

network news

a guide to inspiring events in north wales



could you patent the sun? ~ finding more than was lost ~ nhs birthday party
the soul shall walk out ~ our ancestors are with us ~ twilight ~ bioblitz 2018
exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
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www.network-news.org

Articles

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or text anytime)

Could You Patent The Sun? 4
Drew Smith

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Finding More Than Was Lost 6
Jill Teague

A Guide to Inspiring Events
in North Wales

The Soul Shall Walk Out 33
Eric Maddern

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Our Ancestors Are With Us 36
Brooke Medicine-Eagle

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Noticeboard 9

July Calendar 11

Exhibitions 28

Workshops In August & September 30

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Full Moon Meditation Network 37

Advertisers Index 38

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Welcome to the July Network News. This month, we celebrate the 70th anniversary of the founding of the National Health Service. There will be events all over the country, and locally we are invited to a party at Ysbyty Gwynedd on July 7th, 11am - 2pm. (See Back Cover)

The founding visionary of the NHS was, of course, fiery Welshman Aneurin Bevan. It is unlikely he would ever be invited to today's BBC: *"What is Toryism but organised spivvery? ... No amount of cajolery can eradicate from my heart a deep burning hatred for the Tory Party... So far as I am concerned they are lower than vermin."* Nevertheless, his NHS saved and improved lives right, left and centre without discrimination. We are also pleased to discover that Bevan's boss - Clement Atlee - often retreated to Nefyn for R & R.

Sometimes it seems the NHS is the only post-war achievement that has not been completely gutted. Most essential infrastructure - rail, power, water, communications *et al.* - was auctioned off in the 1980s. Too many people were seduced by the "cajolery" of the "spivs" into believing their bills would get smaller, their wallets fatter and that services would improve. That worked well, didn't it?!

Till now the great heist has stopped just short of the health service. We don't like the thought of giving birth, being in pain, being anaesthetized or spending our final days at the mercy of hedge funds and billionaires. But we must remain vigilant. The spivs will try all sorts of new tactics. At present they leech vast profits from the NHS through the pharmaceutical industry. No doubt Bevan would have simply called them out as "gangsta drug pushers"! The next visionary step for budding young Bevan's is to socialise the production of medicine, and stop feeding Big Pharma. (see Page 4)

Blessings to all beings



Could You Patent The Sun?

It's Time to Begin Socialising Drug Development

Drew Smith

My daughter lay prostrate and feverish on the floor of the hut, deep in Iban territory in Borneo and far from any modern medical facilities. Our interpreter informed us that one of the guides was a shaman. If we were agreeable, he would be honored to treat Leah. But first we should give him money. It was not payment for services—it was to make the medicine more powerful.

We might smile at such a primitive notion, but faith in the power of money pervades our modern medical system.

All good capitalists believe devoutly in an Invisible Hand which wisely guides our choices in drug development. Nowhere is this faith more misplaced than for the development of medicines that treat and prevent infectious diseases.

Even today, as infectious diseases kill more than 9 million people worldwide each year, antibiotic development is moribund, abandoned by Big Pharma as a money-losing enterprise. New antivirals are being developed, but with ungodly price tags. Vaccine development has been revived, but only through an unstable combination of nonprofit efforts, government incentives and unprecedented prices. Pharmaceutical companies aren't evil (usually). They just choose to make the most profitable drugs, not the drugs of greatest value to society. That's why it's time to begin socializing drug development—and we only need to look back at the trajectory of disease discovery and medicine development to

see why.

Once the Malthusian Trap was sprung and the Industrial Revolution launched, control of contagion was required to sustain a culture of growth. The critical mass of modern cities was first purchased with the lives of dispossessed peasants: deaths from urban infectious diseases outpaced births, and cities' populations were sustained only by continual immigration. Fortunately, we discovered germs and learned to tame them



"Under disclosure rules, I'm required to tell you I own stock in the company whose drug I'm prescribing."

before we ran out of peasants. Clean water, vaccines and, eventually, antibiotics cut deaths from infection by a factor of 20 and enabled the demographic transition.

Free markets and profits were directly responsible for exactly none of these world-changing advances.

Academics discovered the anti-sera that cut deaths from diphtheria and tetanus in half. Produced by urban health departments which maintained stables of retired police horses for this purpose, they were distributed to citizens without regard for ability to pay. Likewise, the city fathers of Frankfurt funded development of the first antibiotic, the anti-syphilitic Salvarsan in 1909. The rich of that era were no nobler than of ours, but knew from personal experience that infectious diseases were no respecters of class.

Vaccines, too, have a history of successful socialised development. In 1813, the U.S. Congress decided that all citizens were entitled to protection from

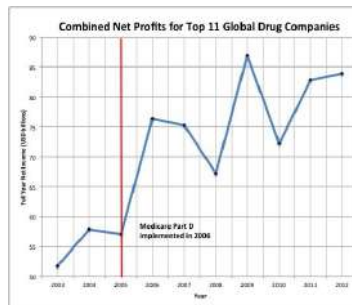
smallpox, and could have the vaccine mailed to them free of charge. Nearly all the vaccines that make cities safe and livable—cholera, typhoid, pertussis, diphtheria, polio—were developed by nonprofits and were commonly made available to all. Indeed, Jonas Salk scoffed at the notion that his polio vaccine should even be patented: *[It belongs to] “the people...”* he once said. *“Could you patent the sun?”*

Today, pharmaceutical companies have largely abandoned new antibiotic development on the eminently sensible principle that they are money-losers. Promising narrow-spectrum antibiotics—agents that precisely target pathogens and spare “good” bacteria—languish in development limbo because there is no hope that they might turn a profit. Old but effective antibiotics oscillate through wild price swings as manufacturers drop out and create monopoly pricing opportunities. Antibiotic development suffers from too much market freedom, not from too little.

Antibiotic and vaccine discovery and development are mature sciences; progress is more a matter of hard work than of breakthroughs—with few incentives. Innovation is still important, but not as important as the alignment of development efforts with societal needs. This means creating and providing vaccines to all, so that epidemics do not fulminate among the disadvantaged. It means creating narrow-spectrum antibiotics with small markets but large societal benefits. It means restricting the indiscriminate use of antibiotics so that they retain their potency. Markets fail to

address all these needs.

In the US, the National Institutes for Health (NIH) already sets the agenda of new drug innovation by funding basic research—the phase that is highest-risk and most likely to fail. The subsequent phases of development—preclinical pharmacology and toxicology; chemistry, manufacturing, and control; and clinical testing — are well-defined disciplines.



Drug companies perform no magic here but routinely contract out these functions to independent organizations. The NIH is as capable of writing these checks as any for-profit entity. But it, unlike pharma, has a mandate to write checks

that improve public health, not private wealth. This approach won't preclude for-profit drug development by private entities; it will just minimize the market-created gaps in our defenses against contagion.

The coming disruption in pharma will force drug makers to focus even more on short-term profits and their own survival. We cannot sacrifice our freedom from plague to the gods of the market. We need a reliable supply of the medicines that make modern society possible.

And my daughter? She was cured by neither the shaman's ancient smoke nor by our modern ciprofloxacin. A trip down the river to a government clinic for a dose of milk of magnesia—a nearly 200-year-old concoction never patented outside the U.K. by its inventor—restored her health.

Drew Smith is a molecular biologist, writer and hiker. This article first appeared on:

<https://undark.org>
<https://drewsmithblog.com>

Finding More Than Was Lost

Jill Teague



I was born on the side of a mountain in the Rhondda, in a terraced house that sat in its uniform row ribboning the hillside. My childhood years were spent on the

vertical playground of these hills that I hardly recognised then as mountains. They were there as a presence, surrounding my world, accepting me in all seasons and weathers. They were where, as children, my mother and father had played before me, building dens from corrugated tin and bracken, lighting fires and running home with their clothes tangy from wood smoke. To me they represented wildness rather than wilderness - riding the dun horse bare back through steams black with coal dust, where falling off meant a blue scar for life - the tattoo of coal; swimming in ponds brimming with frogspawn, bringing tadpoles home in jam jars and taking them back again under the silver sliver of a new moon. They were my escape route, especially from censorious Sunday eyes that scoured the streets for renegades - those who dared to work, or worse (as in my case) play on the Lord's Day. But to me the mountains were sanctuary and ceremony.

Leaving the Rhondda at eighteen it would be nearly another eighteen years before I was re-aquainted with mountains with an intimacy as intense as that of childhood. It often takes being in the wrong place long enough to illuminate the way to the right place. At the age of thirty-

five I took up fell or mountain running. I spent long hours following the fluid shapes of my sheepdog companions, running in mountains, especially those of Wales. And for a while I raced in them too - Pen y Fan in a howling gale, holding on by my fingernails as the red clay, frozen hard as granite, covered with snow. There were no race results that year - they had scattered in the wind like the Sibyl's leaves. The Peris Horseshoe in a thick, surreal mist, where human forms contorted with cramp took respite amongst rocks. I have been announced as lost during the Carneddau Race, having foolishly followed a group of orienteers onto the wrong summit, and I have sat with others in the fields at Llanberis after the Snowdon Race, our skinned feet in bowls of water that slowly turned pink. Moelwyn, Cnicht, Moel Siabod, Moel Hebog, Moel Cynghorion, Y Lliwedd, Y Llethyr, Yr Wyddfa - these names are like a mantra.

For me the sanctuary of the mountain begins with the first foot set on it. Like a pact made with the self to be fully present, being in motion on the mountain is like a meditation - it allows what matters to come through. The mountains strengthen the muscle of aloneness. Each experience of the mountain is like a microcosm of the life journey. It takes me to edges in myself. It brings me Mountain Perspective. Boulders, bog and shale, firm or shifting ground, going up or coming down - balance can be lost at any time. Fighting to stand on Corn Ddu where fierce winds will have their way, on Pen yr Olwen where rain is relentless and mist takes visibility on a whim, I learn to accommodate change, to be flexible in path and pace, to be resilient. If the way is lost, I follow streams

downhill through crevices seeded with Rowan trees. As part of the interplay of shadow and light, I try to experience the brooding lake and the one filled with reflections of sun and sky, with equanimity. I find a sense of my own strength and fragility in the skull of a sheep or a shrew, the talon of a buzzard or a pocket full of quartz.

The symbolism of mountains is closely related to spiritual quests, to transcendence and transition. Over a period of four years I lost my mother and father and three other close relatives to death, both slow and sudden - terrifying in its

randomness, and I was brought to a brink that I was as unaware of, as if I had been running a steep ridge in a whiteout. One of my father's last gifts to me was a new compass, as if he sensed I would soon need to take new bearings. Death is awesome - it asks no questions of itself, only of life - how was it lived? How is it to be lived now? These bereavements were compounded by my own health issues, and I woke one day literally without balance, with my brain like a tuned out radio that insisted on transmitting and my muscles twitching and vibrating with the effort of every movement. For six weeks I could barely feed myself let alone run. The mountains receded from my limited world view. I was ill, dis-eased. I was out of focus with who I was in this new world.

Despite numerous exploratory tests, no-one could say what was wrong with me. The slow process of healing took nearly two years but when I was strong enough

to stand and then walk and then to run - slowly and with wobbling limbs, I realised that I viewed life differently. Death, disease and uncertainty had cracked open the fissure where a small light had shone, and now it was glaring. I decided to give up my teaching job and move home to Wales. It was at this time, that I came to a cottage in the woods at Coed Hafod y Llyn. Cynefin is



a Welsh word that is difficult to translate. It has multiple meanings - the place of our belonging, of our roots, our culture, our people, a place where people and nature are interconnected, the place where we are meant to be. And I had arrived.

In myth the forest represents elements we fear within ourselves, parts that are never entirely tamed, important parts - creative aspects of our inner world. We need to go into the dark forest. It might be a difficult and mysterious place - but fresh energies come from it. We claim aspects of ourselves that we have neglected to develop and become more than we thought possible. The forest was a final stage in my recovery and a new direction regarding my work and writing.

Life in the forest is heightened by having a minimum and living more fully - like a haiku. The cottage, once the old kennels, has a restored iron bedstead where an owl perched in the ruins. In dreams I hear the howling of dogs and the shrieking of owls - and feel at peace. I feel that I have found the fulcrum - acknowledging that up and down, lost and found are essentially places along the way. I feel connected to the raven's raggedness, the branches'

bareness, the emptiness and fullness of the moon and to the blaze of meteors in a sky so dark. I find feathers loose among the leaf meal that lift with the wind, as if the will to fly could resurrect - and perhaps it can.

Not an hour, not a minute, not a second has been wasted on the mountains. I wear each ascent and descent like a row of obsidian arrowheads to mark my aliveness. One again they surround my world. But now it is also the forest that lives and



breathes in me and I in it.

I bring groups into the forest - oncology patients - to walk and write in nature. We start at the shore of Llyn Hafod.

Taking time to reflect on where we are right here and right now, I read words of Native American wisdom that ask what we should do when we are lost in the forest. The answer is -

*"Stand still,
The forest knows where you are.
You must let it find you."*

I'm so glad I did.

Jill is a Welsh poet, writing facilitator, founder of Out of The Blue and Certified Poetry Therapist based in Snowdonia



www.jill-teague.blogspot.com

This article was first published in a collection by various authors in the book "In Her Element" edited by Jane MacNamee, published by Honno Autobiography.

Summer Yoga with Claire

Yoga on the Beach

Porth Swtan/Church Bay 16th July 7-8pm
Porth Trecastell/Cable Bay 13th August 7-8pm
All welcome. Just turn up!

Evening Slow Flow and Restorative

Deeply relaxing mini workshops open to all levels 6th and 27th July 7-9pm
In Llanfachraeth LL65 advance booking only

Twist Deeper Workshop

Intermediate level session 28th July 10am-1pm
In Llanfachraeth LL65 advance booking only

For more info call Claire on 07970 409 724
or visit **www.inspiratrix.co.uk**



In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

network news

a guide to inspiring events in north wales



NHS70: Touch One of seven nationwide events staged by National Theatre

JULY NOTICEBOARD

COMMUNITY SPONSORSHIP OF A SYRIAN REFUGEE FAMILY Meeting on 4th July. This event is led by CroesoMenai, a new project for North Wales to help

Wales & Migrations to celebrate the National Health Service's 70th birthday. See Calendar on 5th & 28th July. Also a Thank You Tea Party at Bangor Ysbyty Gwynedd on 7th - see Calendar and ad on back cover

COMEDY PREVIEWS 8 top comedians trying out their new hour-long shows before heading to Edinburgh Festival. Ticket offers available: Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com 9th - 12th July, see Calendar

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

CHRIS PACKHAM'S UK BIOBLITZ BBC Springwatch's Chris will be visiting Pencychnant Centre, Conwy on 20th July 9am - 8pm, to support the UK project "Nature reserves are not enough!". Please see Calendar for more details.



RSPB CONWY'S HEALTH AND WELLBEING IN NATURE 1st - 8th July. Sessions include Mindfulness, Nordic Walking, MOTIV8, Family Orienteering, Yoga, Natural Minds Adult Mindfulness, E-Bike Taster Session for Adults, Adaptive Cycling, Guided Wildlife Walk, Pre-Pedal Balance Bikes, Family Bike Ride, Tai Chi, Social Bike Ride and Woodlands Skills for the Young. Contact RSPB Conwy LL33 9XZ, 01492 581025, conwy@rspb.org.uk ~ rspb.org.uk

CALL FOR ARTISTS - WELSH HIGHLAND RAILWAY POSTER DESIGN COMPETITION The Ffestiniog and Welsh Highland Railway Company (FFWHR) are looking for works based on the Welsh Highland Railway that express either 'Views from the train' or 'Train from a location', these can follow the traditional route of a railway poster or a modern take on those themes. The selected work will be used to produce A2 posters that will incorporate a banner strip across the bottom that includes the railway logo and contact details. The closing date for entries is Friday 6th July and the selected artists will be notified by email before the end of July. The exhibition will then run until 15th September. More details: helfagelf.co.uk



sponsor a Syrian family to settle in the local area. It is a significant undertaking for a community to take on and, in order for it to succeed, we need to build a dedicated team of volunteers, who will not only be able to raise the funds required (minimum of £9,000 per family) but also be able to source local private housing, negotiate with the council, equip the house, and support and mentor the family once arrived. We need your help! Individuals and groups from as many diverse sectors as possible - community groups, local charities, schools, college, university, churches, chapels, mosque, meeting house, other faith groups, businesses, leisure centres etc. Syrian refreshments from 6.30pm, meeting starts 7 - 8.30pm, Capel Emaus, Love Lane, Bangor. CroesoMenai Team, Pobl i Pobl 07749 830141.

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

MFEST, B-FEST and L-FEST Three new music and entertainment Festivals. MFest is in Mold on 7th, and B-Fest in Holywell on 14th. L-Fest is UK's first lesbian festival and is in Llandudno 13th - 16th See Calendar

ART FOR ALL A chance to see local artists exhibition, Ucheldre Centre, Holyhead. See Calendar 19th

UNDERNEATH THE ARCHES 2018 Local bands, great food; under Pontcysyllte Aqueduct LL20. 20th July.

BANGOR ISLAMIC MOSQUE Are having regular Open Days on the 1st Saturday of the month - all welcome. See Calendar 7th

ORCHESTRE LES MANGELEPA Big Band from east Africa comes to Bethesda on 20th July, see Calendar.

Copydate for August Issue: July 18th

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

Mind, Body & Spirit Fair

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

*For details of
future events
visit:*

www.gigaicrystals.co.uk

Llandudno Town Hall

Lloyd Street, LL30 2UP

July 14th & 15th

10am - 5pm

free admission

ALL WELCOME!

refreshments available

gina-gail@gigaicrystals.co.uk

Yoga and Vegan Day Retreats

Join top chef Lee Watson and yoga teacher Claire Mace for some delicious yoga, lunch and a plant based cookery lesson.

Food for the Soul Revitalise yourself through breathing techniques - and vegan comfort food in Mynydd Llandegai near Bangor
Sunday 19th August 10-5pm

Abundant Autumn Feast on seasonal produce and explore the cycles of nature in Newborough, Anglesey
Saturday 20th October 10-5pm

For more info call Claire on 07970 409 724

www.northwalesretreats.com



July Calendar

1st SUNDAY

Core Connection Yoga Workshop Using unique Forrest Yoga moves we'll access the deeper layers of the abdominal muscles, bringing more energy and life to this often neglected part of the body. We'll also explore how core strength is central in growing your yoga practice. Please bring: yoga mat if you have one, 2 large blankets, cushion, water bottle. Max of 10 people. 2 - 5pm, £20, advance booking essential. The Old Rectory, Llanfachtraeth, Anglesey LL65 4YA. Claire Mace 07970 409 724, inspiratrix.co.uk

Mind, Body & Spirit Festival Around 50 traders, therapist and readers. Together with a full programme of free workshops throughout the day. 10am - 4pm, free admission. Volunteers welcome to help out! Theatr Clwyd, Mold CH7 1YA. 07759 753473, rainbowbiz.org.uk, volunteer@rainbowbiz.org.uk

Women Gathering 1st Sun/month; a gathering where women can come together for socialising; bring your knitting, crochet, children, art, ideas, conversation; there is also space for an impromptu Menopause Café. It's your group: come and help it evolve. Food, donations and time have been offered to make this event happen; if you have special dietary requirements you may want to bring your own food. 12pm - 4pm. Pay As You Feel Café, Bethesda High Street. Facebook: of same name.

Positive Birth Sessions 5th of 12 free antenatal discussion sessions. Today discussion will be about The Placenta with Laura. Just turn up if you fancy coming. 10am, Caban, Brynrefail, nr Llanberis. The sessions will run every Sunday until and including 19th August. Facebook: The Positive Birth Movement North Wales

The Life of Buddha ~ Film Fundraiser A special dramatic presentation, inspired by Venerable Geshe Kelsang Gyatso Rinpoche and his teachings, that visually captures the essence of Buddha Shakyamuni's life. Based on the twelve principal deeds of Buddha, it reveals in a clear and moving way the essential characteristics of a spiritual life. 2 - 4pm, £5. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno. You can book tickets online meditatenorthwales.com

R.S. Thomas and M.E. Eldridge Poetry and Art Festival Concluding the Festival with: 1 1am - 12pm Eucharist Service, Bangor Cathedral. 12.30pm - 2pm Buffet Lunch at Pontio Arts Centre, 3 minute walk from the Cathedral. 2.30pm - 3.30pm "R.S. Thomas for a new Generation" Bangor Cathedral. World premiere of Ellen Davies' orchestral work "Pilgrimages" performed by Ensemble Cymru with Anne Denholm the Royal Harpist. An orchestral composition inspired by three of RS Thomas's poems and the landscape of the Llŷn Peninsula. Owen Lowery - The Poet Prevails, inspired by R.S. Thomas. Performing his own work including "A Visit from the Ogre". Premiere performance of "The Other" set to music by Robert L Moran of Philadelphia. Cathedral Choir Evensong under the direction of Paul Booth with Ensemble Cymru. Contact Sue 01758 703039, susanafogarty@gmail.com

Snowdon Trek A 9 mile walk to the summit. 7.45am, £20 registration. Llanberis LL55 4TY, 01492 596581.

Gala On The Park A community parade and fun day with the Cymru Carnival Association Majorettes, fancy dress competition, Simon's Fun Fair & Rides, performances from The Anglesey Hussars, Mr Bimbamboozle children's entertainer, stalls, and much more. Everyone welcome. Refreshments available. 10am - 6pm, free admission. Gwydir Park, Llanrwst LL26 OPL, 01492 680304.

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. Chris 07906 040159, greatheartchester@gmail.com

Sacred Circle Dance 1st Sun/month, 2 - 4pm, £7. Led by Helen Newton and Sue Bates. Rhosesmor Village Hall CH7 6WF. Contact helen@soul-life.co.uk

Pregnancy Yoga with Laura A new 6 week course starting today. Learn relaxation techniques, connect to your baby, stretching, strengthening and supporting, common pregnancy ailments, practice helpful positions and techniques for labour. 5 - 6.45pm, £42, Quaker Meeting House, Dean St., Bangor. Laura Knott 07914 917711, laurabirthingmamas@gmail.com

Meditation, Sound & Mantra Workshop In this afternoon workshop, you'll practise 3 short Dru Meditations you can use at home to melt away stress, bring energy and inner calm. You'll also experience the healing balm of sound and mantra which will balance your chakras and bring joy. Suitable for all abilities. Please wear loose, comfortable clothing, and bring a mat, cushion, blanket & bottle of water. 3 - 6pm, £30 online, £35 on door. Dru Yoga, Chester. More details 01248 602900, hello@druworldwide.com

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

Tempera Painting and Guilding The technique 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. 10am-12pm & 3-5pm, £25 per 3 hour session; £50 per day. Bishop Lloyd's Palace, Watergate Row, Chester. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk (also 15th, 29th, 5th August)

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

RSPB Conwy's Health and Wellbeing in Nature - Nordic Walking Nordic Walking uses special poles that are designed to maximize the benefits of walking as you are using the back of your arms to push the poles along. This push helps you walk faster, burn more calories and takes some of the weight from the knees making it easier to walk for longer. 1.30 - 3pm, £2.50. RSPB Conwy LL33 9XZ, 01492 581025, conwy@rspb.org.uk

RSPB Conwy's Health and Wellbeing in Nature A Mindfulness Session for Families. An introduction to mindfulness and how to become more mindful as a family. 11am - 12.30pm, £5, £4 over 5s. RSPB Conwy LL33 9XZ. Enquiries 07900 387619, twolittleacorns1@gmail.com

Introduction to Lino Relief Printmaking With Nigel Morris. You will learn about carving using lino cutting tools, and work with soft cut lino to produce your own plate to print from. All materials provided, 10.30am - 4pm, £45. Mostyn, Llandudno 01492 879201, mostyn.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

2nd MONDAY

Founder's Day: From People's Dissent to Royal Assent - How Women Won the Vote Rachel Holmes is the author of Eleanor Marx: A Life, serialised on BBC Radio 4 Book of the Week. Her new book Sylvia Pankhurst: Natural Born Rebel is out from Bloomsbury in 2019. Her previous works include The Hottentot Venus: The Life and Death of Saartjie Baartman and The Secret Life of Dr James Barry. She co-edited the bestselling collections Fifty Shades of Feminism & I Call Myself A Feminist, and is an opinion writer for the Guardian. Rachel Holmes was a Gladstone's Library Writer in Residence in 2016. 2pm, £15, includes Strawberry Tea. Gladstone's Library, Hawarden, CH5 3DF, 01244 532350, gladstoneslibrary.org

RSPB Conwy's Health and Wellbeing in Nature - Meet MOTIV8 Highlighting and promotes the link between activities and Mental Health wellbeing. 10am - 4pm. Booking essential. **ALSO: Family Orienteering**, 6 - 8pm, £2.50, £1 child. RSPB Conwy LL33 9XZ, 01492 581025, conwy@rspb.org.uk

Gong Bath Breathe, relax and slow down, release stress, and return to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

NW Moth Group Informal meeting, 8pm, donations appreciated. Pencychnant Centre, Conwy. Contact Julian or Anne 01492 592595, pencychnant.co.uk

Beicio Bangor Meets 1st Mon/month (except August). We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. We meet in the Basement of the Fat Cat Café, High Street, Bangor. Details: 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, nwacpsg@gmail.com

On Chesil Beach (15) England 1962, a young couple find their romance collides with sexual freedom and societal pressure. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

2nd MONDAY - 4th WEDNESDAY

Book Club (12A) Four lifelong friends have their lives changed after reading 50 Shades of Grey. 2pm, 7.30pm, £5.50, £4.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

2nd MONDAY - 6th FRIDAY

Build A Shed During this course you will become confident and adept at using power tools, hand tools, measuring and marking out joints while building a beautiful and functional shed. £600, low waged/ concs £550. CAT, Machynlleth, 01654 705959, cat.org.uk

Fort Belan Chamber Music Festival We will be joined by renowned musicians Meghan Cassidy, Catherine Manson, Robin Michael, and Sara Trickey, as well as our Artistic Director, Robin Green. Please contact: enquiries.fortbelanfestival@outlook.com for more details or to book tickets. Held at Fort Belan, Llanwnda, Caernarfon, Gwynedd, LL54 5TP. 07986 249750, fortbelanchamberfestival.com

2nd MONDAY - 7th SATURDAY

The Science of Sustainable Food Production You will study the biogeography of crops, and the importance of geographical climate, soil and water resources. Lectures and practical activities; soil health, biodiversity, ecosystems, carbon and greenhouse emissions. All inclusive waged £700; Low waged/ concs £625. CAT, Machynlleth, 01654 705959, cat.org.uk

3rd 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, lynnaalexander@talktalk.net

Pregnancy Yoga with Laura A new 6 week course starting today. Learn relaxation techniques, connect to your baby, stretching, strengthening and supporting, common pregnancy ailments, practice helpful positions and techniques for labour. 5 - 6.45pm, £42, Quaker Meeting House, Dean St., Bangor. Laura Knott 07914 917711, laurabirthingmamas@gmail.com

ROOTS - Reconnect, Re-wild, Recharge with Wild Elements, every Tuesday til 31st July. The sessions give us an opportunity to mix intense experiences of nature with an exploration of how we can move our bodies more efficiently. 5.15 - 6.45pm. £5, first session free. 16yrs+. Treborth Botanic Gardens. Neil Cowley 07799 566533, wildelements.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

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
On Chesil Beach See 2nd

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

Buzz-Ah! Enjoy songs from the West End and Broadway, as well as some of Buzz-Ah!'s favourite tunes. Come and see our inspirational group Celebrating Difference. 7.30pm, £10, £8concs., Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

RSPB Conwy's Health and Wellbeing in Nature - Nordic Walking See 1st. **ALSO: Yoga for Adults** This class will be suitable for all abilities. It will include work on the breath, gentle standing and seated poses helping us to build strength and flexibility and a nice long savasana (relaxation). 2.30 - 3.30pm, £2.50. RSPB Conwy LL33 9XZ, 01492 581025, conwy@rspb.org.uk

Earth Voices We are a group of ladies who love singing and come together every week to sing. There is nothing formal about us. We are not a choir, and we are not all great singers. We have fun, chat and enjoy the songs. Join us on a Tuesday evening. Bring your favorite song and a friend or come alone and meet new friends. 7.30pm, £1 to cover costs; bring water. Our Lady's School, Caernarfon Rd., Bangor. LL57 2UT. Facebook: of same name

3rd TUESDAY - 7th SATURDAY

Specialist Teacher Training in MBCT in Cancer A 5-day residential for mindfulness-based teachers, currently working or interested in working with people with cancer. Adapting core practices, short practices, self-compassion, understanding the cognitive model, support each other in the work. Sliding scale: £232 - £392. Held at Trigonos, Nantlle. Bookings: Centre for Mindfulness, Research & Practice (CMRP), Bangor University 01248 382498, bangor.ac.uk

3rd TUESDAY - 8th SUNDAY

Llangollen 2018 Celebrate a world without borders as we welcome thousands of international performers to share their diverse cultures through the universal language of music and dance. Choirs, Ensembles, Recitals, Soloists, World Music, giant outdoor games, Dancers and Groups perform on stage and in the surrounding grounds and venues in the town. The Parade of Nations takes place on Friday 6th at 4.30pm. Evening concerts include Alfie Boe (3rd), 7.30pm, £49, £37; Calan (5th), 7.30pm, £27, £19; Van Morrison (6th), 8pm, £55, £42; and Llanfest with Kaiser Chiefs on 8th, 2pm, £70, £55. Held at Llangollen Pavilion, Abbey Rd., LL20 8SW. Full programme/ticket details from 01978 862001, llangollen.net

4th WEDNESDAY

Nightjar Guided Walk Join us to see this amazing nocturnal species which arrives from Africa to breed every spring. 8.15pm, £4, booking essential. RSPB Denbighshire, 02920 353008, vera.mccarthy@rspb.org.uk

Syrian Community Sponsorship Launch A nationwide scheme which gives community groups the opportunity to play the lead role in resettling a Syrian refugee family in their neighbourhood. This local new refugee project will be called CroesoMenai. We need to build a dedicated team of volunteers, who will not only be able to raise the funds required (minimum of £9,000 per family) but also be able to source local private housing, negotiate with the council, equip the house, and support and mentor the family once arrived. We need your help! Guest speaker - Jonathan Cox, Deputy Director of Citizens UK. Supported by Pobl i Bobl. Syrian refreshments from 6.30pm, meeting 7 - 8.30pm, Capel Emaus, Love Lane, Bangor. CroesoMenai Team, Pobl i Bobl 07749 830141.

Ceramic Workshop ~ Gweithdy Serameg In this workshop the tutor will demonstrate a variety of hand building techniques using a red earthenware clay body, coiling, slab building, and press molding using a variety of forming methods. All tools provided. 10am - 4pm, £14 - £28. Bring lunch, refreshments provided. Maen Alaw, Penmaenmawr LL34 6LE. Tickets: eventbrite.co.uk

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

NWWT: Dune Sortie Explore the flora and fauna of Towyn Trewan, one of the less-visited sand dune areas of Anglesey, led by county botanical recorder Nigel Brown. 2 - 5pm. Meet at Rhosneigr Golf Club, Towyn Trewan, Rhosneigr, Anglesey, LL64 5QX. Penny Radford 01248 713022, radfords713@btinternet.com

Peer Mentoring Training Peer mentoring is vital as foster carers undertake the care of children in their home and do not have a 'workplace' with immediate colleagues and supervisors around them. For new carers especially, peer mentoring provides support and helps to prevent isolation. 9.30am - 4.30pm, £117.60. Canolfan Fusnes Conwy Business Centre, Junction Way, Llandudno Junction LL31 9XX. Bookings: eventbrite.co.uk

Plas Newydd Fun Palaces Workshop A Fun Palace is a free, local event using culture - arts, science, craft, tech, digital, heritage and sport - to celebrate each unique community and the skills, passions and interests of those who live there. 5 - 7.30pm, Plas Newydd Gardens, Llanfairpwllgwyngyll LL61 6DQ. 01248 714795.

Snowdon Footpath Maintenance Come and help us maintain some of the most popular footpaths in the country. The footpaths of Snowdon are in constant need of maintenance as they are walked on by 500,000 people a year. If you love mountain hiking and use these footpaths yourself, then this is the volunteer day for you. 7.45am. Booking essential, free train journey up, limited spaces. Snowdonia Society, bookings 01286 685498, owain@snowdonia-society.org.uk

Buzz-Ah! See 3rd

Boom For Real (15) This documentary gives us never-before-seen works, writings and photographs that offer insight into the life of Jean-Michel Basquiat as a teenager in New York in the late 1970s. It explores the times, people and the movements of the city that help Basquiat form his artistic vision. 8.15pm, £7.50 - £5.50. Pontio, Bangor 01248 382828, pontio.co.uk

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspiers@hotmail.com

On Chesil Beach (15) England 1962, a young couple find their romance collides with sexual freedom and societal pressure. 2pm, £5.50, £6.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Time Trial (18) A look at the final races of cyclist David Millar's career, leading up to his last Tour de France. 8pm, £6. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.co.uk

4th WEDNESDAY & 5th THURSDAY

Intensive Warping Workshop ~ SAORI Weaving
We will look at two different warping methods to give you more options for your cloth design. By the end of this workshop you will be able to warp with confidence in whatever yarns and colours you choose. 10am - 5pm, £160. Bookings: 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, saorimor.co.uk

The Bookshop (PG) It's 1959, and Florence has an idea to open a bookshop in an old rundown property. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor@gwynedd.llyw.cymru

5th THURSDAY

Pop-Up Vinyl Records Shop 2000+ records, 60's, 70's, 80's, 90's of all genres. Plus cassettes and CDs. 4 - 8pm, Ty Glyndwr, 1 Castle St., Caernarfon LL55 1SE. Contact 01286 238280, tyglyndwr.co.uk

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

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, nwcpsg@gmail.com

Open Day - Barmouth Community Trust A local group of volunteers working to ensure sustained, long-term future for public services in Barmouth. Call in any time 10am - 7pm. Free refreshments available Theatr y Ddraig, Barmouth, dragontheatre.co.uk

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

Hillfolk Noir A trio of neo-traditionalists playing traditional music on traditional instruments for non-traditional times. They call it Junkerdash, and it's a sound brewed from folk, bluegrass, punk, string-band blues and other influences musical and otherwise. 7 - 10pm, Blue Sky Café, Bangor LL571PA. 01248 355444, blueskybangor.co.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.

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

5th THURSDAY - 7th SATURDAY

NHS70: Peggy's Song Celebrating 70 years of the NHS. A solo show by 5 writers. These monologues will be intimate, heartfelt love letters to an institution with which all of us have had - or will have - a relationship, at some stage of our lives. 8pm each day plus 5pm on 7th. Age 14+ years. £15, £10 concs. Held at Undegun, Regent St., Wrexham, LL11 1SG. Tickets: Box Office 029 2037 1689, wmc.org.uk

5th THURSDAY - 8th SUNDAY

Spirit of the Mountain: Snowdonia Mind & Body Retreat This retreat is to purposefully connect participants to the Spirit of the Mountain through a day of climbing and meditation on Mount Snowdon. Join a group of like-minded folk who wish to practice yoga, and contemplative practices and have a challenge for mind, body and soul. £25 deposit; £650/3 nights; £725/4 nights. The Towers, Caradoc Place, Llanfairfechan LL33 0DA. Araucaria Project - hello@arauariaproject.com

6th FRIDAY

Introduction to Timber Framing Course Includes building design, timber sourcing, sawmilling, tools of the trade. Raising a timber framed building; handouts available too. £195. Tyddyn Teg Cooperative, Tyddyn Berth, LL55 3PS. Contact 07751 789948. Facebook: Intro to timber framing course

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.

Gong Bath Breathe, relax and slow down, release stress, and return to harmonic balance. 7pm, £13. Rhuddlan Community Centre, Rhuddlan, Rhyl LL18. Steph Healy 07534 118899, puresound.org.uk

The Bookshop (PG) It's 1959, and Florence has an idea to open a bookshop in an old rundown property. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor@gwynedd.llyw.cymru

Collaboration for Artists A participatory workshop for artists who are developing collaborations or are thinking about doing so. The Tabernacle /Y Tabernacl, Tudno Street/ Stryd Tudno, Llandudno. LL30 2HB, helfagelf.co.uk

Dodo Street Band Celtic Gypsy Klezmer; a contagious epidemic of folk in a joyously wild maverick mix. 7.30pm, £12, £10 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org ~ dodostreetband.com

Evening Slow Flow and Restorative Yoga session

The theme of this extended yoga class will be unwinding and letting go, moving into a profound state of relaxation and 'not doing'. We will explore slow and gentle movements to gently relax and release tension. Then we will work with restorative yoga poses, where we will rest comfortably, with the support of props and blankets, for extended periods of time. Open to all, including beginners. 7-9pm, £16 Held at: The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409 724, inspiratrix.co.uk

Three Bilboards Outside Ebbing, Missouri (15) A mother creates bilboards in her home town to highlight justice for her murdered daughter. 7.30pm, £7, U18s £4. Theatr y Ddraig, Barmouth, dragontheatre.co.uk

6th FRIDAY - 8th SUNDAY

Yoga Weekend You can join all the yoga, walking and swimming sessions you like or hang out and relax in the hot tub, sit around the campfires or just stare into space... it's up to you. Bev and Ceri will lead the yoga sessions and meander with you on the walks. The yoga sessions are for all levels, so suitable for all from the beginner to the experienced yogi. £145, all inclusive. Bedding available for £10 or bring your own. Cae Mabon, Fachwen, Llanberis LL55 3HB 01286 871542, caemabon.co.uk Bookings: bev_turner30@hotmail.com

Mei Gwynedd : LP Launch Mei, a renowned musician originally from Waunfawr, will be joined by his full band and they will perform the album in its entirety alongside a few classics from his songbook from years gone by. 7.30pm, £10, £8 student/child. Galeri, Caernarfon 01286 685222, galericarnarfon.com

6th FRIDAY - 11th WEDNESDAY

The Happy Prince (15) The final years of poet Oscar Wilde who, following a prison sentence, is living in exile in Europe. 6th 8pm; 7th 2pm & 8pm; 11th 2pm, Senior Screen. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

6th FRIDAY - 13th FRIDAY

Reflection - Illuminating the Three Wisdoms. Wisdom through hearing, through reflecting, and through meditating – can be seen either as a progressive sequence or as three different gateways to wisdom. Seen as a sequence, we move from an initial understanding to what the Buddha called a reflective acceptance of a teaching, and from there to a transformative insight into that teaching. Suitable for those who have meditated for 3 years. £280, £252 concs. Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

7th SATURDAY

NHS 70th Birthday Party Celebrating the staff for all they do in dire circumstances due to lack of funding. Please bring picnic and cakes. There will be some thank you cards to sign, speakers, poets, singers, musicians. Come along! 11am - 2pm, Ysbyty Gwynedd. If you would like to do a turn please contact Jan Underwood - jannieu@tiscali.co.uk See advert on back page.

Open Evening at Bangor Islamic Mosque 1st Sat/ month. All are welcome to visit the Mosque and have some food. Bangor Islamic Centre, 57 & 61 High St., Bangor LL57 1NR. For more info contact Hajar 07501 948855, bic@nwis.org.uk

Footpath Maintenance : Watkin/Bylchau Terfyn Part of our series of pitching-in days with the National Trust footpath team. Choose between carrying out a drain run along the iconic Watkin path, or helping to landscape some stepping stones on the way over to Crafllwyn. 9am, booking essential: Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Yoga Day Expect a reasonably intense morning session followed by a more relaxing afternoon session. Suitable for beginners and more advanced practitioners alike. 11am - 4pm, £35. Please bring a yoga mat if you have one, light lunch; tea and coffee provided. Coed Y Brenin, Dolgellau. Bookings: 07737 261614, mountainyogabreaks.co.uk

The Movable Feast Array of local produce, streetfood and beverages, plus artisan crafts, live music, activities for children and entertainment. 12pm - 11pm. £3 adults, U12s free, Students, concs., seniors £2. Zip World Stadium, Colwyn Bay. themoveablefeast.org

M Fest New live music festival with top local bands. Also festival stalls, good food and refreshments. 12.30pm - 9.30pm, £15 door on the day; £10 tickets available locally in Mold. Kendricks Field, Ruthin Rd., Mold CH7 1QQ. Tickets: eventbrite.co.uk

Jonathan Richards - Classical Guitarist A Recital in aid of NWAMI - North Wales Association for Multicultural Integration. 7.30pm, Colwyn Bay. Info 07756 197442.

NW Coast Bikeathon Leaving from Nova Centre, Prestatyn LL19 7EY, Route 5 of National Cycle Route at 9am; bring water, sun protection and safety equipment. £10 adult, (15+) and children U14 free. Raising funds for Bloodwise. Contact support line 0808 2080 888, bloodwise.org.uk

Cinderella with Ballet Cymru who will be working with award winning composer Jack White and Circus Company Citrus Arts to conjure a surprising world of wonder and magic. 7.30pm, £13, £11 concs., Pontio, Bangor 01248 382828, pontio.co.uk

The Isle of Anglesey Choral Society ~ Across the Pond-From Byrd to Bernstein Songs by American composers, including West Side Story and British composers William Byrd and John Rutter. 7.30pm, £8, £7 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

St Joseph's Summer Fair Games, face-painting, raffle, cake stall, coconut shy and entertainment for all the family. 12noon - 4pm, Rydal Field, Brackley Ave, Colwyn Bay LL29 7UU. Contact 01492 532670.

Film Night: The Space Between Us (PG) An inter-planetary visitor learns where he belongs in the Universe. 7.30 - 9.30pm, Benllech Community Hall. Contact benllechcommunity.wordpress.com

8th SUNDAY

Mold Carnival A full day of entertainment, fun fair, activities, stalls, food and drink and one or two special guest appearances; for all the family. Mold, CH7 1AP. 01352 758532, moldcarnival@gmail.com

Orchids and Butterflies Simon Mills leads a joint visit with Butterfly Conservation in search of butterflies and fragrant, pyramidal and other orchids in possibly the best site for them in Wales. 2 - 5pm. Meet at end of Maesyffynnon Road, Minera Quarry NWWT Nature Reserve, LL11 3DE. Steve Palin 01248 471116, stevepalin@supanet.com

Positive Birth Sessions 6th of 12 free antenatal discussion sessions. The discussion is led by Samantha - Mental Health & Wellbeing in Pregnancy & Birth. 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

Barmouth Food Festival ~ Gŵyl Fwyd Abermaw There will be live music, stalls and children's activities. This year it will be predominantly based around the harbour, however there's activities throughout the town and lots of participating Cafés and restaurants. 11am - 4pm. Barmouth Harbour. Facebook: of same name

9th 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 do you 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

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.

9th MONDAY - 12th THURSDAY

The Bookshop (PG) It's 1959, and Florence has an idea to open a bookshop in an old rundown property. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

Comedy Previews 8 top comedians trying out their new hour-long shows before heading to Edinburgh Festival. Rob Kemp, Adam Rowe, Danny McLoughlin, Chris Washington, Harriet Dyer, Kiri Pritchard-McLean, Tim Little and Brennan Reece. 1 show £6, up to £28 for 8 shows. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

10th TUESDAY

Dry Stone Walling Join us, and learn the basics through helping to construct one of these beautiful structures. No previous experience required, although it's an excellent chance to practice your dry stone walling skills and share any experience you may have. 10am, booking essential, limited spaces. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

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

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

Singing Soles Singing in a group is a beautiful experience that needs to be tried out! A group harmony is more than the sum of individual voices. It can be heavenly. 8 - 9.30pm, single session £6, term ticket for 8 sessions is £32. New venue: Neuadd Goffa, Tremadog (on the junction between the Spar shop and Tremadog garden centre). Christine 01766 513307, christine15@outlook.com

11th WEDNESDAY

Chester Theosophical Lodge: Shamanism A talk by Brian Gill, Transpersonal Psychologist. Refreshments served at 7pm to 7.30pm - time to chat with friends old and new. Introduction, Meditation and Talk starts at 7.30pm prompt. Followed by questions at 9 - 9.15pm. Refreshments - Book sale. £5.50 admission, £3.50 concs. Quaker Meeting House, Frodsham Street, Chester, CH1 3LF. Enquiries: 01244 377170, chestertheosophy.org

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

Yoga and Nutrition Day With Naomi Langord-Archer of Gut Nutrition for a day of learning and restoration; with stress and anxiety advice, plus fermentation workshop. Yoga, meditation, educational talk, hands-on workshop and nourishing food. 9.30am - 6pm, £90. The Outbuildings, Bodowyr Farm, Llangaffo, Menai Bridge LL60 6NH. Tickets: wildwalesretreats.com

Red Squirrel Walk with Ranger Holly, 2 - 4pm. No extra charge. Plas Cadnant, Menai Bridge LL59 5NH.

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

Nightjar Guided Walk See 4th

Balsam Bashing We will be hand pulling this plant and targeting tributaries that feed into Bala Lake. 10am, booking essential, free transport from Bangor and Caernarfon. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

Curation 'One Night Only' with tips and tricks for Art Installation. We will look at the curating of exhibitions as a one-off event. This will be followed by a session on the ins and outs of hanging/displaying artwork. Tŷ Pawb, Market Street, Wrexham LL13 8BY. Tickets: eventbrite.co.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 *ad* on page 32

Visit Little Tern Colony An opportunity to visit the Gronant Dunes Local Nature Reserve a 200 acre remnant of the once extensive North Wales dune system. A chance to discuss with Denbighshire Rangers how the management of the colony has evolved and why it is so successful. 11am – 3pm, Barkby Ave., Prestatyn. Howard Sutcliffe 07887 554737, howard.sutcliffe@denbighshire.gov.uk

Llandudno and District Writers Group This month: Guest Speaker is Dr Elaine Walker - *Multiple Viewpoints: their Role in Fiction*. 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 – 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspiers@hotmail.com

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.

Veran v Heeringen Trio Live music; guitarist, singer-songwriter; songs from the heart. 8pm, £10 available from Palas Pic, Caernarfon and Mudshark Records Bangor. The Vic, Menai Bridge, Anglesey LL59 5DR, 01248 712309, vicmenai.com

Book Club (12A) Four lifelong friends have their lives changed after reading 50 Shades of Grey. 2pm, 7.30pm, £6.50, £5.50, Galeri, Caernarfon 01286 685222, galericaernarfon.com

12th THURSDAY

Cabaret (15) Dementia friendly screening. Soft lighting and people are welcome to walk around. Musical set in 1930s in the infamous Kit Kat Club. 2pm, £4, carers free. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

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. £5, members of the TS £3. New enquirers are always welcome. Meetings are held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. LL28 4SE. Enquiries Pauline 0161 980 4942, theosophywales@yahoo.co.uk

Glaslyn Ospreys Join Geoff Gibbs at the visitor centre for superb views of Snowdonia and the ospreys. Hot drinks are available, but bring lunch. Please enquire about car-sharing from Bangor. 12 – 3pm. Meet at car park at Pont Croesor, Glaslyn Ospreys Visitor Centre, Tremadog LL49 9SP. Geoff Gibbs 01248 681936, geoffkate.gibbs@care4free.net

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; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

Muse: Drones World Tour Screening of concert filmed and recorded over multiple shows. The concert movie includes never before seen special effects along with an exclusive insight from the band in the introduction. 8pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

12th THURSDAY – 15th SUNDAY

Sisters of The Wild Led by Jayne Goldheart, more details from Cae Mabon, Fachwen, Llanberis LL55 3HB 01286 871542, caemabon.co.uk

13th FRIDAY

New Moon in Cancer 5.53am

Holyhead Rising 2 A showcase of local bands live on the Ucheldre Stage. 7.30pm. More info from Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Reigniting Debate on Rural Poverty: Evidence Practice & Policy Implications Free, all welcome. The event continues and furthers debate on tackling rural poverty in Wales, following on from a series of WCPP reports covering rural transport, access to services, rural housing, fuel poverty and the rural economy. There will be practitioner presentations on these issues, followed by a panel discussion which will draw out the implications for research and policy. Everyone attending will have the opportunity to ask questions throughout. 10am – 1.30pm, Reichel Hall, Bangor University LL57 2TW. Bookings: eventbrite.co.uk

The Gentle Good ~ Patrick Rimes The Gentle Good is the stage name of Gareth Bonello, a musician from Cardiff. Gareth draws on Welsh folk music traditions as well as influences from around the world to create magical and contemporary folk music. He won the Welsh Music Award in 2017 for his latest album Ruins / Adefillion. 7.30pm, £10, £7 student, child. Galeri, Caernarfon 01286 685222, galericaernarfon.com

A Feast of Music ~ Gwledd o Gerddoriaeth An opportunity to enjoy a programme of classical music by Elinor Bennett (Harp), Nicky Pearce (Cello) and pupils of Canolfan Gerdd William Mathias. 7.30pm, £10, £8 seniors, £5 children. Galeri, Caernarfon 01286 685222, galericaernarfon.com

13th FRIDAY - 15th SUNDAY

Wildlife Gardening By introducing the principles of how to garden with wildlife you will discover how to make the most of features by helping them to work together for mutual benefit. Building on this essential foundation, you will discover how to design multi-purpose 'mini-habitats' such as small ponds, mini meadows, copses and shrubberies. £120, £100 concs., course only; accommodation is an extra £118. Please book onto the course through Aberystwyth University 01970 621 580 before booking your accommodation at CAT, Machynlleth, 01654 705959, cat.org.uk

Gŵyl Arall A jam-packed weekend of literature, music, art and film. Includes Patrick Rimes on the 14th and Iwan Huws and Y Reu on the 15th. Ticket includes entry to all venues including Caernarfon Castle. Weekend ticket £35. More details and tickets from : gwylarall.com

The Gladstone Umbrella Whether you've grown up with a love of history and Victoriana or you're an academic with a penchant for the 'Grand Old Man', no matter your background the Gladstone Umbrella is the conference for you. Residential prices £230, non-residential from £160. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

Journeys with Haiku into Verse and Prose Haiku's distillation of experience and startling depth of focus can capture the essence of a moment or a memory and provide egress into the more expansive spheres of free verse and prose. A guided walk and workshops. £220, in English language. Tŷ Newydd Writing Centre, Llanystumdwy, Crccieth LL52 0LW. 01766 522811, tynewydd.wales

13th FRIDAY - 16th MONDAY

L-Fest 2018 The UK's only lesbian festival; music, arts, workshops, sports, cabaret & comedy and 3 nights camping. Headliners include Katrina and The Waves, Toyal Willcox, Eeek, Zara Sykes, Elephant Trees. Comedy, workshops, DJs, cabaret, sports. All welcome! Costs: £60 day ticket; 2nd tier tickets includes camping £120, U16s free. Parking: £5 day; £10 weekend ; £20 campervans weekend. Recommend car sharing: gocarshare.com/festival/l-fest. Bodafon Farm Park, Bodafon Rd., Llandudno LL30; lfest.co.uk

14th SATURDAY

The Movable Feast Array of local produce, streetfood and beverages, plus artisan crafts, live music, activities for children and entertainment. 12pm - 11pm. £3 adults, U12s free, Students, concs., seniors £2. The Harbour, Porthmadog. themoveablefeast.org

Leeswood Carnival Starts with a Parade through the Town leading to a packed carnival field. 12noon - 11pm, £2 entry, U11s free. Leeswood, nr Mold CH7 4SB. Contact 07798 665392.

The Turtle Trials An inclusive and interactive show for children. The show will offer a wonderful opportunity for young people to learn about the environment through a unique fusion of signdance theatre and several languages (Welsh, Spanish, English and International Sign Language). 2pm & 3.30pm. £3, £2 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

B-Fest Wales Live bands performing in Welsh and English, plenty of food and refreshments. 2 - 10pm. £10 door on the day, £11.07 online with eventbrite.co.uk. Held at Holywell Town Football Club, Halkyn Rd., Holywell CH8 7TZ. bfestwales.co.uk

Music for A Summer Evening Tchaikovsky's Violin Concerto Dvořák, Lladov, Baba Yoga. 7pm, £12, £10, 16-5 years £2. William Aston Hall, Mold Rd., Wrexham LL11 2AW. Contact 07889 379591. Tickets: wrexhamprch.co.uk

14th SATURDAY & 15th SUNDAY

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

Snowdonia Scrambling Weekend You will learn new skills such as movement techniques, safe guarding the group, route selection and build on your confidence. On the second day you will put all your new skills to the test on either Tryfan North Ridge or Crib Goch. £100. Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk

Designing Sustainable Start-Ups This course equips you with the most effective tools to use through the business or mission model development stage whether you are a new dreamer (you might not even have an idea yet, just the strong desire to start something) or serial ecopreneur; a start-up or innovating from within an established enterprise. £260 all inclusive; £200 non residential. CAT, Machynlleth, 01654 705959, cat.org.uk

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 10.*



Ashworth's Rustic Weekend Our annual search for Pencychnant's rarest moths. Pencychnant Centre, Conwy. Contact Julian or Anne 01492 592595, pencychnant.co.uk

White Water SUP Fest For Stand Up Paddle boarding enthusiasts who love the water. Mile End Mill, Berwyn Road, Llangollen LL20 8AD. Contact 01490 430725.

Fort Belan Open Weekend Come and join us as Fort Belan opens its gates to the public. Guided tours of the Fort and Dock complexes. ~ Cannon Fire Displays ~ Living history encampment ~ Traditionally operated forge and more. Ticket for the day £5, U16s £3; U5s free, £12 Family ticket, (two adults and two children). Fort Belan, Llanwnda, Caernarfon LL54 5TP. 01286 830220, fortbelan.co.uk

14th SATURDAY - 21st SATURDAY

Snowdonia Bicycle Beano Some of our rides explore the gently-undulating lanes of the Llyn Peninsula, and are rarely more than a few miles from the sea. We cycle alongside the Menai Strait through the castellated town of Caernarfon, past the broad sandy expanse of Dinas Dinlle beach, and to the 'mediterranean' seaside town of Criccieth. On other days we dip into the western edge of Snowdonia, visiting Llanberis, Beddgelert and the panoramic drovers' road to Prenteg. £870, ensuite ; £770 shared bathroom. Held at Trigonos, Nantlle 01286 882388, info@trigonos.org

15th SUNDAY

Tempera Painting and Guiding The technique 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, Watergate Row, Chester. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk (also 29th & 5th August)

Anahata Chakra Workshop The Chakra Yoga Experience is an inspirational series of 4 workshops over a period of 6 months to energise you and deepen your yoga experience. Your yoga posture work will focus on the fundamental energy centres – the Chakras - and mindfulness meditation, pranayama/breath work, and mantra will also be incorporated into each workshop. Each individual workshops can be enjoyed as a one off or you can benefit from taking part in the series as a whole. Suitable for all levels. 10am - 12.30pm, £25. Trefnant Village Hall, Denbigh. Laura Bell, 07989 512859, thezestlife.co.uk

Positive Birth Sessions 7th of 12 free antenatal discussion sessions. The discussion is led by Catrin - Woman-centred Caesarean Birth. 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

Spider Bioblitz Richard Gallon, spider man - will be observing and recording Pencychnant's spiders. 2pm, donations appreciated. Pencychnant Centre, Conwy. Contact Julian or Anne 01492 592595, pencychnant.co.uk

Discover the Carneddau Join a guided group as we take you around this impressive range visiting the summits of Pen yr Ole Wen, Carnedd Dafydd, Carnedd Llewelyn and Pen yr Helgi Du (Yr Ellen if time permits). 10miles, 7 - 8 hrs, £40. Medium to difficult. Bookings: Snowdon Walks 01768 838015, snowdon-walks.co.uk

Butterfly Hunt Search for butterflies and their food-plants on the heathland and in the meadows around Bryn Golau, with support from Chris Wynne, NWWT's Conservation Officer. 2 - 5pm. Park in roadside lay-bys, Cors Goch NWWT Nature Reserve, Llanbedrgoch, Anglesey, LL76 8TZ. Penny Radford 01248 713022, radfords713@btinternet.com

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

Blasu Cain Galeri's dance performance group - open to those over the age of 60. an opportunity to explore in dance techniques and creativity in an open and fun environment. A warm welcome to all. These sessions are led bilingually. 3pm, £7. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Bushcraft Carving A two day course learning how to turn a tree into beautiful, functional and unique artefacts using traditional bushcraft and green woodworking tools. £140, deposit £70. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

The Ballymurphy Precedent (15) The unknown story of the death of eleven innocent people at the hands of the British Army in a Catholic estate in Belfast in 1971. This is a massacre that few have heard of, yet it was one of the most significant events in the Troubles. Q+A to follow with director Callum Macrae, and Dr Phil Scraton who has been supporting the families in their fight for justice. 5.30pm, £6.50, £5.50, Galeri, Caernarfon 01286 685222, galericarnarfon.com

16th 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

Yoga on the Beach at Porth Swtan/Church Bay Join yoga teacher Claire Mace on the beach for a one-off summer yoga class on the beach. Bring your own yoga mat or towel. Please note the class will not run if it is raining. Just turn up before 7pm and join us for some fun flow and elemental connection! 7 - 8pm, £5, Anglesey. More info: Claire 07970 409724, inspiratrix.co.uk See ad page 8.

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

Edie (12A) The story is a tale of triumph over adversity as Edie embarks on the adventure of a lifetime. 7.30pm, £.50, £4.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

16th MONDAY - 19th THURSDAY

Week 29 We will devote this week to recording as many species as possible at Pencychnant, setting the moth trap every night; with books and microscopes available for identification of all species groups - come along! Pencychnant Centre, Conwy. Contact Julian or Anne 01492 592595, pencychnant.co.uk

16th MONDAY - 20th FRIDAY

Summer Retreat with Yoga On this retreat, a professional yoga teacher will be at the centre throughout the week running optional yoga sessions. The yoga will be suitable for all, and tailored to suit every individual's needs. £375 - £450. Welsh/English medium. Ty Newydd Writing Centre, Llanystumdyw, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

16th MONDAY - 22nd SUNDAY

Listening to the Land: A Nature Based Retreat It's an exciting and demanding time to be alive, yet in the fullness of modern life it can be challenging to find a clear path to one's purpose and a meaningful engagement with the times we are living through. During our week we will slow down and weave together the threads of self-inquiry, heartfelt community and deepening our relationship with the wider Natural world. Sliding scale: £480 - £350. Eric, Cae Mabon, Fachwen, Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

17th 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

Hostel Open Day Trawsfynydd is right at the centre of the Snowdonia National Park and a perfect base for activity exploring the unspoiled South Snowdonia region. Our hostel sleeps up to 20 with secure bike storage and we can accommodate all sorts of residential groups and courses. Come and meet some of the local activity providers and find out what's on offer for walkers, cyclists, mountain bikers, local historians, anglers and wildlife enthusiasts right on our doorstep. 10am - 4pm. Llys Ednowain, Trawsfynydd LL41 4TA. Contact 01766 770324, trawsfynydd.com

Wendy's Botanical Walk Wendy McCarthy from the Botanical Society of the British Isles leads a walk looking at the wild flowers and hopefully learning some identification skills. 10am - noon, donations welcome. Pencychnant Centre, Conwy. Contact Julian or Anne 01492 592595, pencychnant.co.uk

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

Edie See 16th, *subtitled screening*

18th WEDNESDAY

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

Three Lakes Walk Enjoy a circular 4km walk in the Gwydyr Forest, with some great viewpoints and wetland-loving wildlife aplenty. Booking essential. 1.30 - 4.30pm. Meet at Llyn Sarnau car park, Gwydyr Forest, Conwy. John Underwood 01492 533459, 07783 773225, john.underwood100@gmail.com

Ein Lleisiau ~ Our Voices A reading of a verbatim "Our Voices - A Play For Voices" by the students of Ysgol Friars, Bangor. We explore further the power of conversation between young people and those living with dementia, in bridging worlds and alleviating isolation. Bilingual event with translation. 7pm, £3, Studio, Pontio, Bangor 01248 382828, pontio.co.uk

Chester and District Friends of the Earth 3rd Weds/month, 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

Conwy 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.

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

Romeo and Juliet RSC Live Screening The most famous story of love at first sight explodes with intense passion and an irresistible desire for change. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
ALSO Neuadd Dwyfor, Pwllheli 01758 704088.
ALSO Vue Cinema, The Village, Rhyl. LL18 1HB, 0345 308 4620.

ALSO Merlin, Scala High St., Prestatyn 01745 850197.
ALSO Theatr Clwyd, Mold 01352 701521, theatrclywd.com

19th THURSDAY

Waymark Making, Llennyrch Get hands on as we team up with the Woodland Trust and Kehoe Countryside to build waymarkers and split timber gates. The venue is Llennyrch Farm a fabulous welsh upland farm situated in a landscape containing precious Celtic Woodland that has a place in Welsh legend. 10am, booking essential. Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Art For All A chance to see the wide range of work exhibited in Ucheldre's 27th annual Art for All Competition. Many adult paintings are for sale. Exhibition opens 5pm, winners announcement at 5.30pm. Exhibition runs till 4th September. Free, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Bat & Mammal Walk Sam Dyer and members of NW Mammal Group will lead an evening walk around the centre looking for bats and other animals. (Phone for time). Pencychnant Centre, Conwy. Contact Julian or Anne 01492 592595, pencychnant.co.uk

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

RSC Live: Romeo and Juliet Screening of live theatre performance. 7pm, £12, £11 concs., Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

19th THURSDAY - 21st SATURDAY

Edinburgh Fringe Preview Comedy nights: 19th - Mark Simmons & Jayde Adams. 20th - Edd Hedges and Alice Marshall. 21st - Desiree Burch and Matt Rees. 8pm, £10 door, £8 adv. per night or 3 nights for £21. Galeri, Caernarfon 01286 685222, galericarnarfon.com

19th THURSDAY - 29th SUNDAY

Llangollen Fringe Festival Headlining with Lee Scratch Perry, Lloyd Langford and guests, Americana Music, Folk at the Fringe Acoustica, The Disco Train, Silent Disco, Linton Kwesi Johnson, Eliza Carthy & The Wayward Band, a Musical Narrowboat Cruise, Photography Workshop, Art Workshop, Drumming, Barbershop, Poetry, Prose and Readings, Finale Concert. Plus Exhibitions, Storytelling and not forgetting the Parade along the High St. Most events in the Town Hall or Llangollen Pavilion. All evening concerts for £85, more ticket choices from the full programme available: llangollenfringe.co.uk, 0800 1455 779, contact@llangollenfringe.co.uk

20th FRIDAY

Math Fab Mathonwy - The Fourth Branch of the Mabinogion This beautiful tangled story leads from sunlight to darkness, through love and betrayal, conflict and retribution, shape-shifting and enchantment. We'll meet shoes made of seaweed, ships made of shadows, a master of disguise and the greatest spell ever cast. But will it succeed? Told by Ronnie Conboy, who was brought up on tall tales and wild songs as the daughter of an Irishman living in Wales. She discovered the world of Storytelling in a dark forest at the Autumn equinox, and has been chasing stories ever since. Ronnie has honed her skills in pubs, theatres, firesides and fields from Devon to London, bringing to life the Welsh traditions of her mother country. 7.30pm, £5, £4 concs., Neuadd St Collen Community Hall, Llangollen. Tickets available on the door. With the support of Literature Wales. Suzi 01490 460563 / 07984 637068.

Chris Packham's Bioblitz ~ Nature Reserves are Not Enough! For ten days Chris and his team of experts will be visiting 50 wildlife sites in Scotland, Northern Ireland, England and Wales to highlight the extent to which the nation's wildlife is under threat. Chris's crowd-funded campaign highlights the threats to UK biodiversity and to show that "nature reserves are not enough!" We will be recording as many species of plant, animal and fungi as possible within a 24 hour period. There will be guided walks, displays by NW Mammal Society, Nature Spy, Pencychnant's Moth Group, reptile groups, beetles, spiders, ferns, trees, flowers and much more. All will be collated by Cofnod. Today Chris is visiting the Pencychnant Centre. 9am - 8pm, everyone is welcome to help record or just join in with what's going on. Pencychnant Centre, Conwy. Contact Julian or Anne 01492 592595, pencychnant.co.uk

Balsam Bash Please help us save our wildlife from this invasive species! Bring a picnic lunch to enjoy amidst your hard (but fun) work. 10am - 3pm. Meet at SNPA carpark, Penmaenpool, near Dolgellau, LL40 1YD. Janet Baker 07812 659593 / 01341 423988, jemmole@hotmail.com

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 and ideas on ways to use Tapping in our everyday lives until our next meet up. The intention is for this to be a group of authentic individuals who respect and support each other in embracing new ways to change their health, wellbeing and life. This is a safe, supportive group with no need to share your 'stuff' unless you want to. 11am - 12.30pm. Beehive Healthcare, Northgate Avenue, Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk

Orchestra Les Mangelepa & Racubah DJs As potent as they were in the 1970s, rock-solid rhythm, vocals, guitar and horns; esteemed African Big band from East Africa. 7.30pm, £15 door, £12 adv. Neuadd Ogwen, Bethesda, neuaddogwen.com

O Dan Y Bwau 2018 ~ Underneath the Arches 2018 Line up of local bands, great food and the famous light and firework display. 7 - 11pm, £7 - £33. Underneath the Arches at Pontcysyllte, The Bont Playing Field, (under Pontcysyllte Aqueduct), LL20. Tickets: eventbrite.co.uk

Jools Holland & His Rhythm & Blues Orchestra With special guests Ruby Turner, Marc Almond, Louise Marshall and Rosie Mae. 7.30pm, £45, £37.50. Rhyl Pavilion 01745 330000, rhylpavilion.co.uk

20th FRIDAY & 21st SATURDAY

PhilFest 2018 Music festival raising funds for Ysbyty Gwynedd dialysis unit. Held at Iorwerth Arms, Holyhead LL65 3PP. Facebook: of same name

20th FRIDAY - 22nd SUNDAY

Identifying Flowering Plants Examine specimens and become familiar with the huge variety of flower and leaf forms and the equally huge and often confusing terminology used in the wild flower books and 'keys'. Course fee £120, concessions £100. Please book onto the course through Aberystwyth University 01970 621 580 before booking your accommodation at CAT which costs £118. CAT, Machynlleth, 01654 705959, cat.org.uk



Welsh 3000s - 3 day challenge The ultimate Snowdonia challenge. Summit all of Snowdonia's 3000 ft peaks in 3 days. Day 1 The Carneddau, Day 2 The Glyderau, Day 3 Snowdon. Difficult terrain therefore a high level of fitness is required, £150 per person entry. Snowdon Walks, 01768 838015, snowdon-walks.co.uk

Stash Busting Combo Spinning This retreat will be a chance to be wild and whacky with your spinning. Chris Jukes will provide you with techniques, and equipment - you provide fibres and your imagination and let it run wild! £219 - £238. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Pen & Ink and Pen & Wash Weekend On this short course, we shall explore its potential as a drawing medium, both on its own, or in combination with brush, water and/or paint. In and outdoors, weather permitting. £214 - £233. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

20th FRIDAY - 23rd MONDAY

Yoga and Walking Retreat This yoga holiday will include mornings of Dru Yoga and Dru Meditation, followed by a delicious lunch, then afternoon guided walks in the beautiful Snowdonia National Park or along the coastal paths of Anglesey. The walks will be around 4 hours long, including breaks, and will take you to hills, forests, waterfalls and lakes. You'll also enjoy de-stressing relaxation sessions and optional therapies to help you to relax and re-charge. £515 shared, £619 single. Snowdonia Mountain Lodge, Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com

Sesiwn Fawr Celebrating the best in Welsh music. Plus comedy and literary acts. Held at Eldon Square, Dolgellau. £45 weekend. Tickets from local shops, phone 07860 934722 or sesiwnfawr.cymru.

A Way of Building: Using locally sourced materials This course explores ways to use earth, green timber, straw and stone amongst others to build beautiful, functional structures. It explores the culture of making and the contribution this makes to effective change for transitional communities in situations of rapid change and scarce resources, particularly in informal urban settlements. £440 all inclusive; £200 course only/camping possible. CAT, Machynlleth, 01654 705959, cat.org.uk

20th FRIDAY - 24th TUESDAY

Introduction to Rewilding: Principles and Practices of Ecological Restoration You must have attended the introductory 3 days (either the previous three days or last year's three day introductory course) to attend the Going Deeper days. This course gives an introduction and broad overview of the basic principles and practices of rewilding and ecological restoration, to enable you to understand how these might be applied in your own context. Course fee only: Waged £165, conc £105. CAT, Machynlleth, 01654 705959, cat.org.uk

20th FRIDAY - 29th SUNDAY

Satipathana - the Buddha's teaching on mindfulness In this retreat, we'll explore the Buddha's original mindfulness teaching that takes awareness, insight and compassion ever deeper. As such, it will be a helpful retreat for anyone wishing to deepen their mindfulness practice and particularly for those studying mindfulness-based approaches such as MBSR, MBCT and Breathworks. £360, £324 concs. Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

21st SATURDAY

Meditation & Teaching Day Everyone is welcome to attend a day or a weekend of meditation. Meditation at 10am, with guidance offered for those who would like it. 2.30pm, Dharma teaching with teacher. You are welcome to attend some or all of the day - suggested donations £25 - £40. Hermitage of the Awakened Heart, Ynys Griainog, Criccieth LL52 0NT, 01766 530839, ahs.org.uk

Old Herbaceous Theatre. The humorous love story of a single-minded yet gentle man with a passion for plants. 6.15 - 9pm, £24.50. Plas Cadnant, Menai Bridge, Anglesey LL59 5NH. 01248 717174.

Picnic With A Porpoise Enjoy a relaxing sea-watch with your picnic at this prime location for porpoises and sea birds. Information on recent sightings and help with identification from Dawn Thomas, NWWT's Marine Awareness Officer. 5 - 7pm, Bull Bay, Amlwch, Anglesey LL68. NWWT HQ 01248 351154, northwaleswildlifetrust.org.uk

Women in Sport: NW Conference We will introduce the extensive range of sports and activities available in the region and encourage participation. Meet those women who have given it a go, overcome adversity or haven't let a disability stop them. Featuring panel discussions and debates, and is a free-to-attend event that is open to everyone. 10am - 4pm. Surf Snowdonia Adventure Parc, Conway Rd., Dolgarrog, LL32 8QE. Contact NetworkShe 07876 262126, networkshe.co.uk

Coastal Exploration Join us for a circular 5km walk incorporating Gronant Dunes Local Nature Reserve, its Little Tern colony, and NWWT's Big Pool Wood Nature Reserve. Bring a packed lunch. 11am - 2pm. Meet at Shore Road car park, Gronant, Prestatyn, LL19 9SS. Mark Hughes 07800 771570.

Red Tent Social Meet Red Tent women informally and support crowd-funding for Follow Your Bliss's new venue in Bangor, with owner Lesley Willis. 7pm. Donations welcome for the crowd-funding; refreshments available at cost. Held at new venue 307-309 High St., Bangor (the old Two Guys From Brussels shop). You can find out more about Follow Your Bliss at followyourblisspt.com and more about Red Tent Gwynedd: redtentgwynedd.wixsite.com

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

Gongs and Drum - Journeying with Sound Allow the Soundscape to move you out of your head and into your body. Drumming may take us on a Journey into other realms; the Lower World, where we may meet our Power Animal, Guides, Teachers or our Ancestors. 7 - 9pm, Neuadd Goffa, Mynydd Llandegai. Bookings: Claire Freeman 07426 894640, sourcehealing.co.uk

Botanical Painting Classes Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost if you just want to give it a try and not have to buy expensive materials at the start. 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

Open Day : Presentations and Info Session Meet the Centre for Mindfulness Team and find out more about the Mindfulness Masters and the Teacher Training. We will have a mindfulness practice together and then presentations on the trainings that we offer, with plenty of time for discussion. 1.30 - 4.30pm. Register at Centre for Mindfulness, Research & Practice (CMRP), Bangor University 01248 382498, bangor.ac.uk

RS Thomas Festival Hosted by Cybi Poets. Includes a talk by Will Stewart, Fiona and Gorwel Owen, Martin Daws, Glyn F Edwards, Art Competition results, Open Mic and musicians tbc. All day. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Film Night: My Sister's Keeper (12A) A young carer looks for her emancipation from looking after her older sister. 7.30 - 9.30pm, Benllech Community Hall. Contact benllechcommunity.wordpress.com

Ye Vagabonds Brothers Brian and Diarmuid Mac Gloinn from Ireland, folk songs from Ireland, Scotland, England and USA. Doors open 7pm for Gig 8pm. Bar only, no food served. Blue Sky Café, Bangor LL57 1PA. 01248 355444, blueskybangor.co.uk

Fell Running Film 8pm, Neuadd Ogwen, Bethesda LL57 3AN. More film details from 01248 208485, neuaddogwen.com

21st SATURDAY & 22nd SUNDAY

Drawing From the Eye of the Heart The act of drawing can break through these barriers and facilitate access to the inner world - the domain of the creative where spontaneity and the true mood of the moment may be found. Here we find the art forms are vital and alive with a true expression of inner feeling. 10.30am-1pm; 2-4.30pm, £120. Advance booking essential. Overnight accommodation available with Gladstone's. Held at Gladstone's Library, Church Lane, Hawarden, nr Chester CH5 3DF. 01244 313910, lynettehowellsmoore.co.uk

Little Dragon Festival Celebrates the 25th Anniversary of the Glan Clwyd Hospital Children's Unit. The festival is a family friendly 'not for profit' event of music, children's entertainment and fireworks. Includes bands such as Scouting for Girls and Welsh rap artists Goldie Looking Chain. Y Morfa Venue and Football Stadium, Penmaen Road, Conwy LL32 8HA. 07946 299361, enquiry.littledragon@hotmail.com

21st SATURDAY - 26th THURSDAY

Drawing on The Right Side of the Brain In a small group, you will learn the five basic skills of realistic drawing. This residential course is suitable for people with no drawing experience as well as those who would like to improve their drawing skills or who teach drawing. Course is based on the work of Dr Betty Edwards. £525, plus accommodation fee. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

21st SATURDAY - 28th SATURDAY

Gŵyl Gerddoriaeth Glasurol Conwy Classical Music Festival Events take place at St Mary and All Saints' Church, Rose Hill St., Conwy LL32 8LD. You can download a programme from the website conwyclassicalmusic.co.uk Contact Chris Roberts 01492 592166.

22nd SUNDAY

Positive Birth Sessions 8th of 12 free antenatal discussion sessions. The discussion is led by Eve: the last weeks of pregnancy, becoming a Mother. 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

Yoga Training Try Out Whether you're thinking about becoming a yoga teacher or want to deepen your personal practice - this day is for you. Meet the tutors; examine the course manuals; have your questions answered and experience the power, joy and stillness of Dru Yoga. You will come away from this day with a personalised yoga programme, tailored to help you achieve greater health, wellbeing and balance on all levels. 2 - 6pm, £25 adv, £30 door. Dru Yoga, Bethesda. 01248 602900, hello@druworldwide.com

An Introduction to Summer Wildflower ID

Following a practical indoor session, Joe Phillips will lead us around Coed Cilygroeslwyd NWWT Nature Reserve in search of summer flowers. Bring a picnic! Booking essential. 10.30am - 3.30pm. Meet at Pwllglas Village Hall, Coed Cilygroeslwyd NWWT Nature Reserve, near Ruthin, LL15 2PB. Mike Klymko 07880 033562, mikeklymko@wildlifetrustswales.org

Llandudno Dolls House and Miniatures Fair

10.30am - 3pm, Craig-y-Don, Queens Rd., Llandudno LL30 1TE. Visit: mgmfairs.co.uk

The Bookshop (PG) It's 1959, and Florence has an idea to open a bookshop in an old rundown property. 7.30pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor@gwynedd.llyw.cymru

Llangollen Comic Con Family fun day event celebrating superheros, sci-fi, Dr Who, etc. Llangollen Pavilion 01978 860111, llangollencomiccon@yahoo.com

22nd SUNDAY - 27th FRIDAY

Botanical Painting This residential course will look at many advanced techniques of botanical painting with topics such as drawing observations, pattern understanding, composition, watercolour and gouache painting techniques will be covered. £575 - £622.50. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

23rd MONDAY

Holyhead Writer's 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.

The Bookshop See 22nd, except at 2pm.

Jazz Club Monthly meeting, non-members welcome, 8pm, free. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Jeff Lang Virtuostic guitarist, songwriter and live performer; influence of rock, roots, folk, blues and ballads. 8pm. Tickets £12 available from Palas Print, Caernarfon and Mudshark Records, Bangor. The Vic, Menai Bridge, Anglesey 01248 712309, vicmenai.com

23rd MONDAY - 25th WEDNESDAY

Identification of Grasses, Sedges and Rushes Learn the fundamentals of grass, sedge and rush identification, essential and valuable skills for any field and conservation ecologists. Course fee £120, concs £100. Please book onto the course through Aberystwyth University 01970 621 580 before booking accommodation at CAT which costs £118. CAT, Machynlleth, 01654 705959, cat.org.uk

23rd MONDAY - 27th FRIDAY

Butterflies and Moths Enjoy this opportunity to see many of the special species of Snowdonia and the Great Orme. This is a rich time of year and should be ideal to view Silver Studded Blues and the nationally scarce Silky Wave. Includes talks illustrated with colour slides and help will be given on identification. £396 - £434. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

23rd MONDAY - 28th SATURDAY

Writing Short Stories Together we'll explore the fundamentals of great story writing: finding ideas, plotting, narrative structure, three-dimensional characters, how to edit and how to end. For inspiration, we'll look at the work of great short story writers of recent times, including Amy Hempel, Alice Munro, and Joyce Carol Oates. All inclusive £495 - £625; guest reader is AL Kennedy. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

24th TUESDAY

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

Charcoal Making A two-day event continuing on 26th. Each year the management team at Abergwyngregyn coppice the Alder woodland on a 10 year rotation system. This woodland management technique means that the Alder woodland can continue to thrive in the area. The result of the coppice is a good stock of Alder wood that is used to create charcoal on site. Come and learn how to create charcoal from scratch using the Alder that our volunteers cut down earlier in the year. 10am, booking is essential as there are limited spaces. Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

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.

25th WEDNESDAY

Seascape, Macro & BBQ Anglesey Photographic Academy Evening An evening all about seascape, landscape, macro and close-up photography celebrating the great outdoors of summer. One to ones, group work and tuition. Beginners and newcomers welcome. 6.30 - 10pm. Penmon Point, Anglesey LL58. Contact www.welshotimaging.co.uk/ event/

McQueen (15) An intimate documentary of the gothic rags-to-riches fairytale life of radical and tortured fashion designer – the late Alexander McQueen. 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericarnarfon.com

25th WEDNESDAY - 27th FRIDAY

Holiday Club 2 forest Schools: shelters, fire-circles, camp-fires, a mid-day meal, snacks provided. Learn about the trees and explore the woods. Craft activities and games. 10am - 4pm, £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

North American Association for the Study of Welsh Culture and History A biennial conference where scholars of history, literature, language and the arts present and discuss the results of their research. Bangor University LL57 2DG. Visit: naaswch.org ~ Dr Melinda Gray: mgray@post.harvard.edu

26th THURSDAY

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; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit Facebook 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, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. If you are coming please email helen@soul-life.co.uk

Bats and Gwaith Powdwr Join NWWT's Reserves Officer, Rob Booth, to find out about bat ecology and the work we're doing at Gwaith Powdwr to protect them. Weather permitting, we'll go outside and listen for bats using detectors. 7 - 9pm. NWWT Head Office, Llys Garth, Garth Road, Bangor LL57 2RT. HQ 01248 351541, northwaleswildlifetrust.org.uk

Glyndebourne: Saul (12A) Film screening of Barrie Kosky's award-winning production, bursting with energy, contemporary choreography and period costumes. 7pm, £10, £12. Pontio, Bangor 01248 382828, pontio.co.uk

Antiques Roadshow Visits Erddig It is free entry and no tickets are required. Fiona Bruce and the team of Antiques Roadshow experts will be waiting to welcome you, your family heirlooms and car boot bargains. Bring them along for free advice and valuations to visitors. 9.30am - 5pm. Erddig National Trust, Wrexham LL13 0YT. Facebook: of same name

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

Online Open Sessions You can log on and connect with the CMRP team. More info: bangor.ac.uk/mindfulness. Centre for Mindfulness, Research & Practice (CMRP), Bangor University 01248 382498, bangor.ac.uk

The Storm Officer Wild storms, hurricanes and extreme flooding, this play tells the tale of one town's struggle when faced with the realities of extreme weather and the impact of climate change. Inspired by real-life stories of Storm Desmond (2015), and tales of extreme, bizarre and dramatic weather events from the last thousand years, The Storm Officer invites you on a journey of discovery. Exploring what it means to still call somewhere home in the face of adversity. 7.30pm, Galeri, Caernarfon 01286 685222, galericarnarfon.com

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

Tom Allen: Absolutely The sharply dressed, well-spoken, disparagingly camp son of working class Bromley. 14+, 8pm, £15.40. William Aston Hall, Glyndwr University, Wrexham 0844 888 9991, glyndwr.ac.uk

26th THURSDAY - 29th SUNDAY

Conscious Camp ~ Field of Love Festival 2018

Conscious Camp is a healing festival seeking to improve peoples quality of life by providing workshops aimed at removing negative blockages, dissolving self limiting beliefs, empowerment and fun. This is also an intoxicant free camp, low impact and environmentally friendly camp. £55, 11-16 yrs £15, U1s free; day tickets £20.



We ask you to bring the means to take your rubbish away with you. Includes Dance, guided meditation, Women's Circle, Men's Circle, Kundalini Dance, Yoga, Belly Dancing, Music, Vegan Primatologist, Ceremony, Crystal Sound Harmony, Closing Ceremony. Vegan lunch and dinner provided. Glyndyfrdwy - venue details on registration. Tickets: consciouscamp.co.uk

27th FRIDAY

Full Moon in Leo 9.20pm

The Origin of The Species An international musical comedy for young and old alike tells the story of how Darwin came to discover the secrets of evolution and why it took him 20 years to publish his ideas. 12pm & 2.30pm, £2, suitable for aged 7+ years. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

Llanbedrog Beach Fun Day You can join in the beach fun with us and the National Trust at Llanbedrog with wet beachcombing and rooting around the strandline. 11am - 4pm. Llanbedrog beach. Pwllheli LL53 7TT. Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org

The Movable Feast Array of local produce, streetfood and beverages, plus artisan crafts, live music, activities for children and entertainment. 5pm - 10pm. £3 adults, U12s free, Students, concs, seniors £2. Benlech Beach, Anglesey. themoveablefeast.org

Evening Slow Flow and Restorative Yoga session

The theme of this extended yoga class will be unwinding and letting go, moving into a profound state of relaxation and 'not doing'. We will explore slow and gentle movements to gently relax and release tension. Open to all, including beginners. 7-9pm, £16 Held at: The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409 724, inspiratrix.co.uk

Fun Day at Llanbedrog Beach We'll have either kayaking or paddleboard taster sessions (a £5 charge applies and weather permitting), beach football, a sandcastle competition, rock-pooling and much more. Llanbedrog, Pwllheli LL53 7TT. Contact 01758 760469, llyn@nationaltrust.org.uk

27th FRIDAY & 28th SATURDAY

NHS70: Touch One of 7 nationwide events staged by NTW in July to celebrate the National Health Service's 70th birthday. An interactive piece to soothe the soul, marrying the therapeutic, healing powers of dance and touch. This tactile, contemplative show is created by a powerhouse of international, national and local artists and organisations - National Theatre Wales, Llanrwst-based Migrations, French choreographer and dancer Julie Nioche, choreographers Filiz Sizanli and Mustafa Kaplan from Turkey, and a cast of local dancers. 2pm, 5pm & 8pm. £12, £10 concs., Pontio, Bangor 01248 382828, pontio.co.uk

27th FRIDAY - 29th SUNDAY

March Manouche Django Camp An offshoot of the March Manouche festival includes camping, plenty of Gypsy Jazz and Swing music jamming. £15 per person, not camping; £30 includes camping. Hookups (extra cost) available for caravans and motorhomes. Showers (£1 for use); dog and child friendly. Treborth Leisure Ltd., The Old Barn, Treborth Hall Farm, Treborth Rd, Bangor LL57 2RX. Enquiries 01248 364399, enquiries@treborthleisure.co.uk

Rambling for Welsh Learners Learn something about the history of the area and some of the folklore while practicing your Welsh. On your walks, learn more about words, their meaning and how to use them. £219 - £238. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

Map and Navigation Skills Weekend Help to build up your confidence and competence in the outdoors; understand signs, symbols and features. Meet 8pm on Friday in Llanberis. Excludes accommodation. £125. Bookings: Jason Rawles: bookwhen.com

Llandudno Jazz Festival Full days of entertainment, activities and workshops. Includes **Fringe Festival** - live music from 12 noon - 10pm, with jazz-influenced bands large and small to suit all tastes. Food and refreshments, activities for children including the giant fort, pony rides and face painting. Camping optional, no hook-ups available. Held at Bodafon Farm Park, Llandudno, Conwy LL30 1BW. 01492 549060. Info: llandudnojazzfestival.com

Family Arts Weekend ~ Penwythos Gelfyddydol i'r Teulu Performances, artists, workshops and activities for all age groups. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

Parafest & Flying Musical Festival Live bands, paramotoring, paragliding, hang gliding. Plus many stalls, food caterers, children's zone, sideshows and attractions. Weekend ticket adult £65, children £15, 0-5s free. Llanbedr Airfield, LL45 2PX. parafest.co.uk

27th FRIDAY - 30th MONDAY

Yoga and Walking Retreat This yoga holiday will include mornings of Dru Yoga and Dru Meditation, followed by a delicious lunch, then afternoon guided walks in the beautiful Snowdonia National Park or along the coastal paths of Anglesey. The walks will be around 4 hours long, including breaks, and will take you to hills, forests, waterfalls and lakes. You'll also enjoy de-stressing relaxation sessions and optional therapies to help you relax and re-charge. £515 shared, £614 single. Snowdonia Mountain Lodge, Dru Yoga, Bethesda. 01248 602900, druyoga.com

27th FRIDAY - 2nd AUGUST, THURSDAY

Training Retreat to Teach the Present The Present is a new approach to offering learning about wellbeing and mindfulness to children in primary schools aged 3 – 11 and also to support the adults working with them. Exploration is woven through the school day, connected to everyday activities and boosted with mindfulness practices. With Sarah Silverton, £520 plus accommodation. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

28th SATURDAY

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

Snowdon Moonlight Walk Summiting at sunset, returning in the dark. Join us as we climb Snowdon at dusk, enjoy the sunset on the summit then descend in the dark! Start time 5.30pm. Level: Moderate / Tough. Info: Snowdonia Walks, 01768 838015, snowdon-walks.co.uk

Electric Wave Festival Two days filled with Indie, northern soul, reggae, ska, house, mod and Motown. Includes: Black Grape, Dub Pistols, John Power, Bez from Happy Mondays, Steve Cradock (Ocean Colour Scene) An evening with Shaun Ryder, Family Ravé (1.30 - 3.30pm), Bingo, Surfing, Skate Ramp. 12pm - 11pm. £27 day ticket; weekend and camping £75, children go free. All taking place on an inland surf lagoon in Conwy Valley. Tickets: skiddle.com ~ electricwavefestival.com

Twist Deeper Yoga Workshop Unblock your energy through exploring twists and core work in this extended yoga session. Expect to sweat! Intermediate level workshop, open to all except complete beginners. 10am-1pm, £20. Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Flat-bottomed Willow Basket Making In this workshop you'll discover the wonderful nature of willow. You'll make a traditional round basket and also learn about the growing, harvesting and preparation of willow. 10am - 5pm, £60 course only. CAT, Machynlleth, 01654 705959, cat.org.uk

Pregnancy Yoga Workshop We will work with yoga postures and breathing techniques that can be supportive both for your experience of pregnancy and during the birthing process. We will explore tools from a wide range of yoga practices including Womb Yoga, Forrest Yoga and Restorative Yoga. 2 - 4.30pm, £20 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Music Fields Family friendly festival; electro, tribute bands, fairground, stalls, food, DJs. 10.30am - 11pm. Penyllan Farm, Bryn Y Gog, Marchwiel, Wrexham, LL13 0PF. Contact 07481 992991.

Andre Rieu's 2018 Maastricht Concert Screening of his 2018 Maastricht Concert. André performs with his 60-piece Johann Strauss Orchestra, as well as sopranos, tenors, and some very special guests. The concerts are packed full of humour, fun and emotion for all ages. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

28th SATURDAY & 29th SUNDAY

Shakespeare's Language with David Crystal Day 1: An introduction to Shakespeare's use of vocabulary, grammar, orthography, creativity and influence on modern English. Day 2: Introduction to original pronunciation, plus workshop where participants will be trained to use the accent for themselves. 9.30am - 4pm, £150. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Big Wild Sleepout Spend the night on a nature reserve, with the wildlife and have some adventures. Plenty of activities and wildlife challenges. RSPB Conwy Nature Reserve, Llandudno Junction LL31 9XZ. 01492 581025, conwy@rspb.org.uk

Fiction For Young Adults (Welsh) Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

Andre Rieu's 2018 Maastricht Concert See 28th for details. 7pm on 28th; 3pm on 29th. £15, £13. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

28th SATURDAY - 1st AUGUST, WEDNESDAY

Mindful Solutions: Movement and Meditation in the Mountains Retreat Join us for 5 amazing days of gentle holistic movement including Chi Kung and Tai Chi and very gentle Mindful Yoga, Mindfulness practices and guided Meditation. Utilising the tools listed above, you will be able to relieve stress in a totally natural way whenever you need to throughout your busy days. £542 - £622, includes vegetarian food, fruit, afternoon tea and refreshments available. Held at Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org Bookings: Gloria 07870 335 348 or Jacky 07540 840835, mindful-solutions.co.uk

29th SUNDAY

Introduction to Oil Painting: Still Life with Jonathan Brier Using still life as a basis for the workshop, Jonathan will cover: colour theory, colour mixing, underpainting, grounds, sketching with oil, working with a limited palette and a standard palette, and paint application. 10.30am - 4pm, £45, Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Rhyl Town Centre Plans Drop-in to view the plans for the future of Rhyl Town Centre, open to all, 10am - 4pm. Rhyl Harbour. denbighsire.gov.uk

Positive Birth Sessions 9th of 12 free antenatal discussion sessions. The discussion is led by Samantha - Emotional Recovery (also exercise for wellness with Jess). 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

Walk: The Great Orme A moderate group event walking The Great Orme, Llandudno, Pen y Gogarth, Llandudno with NW Gay Outdoor Club. Full details from Paul at from: goc.org.uk

Tempera Painting and Gilding The technique 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, Watergate Row, Chester. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk (also 5th August)

High & Mighty Free range storytellers, musicians and poets wander to the top of Dinas Bran above Llangollen. 2 - 4pm, no charge, and free cake for those who reach the top! Part of the Llangollen Festival.

Spectacular Views and Striking Birds Fantastic views and hopefully birds to match, including wheatear, redstart, green woodpecker, cuckoo, raven, peregrine etc. Kipper Davies will also be on the look out for the site's scarce whitebeam. 2 - 5pm. Meet at rough parking site, Panorama, World's End, Llangollen LL20 7UH. Steve Palin 01248 471116, stevepalin@supanet.com

29th SUNDAY - 3rd AUGUST, FRIDAY

Challenging Reality - Expressive Imaginative Painting £495 - £542.50; more details from Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

30th MONDAY

Memory Café Last Monday/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Entertainment, guest speakers and activities. Refreshments provided. 2 - 4pm, donations. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150.

Singing Soles Singing in a group is a beautiful experience that needs to be tried out! A group harmony is more than the sum of individual voices. It can be heavenly. 8 - 9.30pm, single session £6, term ticket for 8 sessions is £32. New venue: Neuadd Goffa, Tremadog (on the junction between the Spar shop and Tremadog garden centre). Christine 01766 513307, christine15@outlook.com

30th MONDAY - 5th AUGUST, SUNDAY

Greek in a Week Ideal for those wishing to learn all things Greek - Classical or New Testament Greek. Students must have mastered the Greek characters (both lower case and capitals), as well as the Rough and Smooth Breathings before they start the course, and must be able to read words written in Greek. £600 residential, £440 non-residential. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

30th MONDAY - 29th AUGUST, WEDNESDAY

Portfolio Young People's Summer Art School A 'pick and mix' of workshops for young people aged 14-18 who have a particular interest in the visual arts. More info from Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

31st TUESDAY

Woodland Workday Join us to tackle this month's woodland tasks! 10am, booking essential, Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

Illyria: The Adventures of Doctor Dolittle Open Air Theatre. A funny, much-loved and exciting adventure, with a strong message about responsibility towards animals and the environment, 7.15pm, £15, £12 U14s, suitable for over 5s. Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Copydate for August Issue: July 18th

House Dowser

Geopathic Stress Affects Everyone!

Could your home be responsible for your illness?
Is your relationship being stressed by your house?
Is the earth giving off rays that are affecting you?



Does your house need healing?

You could be being affected by the earth's magnetic field. Fault lines and water veins deep under the ground concentrate this field, and they could very possibly be coming up through your house.



The Problem

The effect of Geopathic Stress is to depress the body's immune system, particularly when you are sleeping over a negative place, causing illness, depression and stress.

The Solution

- Your house is dowsed for all negative influences.
- A report is drawn up.
- The house is cleaned and all stress removed.
- House Dowsing brings back harmony, health and peace of mind.

Could this be the answer you've been looking for?

Chris Quartermaine

01244 509933 or 07921 783184

chris@wizdom.me.uk www.house-dowser.co.uk

Helena Hawley

Intuitive Vocal Sound Healer,
Channel, Speaker & Authoress



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

Published works include *The Other Kingdoms Speak*, *My Inner Life*, *My Spiritual Journal*, *Maria Callas and I* (& sequel), *Helena's Book of Healing*, *Fairies & Sasquatch*. Contact:

info@helenahawley.co.uk

www.helenahawley.co.uk

Exhibitions



Llanw a Thrai ~ Ebb and Flow 1st - 26th July. On display are around 50 recent individual works of art in a variety of media and styles. The artists involved in the exhibition are members of both new and established art groups, all led by Mari Rose Pritchard, the resident tutor. The artists on exhibit are of all ages and from different backgrounds, and bring their life and artistic experiences to their work. Held at Canolfan Beaumaris Centre, LL58 8AL. Various opening times information from 01248 811200, canolfanbeumaris.org.uk

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.

Living in the Landscape 21st - 25th July. An exhibition of work by Local Artists with a focus on textiles. Free entry, Pentredwr Community Centre, Llangollen LL20 8DH. Part of the Llangollen Fringe, llangollenfringe.co.uk

Art For All 14th July - 4th September. A chance to see the wide range of work exhibited in Ucheldre's 27th annual Art for All Competition. Many adult paintings are for sale. A variety of mixed media work. Exhibition opens 5pm, winners announcement at 5.30pm. Free entry, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Poor Taff - Golwg Llundain ar y Cymry / A London View of the Welsh People Until 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. Oriol Môn, Llangefni 01248 724444, orielynysmon.gov.uk

Wales For Peace & The Four Quartets Exhibitions Until 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

Andrew Logan ~ Cornucopia Until 15th July. 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. Andrew is also having an exhibition called *The Alternative Miss World* 21st July - 23rd September. Celebrating the different and defining the new. Since 1972, artist Andrew Logan has hosted his celebrated pageants, attracting global audiences and contestants, whenever he feels the time is right. Logan says: 'It is about Peace and Love for Humanity.' Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Lasting Impressions 21st July - 23rd September. A closer look at what craftspeople make and the processes they use to produce a lasting object. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.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

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

Audrey Walker ~ Observations: A Retrospective 21st July - 23rd September. Audrey Walker is celebrated as she reaches the age of ninety. Momentary glances, encounters, inward smiles, the simple pleasures of life have long fascinated the artist, as has the ability of centuries old images to make powerful connections with today. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



James Green ~ Entering Donkey World Until 30th September. I can't say exactly what drew me to specifically create that image, but it opened up a whole new avenue for expression. I felt compelled to celebrate donkeys (who I don't consider are represented very well in the history of art, or sometimes appreciated generally) and create these compositions showing them having adventures in a mysterious world, free from any human control or servitude. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org



Photographic Exhibition Until 27th July. Duncan de Silva shoots in black & white, using severe landscape and other wordly seascapes to accentuate the contrasting and comparative natures of body, mind and environment. Caban, Brynrefail, nr Llanberis LL55 3NR. 01286 685500, caban-cyf.org

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.

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, fvacn.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

NW Potters Gallery ~ July Maker of the month is Terry Bell-Hughes. 1 High St., Conwy LL32 8DB. 01492 593590, pottersgallery.co.uk



Michael Sande: 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.

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, free, all welcome. Electric Mountain, Llanberis LL55 4UR, 01286 870636, electricmountain.co.uk

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

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.

Pencychnant Wildlife Art Until 30th September. Originals, prints and photographs in various styles and media. 11am - 5pm, £2.50. Pencychnant, Conwy LL32. 01492 592595, pencychnant.co.uk (*Contact us if you want to exhibit*)

Exhibitions at Ffin Y Parc: Until 18th July. **Chris Neale** A new collection of landscapes; clean lines and stylized shapes. **James**

Guy Eccleston : beautifully painted 'portraits'. **Lyndon Thomas** : open and sparse landscapes. **Sharon Griffin** : Sculptures of resilience and survival. Ffin y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net

Sharon Griffin



Exhibitions at Plas Glyn y Weddw: Until 15th July. **David Barnes ~ Land and Coast:** David's work is a response to the beauty around him in Snowdonia and coastline. **Di Metcalfe ~ Seeking Solace** Finding solace in painting the beautiful beaches and coves of Llŷn and Anglesey. **Ellyn Lewis ~ Nesa Peth I Ddim** New work. **Morag Colquhoun ~ Trefannolismo** Contemporary rural Wales and environmental issues. Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Himalayan Craft Exhibition and Mountain Wear Bazaar Until 21st July. Tibetan rugs, dresses, inearse, jumpers, modern micro fibre clothing, handmade paper and lanterns, silver jewellery, videos, books and maps. We welcome donation for the projects in Nepal. 10am - 4.30pm. Electric Mountain, Llanberis LL55 4UR. 01286 870636, electricmountain.co.uk

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

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

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Workshops in August & September

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
- 8 **One Day Retreat Yoga & Nutrition** Llangaffo, Anglesey. Bookings: wildwalesretreats.com
- 10 - 19 **Renew and Deepen: Everyday Liberations** Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org
- 10 - 12 **Welsh 3000s - 3 day challenge** Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 13 **Yoga on the Beach** at Porth Trecastell/Cable Bay. Book: Claire 07970 409724, inspiratrix.co.uk
- 16 **Quiet Day** Hillside Retreat, Rhosesmor, nr Mold. Helen 01352 780281, helen@soul-life.co.uk
- 17 - 19 **Meditation Retreat in Snowdonia** Dru Yoga, Bethesda, 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
- 18 & 19 **Snowdon Scrambling Weekend** Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 19 **Food for the Soul: Yoga and Plant-based Cookery** Mynydd Llandegai, nr Bangor LL57 4LQ. Bookings: Claire 07970 409 724, northwalesretreats.com
- 19 **Yoga & Mudra for the Chakras** Dru Yoga, Anglesey 01248 602900, hello@druworldwide.com
- 19 **Discover the Carneddau** Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 20 - 24 **Scrap Metal Workshops** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 23 **Path of the Heart: with Brooke Medicine Eagle** Llanfachraeth LL65 4YA. Bookings essential: Claire 07970 409724, northwalesretreats.com
- 24 - 31 **Wake Up - Just Sit** Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org
- 25 & 26 **Map & Navigation Skills Weekend** Snowdonia; bookings - Jason Rawles: bookwhen.com
- 25 - 27 **Song of the Ancestors: women's workshops with Brooke Medicine-Eagle** Booking essential: Claire Mace 07970 409 724, northwalesretreats.com *See pages ???*
- 26 **Stitched Interventions: the needle as paint brush** Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org
- 29 **Collaboration for Artists** Corris SY20 9SP. Tickets - helfagelf.co.uk
- 31/8 - 3/9 **Yoga & Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

SEPTEMBER

- 8 & 9 **Hillwalking for Beginners - Snowdonia** Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 15 **Slate Mirror** Siop iard Caernarfon, 7B Palace Street, Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 15 & 16 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 15 & 16 **Hillwalking for Beginners - Snowdonia** Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 15 & 16 **Snowdon Scrambling Weekend** Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 16 **Discover the Carneddau** Bookings: Snowdon Walks, 01768 838015, snowdon-walks.co.uk
- 21 - 23 **Dive into Yoga: Yoga & Wild Swimming** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 22 **Ajna/Sahasrana/Vishudi Chakra Workshop** Pam Neal & Claire Riley. Menai Bridge LL59 5NH. Bookings: 07989 512859, thezestlife.co.uk
- 22 **Textured Set of Bangles** Siop Iard Caernarfon, 7B Palace Street, Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 25 & 26 **Map & Navigation Skills Weekend** Snowdonia; bookings - Jason Rawles: bookwhen.com
- 28 - 30 **Hedgerow Harvest ~ Yoga & Foraging Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 29 **Textured Silver Bangle** Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Centres in North Wales: Workshops in August & September

Cae Mabon Eco Retreat Centre

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

AUGUST

- 2 - 5 **Fruit of Inner Awareness**
- 8 - 12 **Shamanic Dance**
- 13 - 19 **Greenspirit Wild Week**
- 20 - 24 **Open Week**
- 27 - 30 **Pilgrimage Group** *For details:
contact Adam Malone on
gingerstallone@hotmail.com*

SEPTEMBER

- 7 - 9 **Yoga with Gabriela Byrne**
- 14 - 16 **Yoga with Mary Freeman**
- 20 - 23 **Re-ignite Change in Nature**
- 27/9 - 1/10 **Sisters of the Wild** *Contact Jayne:
love@sistersofthewild.com*

Centre for Alternative Technology

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

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**

SEPTEMBER

- 9 - 15 **Intro to Sustainable Energy**
- 15 & 16 **Botany for Gardening**
- 24 - 28 **Timber Frame Self-Build**
- 24 - 29 **Practising the Art of Living**
- 25 - 28 **Leading Sustainable Ventures**
- 28 - 30 **Field Survey Techniques**
- 28 - 30 **Identifying Mosses, Liverworts and
Lichens**
- 29 **DIY Furniture - Upcycling Pallets**

Centre for Mindfulness, Research & Practice (CMRP)

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

SEPTEMBER

- 8 - 15 **Teacher Training Retreat Level 2**
Held at Trigonos, Nantlle LL54 6BW

Gladstone's Library

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

AUGUST

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

SEPTEMBER

- 7 - 9 **GladFest Literary Festival**
- 17 - 21 **Latin Second Steps**
- 22 & 23 **Understanding Islam**

Trigonos Environment Centre

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

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/*

SEPTEMBER

- 2 - 7 **Saori Weaving & Spinning Retreat**
- 22 - 25 **Red Tent End of Life Doulas: Grief
Gathering Retreat**

Plas Tan Y Bwlch

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

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**
31/8 - 3/9 **Creating Quick Powerful Paintings and Drawings**

SEPTEMBER

- 16 - 21 **Society of Botanical Artists**
21 - 23 **About Welsh: A Gateway into the Welsh Language**
21 - 23 **A Closer Look at Trees**
28 - 30 **Early Railways 2**
28 - 30 **Friends Weekend**

Tŷ Newydd Writing Centre

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

AUGUST

- 13 - 18 **Crime Fiction: A Twist in the Tale**
27/8 - 1/9 **Life Writing: Travel and Memoir**

Woodland Skills Centre

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

AUGUST

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

SEPTEMBER

- 1 & 2 **Family Weekend**
8 & 9 **Social Forestry OCN 1**
15 & 16 **Growing and Using Medicinal Herbs 2; Make A Traditional Long Bow**
22 & 23 **Social Forestry OCN 2; Green Woodwork**
29 **Bushcraft Tracking**
29 & 30 **Home Chainsaw**
30 **Apple Day**

North Wales Cancer Care Fundraising Event

for Community & Social Gardening Project

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Saturday
4th AUGUST

11am - 3pm

Laughter Workshop
Art ~ Pottery ~ Feng Shui
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Managing Stress
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Uwchmynydd, Aberdaron
LL53 8BY



Contact Sheila Smith,
NWCC co-ordinator 07851 792014,
www.northwalescancercare.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

MODERN SLAVERY FORUM

Shining A Light into the Darkness
of Modern Slavery

October 12th, 2 - 5pm
Porth Eirias, Colwyn Bay

Leaders in anti-slavery work, from the UK and Europe, will be sharing information about new developments and progress being made. This will include looking at issues within supply chains, the Welsh Code of Practice, Reintegration and Employment for Survivors, and their long-term support.

Facebook: Pobl i Bobl - Bangor

The Soul Shall Walk Out

From conscious conversation to a wild night in the hills

Eric Maddern

We had a ‘conscious conversation’ evening at Cae Mabon recently. It was Charlie’s idea and she organised it. Twelve people came. Charlie served coffee cocktails and Ingwe cooked a delicious mezze style vegan meal. The theme was ‘what is ecological living?’ At first we chatted as we ate, with Charlie

occasionally urging us to stick to the subject! Then, after we’d eaten our fill, out came the GoPro (to make a film for the Natural Arts Association) and we each had a chance to talk to camera about our answers

to the question. Inevitably in such an opening sortie we all talked on the subject we know most about – ourselves, and the degree to which we are living eco-lives. Everybody had his or her story. It was the second feast of the evening.

There were many tasty morsels: from Alice about Tyddyn Teg, the permaculture farm growing vegetables for five hundred local people; from Luke, the ‘fun guy’ who’s researching for ways to use fungi to make phosphorus (an increasingly rare resource) from the soil, available to plants; from Huw who can do a vegan diet but likes the occasional steak; from Jodie who would never do bed changing work in the city but who loves doing it here because, ‘look at the place’!

Peter talked about his passion to work prayerfully with his hands to create beauty. Samina spoke of how people have different ways of doing things and how we

should welcome that diversity. There was a discussion of plastic and packaging. I talked about the emergent, evolving nature of Cae Mabon and contrasted it with ‘intentional communities’. Charlie said it was an ‘unintentional’ community!

It felt like we’d just scratched the surface when it was time to go. But at least we



made a start. It was different from the usual chatter around a dinner table. We consciously made an effort to go deeper into a chosen topic. It reminded me of how, a few years

ago, my friend Ali and I came up with an idea for ‘community conversation’.

We had a few gatherings around his dinner table and some enjoyable, if rather rambling, conversations. But they weren’t particularly focussed so in the end we decided to just talk to each other and began a ‘co-counselling’ relationship. We met every few weeks and one would talk for 35-40 minutes while the other mostly listened. We’d give a response then swap round. It was good to have a chance to intensely encapsulate your life like that. It helped to shape thoughts.

In time we dropped the form and just chatted, mainly about work, relationships and home but also about building, community, politics and dreams. We talked about books Ali had read and music we liked. I felt I was talking to a wise soul, and sometimes, maybe, becoming a little wiser myself. Perhaps you only fully know

what you know when you speak it out.

Another example of this came with a visit from students who are about to leave school. They were from Brockwood Park in Hampshire, a school founded by Krishnamurti in 1969. They stayed at Cae Mabon on Tuesday and Thursday nights but on the Wednesday walked into the Carneddau and wild camped. After three weeks of unbroken sunshine it was the night the weather broke. With sixty mile an hour mountain winds blasting them they couldn't get their tents up. They had to think with and on their feet. So ensued a wild and elemental



The Roundhouse, Cae Mabon, Snowdonia

adventure. The next evening by the Roundhouse fire I asked them to tell their story, each person offering a piece and letting it move around. It was in turn tender, moving, awe-inspiring and hilarious. Their unusual education had led these young people to be independent, responsible, creative, courageous and articulate. (I never once saw anyone look at a mobile phone). They acted with maturity and yet the exuberance of youth.

They spoke of running excitedly into the wind toward the summit; of rolling down steep grassy slopes, looking from afar like 'quarter of a spider'; of, when the clouds cleared, seeing sunlit valleys appear in the distance. They were in two separate parties, the students, a.k.a. 'the warriors', and the teachers and mature students, who adapted their names to sound more tribal. They'd originally intended to camp separately, with the teacher group using a stone shelter. In the end they all stayed in or near this remote little hut.

The point is that in telling their tale not only did they relive their experience but the whole thing was lifted to a higher plane. What they'd shared became more collective, connected and meaningful. It assumed a mythic grandeur. It was soulful. As one of the teachers later said, it was the 'spirit of storytelling' that did it. 'They will never forget that experience.' There is something about this process of speaking our truth – in focussed conversation or in telling our stories – that is transformative. Is it, I wonder, because it is our soul talking? In my version of Merlin's prophecy,

delivered fifteen hundred years ago on the other side of the Great Mountain, he finishes by saying:

'THE SOUL SHALL WALK OUT, the mind of fire shall burn and, in the twinkling of an eye, the dust of the ancients shall be restored.'

The playwright Christopher Fry in 'The Sleep of Prisoners' has a passage that includes these lines:

'Thank God our time is now when wrong comes up to meet us everywhere, never to leave us until we take the GREATEST STRIDE OF SOUL we ever took. AFFAIRS ARE NOW SOUL SIZE. The enterprise is exploration into God.'

What does this mean, I wonder? What is the soul walking out, the soul striding? How big is the Soul? Is it time for 'exploration into God'? * A rabbi from the Western Isles visiting Cae Mabon last month said she thought the world was 'haunted by God'. She agreed with the much-publicised 'death of God' and said it is our job now to pick up the surviving fragments and make something new that

works for us now. A kind of 'exploration into God'.

I can't help but think it's something to do with soul talk: heartfelt conversation and speaking your story through a mythic lens. These actions are inevitably expansive. They may lead you to places in the Soul as yet unknown. But there's also what you could call 'soul walk'. This is when you 'soul walk' your 'soul talk'. This can be done anywhere but improves in the presence of wild and ancient Nature. Having told them Merlin's prophecy, the last thing I said to the youngsters as they left for the mountains was: 'imagine you are your soul walking out!' Their story brought some of that soul walking back.

* Answers on a postcard please!

Eric Maddern is an Australian-born storyteller, writer, singer-songwriter and founder of the beloved Cae Mabon Retreat.

www.caemabon.co.uk

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We have 50 acres of woodland with permanent Forest School sites, heated meeting rooms, covered workshops, wildflower meadow, apiary, heritage orchard, tree nursery, allotments and vineyard in the heart of the Clwydian Range AONB near to the village of Bodfari.

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Our Ancestors Are With Us

Brooke Medicine-Eagle



Our ancestors are with us. The elements of their bodies may have gone back to their origin with the Great Mother, whether placed within her or scattered in wind or water, yet their spirit lives in and around us. The inheritance they left us within our bodies and energy fields is mighty. Whether positive or negative, it affects us deeply.

Primary cultures around the world have understood the importance, even the necessity, of honoring and communing with those who have gone before us.

One thing that stands out in ancient teachings, as well as modern epigenetic science, is this: not only genetic codes, but also our ancestors' experienced environment, are passed down to us. A family who lived through a great famine, passes their intense issues with food down through the generations, seeded deep within each of us.

We need not know them, or even of them, for those past events to have a major impact on our lives. And we in the modern world have lost track of this, negating this vital communion as some superstitious form of ancestor worship.

Now, it is time to pick up that primary wisdom and recognize the profound power of the ancestors. For not only will that be the beginning of clearing deep layers of ancestral challenges, it will also

awaken a profoundly beneficial and useful relationship.

For the ancestors' deep commitment to their children down through all of time, is that each one might find the joy and power of giving their highest and finest gifts to the world. Those from our past are an enormous force in support of who we truly are, and the best of who we are becoming.

In this critical time on Earth, we need all these:

- the clearing of negativity that has cascaded down the family lines;
- the magnified power of being ourselves fully, and offering our rare and rich gifts to the world, and
- the sustainable power and richness of wisdom available in our ancient brain.

That ancient, survival part of our brain contains not only the information gathered with the intellect of the forebrain, but also the ancient intelligence of our bodies in connection with our Mother, the Earth. That will serve us most profoundly.

We must call upon this part of ourselves and of Life itself, and listen to the messages that remind us of what was learned by our forebears about harmonious and sustainable living.

We must breathe deep into our bellies, drop our awareness into our hearts, and sink our feet deep in the Earth, planting ourselves in order to grow and blossom again.

Oh, ancestors, may this be so.

www.medicineagle.com





Brooke Medicine Eagle is a legendary Earthkeeper, wisdom teacher, healer, visionary, singer/songwriter, catalyst for wholeness, and ceremonial leader.

She is the best selling author of the Native American literary classic, *Buffalo Woman Comes Singing*, and of *The Last Ghost Dance*.

Over the last 35 years, her many music recordings, teachings, writings, conference appearances, and wilderness spiritual retreats have touched the hearts and minds of people all over the world. Her lineage is an amazing rainbow, and she has always identified with the richness of all humanity, rather than any one tribe or people.

She has ancestors in six native tribes (Crow, Nez Perce, Lakota, Cree, Piegan and Cherokee) as well as European blood from Scotland, Ireland, and Denmark. She is a non-traditional member of the Crow Indian tribe in Montana, where she grew up in a half-breed rancher family, homesteading in the beautiful high country of the reservation.

Brooke will be visiting North Wales this summer, offering workshops for women who are called to work with their ancestors, 25th-27th August in Newborough, Anglesey. No matter where you were born, whether to a family deeply connected to this land and their forebears, or into a more fragmented sense of your ancestral context, you will work with developing a deeper sense of connection to your ancestors' gifts and wisdom, and with releasing and clearing trauma in your ancestral lines. We will honour those who have gone before, those who will come after, and the land, through dance, altars, ceremony and song.

There's also the chance to connect with Brooke at an evening talk open to men and women on the 23rd of August.

AUGUST 23rd THURSDAY

Path of the Heart:

a talk with Brooke Medicine-Eagle

Join wisdomkeeper Brooke for this evening talk, open to both women and men, She will share wisdom and healing through her powerful teachings, songs, dance, and the medicine of her drum.

£15 Held at: The Old Rectory Llanfachraeth LL65 4YA. Advanced booking essential: Claire, 07970 409 724,

www.northwalesretreats.com

AUGUST 25th SATURDAY – 27th MONDAY

Song of the Ancestors:

women's workshops with Brooke Medicine-Eagle

Through meditation and ceremony, honour and connect to the power of your female ancestry with legendary wisdom keeper and teacher Brooke. Spend three-days exploring how ancestral healing and connection can be a powerful tool for change. £279.

SPECIAL DISCOUNT OF £50 for Network News readers with couponcode NIWBWRCH

Held at: Mynydd Llandegai Neuadd Goffa (Memorial Hall) near Bangor, LL57 4LQ.

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Full Moon Meditation Network

Leo: July 23rd~ August 22nd

Full Moon: July 27th at 9:20pm

The Great Invocation

**From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.**

**From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.**

**From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.**

**From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.**

Let Light and Love and Power restore the Plan on Earth.

www.lucistrust.org



“Twilight” by Nicholas Roerich

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Mind Body Spirit Fair in Llandudno	0151 648 8277	10
Yoga & Vegan Day Retreats	07970 409 724	10
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Bring Picnic / Cake

Bring Banners – make it colourful!

Speakers

Choirs

Medical Excellence Stands

Thank You Cards

Ysbyty Gwynedd Entrance

Saturday 7th July 2018

11 a.m. – 2 p.m.

