

network news

a guide to inspiring events in north wales



returning wildlife to balance ~ citizens basic income ~ the dance ~ act now!
eco-decluttering ~ 5g caution ~ heart of gwynedd art festival ~ we are here
exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
PWLLHELI
LL53 5DE

www.network-news.org

07777 688440

(phone during office hours
or text anytime)

info@network-news.org

A Guide to Inspiring Events
in North Wales

Founded 1992

Subscriptions

£20 for 12 issues

£12 for 6 issues

Advertisements

Eighth Page: £10

Quarter Page: £15

Half Page: £30

Full Page: £60

Back Cover: £100

Payments

Cheques to:
"Network News cic"

Bank Transfers to:
Network News cic
Sort Code: 08-92-99
Account No: 65260034
By PayPal

www.facebook.com
North Wales Network News

Network News is a
Community Interest Company
(cic); Registered in England and
Wales, Company No: 06264367;
Registered Office:
20 Penlan Street
PWLLHELI, LL53 5DE

July 2019

Articles

Basic Income Has Always Been A Women's Cause 4
Natalie Bennett

Returning Wildlife To Balance In Britain & Ireland 6
Introduction to the new book "Rewilding" edited by
David Woodfall

Heart of Gwynedd Art Festival 20
Sue Arney & Val Lewin

Eco-Decluttering 33
Sue Denim

The Dance 35
Ianthe Pickles

Act Now! 36
Lettie Braybrooke

We Are Here 37
Dr Gail Bradbrook

Caution Over 5G 38
Ted Townsend

Regular Features

Noticeboard 9

July Calendar 10

Workshops In August & September 27

Exhibitions 30

Full Moon Meditation Network 37

Advertisers Index 38

Network News Outlets Inside Back Cover

Front Cover Illustration by Femke van Gent
www.femkevangent.nl

Printed on 100% post consumer waste paper by
Network News cic, Pwllheli



Welcome to the July Network News. For those who have been knocking - and sometimes screaming - at the doors of wealth and power for 30, 40 or 50 years to advocate for our ravaged planet, it has been disconcerting as well as exhilarating to see some of those doors open so easily at Greta's first tap! We must regroup and take full advantage of this unexpected moment and move swiftly from Protest to Plan... As The Bard himself predicted so long ago:

"There is a tide in the affairs of men, Which, taken at the flood, leads on to fortune; Omitted, all the voyage of their life is bound in shallows and in miseries: On such a full sea are we now afloat; And we must take the current when it serves, or lose our ventures."

Yes, the XR strategy is working: parliament will convene a Citizens Assembly in September. But we must face some hard facts: Why does a Tory party even exist in the 21st Century? Because lots of ordinary folk fear that do-gooders in No 10 or Brussels or at the UN would come for their money-boxes and property and that only Old Etonians are brutal enough to stop them! And they have a point: do-gooders paved the way for Napoleon, Stalin & Mao Tse Tung.

So, do-gooders throughout the land! Let's not threaten *anybody's* security. *The weather will do that.* Let's just demonstrate in our own lives how to be happy and abundant without a carbon footprint.

And if you are an enlightened politician: *reward the do-gooders!* A "Citizen's Basic Income" is being tested under many names around the world. So: if anyone is prepared to give up fossil fuels and flying and meat *just for the love of the Earth*, for goodness' sake give them a Citizen's Wage and leave them alone to plant, teach, learn, create, repair, heal, meditate, care, play or perform - without fearing for their next meal, or having to face ritual humiliation at the Job Centre. Now is the time for the (organic) carrot - not the stick!

Blessings to all beings



Basic Income Has Always Been A Women's Cause

Natalie Bennett

It is telling that, in the United Kingdom at least, women were at the forefront of early campaigns for a universal basic income. It has even been claimed, with some justification, that Virginia Woolf, in asserting a woman's need for 500 pounds a year and a room of her own, was setting out at least the case for a universal basic income, if not yet a model for it.

The campaigner Lady Juliet Rhys-Williams, with a pre-Second World War background in maternity and child welfare, set universal basic income out as a less gender-discriminatory and labour-based alternative to the UK's Beveridge welfare state model in her book

Something To Look Forward To in 1943. However, the

Beveridge model (whereby incomes such as pensions are based on contributions rather than need – something that has trapped older women too often in desperate poverty) triumphed, geared as it was to the needs of the capitalist growth economy.

The model's architect, William Beveridge, came under significant attack from a range of women for these aspects of his plans, notably from Elizabeth Abbot and Katherine Bompas of the women's suffrage organisation Women's Freedom League, who said his was "a man's plan for man". But the Labour Party that would deliver the plans – and certainly the Conservatives who would acquiesce in them for decades – were unlikely to take up such a challenge and act on it.

It is important to keep highlighting that history today, when male tech billionaires

like Elon Musk, Sam Altman, and their ilk are creating a splash with their championing of universal basic income for a (possible) age of technological triumph. Many women were here first and must not be forgotten.

It was often women who, in the UK, continued the push for universal income through the decades that followed. That most notably included the successful campaign for a universal child benefit, introduced in 1946, led by the strong-minded and determined Member of Parliament Eleanor Rathbone. That universal benefit was only recently (in 2013), and disgracefully, dropped with little fanfare, under the 2010-2015 coalition



government of the Conservative and Liberal Democrat parties. Campaigning, however, never really achieved traction beyond support for children (and implicitly their mothers) with the public or the largest, massively male-dominated political parties, which in the British winner-takes-all first-past-the-post electoral system, are the only ones who have been able to introduce structural changes.

Yet the push continued. In 1984, the National Council for Voluntary Organisations in the UK proposed a universal basic income, saying that women would be the main beneficiaries, no longer dependent on their husband's earnings (along with the unemployed, who wouldn't be caught in what we now call 'benefit traps'). In 2001, philosopher Ingrid Robeyns again set out the case for a

universal basic income, pointing out how the welfare states of Western Europe had developed in a very different age, one of stable, secure jobs and marriages, and a highly gendered division of labour, with men allocated to the bread-winning role.

In recent years, the feminist case, like the broader case, for universal basic income has been gaining traction. University of Richmond academic Jessica Flanigan wrote in a millennials' journal of choice, Slate, that it is a "feminist cause". The feminist case for a universal basic income often starts, as Flanigan does, from the fact that women in the UK, as around the world, are more likely than men to be poor.

But at its heart is the fact that women are more likely to be responsible for the care of the young and the old, work that is very often entirely unremunerated, sometimes not chosen, and not respected.

A grinding life of poverty, caring for aged parents, an ailing husband or wife, or a disabled child, leaves little space for a sparkling Instagram account or Facebook feed, the development of a 'look' or a 'brand', or the upbeat manner and the kind of 'people skills' demanded now even for many minimum-wage jobs. Equally so with the nature of modern employment. It might look like the gig economy lends itself to fitting around the demands of caring responsibilities, but instead its workers are increasingly expected to fit their lives around its demands.

With benefit sanctions affecting almost one in four Jobseekers' Allowance recipients between 2011 and 2015, and benefits of 132 million British pounds being withheld in 2015 alone, desperation is a condition all too familiar in many communities, with women often being the ones left to pick up the pieces.

That a universal basic income might smooth the way to more gradual retirement, through a phased process of gradual disengagement from waged work, is not a particularly feminist point, but it is a significant one for many women.

There are some further groups of women who might particularly benefit: those working in low-paid jobs with low rates of unionisation and relatively toothless unions representing them, such as shopworkers and cleaners. This applies particularly, but not exclusively, in the case of the UK, with its highly repressive anti-union legislation.

A universal basic income is not a panacea, a solution to all of society's ills, including misogyny, discrimination, and a failure to respect caring and community roles. Few of its proponents have suggested that it is.

It can be argued, then, that the struggle for a universal basic income is a struggle for all women's groups and feminists. Recognising that all members of society deserve a fair basic share of its resources, enough to meet their basic needs, because they all in some way or another contribute to it by their existence, strengthens the position of women, and all of their other struggles: as workers, as family members, as people in need of respect as well as material resources.

When women secured the vote in 1928, many thought they were well on the way to respect for women's contributions to society. It is obvious that progress has been glacial since then, and a universal basic income for everyone could be an important step further along that road.

Natalie Bennett led the Green Party of England and Wales from 2012 to 2016. The full version of this article can be found at:

citizensincome.org

Returning Wildlife To Balance In Britain & Ireland

Introduction to the new book "Rewilding" ~ a collection of real life stories edited by
David Woodfall

Following the end of the last Ice Age 10,000 years ago, Britain and Ireland began to colonise with birch and oak which, apart from mountain tops, became established in all of our islands. Rewilding, essentially a new concept, is the return to allowing nature to take its own course and carpet our islands once more in natural vegetation and its associated fauna. During the Mesolithic period (15,000–5,000 bce) this native forest was considerably modified by burning and felling. By the Middle Ages (500 ce onwards) the wildwood had been replaced by a mosaic of cultural landscapes, created by an ever-increasing population.

The Enclosure Acts of the eighteenth century were swiftly followed by the Industrial Revolution, with its increasing demands on mineral and timber resources, and further modified our landscapes. Landscapes became empty of all of our major predators, such as wolves, and landscape modifiers such as the beaver. While our cultural landscapes contained wonderful chalk grassland grazed by huge flocks of sheep, numerous heathlands grazed by cattle and diminishing peat bogs harvested by crofters in the north and west, these landscapes were



unrecognisable from their native state, much of their diversity and richness gradually stripped away.

During the Industrial Revolution there was a rapid reduction in the number of people employed on the land and a consequent decline of rural communities. There were changes, too, affecting limestone

pavements, peatbogs – a reduction of sheep farming led to the depletion of chalk grassland. The last time our islands possessed any degree of biological richness was the 1930s, a richness that disappeared swiftly during the 1940s when World War II interrupted food imports, leading to a massive increase in lands given over to arable crops.

By the 1960s only a handful of intensively managed nature reserves contained a fraction of our previous flora and fauna, often isolated islands in an extensive agricultural prairie, where food production was continually supported by pesticides and chemical fertilisers, further diminishing our wildlife – the future of peregrine falcons were threatened by the build-up of toxins in the food chain. In the US, scientists such as Rachel Carson began to draw the public's attention to such concerns and the environmental movement was born.

This has subsequently led to the evolution of the rewilding movement, which I would define as *allowing the natural succession from open ground to forest to take place*, much in the way it happened 10,000 years ago. Essentially,



"REWILDING"
will be
launched at
Trigonos
on July 5th
see back cover





to allow the landscape to develop in an organic way, opening up the full range of available niches for local species.

However, much of the landscape of the UK and Ireland has been so severely modified that in many cases it is a challenge to allow rewilding to take place, as this process can lead to a short-term reduction in the existing diversity. In effect, the decision on the part of conservation organisations to cease management is a form of management in itself. Many of the priorities in conservation previously seen as set in stone will have to be carefully reconsidered. Further complications emerge from the significant changes being wrought on our landscapes, ecology and ourselves by climate change.

By the modern age, most of the significant apex, 'game changers' within our flora and fauna, were now absent – in parallel with a naturally developing climax vegetation, it was deemed necessary to reintroduce many of the key animals which significantly affect the ecology of our landscapes. These include beavers, lynx, sea eagles, and red kites: species that will help stimulate and revive ecological processes that have been absent from our lands for thousands of years.



The introduction of beavers could have a significant effect on reducing the flooding of agriculture areas and

towns, something that appears to have increased in both intensity and frequency. Species such as sea eagle and red kite have already demonstrated that their increased

presence can have a significant beneficial effect on tourism at both a local and national level.

This work has been carried out by inspired individuals, scientists and a growing number of NGO organisations, who are working with the government conservation agencies



to help negotiate with landowners, carry out research and conduct trials with reintroduced species to ensure that such populations are sustainable and equitable among our highly managed islands.

In addition, rewilding calls for a greatly reduced grazing regime in our uplands by both deer and sheep, and a general reduction in the grazing of our grassland ecosystems where appropriate to increase both plant and invertebrate populations, which in turn will greatly increase our mammal and bird populations.

Due notice will have to be given to our 'cultural habitats', e.g. downland, which have evolved through our grazing regimes. Also both the significance and value of our post-industrial sites will have to be given greater recognition as we are blessed with large numbers of places that are great examples of the beneficial effect of rewilding, without us doing anything active at all.



The reduction in fishing through a system of quotas, during the last ten years, has once again made the North Sea a place in which to fish sustainably, and the introduction of many wind turbines has had the effect of creating 'artificial reefs'



which have further increased marine diversity. This is nowhere better demonstrated than the huge growth in cetacean and grey seal populations throughout Britain and Ireland. In turn this has attracted significant populations of killer whale.

The changing sea temperatures around our coasts, due to changes in the jet stream, are also enhancing our whale and dolphin populations. Tuna weighing up to 230 kg (500 lb) have been caught off the Hebridean island of St Kilda, demonstrating that our seas, too, can be rewilded.

Our agricultural landscapes, even more so than the native habitats, have the potential for great change through rewilding. Our agriculture has been heavily subsidised through the European Economic Union (via Common Agricultural Payments), since the 1970s, and this has



had a profound effect on both the landscapes themselves and their biodiversity. We are about to leave Europe and at the very least this is

going to produce uncertainty for our agricultural landscapes. The most likely outcome of this will be that large areas of land will not be cultivated as intensively as previously. On the other hand, financial conglomerates, pension funds and extremely rich individuals may well buy up aggregations of small farms and produce 'super farms', leading to even greater insensitive management of our landscapes.

The first of these outcomes ought to give the opportunity for a theory like rewilding to really flourish, allowing for

many natural processes to take hold once more, rather than the more manicured effects of conservation that have been attempted so far. We have reached a point in our islands' evolution where our growing understanding of rewilding has the realistic prospect of gaining both political and popular support.



This has been achieved, in part, by the rapid growth of environmental education, and the popularity of TV and radio programmes by such people as David Attenborough – informing and enthralling the public with the 'natural world'. This in turn has inspired countless individuals, paid and voluntary, to get involved in disparate conservation projects employing both species introduction and the development of more naturally developing climax vegetation communities.

Rewilding has arrived and I feel that now is the right time to publish a book highlighting all the wonderful organisations and inspired individuals who are making the UK and Ireland such a biologically rich series of islands once again.



David Woodfall is an award winning photographer with a passion for environmental issues.

www.davidwoodfallimages.co.uk

all photos by David Woodfall

see Back Cover for Book Launch

network news

a guide to inspiring events in north wales



JULY
NOTICEBOARD

FESTIVALS *in July:*

LLANGOLLEN FESTIVAL 1st - 7th. 'Where Wales Welcomes the World': a unique festival of international music and dance with peace at its heart. Includes Llanfest on 7th July, events in the grounds and a parade; a range of live bands. Full details from their brochure or visit: international-eisteddfod.co.uk

BRHYLLIANT COMEDY FESTIVAL 4th - 7th, Rhyl

FOLK ON THE FARM 11th - 14th, Tyddyn Mon, Ynys Mon. Folk Music and Camping, folkonthefarmfestival.com



GWYL ARALL 12th - 14th. A weekend full of literature, music, art and film. Visit: gwylarall.com

GWLEDD SYRCUS FEAST 18th - 27th. Contemporary and traditional circus acts, plus Circus Abyssinia from Ethiopia. Pontio, Bangor 01248 382828, pontio.co.uk

SESIWN FAWR DOLGELLAU 19th - 21st, Music, groups, singers! sesiwnfawr.cymru

LLANGOLLEN FRINGE FESTIVAL 19th - 27th. A full mix of music, talks, comedy, children's activities, dance, walks, train rides & Folk Acoustic. Held Llangollen Town Hall. Visit: llangollenfringefestival.co.uk

FAMILY ARTS FESTIVAL 26th - 28th, for all the family. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

HEART OF GWYNEDD ART FESTIVAL/ GWYL GELF CALON GWYNEDD 27th July - 4th August, Penrhyndeudraeth, Blaenau Ffestiniog, Porthmadog 30 artists showing their talents, see pages 20 & 21

See Calendar for details

NATIONAL MARINE WEEK 27th July - 11th August. More info from: wildlifetrusts.org See *Calendar* for events 25th.

HARMONY, CORWEN NN is very delighted to welcome 'Harmony' - a new outlet on The Square in Corwen town centre. You can see more about Harmony on Facebook: Holistic Harmony. Contact 07725 724932.

PLAS NEWYDD, MENAI BRIDGE Every Tuesday, Friday and Saturday throughout the school summer holidays we'll have supervised sports out on the lawn by the Wooden cabin including hurdles, badminton, tennis and more. 10.45am - 4.15pm, LlanfairpwllGG, Anglesey LL61 6DQ, 01248 714795.

ARTIFISHAL A film about people, rivers and the fight for the future of wild fish. Bethesda. See *Calendar* 13th

BANGOR ARTS INITIATIVE Celebrates 5 years of being open with an Exhibition of the work of local artists and artists from abroad with connections to Bangor and North Wales. See more on Facebook or visit: bai-info.simdif.com

MINDFULNESS ONLINE PRACTICE AND RETREAT INFORMATION SESSION 1st July. Online. An opportunity to log on and connect with our Retreat Lead, Bridgette O'Neill. We will begin with a short mindfulness practice and if you wanted to stay on, you can find out more about any aspects of our retreats. Free, hosted by Zoom. Starts 12.30pm - 1.30pm. Apply: mindfulness-compassion.org.uk

QUIET DAY - 2nd AUGUST

A time to experience the power of Spirit in your life through connection to nature, meditation, sharing, creativity and body energy work. Why not give yourself the space to reflect on your inner life in a safe, held environment?

Book now!

10am - 4pm, Hillside Retreat, Rosesmor. Contact helen: helen@soul-life.co.uk



You can find the ongoing
Regular Weekly Groups and Classes listed at network-news.org



July Calendar

1st MONDAY

Singing For The Soul 1st Mon/month. 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. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. 7.30pm, £5. Held at Hillside Retreat, Rhosesmor nr. Mold. If you are interested to come along please email helen@soul-life.co.uk



Gong Bath Breathe and relax; then observe the mind beginning to slow, as superficial and irrational thoughts are suspended, stresses release and the whole being is gently returned to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

Anglesey Menopause Café A monthly group for women who want to talk about menopause. Dawn and Chris will be feeding back from the Menopause Summit. 3pm, The Valley, B4545, Anglesey LL65 3DU. Facebook: of event name

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

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

Brexit: What's the worst that can happen This event will be an information seminar with Andrew Macdonell, our UKRO (UK Research Office, Brussels) European Advisor for Wales. 9.30 - 10.15am. Cledwyn, Bangor Uni Main Arts Theatre. Cornelia Thomas 01248 388112, bangor.ac.uk

1st MONDAY - 3rd WEDNESDAY

Identification of Grasses, Sedges and Rushes Learn how to recognise key features and identify some of the more common varieties. This is a practical field ecology class with lots of chances to get outdoors looking at different species, then it's back into the classroom for work with microscopes, keys and field guides. £120, £100 concs, bookings through Aberystwyth University 01970 621580. Book accommodation with CAT. £130 shared, £170 single. All materials included. CAT, Machynlleth 01654 704966, cat.org.uk

1st MONDAY - 4th THURSDAY

Yesterday (12A) Film. Jack has a blackout, and wakes up to discover The Beatles never existed ... but who will sing the songs he hums? 1st - 1.45pm, 5pm & 8pm; 2nd - 4th 1.45pm & 5pm. £6, £5 concs., Galeri, Caernarfon 01286 685222, galericarnarfon.com

1st MONDAY - 7th SUNDAY

Llangollen International Musical Eisteddfod A colourful festival of dance and music, for children and adults and all the family; held in venues around Llangollen but mostly Llangollen Pavilion. Featuring Choirs from around the world competing. Evening concerts: Jools Holland, The Gypsy Kings, Catrin Finch, Llanfest on 7th; Jamie Smith's Mabon. There are Pavilion Day Tickets, Grounds Tickets, Llanfest and Evening concert tickets. Also Festival Passes £50 - £10. Llangollen Pavilion and Grounds. Contact 01978 862001, tickets@llangollen.net, llangollen.net

2nd TUESDAY

New Moon in Cancer 20:16pm

Conwy County Peace Group 1st Tues/month. At 7pm in Centre for Cultural Engagement, 10 Greenfield Rd, Colwyn Bay LL29 8EL. Contact Secretary Efa Wulle: conwypeace@gmail.com or donsaundersopt@aol.com (chair)

Arboretum Improvements - Coed Moel Famau Help continue the work improving the arboretum, clearing the bases around young trees and tidying up the footpaths. Meet at Coed Moel Famau car park. (SJ 171 610). 10am - 3pm. Loggerheads Country Park Office 01824 712757, denbighshirecountryside.org.uk

Pregnancy Yoga 6 week course Starts today! Suitable from 14 weeks up until birth. No previous experience necessary; relaxation techniques, quiet time to connect, stretch aching muscles, meet other mums in a supportive environment. 5.30 - 7pm, every Tuesday for next 6 weeks. £48. There is also the same course starting 7.15 - 8.45, same venue, day, cost and contact. Quaker Meeting House, Dean St., Bangor LL57 1UP. Bookings Laura: birthingmamas.co.uk, 07914 917711.

Women's Gathering A monthly meet-up for women to come together; it's an informal group, feel free bring any craft/knitting/sewing/questions along. Today we are having a book, CD and DVD swap! All welcome. 1 - 4, at the big table, Follow Your Bliss Café, High St., Bangor. Facebook: Women's Gathering Gwynedd

Creative Meditation A journey to self-healing through your Creative Soul. Through relaxation and guided visualisation you will express yourself with paints and other art materials, leading to deeper insights regarding your health and wellbeing. 10am - 12.30pm, £30. Ruthin Craft Centre LL15 1BB. Lorena 07984 959244, lorenagranata@gmail.com

Go Wild in the Dell ~ Brilliant Bees Re-wild your child with our nature-based activities. All you need is outdoor clothing and some wellies. 4 - 5.30pm. Plas Newydd, Llangollen. Find out more from: clwydianrangeanddeevalleyaonb.org.uk

Slate Trail Society For these volunteer days we will be surveying and maintaining an 8km stretch between Capel Curig and Betws y Coed. Tasks will include the survey and maintenance of the footpath, gates, stiles and waymarkers. 10am, booking essential. Owain 01286 685498, owain@snowdonia-society.org.uk

Health & Wellbeing Day Celebrating 10 years since the official opening of the Centre. Join us where you will have the opportunity to meet staff and discuss Health and Wellbeing issues with support services in Gwynedd. 9.30am onwards. Ysbyty Alltwen, Tremadog. mantellgwynedd.com

Cygnus Café in Chester 1st Tues/month. 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

Lorkin O'Reilly, Alun Tan Lan & Felix M-B Lorkin is a song-writer with Scottish and Irish roots, mixed with the 60s style. 7.30pm, £10. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

Tolkien (12A) Film. Exploring Tolkien's formative years as he finds courage and inspiration among a fellow group of writers and artists. 7.30pm, £6, u15s £5. Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 556677, theatrcolwyn.co.uk

3rd WEDNESDAY



Gwynedd 2030 This event follows on from Gwynedd Council's declaration of a 'Climate Emergency' in March this year. It will offer time and space for collaboration between environmental and community groups and the council to develop an action plan to implement in light of the declaration. It is an opportunity for community groups and others to come and help shape the future of the area, as we can all make a contribution to the changes we NEED to make if we want a Gwynedd that's fit for our children and their children's future. So, the day is all about sharing ideas, building on things that are already happening in Gwynedd, working out who can do what and committing to specific actions together. 9.30am - 3pm. Galeri, Caernarfon LL55 1SQ. tickets: to cyn.cymru

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

Vintage Matinee 1st Weds/month. £4 per film or £20 for 10 films. Denbigh Film Club, Theatr Twm o'r Nant, Station Square, Denbigh LL16 3DA. Contact Lillian Jones 01745 813426, denbighfilmclub.co.uk

St Asaph Reading Group 1st Weds/month, 7.30pm, St. Asaph Library, The Roe, 01745 582253.

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, ellaspier@hotmail.com

3rd WEDNESDAY - 7th SUNDAY

Groundwork Movement Course We invite you on a journey of movement migrations and meanderings through natural landscapes that will bring us into contact with the ground, the landscape and each other. As though born again we will return to our primary senses to explore through movement, touch and play, our evolutionary growth from basic organisms, to animals and humans. £170 - £320. Ceunant Isaf Bunkhouse, Ty Isaf, Nant Peris, LL55 4UN. Led by Rosalind Holgate Smith and Matt Birch. 07772 387737, rosalindholgatesmith@gmail.com

4th THURSDAY

Tai Chi Workshop for Adults Led by Henry Shalcross, wear comfortable clothing, suitable for beginners. 10 - 11am, £5. More info from Henry 07563 085945. Held at RSPB Conwy LL31 9XZ.

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, 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

Random Readers 1st Thurs/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.

Pop-Up Vinyl CD Shop 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cyfraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. 2 - 7.30pm. Tŷ Glyndwr, 1 Stryd y Castell, Caernarfon LL55 1SE. Contact 01286 238280.

Balsam Bashing! Help is needed to remove the invasive Himalayan Balsam from the banks of the river Dee. 10am. Meet at the main car park, Corwen. LL21 0DN. Contact 01824 708313, denbighshirecountryside.org.uk

Nordic Walking for Adults Suitable for beginners; with poles to maximise the benefits of walking. 10 - 11am, £4, poles provided. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk Contact Tony Bertola 07891 658830, antony.wbertola@btinternet.com

Awakened Belly Dance Taster Session Join in for this taster session with Rachel Walker. Middle Eastern dance movement with meditation, sound healing, energy and breathwork, plus sacred dance movements. No experience necessary. 7 - 9pm, £15 door, £10 before 30th June. Parkfields Community Centre, Mold. Bookings: rachelsbellydance.wales

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.

Don Pasquale with Welsh National Opera Donizetti's classic comic opera. 7.30pm, £19, £16 over 60s, £12 students and U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Prestatyn Reading Group 1st Thurs/month, 2pm, Prestatyn Library, King's Ave 01745 854841.

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

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

4th THURSDAY - 6th SATURDAY

Brhylliant ~ Rhyl Comedy Festival From stand-up to improv to musical comedy, there's going to be something for everyone - and the whole event is headlined by Tony Slattery. Full programme and tickets available from: brhylliant.com Held at Little Theatre, 17 Vale Rd., Rhyl LL18 2BS. Tickets: eventbrite.co.uk

5th FRIDAY

NWWT Bodafon Mountain Walk A leisurely walk along a path circling Nant y Gamar, passing through woodland, farm fields and limestone grassland. 1.30 - 4.30pm, donations. Meeting point; Bryn y Bia Place, Bodafon Mountain, Llandudno. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

Blend Your Own Herbal Tisanes Learn how to pick and blend herbs to make your own Snowdonia tisanes (herbal infusions) from the plants at Tŷ Hyll. Teapots, strainers and recipes provided so you can give it a go. Spaces limited. 4.30 - 6.30pm, Tŷ Hyll, Betws y Coed. Bookings: Claire, Snowdonia Society 01286 685498, claire@snowdonia-society.org.uk

Confucius Institute Open Days This is your chance to come and see what your Bangor Confucius Institute is all about! The Open Day will include Tai Chi Club 2 - 3pm and Chinese cultural activities (the type of activity will be confirmed each week) 3 - 4pm. So whether you're interested in learning Mandarin, Calligraphy, Tai Chi, or you are just fascinated by the fashion, music and art in China, there will be something for you to try your hand at! We will also be providing light refreshments (biscuits and tea/coffee) and during the day you will also be given the opportunity to witness a Chinese tea ceremony! Free! Chinese Pavilion, Confucius Institute, Bangor Uni. 01248 383298, bangor.ac.uk *Every Friday in July*

Something About Simon The Paul Simon Story performed by Gareth Edward Jones, who plays the music and tells the story of international singer and musician, Paul Simon. 7.30pm, £14, £13 concs., Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 556677, theatrcolwyn.co.uk

Book Launch: Rewilding by David Woodfall. 6 - 7.30pm, RSVP to Trigonos, Nantlle 01286 882388, trigonos.org *See back cover and pages 6 - 8.*

Llangollen Reading Group 1st Fri/month, 7pm, Castle St, 01978 869600.

Gong Bath Breathe and relax; then observe the mind beginning to slow, as superficial thoughts are suspended, stresses release and the whole being is returned to harmonic balance. 7pm, £13. Rhuddlan Community Centre, Parliament St, Rhuddlan LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

5th FRIDAY & 6th SATURDAY

Folk at the Hall Bringing together a star studded group of folk acts who have graced the stage at individual concerts for two days of quality music. £83 full price ticket. Day tickets £25, £45. Camping available. Held in Trelawnyd, Flintshire LL18 6DN. Info: keldamanley@live.co.uk, 07464 195336.

5th FRIDAY - 7th SUNDAY

Yoga, Wild Swimming and Walking Whilst out walking, what better opportunity than to take advantage of this and go for a bit of a dip! Weather conditions depending; some hill climbing possible so a good level of fitness required. Plus yoga sessions, accomm and food. £275. Snowdonia. Morris Mountains 07541 740311, morrismountains.co.uk

Awakening to Sacred Union Taught by Annabel Newfield and Becky Price with assistants. An amazing weekend workshop for men & women (singles and couples) who wish to consciously experience being in tantric energy. Key themes include; opening to sensuality and working with the energy body through movement, meditation and the breath. In a safe, nurturing environment, we invite playfulness and imagination into traditional rituals, bringing healing and celebration into our life. Any questions from: shaktitantra.co.uk Held at Cae Mabon, nr Llanberis 01286 871542, caemabon.co.uk

Llyn Three Day Challenge Walk across the stunning coast of the Llyn Peninsula and support your local hospice at the same time! Entry to this event is FREE and participants can choose from one, two days or take on all three days of our challenge event. 7am - 2pm. 1 - Abersoch to Rhiw; 2 - Rhiw to Porthor. 3 - Porthor - Porthdinllaen. Visit: stdavidshospice.org.uk/event/lynn-three-day-challenge/

Shakespeare's Globe on Tour Present a trio of plays exploring the themes of refuge and displacement. Plays are: The Comedy of Errors, Pericles and Twelfth Night. The plays are performed as a touring production would have been staged in the 17th century, with a stripped back booth stage, and a small, versatile troupe of actors. Taking on multiple roles across all three plays and playing musical instruments to boot, the talented cast will unravel these timeless tales of those who have crossed seas and lost their families, are seeking lost homes, and finding out what belonging truly means to them. 5th - 7.30pm, 6th - 3pm & 7.30pm, 7th 6pm. Plus on 7th talk on Shakespeare Now (and Then), 2pm, free, ticket required. Pontio, Bangor 01248 382828, pontio.co.uk

5th FRIDAY - 8th 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. £515 shared, £619 single. Dru Yoga, Snowdonia Lodge, Bethesda 01248 602900, druyoga.com

5th FRIDAY - 24th AUGUST, SATURDAY

Grosvenor Park Open Air Theatre Shows are: Twelfth Night, Henry V and The Borrowers. More info /tickets contact 01244 409113, grosvenorparkopenairtheatre.co.uk or visit Storyhouse, Chester, storyhouse.com

6th SATURDAY

Adult Flyers Vertical dance uses the equipment (ropes, harnesses and abseil devices) of climbing and working at height to dance in the air and on walls. Open to over 18s with a basic level of fitness, 3.30 - 4.30pm, £5. Outdoors today. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Dawn Walk Join us for our annual walk to raise funds for charity. The 10km walk starts and finishes at St. Asaph Cathedral. 5am - 9am. Meet St. Asaph Cathedral LL17 ORD, 01745 775425.

Welcome to Crystals This one day workshop shows you a selection of crystal healing techniques, which help you tap into their magic. No experience is necessary, just an interest in (or perhaps growing obsession with!) crystals. 10.30am - 4.30pm., £40. Chester Health Store, 59 Bridge St., Row, Chester CH1 1NE, upstairs. Booking essential: criadacrystals@yahoo.co.uk.

The Forgotten Moelwynion Meeting at Oriol Caffi Croesor, we will first ascend Cnicht, or the Welsh Matterhorn as it is also known - just 647m high. Then onto The North Top and into abandoned mining village of Rhosydd. Then Moelwyn Mawr, Graigysgafn and Moelwyn Bach then back down to Croesor. 9am - 5pm. £30, children over 14 free. 8 Plas Acton Close, Wrexham, LL12 8ED. 07958 365122.

Gong Bath See 5th for details; 7pm, £10, Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Compost Toilets Get a foundational understanding of the principles, benefits and limitations of compost toilets. This is not a building course but rather an overview of the components required to make a compost toilet system work, the biology of composting to maximise performance, and the cultural trends governing our attitudes towards toilets. £70, 10am - 3.30pm. CAT, Machynlleth 01654 704966, cat.org.uk

Visionary Drawing Workshop In this art workshop you will learn how to create amazing visionary pencil drawings inspired by the tales of the Mabinogi, and your deepest inner visions. Taught and shown by Professional Artist and ADO Awenydd Edward Foster. You will be shown the basics of good drawing to more advanced drawing techniques. 10am - 5pm, £50, all materials included. Hosted by Anglesey Druid Order, Aberffraw Community Hub, 52 Church Street, LL63 5LQ, 07708 174629.

Plant Identification Course 10am - 4.30pm, Treborth, Bangor. More details and Bookings: cofnod.org.uk

Footpath Maintenance Help care for these paths at Pen Yr Ole Wen, as well as the upland habitats themselves. 10am, booking essential. Dan, Snowdonia Society 01286 685498, snowdonia-society.org.uk

Grwp Gwylt! Family-friendly, bilingual activities to engage children and young people with nature and the outdoors. Booking essential - bring refreshments! 9.30am - 12noon, donations. Ysgol Llanfair DC, Ruthin, LL15 2RU. Iwan Edwards 07584 311583, iwan.edwards@northwales.wildlifetrust.org.uk

Gardening for Physical and Mental Wellbeing / Cwrs Garddio er mwyn Lles How to use your garden as an oasis of relaxation and well-being. The session will cover a variety of awareness techniques and gentle physical exercises whilst carrying out practical tasks in the garden. 10am - 1pm, £22.50. Booking essential; Treborth Botanic Gardens, Bangor LL57 2RQ, 01558 667150, eventbrite.co.uk

Pegloom Weaving Join us on a day of weaving, bring your old sheets, towels, clothing or any other unwanted textiles and turn them into something different. You will need to bring: Approx 600 gm of washed unwanted clothing or household textiles. Good scissors for cutting fabric, if you have them. Materials available if needed. £50, £30. Woodland Skills Centre, Bodfari, Denbigh, 01745 710626, woodlandskillscentre.uk

6th SATURDAY & 7th SUNDAY

Building with Ecobricks and Cob Building with waste plastic helps keep it out of landfill and away from our seas. Learn how to combine waste materials with traditional cob building in this two-day hands-on course. All materials and accommodation, £250. CAT, Machynlleth 01654 704966, cat.org.uk

Reiki 1st Degree Course 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, 01248 601388, 07771 280824, vivreiki@hotmail.com

Vajrasattva Retreat Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatennorthwales.com

6th SATURDAY - 13th SATURDAY

Teacher Training Mindfulness Level 2 This seven-day training retreat is an opportunity to deepen and develop the skills and knowledge involved in teaching mindfulness-based approaches. Our time will be spent together in silence as we practise individual and collective experience. Participants will have opportunities to lead practices and investigate personal and co-participants' experiences of these. Booking through: teach-mindfulness.org. Held at Trigonos, Nantlle 01286 882388, trigonos.org

7th SUNDAY

Reedbeds and Waste Water Management If you're living or working in a remote location and need low impact, eco-friendly options for waste water management, CAT is the place to come for inspiration and advice. Our water and waste system is entirely off the mains supply, and this day course gives you the chance to learn from our 40 years of experience in this area. 10am - 4pm, £70. All tuition and lunch included. CAT, Machynlleth 01654 704966, cat.org.uk

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

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

Magical History Tour Bangor University are offering the chance to take a magical history tour of the Isle of Anglesey. History and Archaeology staff will take you to a range of sites, tracing the development of this special island. From prehistoric burial mounds to Thomas Telford's bridges, Anglesey has a unique story to tell. 10am - 5pm, free. Depart/Return: Main Arts Building, Bangor University, LL57 2DG. Karen Pollock 01248 382009, Bangor Uni.

Explore with The Warden A perfect event for families - see the Terns flying in with fish and hear about the 2019 breeding season, with optional guided walk to the headland for more birds, flowers and insects. 2 - 4pm, donations. Cemlyn - sign posted from the A5025 near Tregele, Cemaes, Isle of Anglesey, LL67 0EA. Sue Carter 01248 371769, sue@gorad.co.uk

Orchids of Minera Quarry Fragrant and pyramidal orchids should be at their peak; Simon Mills will ensure we see them. 2 - 4pm, £2. Minera Quarry Nature Reserve, Maes y Ffynnon Road, Minera, Wrexham, LL11 3DE. Dan Rose 07976 962251, nwwwtrewrexham@gmail.com

Llanfest Scottish indie rockers The Fratellis, best known for their worldwide smash Chelsea Dagger, Mistress Mabel and Whistle for the Choir, will headline Llanfest alongside Merseyside music legends The Coral, with their chart-topping tracks Dreaming of You, Pass it On and In the Morning. 1.30 - 10pm, £39 standing, £45 seating. Llangollen Pavilion LL20 8SW, 01978 860001, international-eisteddfod.co.uk

Save the Planet: Develop/Enhance Your Psychic Sensitivity A practical hands-on approach to deepening your intuition and developing and enhancing your psychic sensitivity and connection on many levels for a richer, fuller and more rewarding life. Use your skills to befriend the elemental beings and energies of the natural world and learn how you might work together to heal the planet. 10am - 5pm, £45 includes home made lunch, refreshments and tuition. Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com

Balsam Bashing in Bethesda We'll be pulling up balsam in a beautiful riverside location where this invasive plant has been crowding out native plants. 10am - 3pm, booking essential, Dan, Snowdonia Society 01286 685498, snowdonia-society.org.uk

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led by Cai Tomos and Angharad Price Jones. No previous experience or dance skills required - only the desire to stay active, fit and healthy. 1.30 - 5pm, £4. Galeri, Caernarfon 01286 685222, galericarnarfon.com *Also 21st*

Mark Watson: The Infinite Show Inspired by the mostly alarming state of the world his children are growing up in, and a genuine urgent desire to do something about it, this show is about empathy. 7.30pm, £19. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Postnatal Healing ~ Iachau wedi-geni Free antenatal discussion group. 10am - 12pm. Follow Your Bliss 307-309 High St., Bangor LL57 1UL. Facebook: The Positive Birth Movement North Wales

Another World The curator's talk with June Hill. 2pm, £5. Bookings with Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Green Woodworking 1st Sun/month. Everyone welcome to our mostly social occasion; food to share, mulled drink, cake and soup. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

Big Allotment Growing Day 1st Sun/month. 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 woodwork 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

7th SUNDAY - 12th FRIDAY

A Work That Reconnects This eco-retreat builds on the work of Joanna Macy, combining time spent volunteering in the CAT woodlands and gardens with daily meditation and silent reflection. Come join us for a meditative exploration of connection with land, community and ecological action. £230, ran by Sanghaseva (bookings via: sanghaseva.org) held at CAT, Machynlleth 01654 704966, cat.org.uk

8th MONDAY

Seriously Books 2nd Mon/month. 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 louisayates@gladlib.org

Tavener's Protecting Veil Unveiling of the new statue of Our Lady of Pen Llŷn with a devotional concert of Tavener's music, with the internationally acclaimed duo Kathryn Price - cello and Charles Matthews - organ. 6pm, £10. Eglwys St Peters Church, Church Place, Pwllheli. Facebook: BroEnlli



Gong Bath See 5th for details; 7pm, £13, Llanfairfechan Community Centre, LL33. Steph Healy 07534 118899, puresound.org.uk

Prestatyn Reading Group 2nd Mon/month, 6pm, Prestatyn Library, King's Ave 01745 854841.

8th MONDAY - 12th FRIDAY

Painting in Snowdonia Introduction to drawing and sketching, painting - textures, tones and colours. Hopefully the weather will be good. £414 - £454. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

9th TUESDAY

National Plant Monitoring Scheme Survey We've registered with the National Plant Monitoring Scheme and have secured a 1km square in the beautiful Gwynant valley. Come and help us monitor our square and learn how this scheme helps to track changes in the flora of the United Kingdom. 10am. booking essential, Owain, Snowdonia Society 01286 685498, snowdonia-society.org.uk

The Healing Well The Gwynedd Healing & Peace Group offers hands-on-healing at Y Ganolfan, Pentrefelin (nr Criccieth) from 7 - 8.30pm. All welcome. Mayamara 01766 770874.

David Nicholls ~ Sweet Sorrow Author David comes to talk about his new novel. 7.30pm, £22.50. Storyhouse, Chester 01244 409113, storyhouse.com

Dragons, Megaliths and Pyramids: The Secret Doctrine and the Egyptian Link A talk by Janet Houlst, looking at Dragon traditions and their connection with megaliths and stone circles in the directing of the Earth's energies; and, who were the ancient priest Initiates who walked from Egypt to teach about the building of these sacred spaces? £5 or £3 Members. Starts at 7.30pm. Hirael Hall, Ambrose St, Bangor. Sponsored by the Theosophical Society Charity No. 1167737. Enquiries: Toddy Alcock 01248 600267.

XR Pen Llŷn Meeting All welcome to discuss issues we will be taking forward. 10.30am, Plas Heli Café, Pwllheli. Contact xr-penllyn@protonmail.com or join Facebook of same name. See *page 36*.

Wellbeing and Volunteering Network Event ~ 'Speed Dating' An opportunity to share information about your organisation and your services in an informal format. Tea and cake served during the morning. 10am - 12.30pm. Held at Porthmadog Football Club, LL49 9PP, 01286 672626, enquiries@mantellgwynedd.com

Balsam Bashing Help is needed to remove dense stands of the highly invasive Himalayan Balsam from the banks of the River Alyn. Meet at Loggerheads Country Park. 10am - 3pm. Loggerheads 01824 708313, denbighshirecountryside.org.uk

Scything Workshop Join us in a sunny meadow and learn how to scythe whilst helping us to manage the area for wildlife. 10am - 3pm, donations. Booking essential. County Hall Meadow, Mold, Flintshire, CH7 6NB. Amy Green 07961 698437, amy.green@northwaleswildlifetrust.org.uk

Gong Bath See *5th for details*; 7pm, £13, Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

Printmaking Refresher Would you like to refresh your printmaking skills? 6 week course (until 13th August). Tuesdays, 1 - 4pm, £120. Regional Print Centre, Coleg Cambria, Wrexham LL12 7AB. 01978 267629, regionalprintcentre.co.uk

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

On The Other Hand, We're Happy Theatre. A single Dad meets his adopted daughter for the first time. A few days later, he agrees to meet her birth-mother. A one-off meeting. But three lives will be changed forever. 7.30pm, 9th, 10th, 13th 17th & 19th; also 8.15pm 16th. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

10th WEDNESDAY

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.

Prestatyn Hillside - Keeping on Top of Things General site maintenance, improvements and footpath work in the woodland and on the hillside. Meet at the car park below Hillside Gardens. (SJ 071 821) 10am - 3pm. Contact 01824 708313, denbighshirecountryside.org.uk

Women Working Together An informal and fun gathering aimed at Small, Micro and Lifestyle business & professional women who often struggle to get out and meet women in a similar situation. Free. Dylan's Restaurant, Criccieth LL52 0HU. eventbrite.co.uk

The Four Pillars of Wisdom A talk by Stephen Nuttall exploring the manifested and unmanifested universe, the holistic mind, spirit-consciousness and the body. With Chester Theosophical Society. 7 for 7.30pm, refreshments and talk, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF. Contact Mike Penney 01244 377170, chestertheosophy.org

Preview: Gwen + Q & A (15) Film. In the stark beauty of 19th Century Snowdonia a young girl tries desperately to hold her home together. Struggling with her mother's mysterious illness, her father's absence and a ruthless mining company encroaching on their land. A growing darkness begins to take grip of her home, and the suspicious local community turns on Gwen and her family. 7pm, £7.50, £6.50 over 60, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Gong Bath See *5th for details*; 8pm, £13, Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Footpath Maintenance, Snowdon If you love mountain hiking and use these footpaths yourself, then this is the volunteer day for you. 8.30am, booking essential. Dan, Snowdonia Society 01286 685498, snowdonia-society.org.uk

Nightjars at Llandegla Forest Corinne Williams leads us into the forest in search of its special nightlife. Be prepared for a late finish! Booking essential. 7 - 10pm, £2. Llandegla Forest, Visitor Centre, LL11 5UL. Dan Rose 07976 962251, nwwtwarexham@gmail.com

Llandudno & District Writers Group Meets 2nd Weds/month. Today: Tony Brown - *Reading and Writing Fiction*. 2 - 4pm, meets at Llandudno Library, Mostyn St. Contact: llandudno.writers@aol.co.uk
Ruthin Reading Group 2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

Friends of the Earth Conwy Meet 2nd Weds/month in the rear room of the Albion Ale House, Upper gate St., Conwy LL32 8RF. 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

Through Wood and Vale Enjoy a leisurely, moderate ramble to the summit of this wooded limestone hill at Coed y Gopa: a Woodland Trust nature reserve featuring a wide variety of wildlife, historical interest and breathtaking views. Booking essential. 1.30 - 4.30pm, donations. Meet at Woodland Trust car park, Coed y Gopa, Abergele, LL22 7HX. Mark Sheridan 07505 214073, mark.sheridan.mgc@gmail.com

10th WEDNESDAY & 11th THURSDAY

Sometimes, Always, Never (12A) Film. A detective fantasy / family drama where a love of words helps a father reconnect with a missing son. 8pm, £7, Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

11th THURSDAY

Te a Dawns with TONIC A tea dance in the theatre in the company of Caernarfon's Sequence Dancing Club, you are welcome to join in the fun on the dance floor or to sit and enjoy the dancing. 2pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericarnarfon.com

NEW Wellbeing Network Brings together third sector organisations (local, regional and national) operating in Flintshire and Wrexham who have an interest in health, social care and wellbeing. The Network is also open to statutory partners and is free to join. 9.30am - 12.30pm, Plas Pentwyn Community Resource Centre, Castle Road, Coedpoeth, Wrexham LL11 3NA. Please contact Karen Peters 01352 744015, karen.peters@flvc.org.uk

The Seven Planes This talk by Eric McGough, explores modes of consciousness from the ordinary physical plane to the extraordinary inner planes of which we can become aware. Colwyn Bay Theosophical Society. 2pm, £5; TS Members £3, free refreshments. New enquirers are always welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Enquiries: theosophywales@yahoo.co.uk

Olwyn Llŷw ~ Colour Wheel Led by artist and tutor Jwls Williams; art session ideal for beginners and creatives. 10.30am, £10, limited places. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Daughterhood Theatre performance. One sister stays at home to care for Dad. The other sets out to 'make a difference'. Reunited under their childhood roof, each is determined to let the other know exactly who has done things right. A play about the bonds that tie us, and how we sometimes need to break them. 7.30pm - 11th, 12th, 18th, 20th. 6pm 16th, 2.30pm 18th. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Sapling Survival Survey Come and join us for the day as we survey these saplings, gather survival rate data and give a bit of TLC to those trees in need. 10am, booking essential. Owain, Snowdonia Society 01286 685498, snowdonia-society.org.uk

11th THURSDAY & 12th WEDNESDAY

Cake and Bake Come along to a sunny meadow and help us to turn hay ready for baling. Booking essential. 10am - 1pm 11th; 11am - 3pm 12th. Donations. County Hall Meadow, Mold, Flintshire, CH7 6NB. Amy Green 07961 698437, amy.green@northwaleswildlifetrust.org.uk

11th THURSDAY - 14th SUNDAY

Folk on the Farm Festival Vibrant music festival; fiddlers, singers, groups; camping (£10 p.n.), stalls. Tickets: 0-12 free, £10 - £50 depending on stay. Held at Tylldyn Mon, Anglesey 01248 410580, folkonthefarm@live.com

11th THURSDAY - 15th MONDAY

Sweet Darkness ~ Working with the Shadow A 5-day experiential immersion into nature-based Shadow work. The Shadow, of course, is the hidden, side of our psyches, with both its "positive" and "negative" aspects.

Exploring sacred wounds and our subpersonalities. During this intensive, we also explore those sticky, difficult, and immensely rewarding dynamics that come up so often in life, like those overpowering emotional charges triggered by other people and by our encounters in the more-than-human world. Application required to Sara McFarland: naturetouchingsoul@gmail.com. Held at Cae Mabon, nr Llanberis 01286 871542, caemabon.co.uk



12th FRIDAY

Estuary Life Alison Palmer Hargrave will lead a walk around Broadwater - it may be wet underfoot! 11am - 3pm, donations. Meet on the Tywyn side of the footbridge, Broadwater, Tywyn, LL36 9AU. Janet Baker 07812 659593, jemmole@hotmail.com

Wellbeing - Music Session Music can stimulate the body's natural feel good chemicals, to help energize our mood and help to control feelings. Come along and have a go at playing various instruments with Lee Davies. 1 - 3pm, free. Denbighshire Voluntary Services Council, Well St., Ruthin LL15 1AF. 01824 702441, dvsc.co.uk

Emmanuel Jal & Nyaruach + DJ Eddy Scissorhands Music from Sudan, now living in Toronto Emmanuel is also a peace ambassador. 7.30pm, £12. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

12th FRIDAY - 14th SUNDAY

Introduction to Permaculture Part 1 Learn how to design resilient, abundant human habitats by working collaboratively with nature and with each other. Please book the course through Aberystwyth University online or by calling 01970 621 580 before booking accommodation at CAT, Machynlleth 01654 704966, cat.org.uk Also held 12-14 Oct; and in 2020.

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. £235, non-residential £160. Gladstone's Library, Hawarden, 01244 532350, gladstoneslibrary.org

Poetry and the Sea This course delights in the sea's influence on poetry and considers different approaches to reflecting its pervading presence in our poems – its rhythms, imagery and metaphorical qualities, its backdrop for memories. £240 - £325. Ty Newydd Writing Centre, Llanystumdwy, 01766 522881, tynewydd.wales

12th FRIDAY - 16th TUESDAY

Ayurveda Certificate Course An in-depth working knowledge of Ayurveda which you can easily apply to your life to stay healthy, calm and balanced. For health professionals. Dru Yoga, Snowdonia Mountain Lodge, Bethesda 01248 602900, druyoga.com

13th SATURDAY

Sacred Song 2nd Sat/month. Songs from various spiritual traditions and none, including Taize, Iona, Findhorn and Harmonic Temple. Open to anyone who enjoys singing meaningful songs with others. 10am - 1pm, £15, £10, £5. Held at Wesley Church Centre, St John St, Chester. Contact Ella 07922 620503 ellaspeirs@hotmail.com

Protest Fudur Back in March, Branwen Davies from Dirty Protest led a workshop for writers in Galeri – tonight we'll hear readings of the works. An opportunity to enjoy snappy new plays on a contemporary and pressing theme performed script in hand by a company of professional actors. 4pm, £5, £4. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Isle of Anglesey Choral Society Present Franck's Mass plus a feast of choral classics including Stainer, Elgar, Fauré and others. 7.30pm, £8, £7 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Artifishal + Q & A A film about people, rivers, and the fight for the future of wild fish and the environment that supports them. It explores wild salmon's slide toward extinction, threats posed by fish hatcheries and fish farms, and our continued loss of faith in nature. 7pm, film at 8pm, £5. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

Introduction to Rush Weaving Take time out from the hustle of life to learn how to make simple baskets, floor mats and bags. Learn to create your own woven designs made from using natural British grown rushes on this one day course with basket maker Angela Groombridge. 10am - 5pm, £65. CAT, Machynlleth 01654 704966, cat.org.uk

Butterfly Hunt and Meadow Magic The first part of a day-long event centred around Bryn Golau Cottage: search for butterflies and their food plants in meadows and heathland.

Bring lunch if also attending afternoon events – or even if not! 10.30am - 1pm, donations. Also



Meadow Magic:

The second part of a day-long event centred around Bryn Golau Cottage: come along and have a go at scything and learn about the wildflowers of this wonderful nature reserve. Bring lunch and socialise beforehand (from 1pm) – tea and coffee provided. 3.30 - 7pm. Meet inside the track leading to the reserve, just to the north-west of the village of Llanbedgoch, Isle of Anglesey, LL78 8JZ. Penny Radford 01248 713022, radfords713@btinternet.com

Encounters with Karl Francis As the biography of one of Wales's most well known film directors and screenwriters is published, author Jon Gower will be interviewing Karl Francis about his life and works. Supported by BAFTA Cymru. Followed at 7pm, with his film: *Hope Eternal* - the story of a 40 year old Madagascan nurse called Hope and her rugby-loving 13 yr old daughter Bantu, who help street kids who have been trafficked and abused, regain their self respect. A multi genre, multi-lingual film about lost hope, lost love, and hope re-discovered. 3pm, £5, 14yrs+. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Meal and Meditation Night 6.30 - 10pm. More info: Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatenorthwales.com

13th SATURDAY & 14th SUNDAY

Make a 3 Legged Stool On the first day you will learn the basic techniques of green woodwork, cleaving the green wood and shaping it with a draw-knife on a shave-horse to make three stool legs. On the second day you will cut and prepare a solid wood seat, drill the mortices and assemble your stool. £125, £65 deposit. Woodland Skills Centre, Bodfari, Denbigh, 01745 710626, woodlandskillscentre.uk

13th SATURDAY - 17th WEDNESDAY

Mindful Solutions: Holistic Movement &

Meditation in the Mountains Take time out of your busy stressful life and learn a unique combination of mediation and movement practices which will strengthen your being, allow you to re-charge and take control of your life. Five days of fun, relaxing, energising and calming. Put your life back into balance with Chi Yoga, Tai Chi, Chi Kung, Meditation and Mindful compassion practices. £640 single, £615 shared. All inclusive. Trigonos, Nantlle 01286 882388, trigonos.org

13th SATURDAY - 9th AUGUST, FRIDAY

Clwydian Range Archaeology Group 2019

Excavation 9am - 4pm, meet c.p. at Moel Arthur, grid ref: SJ 146657. Bookings: 01824 712757, countrypark@denbighshire.gov.uk

14th SUNDAY

Breathing & Moving Freely ~ Feldenkrais Method

It's not about the 'right' way to breathe. It's about finding new options and ways out of habitual restriction that reduce tension in your shoulders, ribs, pelvis and lower back. 10am - 1.30pm, £30. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

The Green Gathering Members of Greener Tywyn and XR Rebellion will be here to talk about their work and we invite all other environmental groups, organisations and individuals to join us for the opportunity to network and natter. Includes film: Woman at War (12A0 Icelandic comedy, with English subtitles about an environmental activist. GF & Vegan food available (book) , plus The Green Goat Café. 11am - 10pm-ish. Magic Lantern, Tywyn LL36 9DF. 01654 710260, tywyncinema@gmail.com

The Bangor Forest Garden 2nd Sun/month. An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask about car sharing. More details from bangorforestgarden@gmail.com, thebfg.org.uk Or have a look on Facebook bangorforestgarden

Belly Dance and Polynesian Dance Workshop We will explore the dances of North Africa and Egypt in the Belly Dance Workshop and Hawaii and Tahitian Dance in the Polynesian workshop. 1 - 2.30pm; Belly Dane, and 2.45 - 4.15pm Polynesian Dance. £10/£15 both adv; £12/£20 both on day. Each workshop will be finished with a performance from Rachel. U16s free with paying adult. Hwb Dinbych. To book your place email Rachel@rachelsbellydance.wales

The Barber of Seville: Glyndebourne Opera by Rossini. Mischief and mayhem in this comedy. 5.30pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Butterflies of Marford Quarry Alongside members of Butterfly Conservation, we'll see this site at its peak for butterflies, including silver-washed fritillaries and white-letter hairstreaks. Simon Mills will also highlight the reserve's orchids, wild liquorice and other plants. 2 - 4pm, £2. Marford Quarry, 2.5 miles north northeast of Wrexham Springfield Lane , Marford, Wrexham, LL12 8TG. Dan Rose 07976 962251, nwwtwrexham@gmail.com

Gŵyl Arall Steve Eaves a'r Band & Eve Goodman. Steve performs new songs with support from local singer-songwriter Eve Goodman (She is part of this year's BBC Wales Horizon line-up). 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericarnarfon.com

15th MONDAY

Chester Amnesty International 3rd Mon/month. 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, amnesty.org

The Return of Ospreys to Wales Join us for a talk by Kim Boccato from NW Wildlife Trust about the return of the Ospreys to Wales. 7.45pm, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

Operation Mushroom A day of rebelliousness to let the Government know how strong the movement for change is. Happening in 5 cities around UK - London, Newcastle, Glasgow, Bristol and Cardiff. Visit: actionnetwork.org or see page 22

Bel Canto (15) Film. A dramatic love story that follows a famous soprano who travels to a military dictatorship in South America to give a private concert. 7.30pm, £7, held at Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 556677, theatrcolwyn.co.uk

Wildlife Gardening at Llys Garth Garden An introduction to Wildlife Gardening. We are running taster days in our own garden welcoming everybody from total beginners to experienced gardeners to develop a buzzing wildlife garden whilst having a bit of fun ourselves and learning new skills. 10am - 1pm. North Wales Wildlife Trust - Bangor Office, Llys Garth, Garth Road, Bangor, LL57 2RT. 01248 351541, northwaleswildlifetrust.org.uk

Bangor Cellar Writing Group 3rd Mon/month. 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

15th MONDAY & 16th TUESDAY

Charcoal Making Try your hand at traditional charcoal making, free charcoal for all participants! Tuesday 15th - filling the kiln, Wednesday 16th - lighting the kiln, Friday 18th - bagging the product. Meet Stamp lay-by. (SJ 064 422), Corwen. 10am. Cynwyd Railway Line. Llangollen office 01824 712795, denbighshirecountryside.org.uk

15th MONDAY - 20th SATURDAY

Poetry: The Shapes of Sound This course will engage with the idea of poetry as play, exploring the joy of messing about with the shape and noise of language, and the seriously great directions this method can lead a poem. Workshops will explore a range of approaches, from the monologue to traditional forms, from the surreal to the love poem. From £550. Ty Newydd Writing Centre, Llanystumdwy, 01766 522881, tynewydd.wales

16th TUESDAY

Full Moon in Cancer 22:38

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

Slate Trail Survey See 2nd

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

Gong Bath See 5th for details; 7pm, £12, Follow Your Bliss, 307-309 High St, Bangor LL57 1UL. Steph Healy 07534 118899, puresound.org.uk

Prestatyn Reading Group 3rd Tues/month, 2pm, Prestatyn Library, King's Ave., 01745 854841.

17th WEDNESDAY

Conscious Dance See 10th

Jonathan Richards ~ Classical Guitarist 1pm, St. John's Church, Chester. Info 01244 880210, jonathanrichardsguitar.co.uk

Psylence 2019: Jon Savage in Conversation Music and film event. Jon is one of the UK's most well respected writers about pop and rock music. Includes a screening of rare footage of the Sex Pistols playing live at the Manchester Apollo in October 1979.

8.15pm, £7.50, concs available. Pontio, Bangor 01248 382828, pontio.co.uk. *(We would love to hear from anyone who was present at this concert so that we can share people's memories and stories about the gig and the band as part of our Jon Savage book event. Please contact e.g. williams@bangor.ac.uk)*

Coed Nercwys – Shepherds Cottage and Enclosure Continue the great work done to improve this historical gem in the middle of the forest. Clear around the cottage ready for lime mortaring the footings and clear scrub species from the wild flower meadow. Meet at the main forest car park. (SJ 218 593). 10am - 3pm. Loggerheads 01824 708313, denbighshirecountryside.org.uk

17th WEDNESDAY - 20th SATURDAY

My Story - Our World A storytelling workshop for change-makers, with Claire Thompson & Bethan John. At a time where the daily narratives of unregulated growth and consumption drive environmental destruction and social inequality, we need to change the stories we live by to change the world. So ...what's your story? Storytelling makes us human. It is our narratives that shape our personal and collective experiences, as well as impacting and influencing the world around us. Stories can connect and inspire. And they can divide and destroy. It is how we relate to, and shape them, that ultimately determines our individual and collective well-being – as well as our relationship to the environment we share with other species. Full board £360, non-residential places available. Held at Trigonos, Nantlle 01286 882388, trigonos.org More info/booking: Claire: clairethompson@mindfulness-of-nature.com

A Botanical Odyssey A 3 day comprehensive tour through both the world of plants and the world of North Wales. We aim to see 300 wild plants. We can't promise that every one will be in flower but you will learn how to recognise them and hear about their ecology and even their folklore. £280 shared, £240 non-resident. Field Studies Council, Rhyd-y-Creiau, Draper's Field, Betws-y-Coed, 01690 710494, enquiries.rc@field-studies-council.org

18th THURSDAY

Gandolfi: Family Business A unique film following Fred and Arthur Gandolfi's transition from being the world's oldest living camera-makers, into retirement. 7.30pm, Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 556677, theatrcolwyn.co.uk

Denbigh Library Reading Group 3rd Thurs/month, 2pm. Denbigh Library, Hall Square 01745 816313.

Chitty Chitty Bang Bang (U) Film. Classic musical as a Dementia Friendly Screening. Open to those who have dementia and their carer; free to wander around and sing-a-long. Carers must be present at all times. 2pm, £4.50. (carers free) Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 556677, theatrcolwyn.co.uk

Talk: Bring Back the Bog A talk with Joshua Styles, of the North West Rare Plants Initiative (NWRPI). Joshua is growing thousands of rare and forgotten bog plant species in his back garden for reintroduction into the Lancashire Moors. 8pm, Providero Coffee, Llandudno Town Centre. All proceeds to Snowdonia Society and the work done to protect and enhance the beauty of Snowdonia. Contact snowdonia-society.org.uk

Heading for Extinction Talk In this public talk, speakers will share the latest climate science and evidence of ecological breakdown, discussing where our planet is heading and what together we can do about it. There will be plenty of time to ask questions and you'll hear how to join the Extinction Rebellion movement. 7 - 9pm, Rhosddu Community Centre, Wrexham LL12. Facebook: of event name



Monthly Inner Dance Meditation Inner Dance is a dynamic meditation facilitated by sound, music and intuitive words. Participants are invited to join a state of trust and surrender, leading to a healing journey to reconnect the mind and body as the energy flow among them. 7 - 9pm, £15 door, £10 advance booking. Parkfields Community Centre, Ash Grove, Mold CH7. Rachel's Belly Dance and Holistic Dance North Wales. Facebook: of event name, or visit: rachelsheldydanceclasses.wales

18th THURSDAY - 22nd MONDAY

Gwledd Syrcas Feast Circus stills workshops and events for all; handstands, traditional dances, juggling, acrobatics. Pontio, Bangor 01248 382828, pontio.co.uk

19th FRIDAY

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

Mindfulness in the Woods An introduction to Mindfulness with nature as an aid and stimulus for learners to improve their health & well-being through a stronger connection to ourselves and nature. Qualified and experienced tutors will take you through a range of activities aimed at giving students techniques which they can take forward to practise Mindfulness in their own time. 10am - 1pm, £25 (+ £8.90 garden entrance). Erddig, Wrexham. Woodland Classroom 07876 794098, woodlandclassroom.com

gwyl gelf calon gwynedd 27th July - 4th August

heart of gwynedd art festival



An exciting summer event is confirmed as over thirty artists unite to create a new arts trail in the heart of Gwynedd.

Gwyl Gelf Calon Gwynedd - Heart of Gwynedd Art Festival runs from Saturday 27th July to Sunday 4th August 2019, it has been created to provide an opportunity to visit some great venues and open studios in the local area to see and buy the work of over thirty local artists. Some venues have demonstrations, workshops and artists creating. We have 2D and 3D art to suit all tastes including paintings, print, ceramics, slate art, scrimshaw and photography.

The festival offers not only great art, in several venues you will find coffee, cake and other culinary delights. The trail gives you chance to see some scenery that may be new to you, our venues are situated in locations that offer outstanding views of our beautiful area. You can seek out pieces of public art along the way, heritage sites of national importance not to mention top class beaches, mountains and hospitality.

Venues and Studios taking part:

St Cyngar's Church, Borth y Gest LL49 9TU

Open on Tuesday 30, Wednesday 31 July and Thursday 1 August.
10.00 - 16.00

Artists Su Walls, Jan Woods, Carys Meurig Parry, Ann Day, Mick Rogers and Barry Skinner (shown by Anne Henry).



Y Ganolfan, Stryd Fawr, Porthmadog LL49 9LU

Open on Tuesday 30, Wednesday 31 July and Thursday 1 August. 10.00 - 16.00
Artists Callie Jones, Ian Marsh, Andi Chell, Les Symonds and Carwyn Jones.



Rob Piercy Gallery, Snowdon Street, Porthmadog LL49 9BT

Monday - Saturday 10.00 – 17.00

Exhibition by local artists – originals, prints and ceramics

Byw'n Iach Glaslyn, Stryd Y Llan, Porthmadog LL49 9HW

Featuring an Ysgol Eifionedd Students mixed exhibition
Oriau agor - Gwelwch y wefan/Opening hours - see website

Y Gweithdy, Minffordd Station, LL48 6HF with artists Sarah Hartill, Rebecca Kitchin, Val Lewin, Sue Arney and the Penrhyn Art Group.

Open every day 10.00 - 16.00

Deudraeth Camera Club
Gwladys Roberts

Holy Trinity Church, Penrhyndeudraeth LL48 6AB with the Deudraeth Camera Club holding an exhibition and workshops.

In the Church exhibition - every day, [closed Sunday]
09.30 - 15.30

Workshops - Tuesday 30, Wednesday 31 July, Thursday 1 August. 11.00 - 15.00. See website for workshop details



Phoebe Dunne - Caffi Croesor



Caffi Croesor, Hen Bryn Gelynen, Croesor,
Penrhyndeudraeth LL48 6SS
See website for full directions and details of artists
exhibiting.
Open every day 12.00 - 18.00

Cegin a Siop y Garreg, Llanfrothen,
Penrhyndeudraeth LL48 6AQ – Eleanor
Brooks. Opening hours - see website

Oriel Brondanw, Plas Brondanw Llanfrothen, Penrhyndeudraeth LL48
6SW. Wednesday - Sunday 10.30 – 16.00
Chris Clunn - Photography
Peter Lord - mini show and talk



Chris Clunn

Sarah Malone Ceramics, Creua, Llanfrothen, Penrhyndeudraeth LL48 6SH
See website for full directions. Open Every day 10.00-17.00
For details of workshops see website



Phil Green

Phil Green - Open Studio Hendy, Ynysfor, Llanfrothen,
Penrhyndeudraeth LL48 6BJ
See website for full directions.
Saturdays and Sundays 10.00 - 14.00.
Monday - Friday 10.00 – 16.00

Nikki Sears, Llechrwd Campsite, Maentwrog, LL41 4HF
Every day 10.00-12.00. Studio + Workshops
See website for details

Plas Tan Y Bwlch, Maentwrog, LL41 3YU
Open every day 10.00 - 16.00. Stephen John Owen, Noelle Griffiths and Linda Davies

Carole Shearman - Open Studio - Melin Pant yr Ynn, Blaenau Ffestiniog LL41 3LZ
Open every day 10.00 - 16.00. Studio + Workshops
See website for details and directions

Antur Stiniog 1-2 Stryd Fawr, Blaenau Ffestiniog LL41 3ES
Opening hours - see website. Local Artists Exhibition

Blaenau Ffestiniog Library, Heol, Caolfan Maenofferen, Blaenau
Ffestiniog LL41 3DL. Opening hours - see website
Dafydd Davis, Jane Lelliot, Terry Bunce, Sarah Hartill, and Carol
Shearman



Terry Bunce

Llechwedd, Blaenau Ffestiniog LL41 3NB Open everyday 09.00 - 17.30
Artists Ieuan Williamson & Leah Green

*Festival founders, Sue Arney and Val Lewin, say they are delighted at the support the
art community, local authorities and businesses have shown.*

Please visit our website for further information.
www.gwylgelfcalongwynedd.com
www.heartofwyneddartfestival.co.uk



19th FRIDAY & 20th SATURDAY

Just Shorts: Hereafter Productions Classic Plays for the Modern Age. A variety of classic works, re-imagined for the modern stage. The new and exciting theatre company invites you into a surreal world of eccentric characters, mythical beings and secret killers. Featuring the works of Anton Chekhov, August Strindberg and more. 7.30pm, £7, £6 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

19th FRIDAY - 21st SUNDAY

Sesiwn Fawr Dolgellau Live music from talented musician, singers and spoken word. Artists include Geraint Jarman, Bwca, Alfa, Wigwam, Banda Bacana, Papur Wal, Glain Rhys, Magi Tudor, Vri. Contact 01341 422269 or dolgunuchaf@aol.com to reserve your camping place. Full programme details and tickets from : sesiwnfawr.cymru

19th FRIDAY - 22nd MONDAY

Nomad 3 Journeying within and amongst the Snowdonia landscape. The Nomad crew create a safe and nourishing environment for internal reflection through a series of fun and challenging processes, testing out ideas and theories and having a wonderful journeying time! Accommodation & food included. Tickets from nomadwales.com Based in Henbant Bach Farm, Tain Lon, Caernarfon LL54 5DF. Contact: nomadwales.com

19th FRIDAY - 23rd TUESDAY

Ethiopian Dreams Part of the 2019 Circus Feast. Circus Abyssinia, from Ethiopia, celebrate their extraordinary culture and weave the dreams of its cast through stunning feats of acrobatic daring and dance. 19th-22nd 7.30pm; 23rd 8.30pm. £15, £10 concs. Pontio, Bangor 01248 382828, pontio.co.uk

19th FRIDAY - 24th WEDNESDAY

Gwen (15) Film. In the stark beauty of 19th century Snowdonia a young girl, Gwen, tries desperately to hold her home together. Struggling with her mother's mysterious illness, her father's absence and a ruthless mining company encroaching on their land, a growing darkness begins to take grip of her home, and the suspicious local community turns on Gwen and her family. 7.30pm daily + 10.30am 22nd. Neuadd Dwyfor, Pwllheli LL53 5DE, 01758 704088, neuadddwyfor.com

19th FRIDAY - 27th SATURDAY

Llangollen Fringe Festival A myriad of singing, talks, films, multi-cultural, discussions, train journeys, art, comedy. Also Fringe Acoustica, Bruce Parry filmmaker, Storytelling, Steam Railway Shed visit, Band for a Day. Includes Sian Miriam - Trees, they Talk; exploring nature through celebration and warning. Archaeology, Clowning Around, Barbershops, and a climb up to Castell Dinas Bran. Events mostly in Llangollen Town Hall. Tickets: Everything £80, other options available. Visit: llangollenfringefestival.co.uk

20th SATURDAY

How to Save the Planet XR Pen Llŷn host the United Nations with a talk by Richard Shirres. 10.30am, donations, St. Peter's Church, Pwllheli. More info from: xr-penllyn@protonmail.com

An Afternoon of Relaxing, Revitalising Yoga and Meditation A unique combination of yoga postures, breathwork, mudras, meditation and relaxations to restore your vitality and re-energise your Body, Mind and Spirit. 2- 5pm, £28 refreshments provided. Bring a yoga mat, drink and rug for relaxation. Held in Oddfellows Hall, Main Rd., Saltney, Chester CH4 8SG. Bookings with Teresa Keast 07876 254518, teresa@teresa4yoga.co.uk

Circus Profession Jugglers, acrobats and more from the artists of this year's circus festival parading through Bangor City Centre from 1pm. Part of the Gwledd Syrcas at Pontio, Bangor.

Butterflies and Limestone Flora A gentle walk around this Local Nature Reserve and SSSI, with fantastic views from the hilltop. 2 - 5pm, donations. Mynydd Marian Nature Reserve, Llysfaen, LL29 8SP. NWWT contact Mark Hughes 07800 771570, mjdhughes1108@gmail.com

Botanical Art Class Treborth Botanic Garden is the perfect place to be inspired by plants. Come along every third Saturday of the month for some expert guidance from our artist in residence Doreen Hamilton. 10.30am - 3.30pm, £15, beginners welcome. Treborth Botanic Gardens LL57 2RQ. Doreen hamilton 07508 728418, bangor.ac.uk

Do What Yah Mamma Told Yah! A feast of food fusion and storytelling across geography and generations, in this vibrant comedy circus show. International contemporary circus artist Blaze and touring circus chef and performer Fatina are Mother and Daughter in a plate spinning, food juggling, fire blazing show, bringing the family kitchen and its recipes from the world to life. 4.15 - 4.45pm; 6.15 - 6.45pm, free. Pontio Plaza, Bangor 01248 382828, pontio.co.uk

Ritual Session: Reggae All Day! We are so excited to welcome you all back to Jah Garden, where the Subs will be Shaking and the Dance will be Quaking! With Selectas, Ritual Collective, Sticky Joe from Kingston Express Records, Leroy and Cheshire Cat, Skanking Sounds, Dragon Dub and Operation Soundsystem. + Live Acts, stalls, food. £10 tickets online/ limited at gate. The Blue Bell Inn, Conwy. Tickets: skiddle.com. Facebook: of event name

Wildlife Walk: Bug Hunt & Annual Fair Help us to discover the bugs of Bryn Pydew – bug-hunters of all ages welcome! Why not stay on for the Wydden Valley Trust's annual fair in the afternoon? 10am - 12.30pm, donations. Bryn Pydew; - the site lies in the hills between Llandudno, Rhos-on-Sea and Llandudno Junction, Conwy, LL31 9JT. Rob Booth 07764 897414, rob.booth@northwaleswildlifetrust.org.uk

Part of Gwledd Syrcas Feast: Eratik Live Music 8.30 - 10pm, free, Bar Fynnon. Pontio, Bangor 01248 382828, pontio.co.uk

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, saorimor.co.uk

Forest Bathing Shinrin-yoku (which translates to Forest Bathing) has captured peoples attention everywhere. Join us for a morning session of relaxation techniques, meditation, earthing and nature connection, with the aim of giving you a range of techniques which you can take away and use in your own time enjoying the outdoors. 10am - 1pm. £30. Erddig, Wrexham. Woodland Classroom 07876 794098, woodlandclassroom.com

From Little Scraps All are very welcome to join this fun workshop with Leisbeth Williams, textile artist. Suitable for a greetings card or to be framed. Appropriate for all abilities. 10am - 4pm, £35. Storiell, Bangor 01248 353368, storiell.cymru

Geraint Jarman and Maffia Live music. 7.30pm, £12. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

20th SATURDAY - 23rd TUESDAY

Fern Identification Study will primarily involve identification of species, but attention will also be given to basic fern ecology and factors that affect their survival. Some steep walks and rocky terrain, a basic level of fitness required. £370 single, £247 non-resident. Field Studies Council, Rhyd-y-Creuw, Draper's Field, Betws-y-Coed, 01690 710494, enquiries.rc@field-studies-council.org

20th SATURDAY - 25th THURSDAY

Emerging Writers: Poetry and Prose This course is aimed at emerging poets and prose writers between the ages of 18 and 35. Whether you're working on a poetry collection, a novel, a short story collection, a work of non-fiction or experimenting across different genres, you'll receive invaluable guidance on your creative journey. £325 - £450. Tŷ Newydd Writing Centre, Llanystumdwy, 01766 522881, tynewydd.wales

20th SATURDAY - 27th SATURDAY

Conwy Classical Music Festival The festival, centred round St Mary and All Saints' Church, has grown into an eagerly awaited annual event. Lunchtime (1pm) and evening concerts (7.30pm/8pm), featuring prominent musicians from Wales and further afield, offer a full range of orchestral, choral, vocal and instrumental experiences. The festival relies on the generosity of concert-goers to contribute to the collection, taken at the end of each concert. Lunchtimes and evenings, with some morning and afternoon events. Collection at the end of each concert. St Mary's Church, Conwy 07706 972656, conwyclassicalmusic.co.uk ~ conwyclassicalmusic@gmail.com

Teacher Training Mindfulness Level 1 Our aim is to provide mindfulness-based practitioners and teachers with a variety of opportunities to deepen their practice, in supportive settings, with the guidance of experienced mindfulness retreat leaders. Booking through: training@mindfulness-network.org Trigonos, Nantlle 01286 882388, trigonos.org

21st SUNDAY

The Big Draw Drop-in and take part in a mass drawing event, 1 - 4pm, £2.50, Plas Newydd, Llangollen. Bookings: 01824 712757, countrypark@denbighshire.gov.uk

Walk into the Dragon's Lair on Dinas Emrys Join local storyteller Eric Maddern as we go up oak-fringed footpaths and hear about the mythical birthplace of the Welsh dragon, Dinas Emrys. Steep uneven ground, suitable for adventurous families! 10am. Bookings with Claire 01286 685498, claire@snowdonia-society.org.uk

Yoga Workshop Expect a dynamic, challenging morning and a chilled afternoon session including restorative Yin yoga and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! with guest teacher Danny Paradise £45. Portmeirion. Tracey 07809 485323, traceyyogamassage.co.uk

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. The sessions are led by two inspirational dancers/choreographers - Cai Tomos and Angharad Price Jones. No previous experience or dance skills required - only the desire to stay active, fit and healthy. 1.30 - 5pm, £4. Galeri, Caernarfon 01286 685222, galericaernarfon.com

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

21st SUNDAY - 26th FRIDAY

Painting Flora and Fauna The course will give you the opportunity to explore exciting and different techniques such as using iridescent mediums and gum Arabic, and methods of painting that are not commonly used for botanical art. £598 - £648. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

23rd TUESDAY

Woodland Volunteering: Big Butterfly Count The monthly woodland workday parties offer you a chance to test out some of your practical skills in woodland management! As part of this day we will be joining in with the Big Butterfly Count -6t6 a nationwide survey aimed at helping assess the health of our environment. 10am, booking essential. Dan 01286 685498, dan@snowdonia-society.org.uk

Wildcraft: Summer Holiday Club Every Tuesday of the school summer holidays at Erddig, Wrexham. In our unique outdoor game kids have to work together, using what they know from video games, to learn outdoor survival skills and earn points along the way. Felin Puleston Outdoor Centre, Erddig, Wrexham LL13 7RF. Tickets: woodlandclassroom.com

The Healing Well The Gwynedd Healing & Peace Group offers hands-on-healing at Y Ganolfan, Pentrefelin (nr Criccieth) from 7 - 8.30pm. All welcome. Mayamara 01766 770874.

Marianne & Leonard: Words of Love (12A) Film. A beautiful love story between Leonard Cohen and his Norwegian muse Marianne Ihlen. Their love began on the idyllic Greek island of Hydra in 1960 as part of a bohemian community of foreign artists, writers and musicians. The film follows their relationship from the early days on Hydra, a humble time of 'free love' and open marriage, to how their love evolved when Leonard became a successful musician. 7.30pm, £10, £8 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

23rd TUESDAY & 24th WEDNESDAY

Drudwen: Part of 2019 Circus Feast Circus, physical theatre, spoken word and music combine in a dark modern fairytale told in Welsh and English. 23rd - 6pm; 24th - 2.30 & 7pm, 7+ yrs; £10.50 £8.50 concs. Pontio, Bangor 01248 382828, pontio.co.uk

24th WEDNESDAY

Reflections With music and poetry. A time for stillness by candlelight. One Wednesday a month, 7.30 - 8.15pm. Eglwys Llanfaelrhys Pilgrim Church, Porth Ysgo. Susan Fogarty 01758 703039, susanafogarty@gmail.com. See page 34

Hat Fitz and Cara Hill Country blues; Aussie guitarist and Irish roots. 8pm, £12 from Palas Print Caernarfon and Mudshark Records Bangor. The Vic, Menai Bridge LL59 5DR, 01248 712309, vicmenai.com

Mamas Broke Folk duo; haunting harmonies, fiddle, banjo, guitar and mandolin. Open 7pm for gig at 8pm; bar only; £10 Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Fencing Whether you have built several fences or are looking to learn how to build a fence for the first time, this volunteer day is bound to be a good day out on the coast. 10am, meet Morfa Bychan. Owain 01286 685498, owain@snowdonia-society.org.uk

25th THURSDAY

Picnic with a Porpoise Celebrate National Marine Week by enjoying 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 Eve Grayson, NWWT's Living Seas Engagement Officer. 5 - 7pm, donations. Meet behind Bull Bay Hotel, LL68 9SH. Penny Radford 01248 713022, radfords713@btinternet.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

Gwledd Syrcaes Feast: Jam Syrcaes What happens when circus and live music come together? Three circus performers are joined by musicians Gai Toms, Patrick Rimes and Gwenan Gibbard. 1.30 - 2pm, free. Pontio, Bangor 01248 382828, pontio.co.uk

Guided Mountain Bike Ride Join the AONB Ranger for a 5 mile circular guided mountain bike ride around the trail of Coed Nercwys. Safety helmet and gloves essential. 10am - 12pm. Bookings: 01824 712757, countrypark@denbighshire.gov.uk

Meditation: Entering the Silence A talk by Cynthia Trasi aimed at those who never get round to practising meditation. It looks at what Theosophical and other writers say about preparation and practice. Colwyn Bay Theosophical Society. 2pm, £5 ; TS Members £3, free refreshments, book sale. New enquirers welcome. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Enquiries: theosophywales@yahoo.co.uk See ad page 32

Open Doors 4th Thurs/month. 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.

Pop-Up Vinyl CD Shop 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Plus hand picked CD's. 3 - 8pm, The Valley, Isle of Anglesey LL65 3DU. 01407 740203.

Gwen (15) Film. See 19 - 24th for details. 7pm for film at 8pm, £5. Neuadd Ogwen, Bethesda LL57 3AN, neuaddogwen.com

NY Live: The Lehman Trilogy (12A) Film. The story of a family and a company that changed the world, told in three parts on a single evening. 7pm, £13, £11 concs., Pontio, Bangor 01248 382828, pontio.co.uk **Also** Galeri, Caernarfon 01286 685222, galericaernarfon.com **Also** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Bardd Unique Bilingual Global Music Fusion takes the audience on a journey from the Bardic Roots of Wales to a Freedom Funk Disco where everyone's The One. Also features Martin Daws, Ed Holden/Mr Phormula and Henry Horrell. 8pm, £8, £6 concs., Pontio, Bangor 01248 382828, pontio.co.uk

26th FRIDAY

Meadow Magic Come along and have a go at scything whilst learning about the reserve's wildflowers. Booking essential. 10am - 4pm, donations. Just off Eithinog Road, Bangor, LL57 2GZ. Chris Wynne 07764 897411, chris.wynne@wildlifetrustswales.org.uk

Raft Race with Cybi Events 1 - 5pm, plus stalls, activities; volunteers welcome! Race starts at 2pm, free registration. Newry Beach, Holyhead. Contact: 07470 854968, cybievents@gmail.com

Cybi Poets Meets last Fri/month to read and share poetry. 7.30pm, free. Iorwerth Arms, Bryngwran, Holyhead. Contact Karen 07929 069235.

Digital Photography Taster Session Rob Spaul will be giving a taster session on camera phone photography with clip on lenses to take Marco, Micro and wide angle photos. Rob will also bring a couple of DSLRs for anyone who is interested. 1 - 3pm, free. Denbighshire Voluntary Services Council, Well St., Ruthin LL15 1AF. 01824 702441, dvsc.co.uk

Speed is My Need (15) Film. Inside the mind of a superbike racer. What makes riders risk their lives at the Isle of Man TT for the thrill of speed? Look inside the world of racing superbikes in a spectacular ride of courage, crashes, psychology, speed and winning. 8pm, £7, u16s £6. Cellb, Park Square, Blaenau Ffestiniog LL41 3AD. 01766 832001, cellb.org

26th FRIDAY - 28th SUNDAY

Modern Theology, Supernatural Miracles and the Bible Liberal/progressive and conservative/evangelical Christians still argue about modern (and postmodern) theology, the meaning of miracles, literary genre, and how to interpret the Bible beyond a strict literalism. £235, non-residential £160. Gladstone's Library, Hawarden, 01244 532350, gladstoneslibrary.org

MTB Meetup - One Planet Adventure Free social Mountain Bike gathering returns to Llandegla. More from: mtbmeetup.uk

Lloyd George We will explore the David Lloyd George Museum and see rare footage of LG speaking, walk the woods where he gathered kindling as a boy, see the river where he fished and the simple grave where he lies buried. £219 - £239. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

A Closer Look at Trees This three-day, two-night course, provides an informative, entertaining and enjoyable introduction into the world of trees, woodland and forests. The course is led throughout by former Head Forester of the UK's National Arboretum at Westonbirt, Tony Russell. Aimed at non-professionals, it will cover native trees, evergreens, deciduous trees, ornamental garden trees and conifers. £244 - £264. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

Family Arts Festival With performances, workshops and activities for everyone from babies to grandparents. Bring your whole family along for a low-cost creative weekend! Dancing, Storytelling, Workshops, Art & Play, Tabby McTat, music, and "Inside" - a campsite story inspired by life in the womb, with multi sensory activities, for 1 - 4 year olds. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Llandudno Jazz Festival A stellar line up of Jazz talent. Afternoon and evening gigs. Other acts and Fringe events to be confirmed. Bodafon Farm Park, Llandudno. Camping available. Contact Festival at 07788 181750, llandudnojazzfestival.com

26th FRIDAY - 29th MONDAY

A Way of Building Using locally resourced materials. Building using locally sourced materials can help to ensure your structure is low impact and ecologically sound. This course provides hands-on experience in designing and building a structure from scratch, working with wood, stone, straw and other natural materials. £460, plus accommodation. CAT, Machynlleth 01654 704966, cat.org.uk

Spontaneous Storytelling Fiesta Alexander Mackenzie & Ivanir Sibylla Hasson invites you to come along and share the fun of making up stories at a spontaneous jamboree. Beginners and seasoned wordsmiths welcome! £450 - £350, sliding scale, shared accomm. Cae Mabon, nr Llanberis 01286 871542, caemabon.co.uk

27th SATURDAY

Chester's 'Stop Arming Saudi' Silent Vigil is held on the last Saturday of every month at The Cross in Chester city centre from 12.30pm -1.30pm. Please wear black if possible. Contact Margaret 07966 791822.

The Movable Feast More stalls, some great new veggie and vegan options, local produce, local craft stalls and great live music. 12noon - 10pm. Bodafon Fields, Llandudno LL30 1BW. Tickets through eventbrite.com

Teaching and Meditation Day Starts at 10am with meditation; guidance offered for those in need, Vegetarian lunch provided; 2.30pm a Dharma teaching in the Shrine Room Lama Shenoen will give a teaching on 'Vaster Vision'. You are welcome for all or some of the day. Closing around 4pm. The Hermitage, Ynys Graianog, Criccieth LL52 0NT, 01766 530839, ahs.org.uk

Walking, Wildlife and Welsh Come and enjoy a mornings walk and discover the natural treasures at Aberduna Nature Reserve in Welsh. Specifically for Welsh learners. 10am - 12noon. Meet at NWWWT's office car park on the Maeshafn Road, half a mile from Gwernymynydd (GR: SJ 205 616). Maeshafn, Denbighshire, CH7 5LD. Iwan Edwards 07584 311583, iwan.edwards@northwaleswildlifetrust.org.uk

Big Wild Sleepout 1 Just bring your tent and food, and we'll provide the adventure. Take part in a whole host of wild activities that can all count towards your Wild Challenge award, including bat and bird walks, moth traps and marshmallow toasting! From 5pm on 27th - 10am 28th. Booking essential, RSPB members £24 adult, £12 child; non-members £30, child £15. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Create Your Own Macrame Plant Pot Hanger This workshop will begin with learning some basic knots (Spiral knot, Square knot, Wrapping knot) and we will practice these by making a couple of keyrings. You will then progress to creating your own bespoke macramé plant hanger and Sian will guide you through each stage of the process and final stages. 10.30am - 5pm, £45, £40 students. Mostyn, Llandudno 01492 879201, mostyn.org

Getting to Know Plants Course Signing up for this course will give you privileged access to rare native plants from Wales, 'living fossil' plants from the age of the dinosaurs, desert cacti and bird-of-paradise flowers from Africa, carnivorous plants and exotic orchids from the cloud forests of the Americas, and living crops such as bananas, black pepper, coffee and sugar cane. 1 - 5pm, £22.50, £20 concs. Treborth Gardens, Bangor LL57 2RX. Booking essential 01558 667150. eventbrite.co.uk

Storytelling: Dreaming the Night Field from the Mabinogi stories, with Michael Harvey, Stacy Blythe and Lynne Denman. Booking recommended. Felin Uchaf, Rhoshirwaun, nr Aberdaron LL53 8HS. 01758 780280, info@felinwales.org, felinwales.org

Watercolour Painting in the Landscape This watercolour painting workshop will give you the chance to experience painting outdoors. Your tutor will be there to give one to one guidance on composition and natural focal points. 10am - 4pm, £50, £25 deposit. Woodland Skills Centre, Bodfari, Denbigh, 01745 710626, woodlandskillscentre.uk

Live in The Woods - John Williams and Friends Live folk music with mandocello and tenor guitar. 7 - 9pm. £20 per car with 2 free tickets, £5 each for 3rd & 4th person payable at event. 10 min walk into woods, stay warm, bring picnic, compost loo in woods! Woodland Skills Centre, Bodfari, Denbigh, 01745 710626, woodlandskillscentre.uk

André Rieu - Shall We Dance? Join André Rieu, his Johann Strauss Orchestra, world class sopranos, The Platin Tenors and special guests for a magical cinema experience. Plus behind the scenes content and an exclusive interview with André. 7pm, £12, £10 60+, £7.50 students/children. Galeri, Caernarfon 01286 685222, galericaernarfon.com **Also** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org plus 3pm on 28th. **Also** Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

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

27th SATURDAY - 1st AUGUST, THURSDAY

Living More Mindfully An opportunity to deepen your mindfulness practice and build the connections between your practice and your daily life. Suitable for people with an existing mindfulness practice, especially those whose bodies will welcome more movement practice in the mix! Practising together in silence at beautiful Trigonos in stillness and movement, eyes open and closed. £450, plus accommodation at Trigonos). If you have any questions or to book your place please contact Sarah at sc.silverton150@gmail.com Held at Trigonos, Nantlle 01286 882388, trigonos.org

Drawing on the Right Side of The Brain Have you always wished you could draw? Are you someone who thinks they could never learn to draw – well think again – if you can sign your name you can learn to draw! This 5-day intensive course was developed by Dr Betty Edwards author of 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. You can find out more from: learn-to-draw-right.com/pencil-drawing-course. Held at Trigonos, Nantlle 01286 882388, trigonos.org

27th SATURDAY - 4th AUGUST, SUNDAY

Gŵyl Gelf Calon Gwynedd~ Heart of Gwynedd Art Festival Taking place in the Porthmadog and Blaenau Ffestiniog areas of Gwynedd *See details and venues on on pages 20 & 21.*

Real Adventure Holidays We will be running a four day rolling programme of the activities below. The centre is AALA licensed and all activities are run by fully qualified, experienced instructors. We provide all necessary equipment for all activities. Various prices depending on number of nights. Mine Exploration, Gorge Scrambling, Mountain Walk, Rock Climb; all for adults and children. Held at Field Studies Council, Rhyd-y-Creuwau, Draper's Field, Betws-y-Coed, 01690 710494, enquiries.rc@field-studies-council.org. Details on website: field-studies-council.org

27th SATURDAY - 11th AUGUST, SUNDAY

National Marine Week The Wildlife Trusts' nationwide celebration of all things marine. Despite the name, it lasts 15 fun-filled days to allow for the variation in tide times around the country. you can find out about events in your area at: wildlifetrusts.org

28th SUNDAY

André Rieu - Shall We Dance? *See 27th*

29th MONDAY

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event

is always free to attend, with donations welcomed, legal experts available each month for help with queries. 2 - 4pm. Kinnel Bay Community Library, Kendal Road, Kinnel Bay, Denbighshire LL18 5BT, 01745 772150, homeinstead.co.uk

Lammas New Moon Gong Bath During the meditation, all levels of your Being - physical, energetic, emotional, mental and spiritual - will benefit from the deep, healing resonance of the gong. For most people, a gong bath is a deeply relaxing and peaceful experience. 7 - 8.15pm, £13. Caernarfon. Book - cat@trudrudyoga.co.uk

29th MONDAY - 31st WEDNESDAY

Vita and Virginia (12A) Film. A love story of the affair and the friendship between writer Virginia Woolf and aristocrat Vita Sackville West. 7.30pm daily. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

29th MONDAY - 2nd AUGUST, FRIDAY

Cross Stitch Workshop Although there is an emphasis on design and originality, you are welcome to bring along projects that you enjoy which are not necessarily original. Visits to skilled needlecraft enthusiasts in their own surroundings will further enhance and contribute to your enjoyment, skills and knowledge. £424 - £464. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

Butterflies and Moths Electric observation lights will be operated in the grounds at Plas in the hope of attracting Barred Chestnut, Dusky Thorn, Black Arches, Canary Shouldered Thorn and Sallow Kitten. Over 100 species of moth are frequently recorded on courses at Plas. £424 - £464. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

How to Write Young Adult Fiction This course will focus on writing fiction that will have younger readers gripped from the first page until the last. We will explore genre tropes and story structures, how to balance world-building with action and plot, techniques to keep tension high, and useful tips for the drafting and revision processes to ensure your work packs a punch. £425 - £550. Ty Newydd Writing Centre, Llanystumdwy, 01766 522881, tynewydd.wales

31st WEDNESDAY

Café Angau ~ Death Café Come and share stories, experiences, worries and hopes over a panad and biscuits. Warm welcome. 6 - 7.30pm. Galeri, Caernarfon 01286 685222, galericaerfon.com

RSC Live: Measure for Measure (12A) Screening of live performance. When a young novice nun is compromised by a corrupt official, who offers to save her brother from execution in return for sex, she has no idea where to turn for help. When she threatens to expose him, he tells her that no one would believe her. 7pm, £12, £11, £8 student & children. Galeri, Caernarfon 01286 685222, galericaerfon.com *Also* Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Copydate for August Issue:

July18th

Workshops in August & September

AUGUST

- 1 - 5 **Conscious Tribal Gathering 2019** Glyndyfrdwy, Denbighshire Facebook: of event name
- 2 **Quiet Day** Hillside Retreat, Rhosesmor. Helen: helen@soul-life.co.uk
- 3 **Introduction to Patchwork** Storiell, Bangor 01248 353368, storiell.cymru
- 3 **Contemporary Love Spoon Felting** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 4 **Map Reading for Trail Runners** Llithfaen LL53 6PA. Bookings: no-mad running.com
- 7 - 12 **Nomad 5 ~ Journey with Purpose** Based in Henbant Bach Farm, Tain Lon, Caernarfon LL54 DF. Contact: nomadwales.com Facebook: Nomad 5 - August
- 9 - 12 **Yoga and Walking Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 10 **Energy Healing and the Celtic Chakra System** Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com
- 11 **Beginners Contemporary Calligraphy** Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org
- 11 **Earthwalking Introductory Day** Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com
- 11 **Embroidery** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 17 - 21 **Make a Windsor Chair** Wernog Woods, Ruthin LL15 1YE. Contact 07765 251531, courses@wernogwood.co.uk
- 18 **Yoga Day** Portmeirion, Contact 07809 485323, traceyogomassage.co.uk
- 28/8 - 6/9 **Ayurveda Certificate Course** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 30/8 - 1/9 **Ayurveda Rejuvenation Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 30/8 - 1/9 **Fields of Love 2019** Glyndyfrdwy, Denbighshire. Facebook: of event name
- 31 **Igniting the Core Flame: A Day of Bellydance and Yoga** Llanfachraeth, Ynys Môn. Tickets: inspiratrix.co.uk
- 31/8 - 1/9 **Earthwalking Cycle 1** Cae Non, nr Pistyll, Pen Llŷn. Visit: gillianmonks.com

SEPTEMBER

- 5 - 8 **Conscious Camp** Glyndyfrdwy, Denbighshire. Facebook: of event name
- 6 - 9 **Yoga & Wild Swimming Weekend** Menai Bridge. Book: thezestlife.co.uk
- 8 **Awakening Your Sacred Feminine** Mold, Flintshire. Book: iscia_espirit@hotmail.co.uk
- 14 **Embroidered Flora** Storiell, Bangor 01248 353368, storiell.cymru
- 14 **Create a Bespoke Papercut** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 16 - 22 **Yoga & Wild Swimming** Menai Bridge. Book: thezestlife.co.uk
- 20 - 22 **Yoga, Nutrition & Detox Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 21 **Weave a 'Ring Nest'** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 21 **The Mountain Environment** Snowdonia, Nature's Work; natureswork.co.uk
- 22 **Glaciation of Snowdonia** Nature's Work; natureswork.co.uk
- 25/9-13/11 **Mindfulness 8 week course** Criccieth area. Contact gwyneddmindfulness.co.uk
- 22 - 26 **Earth Care Retreat** Snowdonia Lodge, Bethesda 01248 602900, druyoga.com
- 27 - 29 **Wild Women Equinox Gathering** Glyndyfrdwy, Denbighshire Facebook: of event name
- 28 **Textured Silver Pendant** Mostyn, Llandudno 01492 879201, mostyn.org

John Muir once said, "Thousands of tired, nerve-shaken, over-civilised people are beginning to find out that going to the mountains is going home; that wildness is a necessity."

Centres in North Wales: Workshops in August & September

Centre for Alternative Technology (CAT)

Machynlleth SY20 9AZ
01654 704966, cat.org.uk

AUGUST

- 3 **DIY Furniture**
5 - 9 **Timber Frame Self Build**
17 & 18 **Intro to Solar PV and Off Grid**
19 - 23 **Building with Straw Bales**
24 **Earth Oven Building**
27 & 28 **Fixing Your Damp House**

SEPTEMBER

- 7 **Create A Felt Bowl**
7 & 8 **Building with Ecobricks and Cob**
20 - 22 **Pond & Stream Invertebrate Life**
21 **Build A Lapsteel Guitar**
21 & 22 **The Science Behind Gardening**
21 & 22 **Fixing Your Damp House**

Cae Mabon

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

AUGUST

- 2 - 5 **Fruits of Inner Awareness**
8 - 11 **Sound Medicine: Singing & Chanting**
12 - 18 **Greenspirit Wild Week**
18 - 23 **Cae Mabon Open Week**
30/8 - 1/9 **Women's Retreat**

SEPTEMBER

- 4 - 8 **Songwriting**
9 - 13 **Sisters of the Wild**
13 - 15 **Change in Nature**
20 - 22 **Environmental Therapy**
25 - 29 **Dadeni 3**

Field Studies Council

Rhyd-y-Creuwau, Draper's Field
Betws-y-Coed, Conwy LL24 0HB
01690 710494,

enquiries.rc@field-studies-council.org

AUGUST

- 10 - 14 **Real Adventure Holidays**
11 - 16 **History and Natural History of Conwy Valley - Source to Sea**
16 - 23 **Geology and Scenery of North Wales**
16 - 23 **Adventurous Activities in Wild Wales**
16 - 23 **Landscape Painting in Snowdonia**
19 - 24 **Discover Snowdonia Residential**
30/8-1/9 **Bird Identification**
30/8-6/9 **Landscape Painting in Snowdonia**

The Healing Centre

8 Fron Ogwen, Tregarth, nr Bangor
01248 601388, 07771 280824
vivreiki@hotmail.com

AUGUST

- 24 & 25 **Reiki 1st Degree Course**

SEPTEMBER

- 21 & 22 **Reiki 1st Degree Course**

Gladstone's Library

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

AUGUST

- 5 - 11 **Hebrew in a Week**
12 - 18 **Greek in a Week**

SEPTEMBER

- 6 - 8 **Gladfest 2019**
9 - 13 **Latin Second Steps**
20 - 22 **In Search of the Historical Jesus**

Kalpa Bhadra Buddhist Centre

34 Mostyn Street
Craig y Don, Llandudno LL30 1YY
01492 878778,
meditatenorthwales.com

AUGUST

- 23 - 25 **Lamrim, The Stages of The Path**

SEPTEMBER

- 7 **Learn to Meditate**
14 & 15 **Beginners Meditation Retreat**
21 **Stop Worrying, Start Living**

Plas Tan y Bwlch

Maentwrog LL41 3YU
01766 772600,
eryri.llyw.cymru

AUGUST

- 4 - 9 **Transforming the Artist**
9 - 11 **A Glimpse at the Slate Industry**
11 - 18 **Heritage Railways**
30/7-1/8 **Darwin Geologising in Snowdonia**

SEPTEMBER

- 6 - 8 **Botanical Art in Coloured Pencil:
Changing Seasons**
6- 8 **Signalling the Narrow Gauge**
6 - 8 **Rambling for Welsh Learners**
15 - 20 **Society of Botanical Artists Course**

Trigonos Environment Centre

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

AUGUST

- 1 - 4 **Boundaries & Space: a Yoga Retreat**
4 - 10 **Mindfulness-based Compassionate
Living** *Bookings: mindfulness-
secular-retreats.org.uk*

SEPTEMBER

- 21 - 24 **Space to Be with Ros Tennyson**
21 - 25 **Vibrant Vegan Cooking** with chef Lee
Watson

Tŷ Newydd Writing Centre

Llanystumdwy, nr Crickieth LL52 0LW
01766 522881, tynewydd.wales

AUGUST

- 2 - 4 **Write it Out! LGBT+ Writing**
12 - 17 **Refining and Editing Your Fiction**
19 - 24 **Poetry - The Personal and The
Political**

SEPTEMBER

- 6 - 8 **Encil Y Stamp**
9 - 14 **Storytelling Retreat: The Goddess and
her Consorts**
12 - 17 **Clwb Darllen Tŷ Newydd**
14 **Welsh Language Day: Lyric Writing**
16 - 21 **Writing a Novel**
23 - 28 **Making Your Truth in Poems**

Woodland Classroom

Wrexham area
07876 794098,
woodlandclassroom.com

AUGUST

- 10 **Mindfulness in the Woods** @ Chirk
Castle, Wrexham
17 **Bushcraft Basics** @ Chirk Castle,
Wrexham
18 **Family Bushcraft: Shelter Building** @
Chirk Castle, Wrexham
31 **Mindfulness in the Woods** @
Hawarden Estate, Flintshire

SEPTEMBER

- 14 **Wild Food, Foraging & Cookery** @
Erddig, Wrexham
20 **Weeds for Wellbeing** @ Hawarden
Estate, Flintshire
28 & 29 **Bushcraft Skills Weekend** @ Chirk
Castle, Wrexham

Woodland Skills Centre

The Warren,
Bodfari, Denbigh
01745 710626,
woodlandskillscentre.uk

AUGUST

- 5 - 9 **Family Week in the Woods**
10 **Gypsy Crafts 1**
11 **Gypsy Crafts 2**
25 **Family Day in the Woods**
31/8 - 1/9 **Growing and Using Medicinal Herbs**

SEPTEMBER

- 7 **Open Workshop**
7 & 8 **Family Weekend in the Woods**
14 **Apple Day**
21 & 22 **Bushcraft Through the Seasons:
Autumn**
28 **Apple Day**
28 & 29 **Make a Bushcraft Knife**

Exhibitions



Basketry ~ Function & Ornament 20th July - 13th October. This exhibition looks at current practice of some thirty makers from throughout the UK. It brings together functional vernacular work from various parts of the country, alongside pieces that are sculptural and ornamental. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Karel Lek ~ 90th Birthday Exhibition Until 13th July. Oriel Uchaf, RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org

Fooling the Eye ~ Twyllo'r Llygad Until 31st August. Creating optical illusions and playing with perspective. A collection of 20x20 inch quilts, created by members of the Modern Quilt Group, also items by guest speakers and textile artists Dorothy Russell and Liesbeth Williams. Storiell, Bangor 01248 353368, storiell.cymru

NW Potters ~ Maker of the Month of July are Alan and Lyn Newton. 1 High St., Conwy LL32 8DB, 01492 593590, northwalespotters.org

Under Your Feet ~ The Contemporary Rug Until 14th July. A celebration of rugs designed in the British Isles. 19 of the best rug makers today are represented in this exhibition. Their rugs will be spread out in a colourful, textured and timely reminder that underfoot, or on a wall, rugs remain as vibrant and relevant as any other craft medium. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



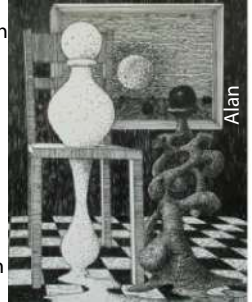
Drawn From The Collection / O'r Casgliad Until 7th July. Previously unexhibited broad range of works on paper. Includes work by Williams, Tunnicliffe, Leslie Jones, TG Walker, Keith Andrew, Iola Spafford and others. Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

Charles Tunnicliffe - The Commercial Artist Until 1st September. Showcasing the artist's role as a creator of timeless and evocative images, and presents original artwork from both public and private collections. Oriel Ynys Mon, Llangefni, Anglesey LL77 7TQ, 01248 724444, kyffinwilliams.info

Lynne Cartlidge Until 17th July. As a still life painter Lynne is always searching for subjects which communicate. As poetry can use language and words in a metaphorical, allusive way, Lynne is attempting to devise an equivalent visual language in her work. Ffin y Parc, Llanrwst 01492 642070, welshart.net

Pensychnant Wildlife Art Exhibition Until 29th September. Exhibition of originals, prints and photographs in various styles and media, works by Philip Snow, Julie Horner, Liz Bolloten, Betty Mills, Angela Rigby-Doble, Emma and Steve Stansfield, Ian Wright, Paula Salmons, Chris Slinn, Bee Williams, John and Tracy Langley and Barbara Winrow. *If anyone else wishes to exhibit please contact Julian.* Pensychnant Centre, Conwy. Julian 01492 592595, julian.pensychnant@btinternet.com

Alan Palmer RCA ~ Flights of Fancy Until 13th July. This series of drawings has not developed in a straight line, but has deviated to wherever inspiration has struck – poem, saying, landscape, interesting object, spontaneous invention, memory or humorous aside. Royal Cambrian Academy Crown Lane, Conwy LL32 8AN, 01492 593413, rcaconwy.org



Jacob Buckland Until 14th July. Jacob's first solo exhibition - Landscape and Nature. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

Primmy Chorley Until 14th July. This is the lived everyday, depicted with a purity of intent that borders on innocence. It is the wonder of the commonplace made manifest in simple forms and humble materials. Home, family, the surrounding land and beloved dogs. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Clare Marie Bailey: Parallel Lives ~ Bywydau Paralel Until 7th July. Analogue self-portraiture. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

NW Open 2019 Until 23rd August. This large annual art exhibition features the diversity of artistic talent in North Wales, and includes painting, drawing, printmaking, photography and mixed media works. open to submissions from professional and amateur artists over the age of 17 living in the counties of Flintshire, Denbighshire, Wrexham, Conwy, Gwynedd and Anglesey. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com



Quarry Women ~ Merched Chwarel Until 7th September. A collaborative exploration of who we are - the quarry women of past, present and future. Storiell, Bangor 01248 353368, storiell.cymru





Wynne Jenkins ~ Overview Until 17th July. Wynne's subjects are unmistakably Welsh, anchored with recognizable details: the rooves of slate, the rusted corrugated sheds and the cracked, patched render. His bold and broad palette gives his work great vivacity and verve. These scenes are animated by his particular vision, his sunny optimism and his generosity of spirit. Ffin y Parc, Llanrwst 01492 642070, welshart.net

Cynefin ~ Dafydd Davis Until 19th July. Local landscape exhibition. Dafydd attempts to reconnect to the landscape where he grew up, ran, climbed and walked with a focus on rock, light and weather. Hwb Croesor, Oriol Caffi. Facebook: of event name

Karen Roberts 1st - 31st July. Local artist display in this monthly micro-exhibition for new artists. Art Studio, Oriol Mon, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk *If you would like to exhibit your work in the Art Studio please get in touch*

Crossing Beaches ~ Croesi Traethau 20th July - 19th January 2020.

The Sian and Ken Owen Art Collection featuring over 80 paintings of Wales' foremost artists. Oriol Kyffin Williams, Llangefni, Anglesey 01248 724444,



oriel@ynysmon.gov.uk

Migrating Metal ~ Metel yn Mudo Until 6th July. Saving Treasures, Telling Stories Project – is a community archaeology project working with community groups to help interpret their collections and bring them closer to their collective past. Saving Treasures is a partnership between Amgueddfa Cymru – National Museum Wales, the Welsh Museums Federation and the Portable Antiquities Scheme in Wales (PAS Cymru), and is funded by the Heritage Lottery Fund. Storiol, Bangor. storiol.cymru

Julie Roberts ~ Views of The West Until 21st October. I mainly work in watercolour, but have a love for acrylics too, the landscape of my locality lends itself to both mediums, my favourite subjects are buildings, trees and the sea. Oriol Mon, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

Barbara Winrow ~ Overview Until 17th July. "When I paint I picture past times when long summers were punctuated by country walks, bike rides, and countless picnics. Sitting by a stream, sandwich in hand and hoping to spot a frog, newt or bird that I had never seen before is a strong and magical memory." Ffin y Parc, Llanrwst 01492 642070, welshart.net

Llyr Erddyn Davies ~ Uned o Fesur / Unit of Measure Until 17th July.

Each figure starts as a wax model, small characters reflecting everyday situations. Later, casting in bronze confers status, literally adds weight: Bronze is a monumental



material, allowing the artist's vision, though fleeting and fragile, to become permanent and eternal. Lifted out of time current, at once new and timeless. Ffin y Parc, Llanrwst 01492 642070, welshart.net

Penelope Timmis Until 14th July. With subject matter inspired by her surroundings Penelope's work has a strong sense of colour – even on a grey day she sees colour around her. Plas Glyn Y Weddw, Llanbedrog LL53 7TT, 01758 740763, oriel.org.uk

Pete Jones ~ Voyage Until 4th August. This exhibition explores the notion of life as a voyage and presents images of people and places important to the artist at a reflective point in his life. Oriol Mon, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk



Pete Jones

Light and Water Until 14th July. Light and water is the overarching theme of an exhibition by three Cheshire based artists whose inspiration stems from nature and the natural world, particularly wild waterfalls, dancing sunlight reflected on the water's edge, wrack line residue and playful ravens. Three individual presentations include watercolours by Jenny Ryrrie, photography and film by David Heke and ceramics by Liz Ellis. Plas Glyn Y Weddw, Llanbedrog LL53 7TT, 01758 740763, oriel.org.uk

Rob Piercy ~ Our Diverse Landscape Until 14th July. Oils and watercolours of Welsh mountains and seascapes. Plas Glyn Y Weddw, Llanbedrog LL53 7TT, 01758 740763, oriel.org.uk

Have your exhibition listed here:

07777 688440

network-news.org

The Theosophical Society

Presents

'Meditation: Entering the Silence'.

A talk by Cynthia Trasi



This talk is aimed at those who never get round to practicing meditation. It looks at various writers but mainly what Theosophical writers have to say about preparation and practice.

Thursday 25th July at 2pm.

Held at Parkway Community Centre,
Rhos Rd. Rhos-on-Sea.

LL28 4SE

Admission £5 ~ Members of the TS £3.
Free Refreshments ~ Book Sale

Enquiries theosophywales@yahoo.co.uk

Sponsored by The Theosophical Society Registered Charity No. 1167737

Bangor Theosophical Society
Club Hiraal Club, Ambrose St, Bangor LL57 1BL

Dragons, Megaliths and Pyramids The Secret Doctrine and the Egyptian Link

a talk by **Janet Hoult**



A look at dragon traditions and their
connections with megaliths and stone
circles

Tuesday 9th July 7.30pm - 9pm

followed by free refreshments and book sale

Entrance £5 Members £3

****All Welcome****

Enquiries: 01248 600 267 - toddyalc@gmail.com
Charity No: 1167737



WOODLAND CLASSROOM

Find Your Wild

Nature Connection Forest School
Bushcraft Wellbeing in the Woods



Foraging & Wild Cooking Mindfulness in the Woods
Family Bushcraft Days 1-2-1 Bushcraft Tuition
Woodland Birthday Parties School Visits
Holiday Clubs Outdoor Education

We host an engaging programme of workshops through the year for all ages, surrounded by the National Trusts beautiful Erdrig & Chirk Castle estate woods & parkland.

Call us: 07876 794 098

www.woodlandclassroom.com

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

Eco-Decluttering

Sue Denim

When I first started decluttering in Autumn 2017 I wrote this in my declutter journal *'I gain nothing positive from keeping my house cluttered. I gain discomfort, stuckness...My excuses: Overwhelmed. Don't want to create waste. Not enough time.'* I can report back from nearly two years distance that in my decluttering process I have sent very little to landfill, I have had enough time to do it, I am no longer overwhelmed with my stuff, and I am much more content with my home and my life. Hoorah!

It has taken time. I now see that it had to take a long time. Eco-decluttering takes a lot longer than simply chucking the unwanted items in the dustbin (or skip, depending on the size of the problem!). Decluttering sustainably was how I wanted to approach the task and it ended up being very worthwhile as it led to a deep understanding of the environmental weight of my physical possessions and the responsibility I believe I have for what I bring into my home (and how it ultimately goes out). If I am buying something new I will now consider very thoroughly what will happen to it at the end of its life (or the end of its life with me).

I have become very passionate about eco-decluttering through getting rid of my own stuff and I know from experience that it is easier and more fun with company, advice and encouragement!

I wish to use my experience, skills and enthusiasm to help others free up some space in their homes and lives.

Imagine only having what you love and use in your home - it feels so good! Please note - this is not about minimalism

although it may result in some form of minimalism. It's not about numbers, everyone is different. The aim is to end up with a home that is fit for purpose, where you love and/or use all the physical possessions in it.

I will tailor the experience to your needs and personality and your particular declutter

goals and work at your speed, as quickly or as slowly as you like. (Bearing in mind that eco-decluttering is not usually a fast process!)

I will work with you to make sure that your decluttering does not add to your dustbin contents where possible. (It usually is possible!).

Eco-decluttering can be enjoyable, interesting and healing - I will do my best to help you achieve this.

My rates are £30 an hour, £50 for 2 hours, £100 for 6 hours. I also consider working on a money-free basis. (Skill-swapping, hour for hour). Get in touch!

Sue Denim is an ex indie minor celebrity, a mother and eco-decluttered.

ecodecluttercoach@yahoo.com

07846 536 139



Rosie Waite

Trained Funeral Celebrant

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

I work closely with both individuals and funeral professionals.

Please feel free to contact me with any queries.

07772 584533

rosie.waite@yahoo.com

www.rosiewaitefuneralsnorthwales.com



'Reflections'

With Music and Poetry
A time for stillness by
candlelight

Cerddoriaeth a
barddoniaeth

Myfyrdod yngngolau
Canhwyllau

7.30pm – 8.15pm

One Wednesday a month in 2019

24th July : 21st August
18th September : 23rd October

Eglwys Llanfaelrhys Pilgrim Church, Porth Ysgo

from Aberdaron to Rhiw, 2 miles, turn right at the crossroads LL53 8AN

Parcio wrth yr Eglwys neu £1 Fferm Ysgo –Cerdded tua 3 munud

Parking by the Church or £1 at Ysgo Farm 3 minutes walk

susanafogarty@gmail.com : 01758 703039



WOODLAND SKILLS CENTRE

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

We run a wide range of courses in traditional crafts including coppice and greenwood crafts, basket making, timber frame building, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw and hedge laying. We run bushcraft courses and hold family days, weekends and weeks in the woods. We do special events such as birthday parties. We run level 3 courses in Social Forestry and Mindfulness. People on courses can have free camping with access to w.c and shower.

01745 710626

enquiries@woodlandskillscentre.co.uk
www.woodlandskillscentre.uk

Are you feeling stuck in your life?

Can't make or sustain positive change? Want to change but don't know how?

Whether emotional, physical or life style issues, **Josephine Airns** facilitates powerful personal and spiritual growth processes.

Resonance Repatterning®

01691 773806

Llangollen Natural Health Clinic

www.resonancerepatterninguk.net

SUBSCRIBE TO
NETWORK NEWS
and stay in touch with
what's inspiring in North Wales
£20 for 12 months printed version
£10 for e-version
info@network-news.org
network-news.org

The Dance by Ianthe Pickles

Bare feet carry me across the floor, for?... to release
My strictures, my inhibitions, my aches, my weights, my joy.
Stretch my toes, grip the ground, spread the strength
Even more, feel my breath, plunge the depth,
Legs to toes connect, thighs to hips, shoulders, arms,
Stretch, breathe, reach out, around and down
Head to neck, lead the dance, explore and trance,
Move and sway, feel the roots, twist the trunk.
Grounded, rounded, curled, unfurl and
Notice the sweet sensation, the joints explode!

Quiet, delicate, minimal, animal, eyes follow and spy, close and sigh,
Know the now, not the how.

Touch and tap, rough, smooth to groove
Let the earth support you

Roll, turn, tummy crawl, a childhood game, creep, prow!

A growl, smile situation, laughing sensation

Lost in a world, rest and inhale, relax then tense

Find knots and undo, a hope to pull through,

Bones strong, knit and true, old bits to renew, blood

Surges, enlivens the flesh, now awakening, fresh.

Unfold and embrace, magic the trace,

Breathe in delight, follow rhythms, unite,

Glimpse other beings, join and depart, give all of your heart,

Find paths intertwining, flow...

In a flash, panic fleeing, spiral, twirl, thrill, more!

Exciting, shout out, be alive, renew,

Share the moment, travel through space, wrench from within

Dart to the Heavens, unravel your soul!

Wall shadows, ghosts from inside, flicker and sprite, pattern and dart,

Enclose and explore, whole body, wide.

Drum and beat, sense the heat, taste the sweat,

Blow; fierce the pace, chest to burst.

Running, diving, swishing, striving, pulse ecstatic,

Snort, leap dramatic, pant.

Fling, expand, absorb and stand,

Warmth embracing, dreams we're chasing, glee,

Free, to move, to breathe, to see, the mind,

The shedding, losing, loving, energise.

Circle caring, holding, sharing, safe

And facing, life vibrating, understand.

To follow your fingers to fly in unison, threads leading your limbs

To gentle introspection and calm,

Body shaken and sorted, pummelled and sported,

Stretched and transported, balm.

Mind released and contented, fire burning,

Contained, expanded and firm,

Phoenix has landed, flown silent

Wings folded and rested.

Peace.

Complete.

Home!

inspired by Gabrielle Roth's 5 Rhythms

Act Now!

Lettie Braybrooke



Over the last 35 years, at various times, I've been a member of Greenpeace, Amnesty, CND, and FoE, as have many others in order to highlight, be aware of and stand up for peace and injustice, whether planetary or human focused. And now faced with a colossal world crises we have XR/Extinction Rebellion - a collective process of how to live through ecological and climate crises - is amongst us.

"Conventional approaches of voting, lobbying, petitions and protest have failed because powerful political and economic interests prevent change. Our strategy is therefore one of non-violent, disruptive civil disobedience – a rebellion."

Even small group action, as Margaret Mead said back in 1978, is never to be doubted. Now, compassionate rebellious groups everywhere must come together to Act Now!

Lettie Braybrooke is a local activist and currently looking after NN's social media .

SIGN UP for OPERATION MUSHROOM

In 5 cities across UK on 15th July, Rebels will rise up in an organic, de-centralised, co-ordinated action, disrupting city spaces with the message ACT NOW. Just like mushrooms spread their spores, we want to show the Government how we are growing and spreading. To get involved fill out a form at online address below. This will help in the planning and put relevant co-ordinators in touch with you. Please still sign up if you have time to help but are unable to be free on the day of action.

The regions are: Glasgow, Cardiff, Bristol, London and Newcastle.

www.actionnetwork.org

Local XR/Extinction Rebellion Groups in North Wales on Facebook:

- * XR Dyffryn Nantlle Cymuned Meets in Talysarn Village Hall fortnightly 7 - 9pm.
- * XR Pen Llŷn meets every week - Tues or Thurs mornings 10.30am - 12.30pm-ish, Plas Heli Café, Pwllheli. email: xr-penllyn@protonmail.com
- * Extinction Rebellion Llangollen. email: xrllangollen@protonmail.com
- * Gogledd Cymru XR North Wales News and Events. Meets Bangor Uni. Mondays 6.30pm.
- * XR Mid & North Wales Actions
 - * XR Machynlleth

EVENTS

- * 3rd July - 'Gwynedd 2030' - What changes do we need to make in our Climate Emergency? Galeri, Caernarfon
- * 14th July - The Green Gathering & XR Meet, Magic Lantern, Tywyn LL36 9DF
- * 18th July - Heading for Extinction Talk, Rhosddu Community Centre, Wrexham
- * 20th July - Talk on how the UN is involved and what it's doing now, with Richard Shirres, of XR Pen Llŷn, Pwllheli

See Calendar for more info

There are Podcasts, News items and UK meetings info from: rebellion.earth

We Are Here Gail Bradbrook

Standing above the crowds in Oxford Circus, in the pink Extinction Rebellion boat, Daiara Tukano spoke of existence as resistance. Coming from the Tukano indigenous nation of Brazil's Upper Rio Negro, a community enduring severe human rights abuses and under sustained environmental attack, she told us that indigenous nations protect 82 per cent of the Earth's biodiversity. Her message to us

THIS IS NOT A DRILL

AN
**extinction
rebellion**
HANDBOOK



This article is an extract from *This is Not a Drill: An Extinction Rebellion Handbook*, published by Penguin.

was that if you are alive at this moment in history, it is because you are here to do a job. So what is your place in these times? Have you felt the call to join Extinction Rebellion? Which of your gifts are needed right now? Maybe you feel ill equipped. Bring

your uncertainty, together with a willingness to learn. You may feel your gifts are simple. Simple offers, made with true love, are the stuff of life. Do you feel the call to be with us on the streets? Come along and remember the power of togetherness, when the people are determined and strong. Join us in our home communities, let us grow as we are needed. You are so very welcome.

These are times of unravelling, dissolving, transformation. Don't expect to be the same person as before you took part in this journey. For each of us there is an individual challenge, there are waves of difficulties, obstacles, challenges that can be hard to anticipate and hard to name.

It's time to trust what is happening and to be willing to be changed.

We have shown in the UK something of what we are made of – which is perhaps fitting for the nation that unleashed this incredible and destructive industrial society on the world. Our challenge now is to look beyond our island nation and see with fresh eyes the rest of our family, spread across the world. To open our hearts. When we are able to fully feel the losses among us, then we will be able to do what these times truly require from us. All the children are our children. We can protect those closest to us only when we remember our love for those furthest away. This is an international rebellion, aligned with all peoples living with struggles to protect life on Earth. This is sacred.

Dr Gail Bradbrook is an economic justice campaigner, passionate revolutionary and cofounder of XR

rebellion.earth



Full Moon Meditation Network

Cancer: June 22nd ~ July 22nd
Full Moon: July 16th at 10:38pm

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

Caution over 5G

it's military grade
it's millimetre wave technology
the long-term potential collateral damage
the effect of frequency harmonics
is still very much unknown
but Science and Government and Ofcom
have given it the go-ahead
have sanctioned 5G mobile mast networks
perhaps too close to house and home
some technology experts have warned
the system operates on sensitive frequencies
and while we all live in a cloud of
electro-magnetic broadcast and radar radiation
as we enter a new world of 5G technology
a new era of awe and wonder to connect all and everything
at speeds beyonder with caution cast asunder
where military grade millimetre wave technology
can react with the sensitive cells of animals and insects
and the nervous system and the brain of the human body
with the risks and consequences uncertain and unknown
calling for caution over 5G technology
there just could be health implications
with the long term difficulty of who to blame

©2019 Ted Townsend



Advertisers Index

Theosophical Society Talk by Cynthia Trasi	01248 450 010	32
Theosophical Society Talk by Janet Houlst	01248 600 267	32
Woodland Classroom	07876 794 098	32
Sound Healer ~ Helena Hawley	01244 683 775	32
Funeral Celebrant ~ Rosie Waite	07772 584 533	34
Woodland Skills Centre	01745 710 477	34
Resonance Repatterning	01691 773 806	34
Reflections with Music & Poetry	01758 703 039	34
Trigonos Courses	01286 882 388	Back Cover
Trigonos "Rewilding" Book Launch	01286 882 388	Back Cover

Where to find Network News

Dimensions Health Store

15 Holyhead Road
BANGOR
LL57 2EG
01248
351562



Follow Your Bliss

307 - 309 High Street
BANGOR
LL57 1UL
01248 345495



"A free from
Cafe, and so
much more....."

Harmony

The Square
Corwen
LL21 0DL



07725 724932

Harvest Moon

4a Newry Street
HOLYHEAD LL65 1HP
01407 763670

the Harvest Moon
Dress Agency
tel. 01407 763670

Health & Food

8 Denbigh
Street
LLANRWST
LL26 0LL
01492
641669



RainbowBiz Hippy Shop

Unit 8, Daniel Owen Precinct
MOLD CH7 1AP
07759 753473



Rainforest

51 Watergate Row
South
CHESTER,
CH1 2LE
01244 340200
Gift Shop / Holistic
Health Service



Ruthin Wholefoods

58-60 Well Street
RUTHIN
LL15 1AW
01824 702778



Siop Dewi

14 Stryd Fawr,
Penrhyndeudraeth
GWYNEDD
LL48 6BN
01766 770266

The Natural Choice

14 Colwyn
Avenue
RHOS ON SEA
LL28 4RB
01492 549520
"Your Quality,
Local Health Food Shop"



The Potter's Gallery

1 High St, CONWY,
LL32 8DB
01492 593590



North Wales Potters

Ucheldre Centre

Millbank
HOLYHEAD
LL65 1TE
01407
763361



VEGONIA WHOLEFOODS



Vegonia Wholefoods

49 High Street
PORTHMADOG
LL49 9LR
01766 515195

*Would YOU like to
distribute
Network News?*

info@network-news.org

07777 688440

Zingiber Wholefoods

15 Bridge Street
LLANGOLLEN LL20 8PF
01978 862676



Subscriptions

£20 for 12 issues

£12 for 6 issues

Advertisements

Eighth Page: £10
Quarter Page: £15
Half Page: £30
Full Page: £60
Back Cover: £100

Payments

Cheques to: "Network News cic"
Bank Transfers to:
Network News cic
Sort Code: 08-92-99
Account No: 65260034
By PayPal

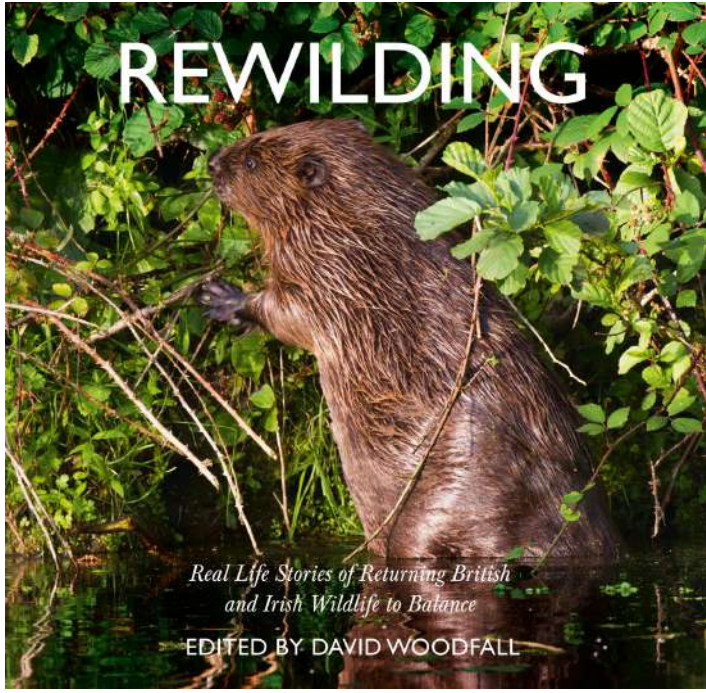


Network News cic, 27 Penlan Street, PWLLHELI, LL53 5DE

07777 688440

info@network-news.org ~ www.network-news.org





Trigonos invites you to the launch of a new book on **Rewilding** by **David Woodfall** **5th July 6-7.30pm** *Wine & nibbles provided* RSVP to Trigonos 01286 882 388 info@trigonos.org www.trigonos.org



Trigonos
yn Eryri in Snowdonia

Plas Baladeulyn,
Nantlle
LL54 6BW
01286 882388



Trigonos Courses 2019

Storytelling workshop with Claire Thompson & Bethan John
17-20 July Storytelling for a happier, peaceful and more sustainable world

Space to Be with Ros Tennyson
21- 24 September & 31 October - 3 November

Some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos

Vegan Cooking with Lee Watson
21- 25 September

The author of *Peace and Parsnips* and Trigonos chef shows you how!

Weaving with Eta Ingham Lawrie with NEW optional dyeing day
17-20 October

Our ever popular course, suitable for both beginners and experienced Weavers

Wilding the Mind - with Jonathan Stacey & Claire Thompson
27-30 October

This retreat will take the form of guided mindfulness meditations, discussions and walks in the countryside surrounding Trigonos



SPECIAL OFFER FOR GROUPS AUGUST 10-17!!! Get in touch NOW for details!!!

www.trigonos.org

Trigonos is a not-for-profit social business located in the Nantlle Valley adjoining Llyn Nantlle.