents and their children run by Little Light Dance and Digital Theatre Company. We use creative dance for parents and children to engage with one another in a creative, fun and supportive environment. 1.30pm, free. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Where The Poetry's At Join former Young Person's Laureate for Wales, Martin Daws, for monthly spoken word sessions. 1.30pm, free. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

United Nations Association Fundraiser Todor Historical House and Gardens; tea and cake provided. 3 - 5.30pm, £10, £5, donations. Plas Pen Mynydd, Llangefni LL55 7SH

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

Snowdonia Slate Trail Maintenance The Snowdonia Slate Trail is an 85 mile circular trail which enables walkers to explore the industrial heritage of the slate villages scattered around the mountains of Snowdonia. The maintenance work is just as important as the initial set up was last year. 10am, booking essential with Snowdonia Society, Owain: 01286 685498, owain@snowdonia-society.org.uk

Charming Worms An open day at our new wildlife garden, with children's activities – have a go at worm-charming and learn all about their fascinating world! 1 - 4pm, donations welcome. NWWT Head Office, Llys Garth, Garth Road, LL57 2RT. Anna Williams, Community and education officer 01248 351541, 07917 455367, annawilliams@wildlifetrustswales.org

Introduction to Alexander Technique Learn how to release your body and mind from old habits and attitudes. Improve your whole well-being and learn to manage and prevent tension, stress and pain. 1.30 - 4.30pm, £30. Eglwys Sant Pedr/St Peter's Church, Machynlleth. For more information and to book contact Pippa Bondy 01766 780557, pipbondy.com

Clean Up Cymru See 9th

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

Know Your Trees Learn how to recognize British native trees; also look at the wildlife value of different trees and the uses of the timber. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

A Swift Half An evening celebrating swift conservation in North Wales. Eat, drink, talk swifts, see their nest sites and boxes, and hopefully watch them arrive at dusk. 6 - 9.30pm, free. Plas y Brenin Mountain Centre, Capel Curig LL24 0ET. Ben Stammers 01248 351541, benstammers@wildlifetrustswales.org

16th SATURDAY & 17th SUNDAY

National Moth Night The theme of this year's National Moth Night is Pyralids; we will search at dusk, 9pm before setting the traps. On Sunday 11am, we will examine the catch with a cuppa. Donations appreciated. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

16th SATURDAY - 30th SATURDAY

Wales Festival of Innovation The Wales Festival of Innovation is set to showcase innovation here in Wales through a number of events, run by companies and academia. It will provide innovators with the opportunity to network with industry experts, showcase their products and services to potential customers and members of the public from across Wales and beyond. **19th** - Anglesey: Food technology Centre, Llangefni. **27th** - Innovating North Wales, Gaerwen. **28th** - 3D Scanning Innovation, Brynkinalt Business Centre, Wrexham LL14 5NS. Find out more details from: festivalofinnovation.org

17th SUNDAY

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

Chakra Workshop Back to Basics. In this workshop we will explore the core principles of yoga and look at basic and fundamental postures, breathing, relaxation and meditation techniques. 2 - 5pm, £20. Suitable for all. Mochdre Village Hall, Colwyn Bay LL28 5HU. Kate 07778 134846, katehamiltonhunter.com

NWWT: Coastal Ramble A stroll to look at the shoreline and maritime health flora of the headland east of Borthwen, Rhoscolyn, finishing the afternoon with tea and homemade cakes with the Wright family back at Cerrig yr Adar. Ample parking on site. 2 - 5pm, £4. Meet Cerrig yr Adar, Rhoscolyn, Anglesey, LL65 2NQ. Penny Radford 01248 713022, radfords713@btinternet.com

Positive Birth Sessions The next block of 12 free antenatal discussion sessions starts today. Caz will start the discussion on Fear. Just turn up! 10am, Caban, Brynrefail, nr Llanberis. The sessions will run every Sunday till and including 19th August. Facebook: The Positive Birth Movement North Wales

A Wrinkle in Time (PG) Film. One girl's transformative journey led by three celestial guides. She discovers the strength comes from individuality and that the best way to triumph fear is to travel by one's own light. 2pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Timber Processing We will demonstrate all the machinery we use to turn a round trunk into value-added products. We will use the timber we process to make something such as a gate. £50, £25 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Llŷr Williams Pianist Llŷr plays music by Schubert. 3.30pm, £12, £10 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

17th SUNDAY - 25th MONDAY

Gŵyl Criccieth Festival Art Shows, garden trail, live music concerts day and evening, gala dinner evening, David Lloyd George Memorial Lecture: with The Right Hon. Michael Gove, MP "Tempestuous Journey - Lloyd George and the Meaning of Radicalism". Plus Africa Cymru on 23rd: food, music and words from Africa, drumming, storytelling, fireworks from the Castle on 24th and street food available all day, plus art and crafts. Find out more details, costs and timings from : cricciethfestival.co.uk

18th MONDAY

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

Seriously Sentences - Writer's Group Meets 3rd Mon/month to review each other's submissions, share competition, market and publishing news and welcome all levels of expertise - prolific or wannabe! Gladstone's Library, Hawarden. Contact Hazel: seriouslysentences@gmail.com

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

The Society of Thirteen AGM followed by The Glorious Dead: Grief and Politics in Memorials to the Great War, a talk with Dr. Max Jones. 7.30pm, Grosvenor Museum, Chester. Membership £10 p.a.; meetings £3 or £6 for guests. societyofthirteen.org.uk

18th MONDAY - 21st THURSDAY

Installation of Dry Appliances & System Chimneys This course is for candidates who have the relevant work experience within the heating/plumbing or construction industries. Course fee £830, no accomm; plus board £974. CAT, Machynlleth 01654 705959, cat.org.uk

18th MONDAY - 23rd SATURDAY

Writing Radio Drama During this course, you will learn how to capture the imagination of your audience; create living, breathing characters; invent authentic dialogue, and use sound in intriguing ways to tell your story. £625, £495. Tŷ Newydd, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

19th TUESDAY

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

Wendy's Botanical Walk In the company of Wendy, vice-county Botanist for the Botanical Society of the British Isles, looking at wild flowers and hopefully learning some identification skills. We will start recording all the flowering plants. 10am - Noonish, donations welcome. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

Meditation Practice Group Three meditations, including a body scan and mindfulness of breathing, led by an accredited mindfulness teacher. 7.30 - 9pm, £6. All Saints Church Hall, 21 Poyser St., Wrexham. Contact Alan Butterworth 07816 988124, newmindfulness@gmail.com Also 19th

Footpath Maintenance Learn upland footpath techniques with the Snowdonia footpath team as we create drainage channels to prevent future erosion. 9am, booking essential with Snowdonia Society, Dan: 01286 685498, dan@snowdonia-society.org.uk

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

20th WEDNESDAY

Chester and District Friends of the Earth 3rd Weds/month. We are currently working on plastics, fracking and bee protection. 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939, friendsoftheearth.uk/groups/chester

Easy Warping Workshop Making warps is not difficult. We will go through this simple process step by step so that you will be inspired to create your own with colours and textures of your choosing. 10am - 5pm, £85. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

An Afternoon of Calm and Meditation Peacefulness with poems and readings, hopefully taking place in the gardens and woodlands. 1.30 - 4.30pm, £15. Trevor Hall, Llangollen. 07816 988124, newmindfulness.net

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

Summer Evening Strolls at RSPB Conwy See 6th

Moorland Meander A 5m ramble over the Llantysilio Mountains; steep slopes and breath-taking views. 10am - 2pm, meet layby opposite Ponderosa, nr Llangollen LL20 8DR. Loggerheads 01824 712757, loggerheadscountrypark@denbighshire.gov.uk

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

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

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frywthau/Gift Economy, or wellhealthcooperative@googlemail.com

21st THURSDAY

Summer Solstice 11:07am

Chester CND Our monthly meeting, all welcome, free. 7.30 - 9pm. Quaker Meeting House, Frodsham St., Chester chestercnd@gmail.com

Chi Gong For The Spine See 7th

Snowdon Summer Solstice 2018 A guided group walk to summit of Snowdon to experience the sunrise of the first day of the summer. The group will leave Llanberis at around 12.30am (times will be confirmed in the event emails) to arrive on the summit for the 4.50am sunrise. You will require a headtorch and outdoor walking clothing/footwear. This is a one-off event and the event will be staffed by Snowdon Walks mountain leaders for safety and marshalling. Bookings link: <http://snowdon-walks.co.uk/discover/snowdon-summer-solstice/>

Summer Solstice Sunset Yoga The class will focus on strengthening, stretching and relaxing. It will be suitable for complete beginners, but all abilities are warmly welcome. 8pm, for 8.30pm start, free but charges in to Penrhyn Castle, Bangor, 01248 353084.

Welcoming in the Summer Solstice Gong Bath Come and receive the powerful sound waves from the Sun, Earth and Moon gongs and experience the interconnectedness of all that is. The longest day and the season of Summer when the Earth laughs in flowers as if its celebrating its own beauty – an opportunity to come together and share in the high energy and life force of nature. A time of transformation, growth, free flow and gratitude for all that we have achieved since the Winter Solstice. 6.30pm, £20. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Chitty Chitty Bang Bang (U) Film for Dementia Friendly Screening. This is a screening for people with dementia, memory loss and their family, friends and carers but is open to the general public. Please note that pastoral care is not provided at these events. A friend, family member or carer must also attend. £4, carers free. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

Women in Sport NW Conference An exciting one-day conference celebrating women in sport, challenging stereotypes, exploring best practice and empowering participation. 10am - 4pm, free. Surf Snowdonia Adventure Parc, Conway Rd., Dolgarrog LL32 8QE. Info: NetworkShe 07876 262126, networkshe.co.uk

Helping Nature Work For Your Community This free event will share experiences from projects using nature to deliver better health, recreation and skills whilst also protecting our natural resources and wildlife for future generations. You'll also hear from funders and support bodies that can help you do the same. These free events are for volunteers or staff from any organisation wanting to start or develop an environment project to protect biodiversity, minimise waste, enhance green space, protect against flooding, improve health or any other activity that will have a positive impact on both environmental and community well-being. 9.45am - 2.30pm, Wrexham Glyndwr University, Mold Road, Wrexham LL11 2AW. Environet Cymru: wcvva.org.uk

Pastel Drawing: Summer Subject Beginners welcome, booking advised, materials supplied. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 07909 333929, katepigram@aol.co.uk

Glyndebourne: Madam Butterfly Live satellite screening of Puccini's classic opera. 6.30pm, £10, £12. Pontio, Bangor 01248 382828, pontio.co.uk

Sing Out Your Song! Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. 1st & 3rd Thurs/ month. Bishop Lloyd's Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspairs@hotmail.com

21st THURSDAY - 24th SUNDAY

Shine Your Light: A Forrest Yoga Retreat Celebrate Summer Solstice with Claire Mace and international Forrest Yoga teacher Sandra Robinson, £150, - £750, residential or non-residential. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

Conscious Summer Solstice Retreat Why not give yourself a break at this significant time of year when the hours of light and dark are perfectly balanced? You will be in great company in an environment where you can just be yourself, away from the pressures and routines of everyday life. We encourage you to share your own talents, whatever they may be, although there is no obligation to do so. There will be Meditation, Tibetan Singing Bowls, Heart Circle, Music & Dance, Fire Ceremony, Card Readings, Dream Interpretation, Hypnosis, Past Life Regression. Your leaders are Dennis Richards and John Kirby. £250 + fees, Noddfa Retreat Centre, Penmaenmawr LL34 6YF. Contact John 07771 556736 or Dennis 07588 563143. Visit Noddfa: noddfa.org.uk

22nd FRIDAY

The Tempest With The Lord Chamberlain's Men. Prospero washes up on a distant shore with his baby daughter Miranda; magical powers reign in his new kingdom, until his two brothers are blown there too. 7.30pm, £14.50, £8 child. Held in Caernarfon Castle. Tickets from Galeri, Caernarfon 01286 685222, galericarnarfon.com

Pagan Study Group See 1st

NWWT: Glow Worms and Moths Learn about and see these fascinating beetles that glow in the dark on the Great Orme. We will have a moth trap too. Bring a torch, and be prepared for uneven paths and steps. Booking essential. No dogs. 9.30pm - 11.30pm, free. Meet at pump house shelter, Great Orme, Llandudno, West Shore. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

Litter Pick Come and join us for a day out on Harlech beach as we tackle the issue head on. As well as clearing the litter we will be continuing our survey work that began on our last visit, detailing the types of litter found on the beach. 10am, free transport from Caernarfon and Bangor, booking essential with Snowdonia Society, Owain: 01286 685498, owain@snowdonia-society.org.uk

Learn to Paint Watercolour Beginners welcome, booking advised, materials supplied. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 07909 333929, katepigram@aol.co.uk

Gwenno Welsh singer-songwriter and musician Gwenno is joined by R. Seiliog. Gwenno, who was raised entirely in Cornish and Welsh, explores the myths and legends of Cornwall, and the history of the survival of our lesser known Brythonic language, creating one of 2018's most beautiful and stirring records, swirling with ancient myths and urgent modern themes. 8pm, £14. Pontio, Bangor 01248 382828, pontio.co.uk

Self Empowerment Workshop During this series of workshops we will use EFT/Tapping techniques to release the stress response from our body, do some group tapping exercise and finish with a Tapping Meditation. 11am - 12.30pm, £12. Beehive Healthcare, Northgate Avenue, Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk Tickets and bookings: eventbrite.co.uk

22nd FRIDAY - 24th SUNDAY

Lungs Weekend Sharing songs, exploring all the magical things we can do with our voices, breathing the glorious fresh air, eating tasty food, meeting snazzy new people, being silly, partying, relaxing and just generally having a joyous time. £50 incl. camping space. Felin Uchaf, Rhoshirwaun, Aberdaron. Bookings: lungsweekend.com ~ Felin Uchaf link: felinuchaf.org Facebook: Lungs

Yoga & Wild Swimming Expert guidance to some of North Wales' most beautiful wild swimming locations. Tea and cakes; a variety of yoga sessions, vegetarian meals. £425 - £555. Plas Cadnant, Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk

Entomology : The Larger Insects of Wales The mainly field-based sessions will focus on observing and identifying large insects such as butterflies, dragonflies, moths and beetles. Includes using pit-fall traps for those that crawl, beating and sweep-nets and hopefully light trapping for night fliers. Fee £120, concs £100; accommodation at CAT: £118. Bookings through Aberystwyth University 01970 621580. CAT, Machynlleth 01654 705959, cat.org.uk

Summer Solstice Celebration - Fusion of Yoga and Sound Join yoga teacher Cathy Ibbotson (Source Yoga) and sound practitioner Steph Healy (Pure Sound) for a summer solstice weekend celebration. A gentle fusion of yoga and sound healing throughout the weekend, to compliment this time in the year where the light is at it's height and nature is at its busiest, to pause, ground and reconnect to the life force. The weekend will include yoga, meditation, sound baths, chanting, silence and optional wild swim. £320, £300, £290. Trigonos Centre, Nantlle LL54 6BW. Steph Healy 07534 118899, puresound.org.uk

The Great Get Together A weekend festival of performances, workshops, talks, films, crafts and debates to bring communities together and celebrate all that unites us. The Great Get Together is inspired by Jo Cox's belief that: "We have far more in common than that which divides us" and aims to raise awareness about how communities can work together to help end loneliness. Join us for a packed weekend of activities, talks, workshops, drumming, shows and special cinema screenings. More information from: storyhouse.com

22nd FRIDAY - 25th MONDAY

One Planet Living A 'One Planet' Development is a way of living sustainably on the land, making a living, and demonstrating how this is possible not only without harming the planet - but actually healing it. What distinguishes this approach from others is that by modelling and measuring the effectiveness of what you do, you can really know and prove that it works - or where it doesn't. £200, fee only. CAT, Machynlleth 01654 705959, cat.org.uk

23rd SATURDAY

Merched yn Neud Miwsig A day of music workshops to encourage women to compose, record and produce music in Welsh. The day will be led by: Heledd Watkins (HMS Morris), Anya Bowcott (DJ), Elin Meredydd (Designer). Suitable for 16+. 10am, £5 includes lunch. Galeri, Caernarfon 01286 685222, galericcaernarfon.com

Meditation & Teaching Day Meditation at 10am with guidance offered for those who would like it. Beginners and experienced meditators alike are most welcome. Saturday mornings are held in silence until after lunch. A simple vegetarian lunch will be provided. 2.30pm, Dharma teaching with teacher. You are welcome for some or all of the day. £25 - £40. Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk

The Movable Feast FoodSlam and Social. Come one, come all to a celebration of the very best of North West Wales. Artisan Crafts, live music and food, food, food. 12noon - 10pm, £3, U12s free. Criccieth. Visit: themovablefeast.org

Monthly Mindfulness ~ Tips & Techniques for Anxiety Our monthly sessions allow that time-out and stillness to move beyond the choppy waves to the calmness underneath the surface. We get together to learn tips and techniques that aid anxiety and stress relief. You can join in the discussion or simply observe with no obligation. We then finish with a mindful meditation. 11am - 12.30pm. "Saying 'No'". £10. Beehive Healthcare, Chester CH2 2DX. Link: rewireandinspire.com/event

Footpath Maintenance We will be undertaking the first stages of work on this newly linked multi-user route, where both cyclists and walkers can now walk from Rhyd Ddu to Beddgelert along the beautiful Rhyd Ddu valley. 10am, booking essential with Snowdonia Society, Owain: 01286 685498, owain@snowdonia-society.org.uk

NWWT: Blas y Mor We're joining the National Trust at Porthdinllaen for an enjoyable afternoon of activities on the beach. 12 - 5pm, free. Porthdinllaen beach. Morfa Nefyn, Pen Llyn LL53 6DB. Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org

Sharpening Edge Tools We will cover the basics of sharpening theory and the different kinds of stones and machines that you can use to get a sharp edge on your tools. Bring three tools that you use on a regular basis. £55, £30 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Herbal Medicine - Nature's First Aid If you are interested in herbs and want to build your confidence using them effectively to promote and maintain your own and your family's health. This course will be suitable for all. 10am - 4pm, £50 course fee only. CAT, Machynlleth 01654 705959, cat.org.uk

Heartfelt Art & Craft Fair Innovative, creative, unique, handmade art and craft supporting local charities, artists and crafters. 10am - 3pm, free admission, refreshments available. Halkyn Parish Hall and Library, Flintshire. Facebook: heartfelt art and craft; heartfeltmountainstudio@aol.co.uk

Nonviolent Communication ~ A Language for Life 10am - 5pm, sliding scale payment: £10 - £50, Ty Lorne, 82 High St, Bethesda. Rik@livenonviolence.uk for booking information. See Rik's article on page 34



Story Circle Do you love telling stories, acting, playing games and having fun? For 7 - 12 year olds. Monthly meeting, 1.30 - 4.30pm, free. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Snowdon Rocks Raising funds for people with cancer. Snowdonia Rocks promises to be a family friendly, inclusive day with more music, more opportunities to take in some of the wonders of Snowdonia and a chance to reflect, remember and celebrate friends and family affected by cancer and other life changing and life limiting illnesses. The hike is 20km and is largely on flatter terrain. Communal day, finishing at Zip World, Bethesda. Music and entertainment by Mike Peters. £20 - £5 depending on activity. More info: lovehopestrength.co.uk

23rd SATURDAY & 24th SUNDAY

Mind Body and Spirit Fair There will be readers, therapies, gift ideas, crystals, aura photography and more. 10am - 5pm, free admission, refreshments available. Llandudno Town Hall. Future event details: gigaicrystals.co.uk See ad page 7

Basket 2 This course is suitable for people who have some experience of basket making and wish to perfect their techniques in round, oval or square baskets. Think what you would like to make and Tutor Mandy Coates will make sure that suitable materials are available. £140, £70 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Introduction to Bushcraft Make shelters and fires using natural resources; camp cookery; identify trees and plants for medicine and food. £140, £70 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Pastel Drawing: Painting Plein Air Beginners welcome, booking advised, materials supplied. 10.30am - 4pm, £125. Bodnant Art Studio, Conwy LL28 5RW. 07909 333929, katepigram@aol.co.uk

The Tempest With The Lord Chamberlain's Men. Prospero washes up on a distant shore with his baby daughter Miranda; magical powers reign in his new kingdom, until his two brothers are blown there too. 6.30pm, £14.50, £8.50 child, U2s free. Held in Conwy Castle. Tickets from Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

23rd SATURDAY - 25th MONDAY

Rewilding Ourselves: Deepening our Nature Connection Scientific research shows that the more connected to nature people feel, the more likely and able they are to take pro-environmental action. This course offers practical, proven tools for reconnecting with nature that can be integrated into your daily life and work to empower and sustain positive action. £55, £35 concs per day; you must attend day 1 if you want to attend day 2, etc. CAT, Machynlleth 01654 705959, cat.org.uk

24th SUNDAY

Balance: Stable & Mobile ~ Feldenkrais Method

Our body's ability to maintain equilibrium when standing & moving, depends on our ears, eyes & jaw as well as our feet. 10am - 1pm, £30. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen. Veronica Rock 07990 825783, vhrack@feldenkrais.co.uk

NWWT: Great, Great Orme Butterflies Sally Pidcock, Warden of the Great Orme Country Park, will lead us in search of butterflies (including the Orme's silver-studded blues), as well as other wildlife. A strenuous 3-mile walk with very steep and rough terrain. Bring lunch! Booking essential. 10.30am - 3pm, meet at West Shore toll house, Great Orme, Llandudno. Bookings: Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

Positive Birth Sessions The next block of 12 free antenatal discussion sessions starts today. Jess begins the discussion on Dads & Birth Partners. Just turn up if you fancy coming. 10am, Caban, Brynrefail, nr Llanberis. The sessions will run every Sunday til and including 19th August. Facebook: The Positive Birth Movement North Wales

Summit to Sea Litter Pick 2: River Focusing this time on the river Dwyryd. Help us remove all manner of litter from this spectacular Snowdonia river corridor. In partnership with Keep Wales Tidy. 11.30am - 3.30pm, Penrhyndeudraeth. Snowdonia Society advance booking essential: 01286 685498, claire@snowdonia-society.org.uk

Go Back Go Back This is the call of the Black Grouse. Come for a walk from Pencychnant for 10 miles/ 5-6 hours/strenuous; bring lunch and snacks. Starts 10am, booking essential, Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

Tempera Painting and Gilding See 3rd

NWWT: Post-Industrial Wildlife A chance to explore an area on the banks of the Dee estuary reclaimed from its industrial past. We should see orchids, dragonflies and much more! Dogs on leads, please. 2 - 4pm, free. Meet Bettisfield Park, Bagillt, near A548. Carl Payne 01352 780636, shyoneforty@yahoo.co.uk

24th SUNDAY - 26th TUESDAY

The Prophets: A different perspective

Deuteronomistic theology forms the foundation of all the prophetic books in the Old Testament, and Christianity has used several Isaiah passages to point to the coming of Jesus. Is this appropriate, in light of his portrayal in the Gospels? Residential £230; £160 non-residential. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

25th MONDAY

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Denbighshire LL18 5BT, 01745 772150.

Our Way Forward: Creating a Better Environment for Flintshire

This training is about changing the way we think and act for a better Flintshire for everyone. It will be made relevant to your job and provide opportunities for savings. It will highlight our legal duty under the Environment Act Wales and Wellbeing of Future Generations Act to maintain and enhance biodiversity and carry out sustainable development. 1.30 - 3.30pm, free. Theatr Clwyd, Mold CH7 1HA, 01352 701521, theatrclwyd.com. Tickets/registration via eventbrite.co.uk

Holyhead Writers Group 2nd & 4th Mon/month.

PenFriends is a creative writing group who offer support and feedback on each other's work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

25th MONDAY & 26th TUESDAY

Moth-Trapping at Ty Uchaf, Pentrefoelas. An opportunity to trap overnight and see the moths in the morning. Contact for more info: Julian, Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk

25th MONDAY - 30th SATURDAY

5 Day Silent Mindfulness & Self Compassion Retreat

This retreat is for those who have already completed a Mindful Self-Compassion (MSC) course, either over 8 weeks, or in an intensive (usually 5-day) format. You could be either an MSC teacher or an MSC practitioner. You will be led in the mindfulness, loving-kindness and self-compassion practices by the two teachers, and will remain mostly in silence so you can deeply explore and learn as much as possible from your own experience of these. £482 - £247. Held at Trigonos, Nantlle. Bookings: CMRP, Bangor University LL57 2DG, 01248 382498, mindfulness@bangor.ac.uk, bangor.ac.uk

26th TUESDAY

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

Mindfulness Online Open Sessions We offer online open sessions each month where you can simply log on and connect with one of our CMRP team and others who are interested in training with us. 4pm. Centre for Mindfulness Research and Practice, Bangor University. Register your interest at: <https://www.bangor.ac.uk/mindfulness/open-days.php>

Bangor Theosophical Lodge Study Night.

Continuing Study of Tim Wyatt's book 'Cycles of Eternity.' 7.30pm - 9pm, followed by refreshments. £5, £3 TS Members. Hiral Community Centre, Ambrose St. Bangor. Contact Lesley Wills 01248 361700.



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

You Were Never Really Here (15) Film. A traumatized veteran tracks down missing girls for a living. 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericarnarfon.com

26th TUESDAY & 27th WEDNESDAY

Stove Installers This course will teach you how, with minimal previous knowledge or experience, to install solid fuel stoves in to homes. By the end of the course you will have experience of installing at least 3 stoves in a safe and supervised environment before carrying out installations in someone's home. Fee £450 course fee only; accommodation options available. CAT, Machynlleth 01654 705959, cat.org.uk

26th TUESDAY - 29th FRIDAY

Mindfulness in a Woodland Setting A fully integrative training course providing the skills for using mindfulness with clients, service users and groups in woods and nature settings. Aimed at Social Foresters, Social and Healthcare workers, Therapists, Teachers of Yoga, Tai Chi etc., or anyone who wants to combine mindfulness with working in nature settings. Led by Julia Walling of Woods for Wellbeing, who has 25 years teaching Mindfulness. £600, £120 deposit; all inclusive. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

27th WEDNESDAY

Chester Theosophical Lodge '7 Ray Psychology'. A talk by Ted Capstick, Spiritual Astrologer, sponsored by Foundation for Theosophical Studies (FTS), Registered Charity 1014648. Refreshments from 7pm, talk at 7.30pm, £5.50, £3.50 TS members. Quaker Meeting House, Frodsham Street, Chester, CH1 3LF. Enquiries 01244 370461, chestertheosophy.org

Green Blue Prints Try your hand at cyanotype photography (blueprints) using natural shapes from the woods. 6 - 8pm, £4, booking essential. Meet Corwen main c.p. Loggerheads 01824 712757, loggerheadscountrypark@denbighshire.gov.uk

Adult Pebble Painting Retreat with Meditation The day will start with a meditation and then a trip to the beach to choose our special pebbles. Return to paint them and have lunch. The afternoon will start and finish with a meditation with lots of creative colourful pebble painting in between! Max of 7 people; please bring packed lunch, refreshments provided. 10am - 4pm, £35; overnight stay optional at £30 includes meals. Angie, Tai'n Lon, Caernarfon LL54 5DE. Facebook: of same name

Summer Evening Strolls at RSPB Conwy See 6th

NWWT: Flowers and Butterflies Galore! This old lead-mining site (evidenced by rare spring sandwort) now hosts many limestone flowers, including the largest frog orchids ever. Kipper Davies will help you find them, identifying butterflies en route. 7 - 9.30pm, free. Park considerably on the elevated verge, Eryrys, Denbighshire, CH7 4DA. Steve Palin 01248 471116, stevepalin@supanet.com

That Good Night (12A) Film. Ralph, a terminally ill screen-writer wants to reconcile with his son. 2pm & 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

The Guernsey Literary and Potato Peel Pie Society (12A) Film. Set in 1946, a young writer and journalist visits the island to find out about the society. 7.30pm, £6, £5. Neuadd Buddug, Bala LL23 7SR, 01678 520800, gwynedd.gov.uk/neuadd-buddug

Caffi Angau ~ Death Café A friendly space to discuss death over a cuppa and cake. Conducted through the medium of Welsh by Bet Huws. 6pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com

27th WEDNESDAY - 14th JULY, SATURDAY

Chester Mystery Plays Only produced every 5 years, this unique theatrical experience of Spectacle and history, miracles and mystery. 7.30pm daily (except Sunday); matinee at 1pm on Saturday. £27, £20 unwaged, £25 senior. Chester Cathedral 01244 500959, chestercathedral.com

28th THURSDAY

Full Moon in Cancer 5.53am

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. For those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Singing For The Soul Calling all those who find a soul connection through singing in particular, chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor, near Mold from 11.30 - 1 pm. No need to feel you are a 'good' singer, just enjoy the energy and harmonies our voices create. Cost £5. If you are interested to come along please email helen@soul-life.co.uk

Chi Gong For The Spine See 7th

Chester Poets Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

Open Doors A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 15min Reiki session. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

Summer Opera Classics with WNO Orchestra Music by Rossini, Bizet, Verdi, Beethoven and Prokofiev plus traditional Welsh. 7.30pm £18, £16 over 60s, £12 concs. Pontio, Bangor 01248 382828, pontio.co.uk

Pastel Drawing: Summer Subject Beginners welcome, booking advised, materials supplied. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 07909 333929, katepigram@aol.co.uk

28th THURSDAY - 1st JULY, SUNDAY

R.S. Thomas and M.E. Eldridge Poetry and Art Festival Highlights of the 2018 festival programme include: Daniel K Westover, author of 'RS Thomas: A Stylistic Biography'; Poetry meditation in St Hywyn's Church; Glyn Edwards gives voices to muted members of literature; John McElhenney, the story of Elsi Eldridge's trip to Italy in 1934. And plenty of other poets and writers celebrating Thomas and Eldridge work. There will also be World premiere of Ellen Davies' orchestral work "Pilgrimages" performed by Ensemble Cymru with Anne Denholm the Royal Harpist from 12noon; £5, £7, £8, £10. Aberdaron, Pen Llyn LL53 8BE. Sue 01758 703039, susanafogarty@gmail.com

29th FRIDAY

Learn to Paint Watercolour Beginners welcome, booking advised, materials supplied. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 07909 333929, kattepigram@aol.co.uk

29th FRIDAY - 1st JULY, SUNDAY

Botanical Art in Coloured Pencil Select fruits, flowers or vegetables to portray in a mixed or single study. Try a variety of coloured pencil types, or different papers and find out how to create botanically accurate studies. Through informal demonstrations and individual tuition, you can work at your own pace. Suitable for beginners and those with more experience. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Creating Space: Mindfulness and Gentle Yoga Retreat Rejuvenate the mind, body and spirit, through mindfulness meditation, gentle yoga, Yoga Nidra, and mantra chanting. Simple yoga sessions to allow the body to gently unravel and bring about feelings of well-being. Plus Yogic chants. It is said the vibration of the sound, the words and intention of the chant, can have a positive effect on the mind and body. All welcome. £230 full board. Holistic treatments (body massage, reflexology and Reiki) will be available on site (at additional cost). Noddfa, Penmaenmawr LL34 6YF. Bookings: 07411 018541, info@inessantia.co.uk

30th SATURDAY

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

Monthly Vigil Last Sat/month from 12.30pm - 1.30pm. Stop UK Arms Sales to Saudi Arabia illegally used to bomb Yemen. At The Cross, Chester City Centre. Please wear black if possible. chestercnd@gmail.com *See ad page 9*

Reiki Level 1 Training You will be taught the history of Reiki, the precepts, have practical tuition of the hand positions, an attunement with full Reiki lineage, a manual and CD, plus full certification. Bring a packed lunch, light refreshments available. 11am - 4pm. Unit 3, Castle Court, High Street, Llangollen LL20 8NY. Bookings: Namaste-Wales Holistics 01978 860564.

Clean Up Cymru *See 9th*

Honouring Anger Workshop A day of exploring your relationship to anger with Alexandra Wilson and Claire Mace. In this workshop you will use yoga, meditation, space, catharsis, reflection and sharing to help you understand and honour your anger. Please bring lunch to share. 10am - 5pm, £49, if cost is an issue please ask. Llanfachraeth, Anglesey LL65 4YA. Bookings: Claire Mace 07970 409724, inspiratrix.co.uk

NWWT: The Great Greater Butterfly-Orchid Count Join Trevor Dines of Plantlife and NWWT's Reserves Officer, Rob Booth, to count the orchids in the morning and then do a basic vegetation survey after a picnic lunch. Car-sharing is encouraged as parking is limited. 10.30am - 4pm, free. Caeau Tan y Bwlch NWWT Nature Reserve, Clynnog Fawr, LL54 5DL. Rob Booth 01248 351541, robbooth@wildlifetrustswales.org

Sharon Wagstaff ~ Pastels Workshop 10am - 12pm, Flintshire Art Network Members free, £8 non-members. Bethesda Hall, Mold. Bookings Carol Udale 01352 219028, chair@fvacn.org.uk

Jude Lane ~ Live in the Woods Jude is a local singer-songwriter, playing numbers from her EP 'Crazy Like a Lightbulb', with an eclectic range of acoustic rock and blues covers. Concert is 10 minute walk through the woodland. 7 - 9pm, £20 per car with up to 4 free tickets. Bring chair/rug to sit on. Indoors if bad weather. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Gig: Sweet Baboo & Support 7.30pm, £10, Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

Mini Music Fest and PopUp Street Food Live music with Billy Bibby, singer songwriter from Llandudno playing folk and Americana. 2.30 - 11pm, £10. 3rd Space, Llandudno LL30 1DR. Tickets: 3rdspace.wales

30th SATURDAY - 1st JULY, SUNDAY

Self-Build Project Management You'll find out how to create a project plan for your build, which key elements you should include, when key tasks should happen and how long they are likely to take. You'll also learn key dependencies between tasks so you can establish a critical path and calculate the total time for your build. Fee: £150; course only. CAT, Machynlleth 01654 705959, cat.org.uk

Health and Wellbeing in Nature Week A week of activities for all ages; Yoga, Cycling (including balance bikes for little ones and electric bikes), Mindfulness sessions, Tai Chi, Family Orienteering, Green Woodworking and Kelly Kettle workshops. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Dry-Stone Walling Learn the whole job from dismantling foundations to coping stones under expert master craftsman Paul Smyth, £90. Pencychnant Centre, Conwy. 01492 592595, pencychnant.co.uk Info and bookings Paul Smyth 01766 513213

30th SATURDAY - 3rd JULY, TUESDAY

World Dance Group & Yoga for Everyone Two dance workshops each day with Chrisandra, to learn dances from the Old Silk route countries of Greece, Armenia, central Asia and Turkey. Two workshops with Jane each day including asanas (physical practice) pranayama (breath work), relaxation and meditation. All suitable for beginners and more experienced practitioners. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org ~ chrisandra@tesco.net

30th SATURDAY - 7th JULY, SATURDAY

Formless Meditation Retreat We will focus our attention on deepening our meditation practice. Donations welcome. Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk

Copydate for July issue:

June 18th

info@network-news.org

07777 688440

Exhibitions



Carl Chapple

Colin See-Paynton and Carl Chapple Until 20th June. Ffin y Parc Gallery, Llanrwst LL26 OPT, 01492 642070, welshart.net

Josie Russell ~ New Work 28th April - 10th June. Views and vistas from all over Wales, famous landmarks, traditional images and flora made by sewing, embroidery and stitching. Open daily 10am - 5pm, free

admission. Oriel Môn Llangefni, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk josierussell.com

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

Andrew Logan ~ Cornucopia Until 15th July. 10 years ago, as part of the re-launch of the Craft Centre, there was a celebration and retrospective exhibition of Andrew's work: An Artistic Adventure. This new exhibition – or as Andrew names it 'a creative cornucopia' – is a selection of new work; here to celebrate 'an abundant supply of good things' as well as our 10 year anniversary. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

NW Potters Gallery ~ June Maker of the month is Ian Marsh. 1 High St., Conwy LL32 8DB. 01492 593590, pottersgallery.co.uk

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

Poor Taff - Golwg Llundain ar y Cymry / A London View of the Welsh People 26th May - 4th November. This exhibition will show how the Welsh people were portrayed in the popular press in the 17th & 18th centuries. Some Welsh people adopted the images as acceptable representations of national identity. The exhibition explores how stereotypes of Welshness and Welsh identity evolved over time. Oriel Môn, Llangefni 01248 724444, orielynysmon.gov.uk

Justine Allison ~ The Language of Clay: Shifting Lines Until 15th July. Justine has her own language of clay. Balanced between functional and sculptural, her ceramic practice is rich and original. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Ian Marsh



Mary Lloyd Jones

Mary Lloyd Jones RCA ~ First Language Until 30th June. An exhibition reflecting Mary Lloyd Jones' Welsh identity, relationship with the land, and awareness of the rich history of Welsh literary and oral traditions. Royal Cambrian Academy, Conwy 01492 593413, rcaconwy.org

David Lloyd Griffiths RCA ~ 30 Years of RCA Membership Until 30th June. There are over 20 new pieces of work celebrating the North Wales landscape in the artist's distinctive, expressionistic, intuitive style. Royal Cambrian Academy, Conwy 01492 593413, rcaconwy.org

Angerdd I Gymru ~ A Passion for Wales Until 30th June. Yn Cofio Celf Kyffin Williams PPRCA Centenary Celebration. This exhibition of work by RCA members includes prints, sketches and drawings by Sir Kyffin William. Members have donated their work, continuing Kyffin's philanthropic tradition, with all proceeds going directly to the Academy. Royal Cambrian Academy, Conwy 01492 593413, rcaconwy.org

Shezad Dawood ~ Leviathan Until 1st July. In dialogue with a wide range of marine biologists, oceanographers, political scientists, neurologists and trauma specialists, Leviathan explores interconnections between these fields of work which will be presented through sculpture, textiles, museum specimens, films, conversations and online resource material. Dawood will also work with community groups based on the coastal location asking questions about how these issues might come to evolve in a future 20 to 50 years from now, and what that future might look like. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

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

Clwydian Art Society Until 4th June. Open Mondays, Fridays and Saturdays, 11am - 4pm; Sundays 11am - 3pm. Private view on 4th May 7 - 8.30pm, with light refreshments. The Carriageworks, Love Lane, Denbigh LL16 3LS, 01745 797647.

Angus Suttie 1946 - 1993 Until 15th July. Suttie's allusive, energetic, hand-built ceramics were powerful contributors to the postmodern art of the 1980s. He said that he wanted to make pots 'that shock us, console us, that are life-affirming or that haunt us'. He was a visionary for ceramic art. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Wales For Peace & The Four Quartets Exhibitions

7th June - 8th July. A celebration of what Wales has done for Peace over the last one hundred years; and an exhibition of work, created in Mind Art Classes, to tackle the stigma around mental health. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Different Horizons 26th May - 5th June. An exhibition of paintings by North Wales 5, a group of talented artists creating work influenced by the land, sea or sky. Launch on 26th, 6 - 8.30pm. Chester Arts Centre, Northgate St., CH1 2HT, fvaccn.org.uk

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

North & Mid Wales Lace Exhibition ~ A Celebration of Lace

30th June - 8th July. An exhibition of traditional bobbin lace, needle lace, crochet and knitted lace, tatting, group projects. Includes Anglesey Doll's House Miniatures, Gwynedd Spinners and Weavers and Stable Lodge Beads. Alongside is an exhibition of handmade poppies for the Centenary of the end of WW1. 10am - 4.30pm, early closing on last Sunday. Free, all welcome. Lecture Theatre, Electric Mountain, Llanberis LL55 4UR, 01286 870636, electricmountain.co.uk

Estella Scholes ~ Circles, Stones and Fragments from the Shore

Until 3rd June. Many of Estella's references are gathered from direct observation whilst wandering along the shorelines of North Wales, in particular the Llyn Peninsula, where evidence of an almost vanished industrial past can be found. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Kyffin Williams: Celebrating a Centenary

Until 1st July. In honour of Sir Kyffin, this exhibition will provide a glimpse into his life and work; to his foreign travels, portraits and well-known landscapes. Oriol Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Tunncliffe's Measured Drawings

Until 2nd September. The artist's personal visual reference library, which he used for commercial illustrations and finished paintings. Oriol Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Penschnant Wildlife Art

Until 30th September. Originals, prints and photographs in various styles and media. 11am - 5pm. £2.50. A vibrant mix of artistic talent: Philip Snow, Julie Horner, Maurice Mills, Ian Wright, Chris Slin and many more. Penschnant, Conwy LL32. 01492 592595, penschnant.co.uk (Contact us if you want to exhibit)

Denbighshire Arts Society Summer Exhibition

30th June - 15th July. Paintings in all medias will be on show and visitors can vote for their choice which will win an award. 10 Penrhos Rd., Colwyn Bay, Conwy LL28 4DB. Contact 07808 473357.

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

The Button Project Until 3rd June. It began when writer and curator Jo Dahn sent a message to ceramics practitioners, asking them to make a button and post it to her; you can now see about 700+ here. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Michael Sandle: Monumental Rage Until 7th October. In direct response to the horrors of our age, his work presents a passionate critique of the abuse of power in global conflict, politics and culture, and the accompanying cynicism and hypocrisy. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

Denbighshire Arts Society Summer Exhibition

30th June - 15th July. Paintings in all medias will be on show and visitors can vote for their choice which will win an award. 10 Penrhos Rd., Colwyn Bay, Conwy LL28 4DB. Contact 07808 473357.

Inspired by 2001: An Exhibition

16th June. An exhibition of original creative work by Bangor University Students inspired by Stanley Kubrick's 2001: A Space Odyssey (1968) including films, games, music, animation, photography, virtual reality. The work will be displayed in the White Box in Pontio during the 2001: Beyond 50 event. 11am - 11pm, free. Pontio, Bangor LL57 2TQ, 01248 382828, pontio.co.uk See Calendar 16th

ART FOR SALE/DISPLAY VENUES

Castle Gallery Various artists, media; most are for sale.

Open 9am - 5pm, Mon - Sat. 1 Castle Square, Criccieth LL52 0D, 01766 522803.

Galeri Betws Y Coed Ever-changing selection of

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

illuminarté Stained Glass - Photography - Mosaic.

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

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

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

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

Workshops in July & August

JULY

- 1 **Core Connection Yoga Workshop** Llanfachtraeth, Anglesey LL65 4YA. Claire Mace 07970 409 724, inspiratrix.co.uk
- 1 **Meditation, Sound & Mantra Workshop** Dru Yoga, Chester 01248 602900, hello@druworldwide.com
- 1, 15 & 29 **Tempera Painting and Gilding** Chester. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk *(also 5th August)*
- 4 & 5 **Intensive Warping Workshop ~ SAORI Weaving** Bangor. Rosie Green 01248 345325, saorimor.co.uk
- 7 **Yoga Day** Dolgellau. Bookings: 07737 261614, mountainyogabreaks.co.uk
- 14 & 15 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 15 **Anahata Chakra Workshop** Denbigh. Laura Bell, 07989 512859, thezestlife.co.uk
- 20 - 23 **Yoga and Walking Retreat** Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com
- 21 **Meditation & Teaching Day** Hermitage, Criccieth LL52 ONT, 01766 530839, ahs.org.uk
- 21 & 22 **Drawing From the Eye of the Heart** Hawarden, nr Chester CH5 3DF. 01244 313910, lynettehowellsmore.co.uk
- 22 **Yoga Training Try Out** Dru Yoga, Bethesda. 01248 602900, hello@druworldwide.com
- 22 **Self Empowerment Workshop** Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk
- 27 - 30 **Yoga and Walking Retreat** Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com
- 28 & 29 **Shakespeare's Language with David Crystal** Holyhead 01407 763361, ucheldre.org

AUGUST

- 4 - 11 **Discovering the Heart of Buddhism** Criccieth LL52 ONT, 01766 530839, ahs.org.uk
- 5 **Tempera Painting and Gilding** Chester. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk
- 17 - 19 **Meditation Retreat in Snowdonia** Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com
- 17 - 26 **Ayurveda Certificate Course** Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com
- 18 & 19 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 19 **Food for the Soul: Yoga and Plant-based Cookery** Mynydd Llandegai, nr Bangor LL57 4LQ. Bookings: Claire 07970 409 724, inspiratrix.co.uk
- 19 **Yoga & Mudra for the Chakras** Dru Yoga, Llangefni, Ynys Mon. 01248 602900, hello@druworldwide.com
- 25 - 27 **Brooke Medicine Eagle Workshops** Anglesey. Claire Mace 07970 409 724, inspiratrix.co.uk
- 31 Aug -
3 Sept **Dive into Yoga: Yoga & Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

Gŵyl Gelf Llŷn Arts Festival Exhibitions

25th May - 3rd June. Wide ranging exhibition featuring arts and crafts, 10.45am - 4.30pm. Neuadd St Pedrog's Church Hall, Llanbedrog LL53 7TU, 07738 825808, mandsw@gmail.com

Arlunwyr Sarn Artists 26th May - 5th June. Annual exhibition featuring a wide range of work from this established group. 11am - 3pm, Neuadd Goffa Sarn Memorial Hall, LL53 8DU, 01758 730410, hello@suewoodfine.co.uk

Eglwys St. Hywyn's Church 25th May - 3rd June, Art exhibition inspired by the large wall panels of Elsi Eldridge known as the *Dance of Life*. 10am - 6pm, Aberdaron LL53 8BE, 01758 703039, susanafogarty@gmail.com

Siop Iard Pwllheli 25th May - 2nd June. Exhibiting new pieces alongside design drawings and tools used to make them. 13 Stryd Moch/Gaol St., Pwllheli LL53 5RG, 01758 613006, iard.co.uk

The Sea and The Edge 25th May - 17th June. Group Exhibition: Invited Local Artists. 10.30am - 4pm, Llŷn Maritime Museum, Nefyn LL53 6LB, 07984 890713, llyn-maritime-museum.co.uk

Children's Exhibition 25th May - 1st June. Where The Land Meets The Sea, 10am - 4pm, refreshments. St. Peter's Church, Pwllheli LL53 5DT. *See Calendar for Festival events*

Centres in North Wales: Workshops in July & August

Cae Mabon Eco Retreat Centre

Fachwen, Llanberis LL55 3HB
01286 871542
caemabon.co.uk

JULY

- 6 - 8 **Yoga Weekend**
12 - 15 **Sisters of The Wild**
16 - 22 **Listening to the Land: A Nature
Based Retreat**

AUGUST

- 2 - 5 **Fruit of Inner Awareness**
8 - 12 **Shamanic Dance**
13 - 19 **Greenspirit Wild Week**

Centre for Mindfulness, Research & Practice (CMRP)

Bangor University LL57 2DG
01248 382498,
mindfulness@bangor.ac.uk
bangor.ac.uk

JULY

- 3 - 7 **Specialist Teacher Training in MBCT
in Cancer**

21 **Open Day : Presentations and Info
Session** *Meet the Centre for
Mindfulness Team and find out more
about the Mindfulness Masters and
the Teacher Training*

26 **Online Open Sessions** *You can log on
and connect with CMRP team. More
info: bangor.ac.uk/mindfulness*

Centre for Alternative Technology (CAT)

Machynlleth SY20 9AZ
01654 705959, cat.org.uk

JULY

- 2 - 7 **The Science of Sustainable Food
Production**

13 - 15 **Wildlife Gardening**
14 & 15 **Designing Sustainable Start-Ups**
20 - 22 **Identifying Flowering Plants**
20 - 23 **A Way of Building: Using locally
sourced materials**
23 - 25 **Identification of Grasses, Sedges and
Rushes**
28 **Flat-bottomed Willow Basket Making**

AUGUST

- 4 **Earth Oven Building**
4 **Hempcrete - Retrofitting**
4 **Introduction to Solar P.V.**
5 **Solar P.V. Off-grid Systems**
20 - 24 **Building for Straw Bales**

Gladstone's Library

Hawarden, nr Chester CH5 3DF,
01244 532350,
gladstoneslibrary.org

JULY

- 13 - 15 **The Gladstone Umbrella**
27 - 29 **Seeing Christ in Human Rights**
30 Jul -
5 Aug **Greek in a Week**

AUGUST

- 6 - 12 **Hebrew in a Week**
13 - 19 **Welsh in a Week**
20 - 26 **Latin in a Week**

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Plas Tan Y Bwlch

Maentwrog LL41 3YU,
01766 772600,
eryri-npa.gov.uk

JULY

- 20 - 22 **Stash Busting Combo Spinning**
20 - 22 **Pen & Ink and Pen & Wash Weekend**
22 - 27 **Botanical Painting**
23 - 27 **Butterflies and Moths**
27 - 29 **Rambling for Welsh Learners**
29 Jul -
3 Aug **Challenging Reality - Expressive
Imaginative Painting**

AUGUST

- 3 - 5 **Drop Spindle Spinning for Beginners**
5 - 11 **Heritage Railways**
13 - 17 **Cross Stitch Workshop**
24 - 26 **A Glimpse at the Slate Industry**
27 - 31 **Painting in Snowdonia**
31 Aug -
3 Sept **Creating Quick Powerful Paintings
and Drawings**

Trigonos Environment Centre

Plas Baladeulyn, Nantlle
Caernarfon LL54 6BW
01286 882388
trigonos.org

JULY

- 7 - 14 **Get Away To Write**
21 - 26 **Drawing on The Right Side of the
Brain**
27 Jul -
2 Aug **Training Retreat to Teach the
Present**
28 Jul -
1 Aug **Mindful Solutions: Movement
and Meditation in the Mountains
Retreat**

AUGUST

- 11 - 15 **Connected Drawing: A
Mindfulness Approach**
25 - 31 **Waking Up in Every Moment:**
*Bookings through Mindfulness
Network CIC: [mindfulness-secular-
retreats.org.uk/Calendar/](http://mindfulness-secular-
retreats.org.uk/Calendar/)*

Tŷ Newydd Writing Centre

Llanystumdwy, Criccieth LL52 0LW
01766 522811, tynewydd.wales

JULY

- 13 - 15 **Journeys with Haiku into Verse and
Prose**
16 - 20 **Summer Retreat with Yoga**
23 - 28 **Writing Short Stories**
28 & 29 **Fiction For Young Adults (Welsh)**

AUGUST

- 13 - 18 **Crime Fiction: A Twist in the Tale**
27 Aug -
1 Sept **Life Writing: Travel and Memoir**

Vajraloka Buddhist Retreat Centre

Corwen LL21 0EN
01490 460406,
vajraloka.org

JULY

- 6 - 13 **Reflection - illuminating the 3
wisdoms**
20 - 29 **Satipatthana - the Buddha's
teaching on mindfulness**

AUGUST

- 10 - 19 **Renew and Deepen: Everyday
Liberations**
24 - 31 **Wake Up - Just Sit**

Woodland Skills Centre

Bodfari, Denbigh LL16 4DT
01745 710626,
woodlandskillscentre.co.uk

JULY

- 14 & 15 **Bushcraft Carving**
25 - 27 **Holiday Club**

AUGUST

- 4 & 5 **Bushcraft Advance**
17 - 19 **Rustic Chair**
20 - 24 **Family Week in the Woods**
26 **Bushcraft family Day**
29 - 31 **Holiday Club**

Random Acts Of Wildness

Frances Cattanach

This June, it's all about nature – for everybody, everywhere, every day – with The Wildlife Trusts' annual challenge: **30 Days Wild**.

You can enjoy nature on your doorstep, as well as the 'great outdoors'.

Our list of inspiring 'Random Acts of Wildness' provide practical, fun and quirky ideas for connecting with the wild world

around us. Why not spend an evening stargazing, build a bughouse, enjoy mindfulness in a meadow, or even sit in the garden: sipping a G&T and watching butterflies! You can spend a few minutes or a few hours each day enjoying nature – how you do it is up to you ...

Apply for your free **30 Days Wild** pack now, download the phone app or look online for those inspirational *Random Acts of Wildness*. **30 Days Wild** packs include a packet of wildflower seeds, activity sheets, a calendar to record adventures, stickers and a poster.

North Wales Wildlife Trust will be running wild events for all the family throughout June. You could even join us for our launch event, the 'Cemlyn Creature Count', at Cemlyn NWWT Nature Reserve, Anglesey on Saturday 3 June (10:00-13:00)

This fun, family-friendly event is for experts and absolute beginners, and includes rockpooling, bug-hunting and birdwatching: field equipment and ID guides will be provided. How many species will you spot?

Finally, it's official – a daily dose of nature, even in bite-size chunks, is good for you.

The impact of taking part in 30 Days Wild has previously been tracked by academics at the University of Derby. Their study found that people who did something 'wild' each day for a month, felt happier, healthier and more connected



to nature. From walking barefoot in the park to feeding garden birds, all sorts of activities proved positive for people – with added benefits for the natural world too.

It's very easy to get caught up in our virtual worlds, when all around us there is an amazing natural world which can do us the power of good. Dip your toes in the water, try a Random Act of Wildness and see how you can re-start your natural connection. Just follow the links on our website...

Frances Cattanach is CEO of the North Wales Wildlife Trust.

www.northwaleswildlifetrust.org.uk

Healing For Wellbeing

2nd Wed/month 6 - 9.30pm

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

Healing is used in the NHS. No fee, donations welcome, could travel.

Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlaryea2003@yahoo.co.uk

Reclaiming Our Emotions

Rik Midgley

My journey in learning and embodying Nonviolent Communication has led me to question and reevaluate many aspects of my life and how I perceive it, both from the perspective of how I think about relating and ascribe meaning to things, and how I feel about things and sense their value to me.

Our bodies have evolved to be unimaginably clever and complex in meeting the challenges faced in survival. The feelings and emotions in our bodies exist to support us in our lives, they are all 'positive'. Like the dash board lights for a car driver, my feelings are messages of life enriching information from my body indicating to me which actions, words or thoughts are required to make my life more wonderful.

There is a beautiful message behind every feeling. However, if instead of considering what it is that this feeling is indicating that I value, I turn to my judgemental mind and consider the situation with blame, criticism or expectation, then the emotions arise that appear to imply otherwise.

For example, we are sitting comfortably, and something in the world external to us changes. Change excites our natural sense of fear, which shakes us awake to enhance our sense of presence. We need to be

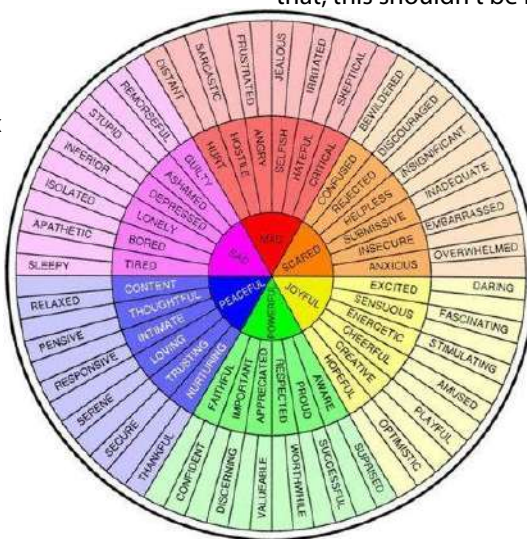
aware of what is going on which may be affecting us, so that we can make decisions to care for what we want. Think how it is to be cut up on the motorway. Following our natural fear, our minds are keen to step in with an evaluation of the external situation, such as, they shouldn't be doing that, this shouldn't be happening, or self

blame such as I should be more considerate. With these judgements, our natural life enriching fear turns to an emotion which is coloured by the evaluation, such as scared, intimidated or rejected. Our minds then feedback to the body which responds with, for

example, a tension or a constriction, which in turn gives feedback to the mind and the message is amplified, potentially in a repeated loop leading to an emotion of overwhelming strength. A familiar story?

If I have the capacity to be present to my natural fear, my natural beautiful anger will naturally arise. My natural anger serves to energise me for action, and asks what do I care about, and what is of value that needs to be protected? However, we are socialised to encourage the intellectual mind to step in with its judgements.

Again, these may be of the external world such as expectations of people and things, or they may be of our internal world such as I should have behaved



differently, or I am not good enough in some way. With these judgements, the body may experience tension and constriction, sensations which feedback to the mind to increase the anger. Thus in combination with the judgement, my natural anger becomes a critical energy directed towards what is considered wrong with either the other or myself.

Nonviolent Communication supports us to move away from the world of right and wrong and to focus upon what is of value. It is about empowering us to be present, to take responsibility and empower us by having clarity of the available choices.

Our actions can then be deliberate and considered, as opposed to robotically repeating a learned behaviour pattern. It supports us to be able to articulate value based decisions and to make requests, enhancing our capacity to create a world that works for us. Since we hold a deep longing for acceptance and to care for others, these values will also hold the welfare of others.

Rik Midgley is an internationally certified trainer in Nonviolent Communication (NVC) offering workshops, 1-2-1 support sessions and meditations in North Wales.

I am offering a series of workshops in which I intend to both introduce the techniques used within NVC and to give opportunity to practice how to bring them into your life. They are open to both people new to NVC and to those wishing to deepen through practice. There will be a day long introduction at 'Ty Lorne', 82 High St, Bethesda, Saturday 23rd June in Bethesda, 10am – 5pm.

Numbers are limited to maximise the level of participation, so booking is essential. To book, please email. While wanting to make this work accessible to all as well as sustainable for me to offer, I hold a sliding scale of payment on the day of between £10-£50. You are invited to bring a contribution to a vegetarian pot luck lunch. Please arrive before 10am so that we can start promptly.

For more details:

Rik@LiveNonviolence.uk
www.LiveNonviolence.uk



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The End Of Conscience

Gideon Levy

When will the moment come in which the mass killing of Palestinians matters anything to the political right? When will the moment come in which the massacre of civilians shocks at least the left-center? If 60 people slain don't do it, perhaps 600? Will 6,000 jolt them?

When will the moment come in which a pinch of human feeling arises, if only for a moment, toward the Palestinians? Sympathy? At what moment will someone call a halt, and suggest compassion, without being branded an eccentric or an Israel hater?

When will there be a moment in which someone admits that the slaughterer has, after all, some responsibility for the slaughter, not only the slaughtered, who are of course responsible for their own slaughter?

Sixty people killed didn't matter to anyone - perhaps 600 would? How about 6,000? Will Israel find all the excuses and justifications then also? Will the blame be laid on the slain people and their "dispatchers" even then, and not a word of criticism, *mea culpa*, sorrow, pity or guilt will be heard?

On Monday, when the death count spiked alarmingly, Jerusalem celebrated the embassy and Tel Aviv rejoiced over Eurovision, it seemed that such a moment will never come again. The Israeli brain has

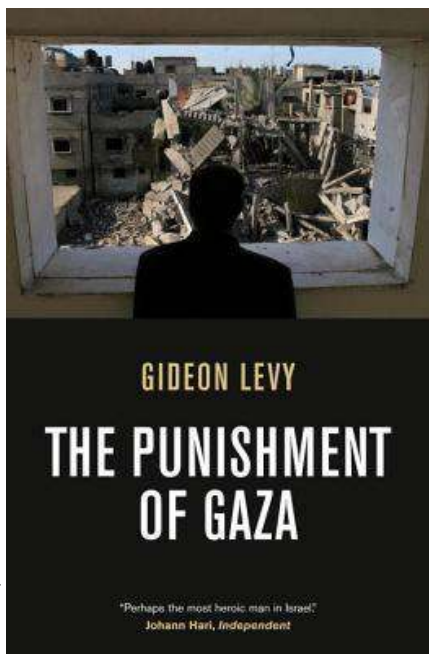
been washed irrevocably, the heart sealed for good. The life of a Palestinian is no longer deemed to be worth anything.

If 60 stray dogs were shot to death in one day by IDF soldiers, the whole country would raise an outcry. The dog slaughterers would be put on trial, the nation of Israel would have devoted

prayers to the victims, a Yizkor service would be said for the dogs slaughtered by Israel. But on the night of the Palestinians' slaughter, Zion rejoiced and was jubilant: We have an embassy and a Eurovision. It's difficult to think of a more atrocious moral eclipse. Neither is it difficult to imagine the reverse scenario: 60 Israelis are killed in one day and the crowds celebrate the embassy in Ramallah and rejoice over a concert in El Bireh to cheer the

winning of the Arab "A Star is Born," while television hosts and interviewees giggle during the live broadcasts. Oh, those Palestinian animals, oh, the monsters.

On the eve of this black Monday, I found myself sitting in one of the television studios beside a giggling right-winger. Giggling isn't the right term, he was bursting with laughter. It made him laugh so hard, the mass killing, and he found it even funnier that someone was appalled by it. Israel Hayom opened with the "Shehecheyanu" blessing in its main



headline about another matter, unaware of the dark irony. Yedioth Ahronoth held a learned discussion over whether Hamas leaders should be eliminated now or not, who's in favor of the murder and who's against it. Imagine a discussion in a Palestinian newspaper: for and against murdering Gadi Eizenkot.

The truth is that Israel is well prepared to massacre hundreds and thousands, and to expel tens of thousands. Nothing will stop it. This is the end of conscience, the show of morality is over. The last few days' events have proved it decisively. The tracks have been laid, the infrastructure for the horror has been cast. Dozens of years of brainwashing, demonization and dehumanization have borne fruit. The alliance between the politicians and the media to suppress reality and deny it has succeeded. Israel is set to commit horrors. Nobody will stand in its way any longer. Not from within or from without. Apart from the usual lip service, the Trump-era world won't lift a finger, even when Gaza becomes, heaven forbid, Rwanda. Even then our observers and analysts will recite that the IDF has accomplished its goals, that the IDF displayed restraint, that it's the most moral and "what would you suggest doing instead?"

The chief of staff would be crowned man of the year, the moderate, good man, the opposition would tweet their applause. In the town square the "leftist" singer's victory will be celebrated, nobody would even think of canceling the party going on, or at least set aside a moment for the dead.

We're already there. That moment is here. Rwanda is coming to Gaza and Israel is celebrating. Two million human beings we've imprisoned already, and their fate matters to no one. The pictures that

occasionally flicker of children without electricity and parents without water, of crippled people being shot to death and of leg amputees, all children of refugees from the 1948 disaster we landed on their heads.

What has that to do with us? It's Hamas' fault. Sixty individuals killed in one day, and not a shred of sorrow has been sighted in Israel. From now on, it never will be.

Gideon Levy is a columnist for Haaretz - an Israeli newspaper founded in 1918,

published in both Hebrew and English. Levy was the recipient of the Euro-Med Journalist Prize for 2008; the Leipzig



*Freedom Prize in 2001; the Israeli Journalists' Union Prize in 1997; and The Association of Human Rights in Israel Award for 1996. His new book, **The Punishment of Gaza**, has just been published by Verso Publishing House in London and New York.*

www.palestinecampaign.org

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Healing For Wellbeing	07831 389 904	33
Woodland Skills Centre	01745 710 477	35
Solution Focused Hypnotherapy	07838 469 174	35
House Dowser ~ Chris Quartermaine	01244 509 933	38
Sound Healer ~ Helena Hawley	01244 683 775	38
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