

network news

a guide to inspiring events in north wales



plethyn: weaving meaning in our world ~ international travellers in wales
one planet development ~ vision of the liberator ~ green day ~ behind pain
exhibitions ~ workshops ~ festivals ~ groups

Network News

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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

September 2018

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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 September Network News. Fem's cover celebrates the red kites that are soaring above our office as we prepare this issue. A "bird's eye view" of North Wales is essential if we are serious about a sustainable future. *Why* are we still looking down upon acres of grazing and barren hills instead of woodlands, forest gardens, wild meadows, permaculture settlements? We urgently need less livestock and more pollinators and photosynthesizers.

Every good-hearted farmer in Wales would prefer to be in the organically-growing business instead of the industrially-killing and methane-producing business. So it is you and I - with our personal tastes and choices - that will bring us either a sane and humane future, or a perpetual unfolding of environmental disasters.

We always try to highlight local initiatives that aspire towards the new ethos of planetary stewardship: Bangor Forest Garden, Moelyci, Ecobro, Trigonos, CAT, Felin Uchaf, Cae Mabon, Henbant, Eternal Forest... but as well as these "ground-up" projects, we must not forget some unique "top-down" initiatives in Wales...

The visionary *Well-being of Future Generations (Wales) Act 2015*, puts "a legal responsibility on the Welsh Government to consider sustainability in all of its actions". Wow. We even have our very own *Future Generations Commissioner for Wales*, Sophie Howe - but it is up to all of us to make her role powerful and not just symbolic.

Another worthy but little-known Welsh initiative is the *One Planet Development* scheme, under which low impact dwellings can be built in places that would not normally be granted planning permission. There are now 34 One Planet developments, but so far only one in *North Wales*, so we clearly need the briefing on Page 6!

Blessings to all beings



Plethyn: Weaving Meaning In Our World

Siân Miriam

For me personally, storytelling has always been about delivering a message through song and words. In Welsh you'd say *plethyn* – weaving – a natural ability to weave words with song and to deliver a



story or a message. Storytelling has its own feel, it's a different feel to a stage

show. Whilst it is performance there is no script. I always prepare, I know the story, but how I tell it depends on the vibe, on the audience. My story might change depending on who's watching and listening. I work with their reactions and see where that takes the story.

Especially as a bilingual person, it's a natural way of learning and listening. I'm very lucky I've been able to have that bilingual element from a baby up until now, in my early twenties.

Storytelling has its differences in both languages. Some Welsh words might not translate into English. They will have a slightly different meaning. Maybe there'll be a certain word in Welsh that is grounded in a personal experience, say a word that reminds me of my childhood years between the age of 5 and 7. But the English word might not carry the same meaning.

Because of growing up and being surrounded not just by Welsh only stories but being fully immersed into Eisteddfods, school plays and the Welsh, it's very natural to me that this is my world.

Stories about Môn (the island of Anglesey) are the ones that come naturally. I've been raised on them, by my

grandparents and my mum and my dad. These stories are ingrained in me, even if they are not always fully formed, structured stories. For example the Welsh folk song 'Ar y bryn roedd pren, ar y pren roedd bryn'. It's a riddle. It's about a hill and what lies beneath the hill and who's there on the hill.

Place names also hold stories. Barclodiad Y Gawres on the coast near Cable Bay holds one of my favourite tales. It's all about the giantess's apron and her sense of belonging and finding herself living on Anglesey. I live and breathe these areas that hold the folk memory.

As an emerging storyteller sometimes I'm working on my own.

For example this week I'm going round libraries by myself telling



stories to little ones. But I also really enjoy collaborations and I'm looking forward to some that are coming up, that collaboration element is so worthwhile.

My friends in Chwedl, which is a network of women storytellers, are organising a great gig on Saturday 29th September at Llangefni Theatr Fach on the theme of 'Afallon'. It will be different to a typical stage performance because it's all unknown: all about the buzz of the audience, all about the audience reaction. We've got three top storytellers from Wales coming to visit: Helen East, Tamar Eluned Williams and Christine Watkins. Expect to hear tales about the apples of immortality, Avalon by moonlight, magical talking apple trees and more. Oh, and there will be apple cake too.

We're also holding an open meetup for women interested in storytelling on Sunday 30th September in Llanfachraeth, also on the island.

Then on October 27th I'll be in Harlech for the third and final part of the Sea and Fire festival. I was commissioned to write a piece which is part fact, part fiction, in collaboration with fire dancers, musicians and a puppeteer. It's for everybody, it's a family piece, for visitors and for locals. I tell bilingually, there's music, dancing and the folk band Calan are playing.

It's the story of Meirion and Meirionnydd and his rule, his love of Harlech, and the people's love for Meirion. Meirion gets captured by the seven wave and the sea horses. They are capturing him because he's got the birth right, the golden torc around his neck and they are desperate to have it.

It plays with lots of ideas: animals versus humans, underwater versus life on land, the political place we are at the moment, the idea of and animals biting back, the idea of nature biting back.

Part one happened last May, part two before Christmas, with a great fire on the beach. The third part will be October and that will be the crux of the story... I won't divulge what happens next, you'll have to come!



Find out more about where you can hear Siân tell stories via her official facebook page (below).

Siân Miriam is a Storyteller, Musician & Community Arts Practitioner from Llangristiolus, Ynys Môn

www.facebook.com/sian.miriam/

SEPTEMBER 29th SATURDAY

Afallon: A night of stories

Performance show featuring four of Wales' leading storytellers. They will share tales on the theme of 'Afallon', exploring magical apple orchards and the mysteries of Avalon. Our storytellers have travelled from across Wales – from Cardiff, Glamorgan, Powys and Anglesey - to enchant you and feed your soul with tales of Afallon. Performances will be delivered in both English and Welsh. The show is suitable for adults and young people over 12. Tickets £8 (£5 concessions). Held at: Llangefni Theatr Fach, Pencraig, Llangefni, Ynys Môn, LL77 7LA Bookings: Claire 07970 409 724

or www.wegotickets.com/event/444674

SEPTEMBER 30th SUNDAY

Chwedl: women & storytelling meetup

A chance for women interested in storytelling and women storytellers, to gather, share stories, tools and practices. Event is free but bring some lunch to share or a small donation to cover soup/tea/coffee. Held 10am-5pm at: The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA.

Registrations and more information from:

Claire 07970 409 724

or claire_mace@yahoo.co.uk

OCTOBER 27th SATURDAY

Gwyl Tân a Môr Harlech Fire & Sea Festival

Free outdoor show featuring narration by Siân Miriam, music by top folk act Calan and much more. This new narrative weaves ancient tales with a present day twist. Get ready to be inspired by our mythological past brought to life through story, sound and colour.

www.visitharlech.wales/fire-and-sea-festival



Photos of Siân by Eve Tokens



One Planet Development

Max Baring

Fighting climate change is much more than a day job for Chris Vernon and Erica Thompson. It is their entire way of life.

They are part of a groundbreaking Welsh government scheme under which people get to circumvent tight planning rules so long as they build an eco-home in the countryside and go back to working the land on which it sits.

The 'One Planet Development Policy' was adopted by the Welsh government in 2011 and so far, 34 households have signed up.

The aim is ambitious: in a small country where people on average use three times their fair share of the world's resources, Wales wants its One Planet people to use only the resources they are due. Which means a simpler smallholding life, spending and traveling less, growing and making more.

A spokesman for the Welsh government said the scheme was an important niche initiative, rather than a model to scale up.

"It is intended to provide an opportunity for those wishing to live a highly sustainable lifestyle, project a light touch on the environment, and who will be largely self-sufficient in terms of income, food and energy," said Matthew Morris, a communications officer with the Welsh government.

"Numbers of such developments are likely to remain small."

The scheme has mostly attracted digital-

era smallholders with a stubborn determination to return to a subsistence lifestyle in the rolling hills and valleys of rural Wales. And not to ruin the planet with a consumerist, throwaway lifestyle.

"We've known for 20 or 30 years now what we need to do to address the problem of climate change," Vernon said

from his half-built home.

"We don't need more data. Whilst I was sitting in my office working on the computer I got the feeling I could be doing something that demonstrates how we can address the problems."

Vernon and his partner Thompson know more about "the problems" than most. She holds a PhD

in climate science, he has one in glaciology and is a climate modeler at Britain's national weather service, the Met Office.

They decided it was time for action, not academia.

Eight months pregnant and elbow-deep in local clay plaster, Thompson said their home had to be zero carbon in construction and use to win government go-ahead.

It sits deep in bucolic Pembrokeshire, a lush, coastal county in the southwest of Wales that pioneered the green approach before it was adopted countrywide.

Just up the road lies the Lammas community, a pioneering and collective eco-venture where nine smallholdings nestle in the landscape around a central community hub.



*Erica Thompson applies locally-sourced plaster to the straw bale insulation in her new house.
Thomas Reuters Foundation / Max Baring*

The Intergovernmental Panel on Climate Change, the leading international group that assesses climate change, estimates that global temperatures could rise 3.4 degrees Celsius by the end of the century.

Amid a European heatwave running from North Africa up to the Arctic Circle, the Welsh initiative is taking root on the Western fringe of the continent in a bid to redress some of the damage.

The policy also aims to address a myriad of problems beyond rising temperatures, from soil degradation to rural depopulation, a housing crisis to wasteful global supply chains.

It offers people with little money, but plenty of determination, a way out of the rat race and back to the land.

With property prices out of reach for many rural workers and tight regulations restricting new builds, the scheme is the only way for many locals to own a home and work nearby, said another One Planet home builder, Cathryn Wyatt.

Housing figures across Wales tell the same story.

In the 1980s, it would have taken a typical 20-something household about three years to save for an average deposit, according to the Resolution Trust think tank. The research shows it would now take 19 years.

Like many of her fellow One Planet builders, Jacqui Banks wanted to jettison her old life and be true to her principles.

"It's a lot of work, in the early years, but what we're building is hopefully a resilient system that is going to help us have a positive impact on the world," she told the Thomson Reuters Foundation.

"Living in the city I found it extremely difficult - the consumerist lifestyle and the waste involved."

To get permission to build a One Planet Development, three requirements must first be satisfied:

First is the overall ecological footprint. As Vernon explained, each household must only use their global fair share of land: "If you take the entire global resource ... you divide it by the population of the planet, you get a number: 1.88 hectares, it's a fairly arbitrary number, but that's the number that is your fair share."

Each applicant must also show that within five years, 65 percent of their basic needs are covered by their patch of land, including food, water, energy and waste.

Hence the hodge podge of greenhouses and polytunnels that dot the land, often cobbled together from reclaimed materials and designed to make the most of a grass incline, woodland shelter or power-generating stream.

Applicants must also come up with a zero-carbon house design using locally-sourced and sustainable materials.

The result: a magical landscape dotted with "hobbit houses" straight out of JRR Tolkien's "Lord of the Rings", with mesmerizing wooden beams, grass roofs and hemp walls.

Thirdly, everyone must set up a rural business to pay the sort of bills - internet, clothes, council tax - that cannot be met with a subsistence-only lifestyle.

Enterprises range from fruit wine to bees, an exotic tree nursery to sculpture - anything that brings in a small income.

For more information, visit the One Planet Council website.

Max Baring is a documentary film maker and multi media producer. He first wrote this article for the Thomson Reuters Foundation.

www.oneplanetcouncil.org.uk
news.trust.org

Green Day

Chris Hemmings

Green Party leader Jonathan Bartley makes a whistlestop visit to Ynys Mon on Thursday September 6th and will work with local, North West Wales Greens to spotlight two major issues we all have to address in the near future.



Co-leaders of the Green Party: Jonathan Bartley & Caroline Lucas

Arriving by train in Holyhead for midday Jonathan will at once hold a brief rally to focus on the looming prospect of a hard Brexit negatively impacting on the port. The current connection to Dublin Ports via Holyhead runs quite smoothly, although the volume of traffic means loading ferries still takes time.

Alarming, if the results of "external port" status were to be added to the process, with the inevitable extra delays resulting from the new "hard border" controls, tailbacks could become unworkable and business could, as a result, simply dry up.

This major catastrophe for Holyhead must not be allowed to happen.

At the other end of Ynys Mon's north coast, the proposed replacement of aging and ailing Wylfa nuclear power station with new build Wylfa B should similarly not be allowed to happen. This outmoded and strategically unsafe approach to energy generation has no place in the sustainable,

clean future we must develop for both our country and the World, as no-one can act in isolation in this matter. To press this home, Jonathan will address a group at the proposed site of Wylfa B at 1.00pm, highlighting the positive alternative routes we can take compared to the dangerous and unrealistically expensive folly of new build nuclear.

Before catching his train home from Bangor railway station at 4.30 Jonathan will attend an informal meeting of the newly established "Young Greens" group there at 3.00pm to discuss moving to a Greener, fairer and far more secure future as core to our beliefs.

Chris Hemmings lives in Conwy and is a writer, a grower of food & landscapes who does yoga and walks a lot.

<https://fivetrilliontrees.wordpress.com>



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

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TIMELESS WISDOM ~ SHORT STORY WRITING COMPETITION

This competition brings together writers aged 60 and over from around the world, with a focus on non-fiction short stories which share some of the wisdom that can only be acquired through age. Selected entries will be collated into up to four books according to selected themes, and published in the United States, Canada, the United Kingdom, Ireland, Australia and New Zealand by Exisle Publishing, an established mainstream publishing house with over 25 years of publishing experience. Entry is free of charge, and while writers aged 60 and over are preferred, younger writers are also welcome to participate. **Closing date is 28th September 2018.** Submission details and other information can be found here: exislepublishing.com/writing-challenge/

PERMACULTURE DESIGN COURSE 3rd - 14th September. Taking place at Tyddyn Teg Community Farm, nr Caernarfon. Alice Gray, tyddynteg.com See *Calendar*

CADW OPEN DOORS Throughout September. Offering both local people and visitors alike the chance to explore the hidden treasures of Wales' culture and history. Visit cadw.gov.wales for more details and a full programme of Open Doors in each county of North Wales.

SEPTEMBER NOTICEBOARD

MIND BODY SPIRIT FAIR 1st & 2nd September. 10am - 5pm, free admission; all welcome, refreshments available.

Beaumaris Town Hall, Castle St., Anglesey LL58 8AP. More from: gigaicrystals.co.uk, gina-gail@gigaicrystals.co.uk See *calendar*

UN INTERNATIONAL DAY OF PEACE 21st September. Aiming to achieve economic and social development for all people everywhere. un.org

CARER WANTED My partner Ra has Alzheimers, and is immobilised by knee problems. We are lucky to have some help from family and friends, but I'm looking for someone who can come sometimes (to Llanystumdwy) to spend time with him and do a small amount of care. Occasionally this may include sleeping over - when I'm away working. Ra has been a musician, acupuncturist, teacher and rugby player in his time, and is an ageing hippie! So he's had a rich and varied life so far, and now his big challenge is with memory loss and confusion, and loss of mobility. If you think it might suit you to be part of supporting him, please email, call or text me to meet and find out more about details including payment.

Iona Fredenburgh iona@me.com or mobile 07590 567350.



Festivals

In September



- Corwen Walking Festival 1 & 2
- Beaumaris Food Festival 1 & 2
- Festival No. 6 6 - 9
- GladLib Literary Festival 7 - 9
- NW International Music Festival 15 - 30
- Mold Food & Drink Festival 15 & 16
- Barmouth Festival of Walking 15 - 24
- Ocean Film Festival 28
- Llŷn Guitar Festival 28 - 30
- Anglesey Woodland Festival 29 & 30

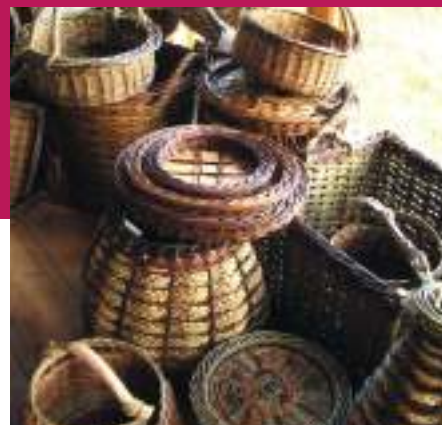


Catŷo

2001~2018



Our beloved Companion,
Elder & Lifestyle Guru
(who is now rumoured to be planning her move into the human kingdom...)



Art Studios across North Wales open their doors to the public for 4 weekends in September. Helfa Gelf also runs year-round with exhibitions, artists in residence and an online gallery. Please go to the website for all current studio opening dates and times, locations and artist details, plus maps.

Bydd Stiwdios Celf ar draws Gogledd Cymru yn agor eu drysau i'r cyhoedd am bedwar penwythnos yn ystod mis Medi eleni. Ewch i'r wefan i weld dyddiadau ac amseroedd agor pob stiwdio, i weld manylion yr artistiaid ac i weld mapiau'r digwyddiad.

SEPTEMBER OPEN STUDIO DATES

Fridays, Saturdays, Sundays, plus late Fridays
7, 8, 9 • 14, 15, 16 • 21, 22, 23 • 28, 29, 30 September 2018
check website for opening times by individual artists

DYDDYADAU STIWDIOS AGORED MIS MEDI

Dydd Gwener, Sad, Sul, ymghyd â nosweithiau Gwener hwyr
7, 8, 9 • 14, 15, 16 • 21, 22, 23 • 28, 29, 30 Medi 2018
edrychwch ar y gwefan ar gyfer amseroedd agor gan artistiaid unigol

ARIANWYR / FUNDERS



September Calendar

1st SATURDAY

A Sense of Place - Mindfulness, Art and Poetry

With guidance from your tutor you will learn to deeply connect with nature by using your senses of sight, sound, smell and touch which will not only deepen your connection with nature but also improve connection with yourself. This connection can inspire you to create a unique piece of art work that you will take away with you. The day will be very slow-paced with plenty of opportunity to explore and immerse yourself in the beautiful surroundings, find stillness and calm. 10am - 4pm, £40. Woodland Skills Centre, Bodfari 01745 710626. woodlandskillscentre.uk

Kalpa Bhadra Buddhist Centre Open Day There will be 15-minute meditations on the hour, every hour.

You will have the chance to meet our new temporary Buddhist nun, Kelsang Drima. Tea/coffee available, vegetarian food in the café. Find out more about our community and how you can become involved. 11am - 4pm. Kalpa Bhadra Buddhist Centre, 34 Mostyn Ave, Craig y Don, Llandudno LL30 1YY. Phone 01492 878778, meditatennorthwales.com

Memory Walk for Dementia All proceeds to Alzheimer's Society. 1.5m sponsored walk, plus live entertainment, £5 to register, children and 60+ free. Meet Canolfan Hamdden Dwyfor, Pwllheli LL53 5PF. eventbrite.co.uk

Wood Carving ~ Thomas Hanson Ever wanted to carve anything in wood but not sure where to begin or have the right tools to make? This introductory carving workshop with local woodcarver Tom will show you how as he will talk you through the process step by step with specialist carving tools and equipment. 10.30am - 12.30pm & 1.30 - 3.30pm. Free booking essential. Suitable for 14+ and adults. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Voice Workshop Whether you want to improve your singing voice or even find it or if you want to find those top notes or learn how to breath whilst singing. - these monthly workshops are for you. All musical tastes are covered: classical, operatic arias, folk songs, pop and songs from the musicals. You would be joining a group of people with similar aims, and have the opportunity to have a private session with Marian Bryfdir or Kiefer Jones. 10am - 4pm, £12, £6 concs & students. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Guernsey Literary and Potato Peel Pie Society (12A) Film. A writer forms an unexpected bond with the residents of Guernsey Island in the aftermath of World War II, when she decides to write a book about their experiences during the war. 7pm for 7.30pm, £4 on sale from The Blue Bell Inn, Halkyn. Shown at Library, Halkyn Parish Hall, Holywell CH8 8BU. mountaincinema.org.uk

SciFi Wales 2018 Celebrity guests, talks, Q&A sessions, traders, prop displays, cosplay, competitions, photo opportunities, autograph room plus much more. Venue Cymru, Llandudno. Bookings: 01492 872000, venuecymru.co.uk

The Electric Swing Circus & DJ Weekend Squad

8pm, £12. Neuadd Ogwen, Bethesda LL57 3AN. Tickets: neuaddogwen.com

1st SATURDAY & 2nd SUNDAY

Mind Body and Spirit Fair There will be readers, therapies, gift ideas, crystals, aura photography and more. 10am - 5pm, free admission; all welcome, refreshments available. Beaumaris Town Hall, Castle St., Anglesey LL58 8AP. More from: gigaicrystals.co.uk, gina-gail@gigaicrystals.co.uk

Family Weekend Spend the weekend (free camping available); explore the woods, games for children, mid-day meal for all. £65 per adult, £20 children 8-16 years, children under 8 years old - free. Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

Corwen Walking Festival From walks around Corwen itself, to finding out about the history of the town, to a ridge walk along the Berwyn hills reaching over 800 metres in height, the Corwen Walking Festival has it all. Guided walks on both days with the choice of a full-day walk or, with some of the shorter walks, doing one in the morning and another in the afternoon. More details from : 07816 658087, corwenwalkingfestival.co.uk

Castle Players Bring poetry to the Beaumaris Food Festival. Feed your minds with gastronomic literary delights cooked up and served by Castle Players Drama Group! Sessions (1/2 hour long) start at 10.30, 13.30 and 15.30 in the Talk Tent. Beaumaris. Janet Smith 07795 567 689.

Beaumaris Food Festival 10am - 8pm. Street food vendors, quality entertainment and children's activities. £5, £7 for weekend ticket, u14s free. Beaumaris.

Moscow State Circus Famous circus comes to North Wales. Sat - 3pm & 6pm; Sun 2pm & 5pm. £8 - £36. Held at Mona Showground, Gwalchmai, Anglesey, LL65 4RW. Box office 020 3375 3970, moscowstatecircus.com

1st SATURDAY - 6th THURSDAY (not 2nd)

Christopher Robin (PG) Film. An adult Christopher Robin, suddenly meets his old friend Winnie the Pooh, who returns him to his childhood past and helps him return to the Hundred Acre Wood and help find Pooh's lost friends. Various times, check with Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

2nd SUNDAY

Sacred Circle Dance 1st Sun/month, 2 - 4pm, Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact Sue 01352 219464.

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

Pregnancy Workshop An intimate afternoon of yoga, meditation, affirmation, and relaxation. Press STOP on all of life's busyness and reflect on your feelings and beliefs around giving birth and becoming a mother (whether for the first, second, third time or more!) 2 - 5pm, booking essential, £18. Includes drinks and snacks. Quaker Meeting House, Dean St., Bangor LL57 1UP. Laura 07914 917711, laurabirthingmamas@gmail.com

2nd SUNDAY - 7th FRIDAY

Saori Weaving & Spinning Retreat With Rosie Green, SAORI instructor and Chris Jukes, Spinning tutor. We will spend our mornings learning or refining spinning techniques and afternoons weaving and adding those yarns into your unique cloth. 6 days, materials included, 5 nights, full board £750 - £850, single, twin, double rooms. Non en-suite/en-suite. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

3rd MONDAY

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

Gong Bath Breathe, relax, observe the mind beginning to slow, as superficial thoughts are suspended 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

3rd MONDAY - 7th FRIDAY

Playwriting This course will explore the dramatic form for writing for theatre. Course participants are encouraged to bring along an idea or a skeleton of an unfinished play and, under the supervision of the course tutors, will explore different ways of unlocking their stories through formal choices and innovations in story-design. £395 - £495, with Hamish Pirie and Tim Price. Ty Newydd, Llanystymdwy, Criccieth LL52 0LW, 01766 522811, tynewydd.wales

3rd MONDAY - 14th FRIDAY

Permaculture Design Course: Resilience, Rootedness and Global Community Bringing together a dynamic and international team of teachers from Palestine, Kashmir, Wales and England, we offer a unique opportunity to explore these concepts in depth, giving both local and global context to the application of permaculture design. The course will also include visits to Henbant Bach, on Llŷn Peninsula, Pen Y Bonc and to Cae Mabon, with input from project founders and visionaries. Tyddyn Teg Cooperative, Caernarfon LL55 3PS. Alice Gray, bookings: tyddynteg.com

3rd MONDAY - 29th OCTOBER, MONDAY

Mindfulness Based Stress Reduction Course Led by Jody Mardula and Heather Bolton. Includes, all day practice session, handouts, audio downloads, or CDs. 6.15 - 8.45pm, £120 all inclusive, Penmaenmawr Community Centre, Conway Rd, junction with Constitutional Hill, Penmaenmawr LL34 6AB. Contact Heather: heathermbolton@btinternet.com or visit gwyneddmindfulness.com

4th TUESDAY

Conwy County Peace Group Meets 1st Tues/month, 7.30pm, Centre for Cultural Engagement, 10 Greenfield Road, Colwyn Bay LL29 9NA. Contact Don Saunders 07947127440, donsandersopt@aol.com

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. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

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

Llangollen Friends of the Earth 1st Thurs/month, 7.30pm; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

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

Mindfulness Drop-In Everyone is welcome, whether new to mindfulness or wishing to keep their practice going. This session could be a helpful taster for someone thinking of signing up for an 8 week course. The drop in will be on a donation basis and will be held in the log cabin in the Hermitage garden. 6.30 - 7.30pm. The Hermitage, Ynys Graianog, Criccieth LL52 0NT. Contact Tara: gwyneddmindfulness.co.uk

Dry Stone Walling We are teaming up with the National Trust to help manage their land at Ganllwyd. The art of dry stone walling can be seen all over the Snowdonia National Park. However, the skill required to construct a dry stone wall in the style of the region is unknown to most. Join us, and learn the basics through helping to construct one of these beautiful structures. 10am, limited spaces available, Steel Toe Cap Boots required. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

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

4th TUESDAY - 8th SATURDAY

Tempera Painting Workshop In this 5 day course, we will learn to make gesso and prepare a board to receive the tempera. We will sketch preparatory drawings outdoors, then make a painting from the sketches. The paintings can be exhibited alongside the exhibition of work by Jon George if the artists wish to. 10.30am - 5pm, £130, includes materials. 15 max. St John's Hall Gallery, St John's Hill, Barmouth, Gwynedd LL42 1AF. Contact 01341 280261.

4th TUESDAY - 9th OCTOBER, TUESDAY

Life Drawing Class 6 weeks, with Gilly Thomas and Noel McCready. 1.30 - 4.30pm, £55. Oriel Ynys Mon, Llangefni, Anglesey. Contact 01248 724444, orielynysmon.info

5th WEDNESDAY

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

Monthly Spinning, Knitting and Weaving Group 1 - 4pm, beginners welcome. Ty Mawr Country Park, Wrexham. June McLaughlin on 01978 711941 or email junemclaughlin@btinternet.com for further details.

Free Vintage Matinee with Denbigh Film Club. Theatr Twm o'r Nant, Denbigh. More info from denbighfilmclub.co.uk

6th THURSDAY

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

Green Party Day Jonathan Bartley visits Ynys Mon to work with NWW Greens to spotlight 2 major issues we all need to address for the future: Wylfa B; and Sustainability. He meets with Young Greens at 3pm. See *Green Day* article on page 8.

Rhododendron Clearance The Society have been involved with the clearance of the invasive species Rhododendron Ponticum in Nant Gwynant for some time. Working in partnership with the National Park Authority the work has been historically centred around Bryn Gwynant YHA. We are now at a stage where we can expand our reach further. This new site is located a km south from the site in a remote area of land behind the hostel. 10am, booking essential. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Drum Journey Meditation Circle Gathering around each New Moon and Full Moon, this Circle intends to support intention setting, relaxation, Community connection and connection to the Higher Self, Guides, Teachers and Ancestors. 7pm, £10. Mochdre Village Hall, Colwyn Bay. Bookings Claire 07426 894 640, claire.sourcehealing@gmail.com (or just turn up on the day) (*Also 20th*)

National Theatre: Julie Wild and newly single, Julie throws a late night party. Julie initiates a power game with friend Jean – which rapidly descends into a savage fight for survival. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org *Also* Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com *Also* Theatr Clwyd, Mold 01352 701521, theatrclwyd.com *Also* Galeri, Caernarfon 01286 685222, galericaernarfon.com *Also* Pontio, Bangor 01248 382828, pontio.co.uk

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

Castle Players General Meeting All are welcome to the theatre group meeting which will be followed by an introduction by Jane Handy to the forthcoming production of 'A Night at the Movies'. 7.30pm, Beaumaris Town Hall, Janet Smith 07795 567 689.

Pop Up Vinyl Records 2000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, country, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Plus a selection of CD's. 3 - 8pm. Ty Glyndwr, Caernarfon. Facebook: of same name

6th THURSDAY - 9th SUNDAY

Festival No. 6 Arts and culture festival. See website for ticket options Held in Portmeirion Village, LL48 6ET. Visit: festivalnumber6.com

7th FRIDAY

Slow Down and Unwind - An Evening of Yin Yoga Yin yoga is slow... it's caring for your body and mind... and it's surprisingly good for all your fast paced activities too! By learning to slow down and experience our bodies, we can help lengthen where needed and unlock deep rooted tensions that our bodies hold onto. 6.30 - 8pm, £16, max of 8 people, booking essential. Bodhi Movement, The Studio, Royal Oak Stables, Betws y Coed, 01690 359081, info@bodhi-movement.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. 7pm, £13, Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk



Ant Middleton Adventurer, survival expert, TV presenter, ex-elite forces soldier, will be sharing his experiences and exploits as a modern day explorer and expedition leader. 7.30pm, £26.50. Venue Cymru, Llandudno LL30 1BB, 01492 872000, venuecymru.co.uk

Cambrian Ornithological Society An illustrated talk by Daniel Trotman titled "The RSPB on the Dee: From the Mud to the Mere". The Dee Estuary and its Burton Mere Wetlands Reserve is an internationally important winter home for tens of thousands of ducks, geese and waders. 7.30pm, £1 members, £2 non-member. Pencychnant Centre, Conwy LL32 8BJ.

7th FRIDAY & 8th SATURDAY

The Escape (15) Film. A woman sets out to reclaim her life in this stirring, emotionally rich look at what it means to start over. 8pm + 2pm 8th. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

7th FRIDAY - 9th SUNDAY

Yoga with Gabriela Byrne 2 - 5pm, more details from Gabriela: gabriela.byrne28@gmail.com Held at Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

GladFest Literary Festival Bringing together the most exciting contemporary writing from all over the country; poetry, comic strips, nature writing, spirituality, history and fiction of all kinds. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org *Gladfest volunteers welcome!*

8th SATURDAY

Meditation & Teaching Day All welcome; meditation at 10am with guidance if needed.

Saturday mornings are held in silence until after vegetarian lunch. 2.30pm - Dharma teaching in shrine room; topic tbc. £25-£40.

You are welcome for all or some of the day. The

Hermitage, Ynys Grainiog, Criccieth LL52 0NT, 01766 530839, ahs.org.uk



MCS Great British Beach Clean As well as clearing the litter we will be continuing our survey work that began on our last visit, detailing the types of litter found on the beach. 10am, booking essential, free transport from Bangor and Caernarfon. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Nonviolent Communication Workshop They draw heavily on the process of Nonviolent Communication as well as other awareness processes and may involve some physical activity. 10am - 5pm, £10 - £80 - pay as you can. Ty Lorne, 52 High St., Bethesda. Contact Rik: rik@livenonviolence.uk for bookings *See Rik's article on page 37.*

Bread Baking Workshop Come and learn how to bake bread the Dylan's way from scratch, with our bakers who lovingly craft our fresh bread every day, and get yourself a Dylan's recipe book, sourdough starter, and baked loaf to take home! Refreshments included. 9am - 12noon, £30. Dylans Restaurant, 1 Clarence Rd, Llandudno LL30 1BX. Bookings: dylansrestaurant.co.uk

Topiary Workshop Learn how to trim topiary with the gardener at Plas Newydd - meet at tearooms. 10am - 12pm, free. Plas Newydd, Llangollen LL20 8AW. 01978 862834, plasnewydd@denbighshire.gov.uk

Snowdonia Photography Workshop Landscape photography workshop in the stunning surroundings of Snowdonia National Park hosted by Simon Kitchin, author of Photographing North Wales. 9.30am - 4pm, £85. Cwm Idwal, Ogwen Cottage, Bangor LL57 3LZ. 07973 281161.

Gong Bath We are constantly influenced by heard and unheard sound frequencies and attending a Gong Bath can help reduce stress, alter consciousness and create a deep sense of peace and wellbeing for better health. 7 - 8.15pm, £10, Neuadd Goffa, Mynydd Llandegai. Steph Healy 07534 118899. Tickets: puresound.org.uk

BBC Proms in The Park The BBC National Orchestra and Chorus of Wales play well known tunes. bring picnic, rug, refreshments. Tickets: £16 - £22, u12s free. Stadium Zip World, Parc Eirias, Abergele Rd., Colwyn Bay LL29 7SP, 01492 872000.

8th SATURDAY & 9th SUNDAY

Earthwalking Applying authentic spiritual practice to everyday life. Earthwalking is all about how to actively emblazon your spiritual ideals while you are doing the washing up, driving to work, taking a shower, cleaning the loo. From the basic mundane it can equally be applied at more intense levels... arbitrating in family, work-place or community disputes, shedding calm and positive energy on dark angry situations, mindfully making a difference to any world situation - you can, you know, simply by the power of your loving thoughts. First weekend of the Earthwalking cycle; £125 per weekend - concessions available. Includes all notes, materials, refreshments and meals and also course support between weekends. Gillian Monks 01286 881786, gillian@acorntherapies.com

Open Doors Workshop Make your own mark on Ruthin town, led by Christine Mills. As part of our Open Door's event this year come and join artist Christine Mills for a series of informal drawing sessions as part of the Drawn Together project. Christine will take you on a drawing journey around Ruthin town where you'll discover Ruthin's rich historical buildings as a focal point for your drawing. Meet at the Craft Centre and walk into town. All materials are provided and no art experience needed just willingness to take part. 10am - 12pm & 1.30 - 3.30pm. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Social Forestry OCN 1 Practical woodland management and craft sessions led by tutors from the Woodland Skills Centre who are all qualified Social Forestry practitioners. Led by expertise and experienced tutors. £550 course + food; £600 includes course, food + pitch for camping; all facilities provided. Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

8th SATURDAY - 15th SATURDAY

Teacher Training Retreat Level 2 An intensive experiential training retreat offering space for nourishment, inspiration and learning. An opportunity to engage in a personal and group learning process which is designed to support and deepen understanding and skills in teaching and integrating mindfulness-based approaches in professional practice. Held at Trigonos, Nantlle. Bookings: Centre for Mindfulness, Research & Practice (CMRP), Bangor University LL57 2DG. 01248 382498, mindfulness@bangor.ac.uk ~ bangor.ac.uk

9th SUNDAY

Virgo New Moon 7.01pm

Fungus Foray With expert Charles Aron, author of definitive surveys of fungi in north Wales. 11am, identifying and talk about the fungi we find; donations - £5. Bring picnic or lunch, hot refreshments provided. Eternal Forest Trust, Boduan, Pwllheli. Bella eft@eternalforest.org, 07579 008325. eternalforest.org

Anglesey Artisans in the Valley A group specialising in unique crafts, arts, health, beauty products & other bespoke items. 11am - 3pm, The Valley Hotel, Valley, Anglesey LL65 3DU. Facebook: of same name

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

Llandudno Memory Walk This is a walk, not a race, so it is open to those of all abilities - bring your prams, wheelchairs and dogs too! All funds raised will go directly to the Alzheimer's Society. 1.30 - 3.30pm, North Promenade, Llandudno. Contact Lucie Williams, Community Relations Manager on 01745 772150 or email lucie.williams@homeinstead.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. You don't need any previous experience or dance skills - only the desire to stay fit and healthy. 1.30pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com

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. 7pm, £12. Rhoscolyn Village Hall, Rhoscolyn, Holyhead LL65 2NQ. Steph Healy 07534 118899, puresound.org.uk

Stephen Hugh - Piano Plays music by Bach, Liszt and Chopin. 7.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

9th SUNDAY - 15th SATURDAY

Introduction to Sustainable Energy - Part A You will learn how to discern the wider implications of environmental change and the need for a sustainable approach to energy use, demand, supply and management and its influence on social structures, environment, economics, resource management and governance through a critical analysis and appreciation of the interconnectedness of the factors involved. 1st part of CAT's new degree course. £770, £695 concs., CAT, Machynlleth 01654 705959, cat.org.uk

10th MONDAY

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

Arabic for Beginners Weekly class starts today - then Mondays, 7.30pm, Centre for Cultural Engagement, 10 Greenfield Rd., Colwyn Bay LL29 8NA. 01492 530110, cce-wales.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. 7pm, £13. Llanfairfechan Community Centre, Village Rd, Llanfairfechan LL33 0NH. Steph Healy 07534 118899, puresound.org.uk

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



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

11th TUESDAY

Best Friend From Heaven Film. A wedding is cancelled when the bride's dog is killed in an accident. 6.30 - 8.30pm, Benllech Community Hall, Anglesey LL74 8SN, benllechcommunity.wordpress.com

Dry Stone Walling ~ Pensychnant The art of dry stone walling can be seen all over the Snowdonia National Park. However, the skill required to construct a dry stone wall in the style of the region is unknown to most. Join us, and learn the basics through helping to construct one of these beautiful structures. 10am, limited spaces available, Steel Toe Cap Boots required. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Food as Medicine Find out how food can support and help heal your body. Starting at the gut level, looking at why we show signs of inflammation throughout the body and what to look for. Covering leaky gut and ways to heal the gut, then looking at foods and lifestyle that will support our whole body. Hand outs will be given out and refreshments will be available. 6.30 - 8.30pm, £10, with Lesley Wills, Follow Your Bliss Cafe, 307-309 High St., Bangor. 01248 345495, followyourblisspt.com

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](https://www.facebook.com/northwalesguitarcircle)

The Florida Project (15) Film. A moving and poignant look at childhood. 7.30 - 10pm, St. Mary's Creative Space, Chester CH1 2DW. chesterfilmfans.co.uk

Mary Shelley (12A) Film. The bohemian love affair between poet Percy Shelley and his future wife is marked by both passion and personal tragedy that will transform Mary and fuel the writing of her Gothic masterwork, Frankenstein. 5.30 & 8.15pm. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

11th TUESDAY - 23rd (not 16th)

The 39 Steps Theatre. A fast-moving spoof including legendary scenes such as the chase on the Flying Scotsman, the escape on the Forth Bridge and the first ever theatrical bi-plane crash. 7.45pm daily, Matinees Thurs & Sats 2.45pm, Tickets: £10 - £30, U26s £10. Theatr Clwyd, Mold 01352 701521.

12th WEDNESDAY

One Day Massage Techniques Retreat Claire Freeman of Source Healing will be joining us to create a day of hands on learning and restoration. No previous experience necessary. 9.30am - 5.30pm, £90. Wild Wales Retreat, The Outbuildings, Llangaffo, Anglesey, LL60 6NH. Contact Wild Wales - wildwalesretreats@gmail.com

Red Squirrel Walk Find out about some of Plas Cadnant's most charming residents with Red Squirrel Ranger Holly at 2pm, garden admission applies. Plas Cadnant Hidden Gardens, Cadnant Road, Menai Bridge, Anglesey, LL59 5NH, 01248 717174.

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

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. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Dry Stone Walling ~ Nant Peris The art of dry stone walling can be seen all over the Snowdonia National Park. However, the skill required to construct a dry stone wall in the style of the region is unknown to most. Join us, and learn the basics through helping to construct one of these beautiful structures. 10am, limited spaces available, Steel Toe Cap Boots required. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Llandudno and District Writers Group This month: Karen Ankers - *Writing for One Act Plays*. 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk

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

The Merry Wives of Windsor: RSC Live (12A) Down on his luck in the suburbs, John Falstaff plans to hustle his way to a comfortable retirement by seducing the wives of two wealthy men. Unknown to him, it's the women of Windsor who really pull the strings. 7pm, 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

The Escape See 7th & 8th

13th THURSDAY

The Boundless Universe Theosophy teaches that the 'Logos' is triple in nature and is expressed as Seven Rays. Discussion and study with Eric McGough. Theosophical Society. 2pm, admission £5; TS members £3. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. New enquirers are always welcome. Pauline 0161 980 4942, 07547 135491, p.owens@live.co.uk - theosophywales@yahoo.co.uk

TONIC: DnA Delyth and Angharad Jenkins' music is a fusion of the traditional and the innovative. 2.30pm, £6, £5 concs., bilingual event. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Waymarker Installation Over the past two months we have been working with The Woodland Trust and Kehoe countryside to produce waymarkers to mark the passage through Coed Felinrhyd, a Celtic Woodland that has its place in Welsh legend. Over the next few sessions we will be looking to install these waymarkers in place throughout the woodland. Free transport from Bangor and Caernarfon, 10am, limited spaces available, booking essential. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Pop Up Vinyl Records 2000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, country, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. 3 - 8pm. The Black Lion, Abererch Rd., Pwllheli LL53 5LE. Facebook: of same name

East Wales Wellbeing Network Speakers include Paul Hossack from the Equality and Human Rights Commission, Dawn Owen from Carers Wales, and Ali Issery, Haven of Light. Bringing together people from all sectors to find a collective voice working in health, social care and wellbeing. 9.30am - 12.30pm. Hope Parish Church Hall, Hawarden Road, Hope LL12 9NH. NEW Wellbeing Team, Karen Peters 01352 744015, karen.peters@flvc.org.uk

Mary Shelley See 11th

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

13th THURSDAY - 15th SATURDAY

Now or Never by Circa Tsuica. Join in the feast as acrobats and musicians mingle, make and share pancakes before launching into an exhilarating fanfare of music and circus. And then watch as they fly, fling and swing across their beautiful tent on trapeze, Cyr wheels, trick bicycles, trampolines and seesaws to the thundering sound of brass. 6.30pm, £15, £12 concs., Pontio, Bangor 01286 382828, pontio.co.uk

14th FRIDAY

Literary Society Led by Fiona Owen. 1 - 3pm, £5, £4 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Writing the Self Exploring creative approaches for personal and professional development and wellbeing. Writing for wellbeing is the interactive use of poetry, prose, fiction and non-fiction 'to stimulate writing and other creative responses with a view to promoting self-expression, self-awareness and wellbeing. Tutors include Jill Teague, Sarah Edwards, Clare Scott and Jessica Clapham. 9.30am - 2pm, free. The Management Centre, Bangor University LL57 2DG. Contact: wiserd.ac.uk

Yin Yoga and Gong Bath The evening will consist of an hour of yin yoga with Rosalind Holgate-Smith followed by an hour's Gong Bath. 6.30 - 8.30pm, £20. Neuadd Goffa, Mynydd Llandygai, Bangor LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Aberration Music, drag, spectacle and spoken word: Maggi Noggi, Mêr Gan, Archibald Tactful, Sarah McCreadie + more. 7.30pm, £10. 16yrs+. Galeri, Caernarfon 01286 685222, galericarnarfon.com. The event includes an Open Mic slot - to perform a song or read a poem in Welsh or English contact: aberrationcymru@gmail.com

Finding Your Feet with Denbigh Film Club. 7.30pm, Theatr Twm o'r Nant, Denbigh. More info from denbighfilmclub.co.uk

14th FRIDAY - 16th SUNDAY

Yoga with Mary Freeman Contact Mary on yogatastic@hotmail.com for details. Held at Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk

LLAWN Mix of contemporary art exhibitions and interventions, street performance, stupendous cinema and interactive fun, in surprising places, streets and secret locations around Llandudno. Along the promenade, iconic Victorian bathing huts are transformed into hubs of creativity by local arts organisations and communities. Llandudno, Conwy, LL30 1AB, 01492 879201, llawn.org

14th FRIDAY - 20th SUNDAY (not 16th)

Christopher Robin (PG) Film. An adult Christopher Robin meets his old friend Winnie the Pooh, who returns him to his childhood past and helps him return to the Hundred Acre Wood and help find Pooh's lost friends. Various times, check with Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

15th SATURDAY

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

Mark Making and Landscape Well known for her gestural and magical interpretations of landscape, this popular workshop will start with simple mark making ideas on paper. Throughout the day Eleri Mills will inspire and guide you to interpret these drawings in materials and threads. 10.30am - 4.30pm, £60 includes light lunch. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Slate Mirror Make a slate mirror to your own design using many colours of beautiful Welsh slate. You will explore the different possibilities and techniques for hand-working local slate and produce a unique and original item to grace your home. 10am - 4pm, £55. Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com

Snowdon Moonlight Walk Join us on this fantastic experience as we climb Snowdon at dusk, enjoy the sunset on the summit then descend in the dark! 3.30pm, £35. Bookings: snowdon-walks.co.uk

Bread Baking Workshop Come and learn how to bake bread the Dylan's way from scratch, with our bakers who lovingly craft our fresh bread every day, and get yourself a Dylan's recipe book, sourdough starter, and baked loaf to take home! Refreshments included. 10am - 1pm, £30. Unit 7, Pen Yr Orsedd, Industrial Estate Road, Llangefni, Anglesey, LL77 7AW. Bookings: dylansrestaurant.co.uk

Forest Bathing Forest bathing, or being in the presence of trees, is a Japanese practice known as 'shinrin-yoku' that can boost the immune system, decrease stress and lower blood pressure. 11am - 1pm, £15.92 - £19.76. RSPB Lake Vyrnwy. Contact: vyrnwy@rspb.org.uk

Yin Yoga and Gong Bath The evening will consist of 65 minutes of yin yoga followed by a short comfort break and then an hour's Gong Bath. 6 - 8.30pm, £23. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Pin Cushion (15) Film. Lyn and Iona, mother and daughter duo who arrive in a small town to start their lives afresh. 8.15pm, + post screening Q & A; £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

Past Lives and Soul Healing Past Lives and Soul Healing; how to connect with your inner spirit and heal yourself, includes why we have reincarnation and karma, soul loss and fragmentation. One day workshop, £45 including all notes, materials and home made lunch. Pistyll, nr. Nefyn, Pen Llŷn. Gillian Monks 01286 881786, gillian@acorntherapies.com

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

NW International Music Festival Opening Concert Programme includes the World Premiere of a New Commission by Paul Mealor along with pieces by Olivier Messiaen, Gustav Mahler, Karl Jenkins, Brian Hughes, Caryl Parry Jones and Leonard Cohen. 7.30pm, £15, £12, £10. Held at St Asaph Cathedral. Bookings: Theatr Clwyd, Mold 01352 701521, theatrclwyd.com See 15th - 30th in Calendar

The Grenaways Cornish sounds, rich in rootsy style. 7 for 8pm, £10 from Café, bar only, no food. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

15th SATURDAY & 16th SUNDAY

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

Mold Food and Drink Festival Exhibitors, cookery theatres, produce, and leading names in the culinary world, £7, £3 children 4 - 13, U3s free. 10am - 5pm. New Street Car Park, Mold CH7 1NY, 07775 037721.

Snowdon Scrambling Weekend Spend a weekend tackling some of the most iconic scrambling routes in Snowdonia. You will learn new skills such as movement techniques, safe-guarding the group, route selection and build on your confidence. On the second day you will put all your new skills to the test on either Tryfan North Ridge or Crib Goch. £100. Snowdon Walks, 01768 838015, snowdon-walks.co.uk

The Science Behind Gardening With a practical and applied approach this module aims to introduce the principles of botany that have a direct relevance to environmental studies and gardening in particular, giving the learner knowledge and understanding of plants and their responses to gardening practice. It focuses on plant structure and function, giving an understanding and scientific basis of plant growth, development and gardening practices. £60 course, £50 concs., Book through Aberystwyth University 01970 621580, accommodation at CAT is available at extra cost. CAT, Machynlleth 01654 705959, cat.org.uk

Growing and Using Medicinal Herbs 2 Visit the herb garden, harvest some herbs, make traditional herbal remedies; explore the history and philosophy underlying Western Herbal Medicine; led by Cassie Sherriff, medicinal herbalist. £100, £50 dep., Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

Make A Traditional Long Bow Using Cumbrian Ash, you will learn how to select and train a piece of wood into a working longbow, learn how to make a bow string and maybe even an arrow too. Led by Tony Saunders. £150, £75 dep., Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

15th SATURDAY - 24th MONDAY

Barmouth Festival of Walking 37 graded walks, try little known routes and some of the more popular walks in the area. Led by knowledgeable guides; variety of gradings. Contact 01341 242646, barmouthwalkingfestival.co.uk

15th SATURDAY - 30th SUNDAY

NW International Music Festival ~ Gŵyl Gerdd Ryngwladol Gogledd Cymru A festival of classical music held annually with a variety of day and evening concerts - orchestra, chamber music, singing, piano, includes Hymn to The Fallen; Jacqui Dankworth, Welsh National Opera and much more. Held mostly in St. Asaph, Denbighshire LL17 0RD, 07919 621933. Full details and programme from : nwimf.com

16th SUNDAY

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

Meditation, Sound and Mantra In this afternoon workshop, you'll practise 3 short Dru Meditations you can use at home to melt away stress, bring energy and inner calm. You'll also experience the healing balm of sound and mantra which will balance your chakras and bring joy. There will be movements and breathing techniques to prepare you to connect with your inner stillness - the 'Dru point'. 2 - 5pm, £30. Held in Chester. Dru Yoga 01248 602900, druyoga.com

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. You don't need any previous experience or dance skills - only the desire to stay fit and healthy. 1.30pm, Galeri, Caernarfon 01286 685222, galericaernarfon.com

B Naturals Singing Workshop Learn some acapella arrangements - it's Abba and the Beach Boys! Open to all levels of singer all taught by ear. Bring food to share. 10.30am - 4.30pm, £30. Llandulas Village Hall, Clwyd LL22 8FH. Facebook: of same name

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

Marine Conservation Society Beachwatch Beach litter survey and clean up, organised by the Marine Conservation Society. 4.30 - 6.30pm, free. Dinas Dinlle LL54 5TW. eventbrite.co.uk

Darlith Glyndŵr: Dafydd Wigley Wales, in terms of language and culture and in terms of tradition and religion - is part of Europe. This was the realisation and one of the inspirations for the vision of so many Welsh leaders - from Emrys ap Iwan to Saunders Lewis. Owain Glyndŵr's vision was also based on the Welsh connection with the continent of which we are a part. As we face a very uncertain future, is it possible for the modern Wales to survive without the European dimension - or is it an essential part of our national existence? Welsh with simultaneous English translation. 5pm, £8, £6 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

Sound Bath For the session you lie on a yoga mat, close your eyes and relax while you are bathed in powerful sound waves created from Gongs, Quartz crystal, Himalayan singing bowls and grounding instruments. 7pm, £14, booking essential. Bodhi Movement, The Studio, Royal Oak Stables, Betws Y Coed, 01690 359081, info@bodhi-movement.co.uk

Pianists Galore! Pianyddion diri! Join Iwan Llewelyn-Jones for a magical afternoon of music performed by some of Wales' most talented young pianists. 3pm, £5, £4 concs, £2 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

16th SUNDAY - 21st FRIDAY

Society of Botanical Artists Led by Julia Trickey and Simon Williams. Studio work with guidance. £575 - £622.50. Plas Tan Y Bwlch, Maentwrog LL41 3YU, 01766 772600, eryri-npa.gov.uk

16th SUNDAY - 21st OCTOBER, SUNDAY

Pregnancy Yoga Course This 6 week course brings relaxation, inner strength and a chance to connect with yourself and your baby, to help you prepare for birth and beyond. Using breathing techniques, adapted yoga postures, deep relaxation, and time to talk with other mothers (to-be), many women find this to be a much needed haven in their busy lives! 5 - 6.45pm. Quaker Meeting House, Dean St., Bangor LL57 1UP. Booking essential: Laura 07914 917711, laurabirthingmamas@gmail.com

Caffi Stori Llangollen Storytelling Café 3rd Fri/ Month. Meets for stories, songs, coffee and cake; come with a tale or song of your own, or just to listen. 7.30pm, only £2. Held in The Courtyard Coffee Shop, Castle St, Llangollen, LL20 8NY. Suzi 01490 460563, 07984 637068.

Banda Bacana with Mouton 9 piece band with groove music from Latin, Jazz, Afro, Funk and Caribbean; Mouton are a 5 piece folk band who have travelled and played in Venezuela. 8pm, £12, £10 concs., Pontio, Bangor 01248 382828, pontio.co.uk

Cold War (15) Film. In the ruins of post-war Poland, Wiktor and Zula fall deeply, obsessively and destructively in love. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

21st FRIDAY - 23rd SUNDAY

Autumn Equinox Massage Retreat Massage techniques demonstrated, taught, practised and repeated, remembered by your muscle memory. Focus on flow, feeling natural with techniques, learning how to seamlessly glide from move to move, dancing our bodies, softening, centering, grounding and connecting to ourselves, the receiver and the Earth. Less about learning a 'routine by rote' and getting techniques perfect, rather allowing natural flow and feeling comfortable with massage. 16+yrs. no experience necessary. £10 dep., Caernarfon. Bookings: Claire 07426 894640, sourcehealing.co.uk

The Sapphire Staff A unique, immersive weekend of storytelling for adults from the world-renowned Jewish tradition bearer and storyteller Shonaleigh. In this story an ancient warlord is looking for three objects that will give him possession of all the kingdoms of the world. This is a rare chance to hear these ancient tales in the light and on the tongue, stories untold for two generations and barely spoken of for decades. Starts 6pm Friday, finishes 2pm Sunday. Non residential £30 plus donation for storyteller. Held in Llanfachraeth, Ynys Môn. Bookings: Claire 07970 409724.

Dive into Yoga: Yoga & Wild Swimming Over the weekend you will experience expert guidance to some of North Wales' wild swimming areas; variety of yoga sessions, meditative evenings, food, herbal teas and relaxing grounds. £425 - £555, Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

Make A Difference (MAD) Weekend A packed weekend of diverse volunteering tasks across Snowdonia with optional overnight camping, BBQ and live folk music on the Craflwyn estate. Beddgelert, Caernarfon LL55 4NG. Contact Snowdonia Society, Claire 01286 685498, claire@snowdonia-society.org.uk

Cogwarts Steampunk Spectacular A weekend of pure steampunk mad-hattery and general goings on. A steam train ride with entertainment, the Bizarre Bazaar, a Covert Cabaret and The Grand Steam Ball in the Pavilion. Tickets prices: £6 - £49. Llangollen Pavlion and Railway Station. Llangollen LL20 2SW.

The Merry Wives of Windsor: RSC Live See 12th @ 4pm, Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

About Welsh: A Gateway into the Welsh Language Do you feel that you do not have time or inclination to learn Welsh properly, but you want to learn more about the language – about how it compares with other Indo-European languages, what's different about it, what's special about its literature? Maybe you have moved to Wales? Or maybe you're already a Welsh speaker but you want to understand the history of the Welsh language from earliest times to the present day. £209 - £228. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

A Closer Look at Trees Aimed at non-professionals, it will cover the importance of, and understanding of, native trees, evergreens, deciduous trees, ornamental garden trees and conifers. £229 - £248. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

21st FRIDAY - 26th WEDNESDAY

The Children Act (12A) Film. Eminent High Court judge Fiona Maye has to decide whether she should force a teenage boy, Adam, to have a blood transfusion that will save his life or follow the wishes of his Jehovah Witness parents. Various times, check with Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

21st FRIDAY - 30th SUNDAY

The Awakening Heart and the Divine Abodes Suitable for those who have been meditating for 3 years at least. This retreat will focus on love, compassion, joy and equanimity, the four 'divine abodes' or brahmaviharas – in the context of cultivating bodhicitta. Bodhicitta is both the heart-response of wisdom to the suffering of living beings everywhere and the urge to realise full awakening for the benefit of all. To support this, we'll also introduce tonglen, the 'giving and receiving' practice which opens the heart to universal compassion. £360, £324 concs. Vajraloka Buddhist Retreat, Corwen LL21 0EN. 01490 460406, vajraloka.org

22nd SATURDAY

Ladies Walk/Teithiau Cerdded y Merched Walking in the footsteps of The Ladies of Llangollen - Pen Y Coed Woods and Pengwern Vale. 1 - 3pm, free. Plas Newydd, Llangollen LL20 8AW. 01978 862834, plasnewydd@denbighshire.gov.uk

NCT Nearly New Sale Visit our "pop-up shop" style nearly new sale - pregnancy, baby & children's (0-10 years) clothes, toys, books, and equipment all in excellent, nearly new condition. 1 - 2.30pm, Mold Leisure Centre, CH7. Facebook: of same name

Tom Noddy: Bubble Magic Be prepared to see bubbles inside bubbles, inside other bubbles, and much, much more. For all ages and with a question and answer session to follow with the American bubble artist who is renowned for his fun shows introducing physics and maths. 12pm, £8, £5. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Bagel and Focaccia Baking Workshop Come and learn how to bake bread the Dylan's way from scratch, with our bakers who lovingly craft our fresh bread every day, and get yourself a Dylan's recipe book, sourdough starter, and baked loaf to take home! 9am - 1pm, £30. Unit 7, Pen Yr Orsedd, Industrial Estate Road, Llangefni, Anglesey, Wales, LL77 7AW. Bookings: dylansrestaurant.co.uk

17th MONDAY

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

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

Bangor Cellar Writing Group Always 3rd Mon/ month held at 1815 Café Bangor from 7pm. £2 per meeting, newcomers welcome. We have a speaker coming in September, Heather Dyer, poet & children's author 'Writing with a child's voice'. For more details contact Mary Ward - merielward75@gmail.com

17th MONDAY & 18th TUESDAY

Drawing Classes A costumed model, music, a range of drawing instruments, and a highly structured drawing environment will encourage a maximum of ten participants to enter the domain of the creative where true spontaneity can be found. 10.30am - 4.30pm, £120, Gladstone's Library, Hawarden CH5 3DF. Bookings: Lynette Howells-Moore 01244 313910, lynettehowellsmoore@icloud.com

17th MONDAY - 21st FRIDAY

Latin Second Steps Aimed at those who have completed our Latin in a Week course or at those whom have knowledge of Latin to GCSE standard. Read and understand extracts from the poets, comic playwrights and prose writers of Classical Latin literature. Look at basic Latin verse, scansion and metre, and study selections from texts including Livy, the Pliny Letters, Juvenal's Satire 3, Ovid, and Virgil's Aeneid, with a sprinkling of ancient graffiti from Pompeii. £440, non-res from £300. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

18th TUESDAY

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

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, chester.humanist.org.uk

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

Bat Walk Join us on a night time walk with local bat expert, Sam Dyer. With the help of bat detectors (these machines turn normally inaudible bat calls into frequencies us humans can hear) we'll hear and see bats in the woodland and riverside. This event will run quite late so may not be suitable for young children. 6.45pm, booking essential. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.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. 7pm, £12. Follow Your Bliss Café, 307-309 High St, Bangor LL57 1UL. Steph Healy 07534 118899, puresound.org.uk

18th TUESDAY - 23rd OCTOBER, TUESDAY

Pregnancy Yoga Course This 6 week course brings relaxation, inner strength and a chance to connect with yourself and your baby, to help you prepare for birth and beyond. Using breathing techniques, adapted yoga postures, deep relaxation, and time to talk with other mothers (to-be), many women find this to be a much needed haven in their busy lives! 5 - 6.45pm. Quaker Meeting House, Dean St., Bangor LL57 1UP. Booking essential: Laura 07914 917711, laurabirthingmamas@gmail.com

19th WEDNESDAY

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

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

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

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. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

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

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

19th WEDNESDAY - 22nd SATURDAY

Distant Voices, Still Lives (15) Film. Terence Davies' autobiographical tale of his upbringing in Liverpool after the war in a working-class home. 19th - 8.15pm, 21st - 5.30pm. £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

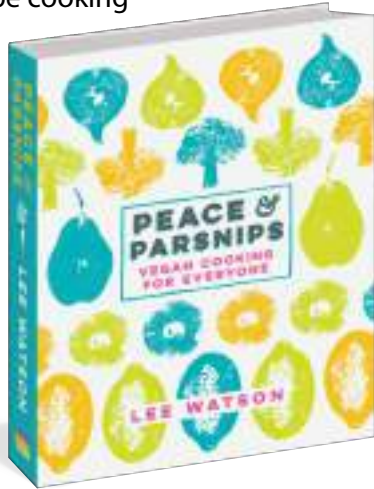
20th THURSDAY

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

Footpath Maintenance Come and help us maintain some of the most popular footpaths in the country. The footpaths of Snowdon are in constant need of maintenance as they are walked on by 500,000 people a year. If you love mountain hiking and use these footpaths yourself, then this is the volunteer day for you. 10am, booking essential. booking essential. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Yoga and Vegan Cookery Day Retreat Top vegan chef Lee Watson will be cooking

a delicious plant-based seasonal feast for lunch using produce sourced locally in North Wales, with a smoothie in the morning and more sweet treats in the afternoon. There will also be a cooking demonstration and a Q&A session. And Claire will teach an all-levels yoga session where you will connect to your



body's cycles, and explore how listening to your body's needs - and your soul's needs - is crucial to living a grounded and happy life. 10am - 5pm, £79, early bird by 1st Sept £69. Prichard Jones Institute, Newborough, LL61 6SY. Bookings: northwalesretreats.com

Drum Journey Meditation Circle Gathering around each New Moon and Full Moon, this Circle intends to support intention setting, relaxation, Community connection and connection to the Higher Self, Guides, teachers and Ancestors. 7pm, £10. Mochdre Village Hall, Colwyn Bay. Bookings Claire 07426 894 640, claire.sourcehealing@gmail.com (or just turn up on the day)

Resilience: The Biology of Stress & The Science of Hope A film on the biology of stress and Adverse Childhood Experiences and its links to major illnesses. 4 - 5.30pm, free. TAPE Community Arts Centre, Old Colwyn, Conwy LL29 9SD. Contact 08432 163909.

CoCoast Seaweed vs Limpets Survey Looking for CoCoast volunteers to help us survey our 10 monitoring sites as part of our Seaweeds vs Limpets survey! We will meet at the entrance to the beach, if you can't find us, scan the shore for those signature yellow water proofs or give us a call on 07710 762129. 1 - 3pm. Trefadog, Holyhead LL65 4YH.

20th THURSDAY - 23rd SUNDAY

Re-Ignite Change in Nature Step out of the office, leave your busy inbox behind, and join us for a leadership retreat with a difference. Unwind and connect; with Andy Raingold and Chloe Revill, and guest Jonathan Porritt. You will leave fired up and part of an ongoing network of peers who have shared this unique experience of personal leadership. £250+. Held at Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk More details or book through: changeinnature.org/reignite

Awakening The Myth Release, Heal, Purify & Cleanse. A gathering on sacred land, where we will be connecting with the myths and legends of Wales with meditation, ritual and sound journeys. The space we share will encourage us to learn to trust our inner voice and inner vision. Enabling us to know that 'we' have the ability to change ourselves - which is a change that is of great benefit & service to our health, our relationships and the world at large. In our ceremonies and sharing circles the land and the trees are calling for mutual healing, so bring any sacred objects you wish to place on the altar during this gathering and anything you may wish to burn in the fire ceremony. This gathering is timed with the Autumn Equinox energies for cleansing & planting seeds for our future. £750 all inclusive. Betws Y Coed. Tracie 07958 327893, elementalresonance.com ~ tracie@elementalresonance.com

20th THURSDAY - 8th NOVEMBER, THURSDAY

Mindfulness Based Stress Reduction Course Led by Tara Dew. Includes, all day practice session, handouts, audio downloads, or CDs. 6.30 - 9pm, £165, £100-£130 concs; instalments available. Full access. Canolfan Bro Llanwnda, nr. Caernarfon. Contact Tara : tara.anne.dew@gmail.com or visit gwyneddmindfulness.com

21st FRIDAY

Sounding Who You Are A Voice Workshop. A special evening of working with the voice and exploring different ways of clearing and balancing the 7 main chakras or energy centres of the body, (using meditation, chants/mantra, toning and sound.) Not a singing session. 7.30pm, £20, Source Yoga, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

The Magic of Soap Bubbles The unexpected stability of soap bubbles has led scientists to study the properties of films and bubbles. A talk by Dr Cyril Isenberg MBE. 1pm, £5, 16yrs +, Galeri, Caernarfon 01286 685222, galericaernarfon.com

UN International Day of Peace A day devoted to strengthening the ideals of peace, both within and among all nations and peoples. Visit un.org



The Greatest ShowWoman

Motivational presentations and an interactive exhibition for business women, entrepreneurs and any woman looking to set up or develop her own business or the business she represents. 9.30am - 4.30pm, £12. Venue Cymru, Llandudno LL30 1BB. Bookings: networkshe.co.uk

Live in the Woods A concert, unplugged and under the stars with The Amazing Clouds who are a group of three multi-instrumentalists who create a unique and exciting blend of their own songs, world, folk, jazz and pop. Their swirling melodies on flute, guitar, bass, keyboard and percussion bring on spontaneous episodes of foot tapping and dancing. The centre is open from 5pm on the day of the concert if you want to bring a picnic. Gig 7 - 9pm, £20 per car (bring as many people as you can fit in). Woodland Skills Centre, Bodfari, Denbighshire. 01745 710626, woodlandskillscentre.co.uk - diana.sanders@btinternet.com

Ajna/Sahasrana/Vishudi Chakra Workshop The Chakra Yoga Experience – is an inspirational series of 4 workshops over a period of 6 months to energise you and deepen your yoga experience. Your yoga posture work will focus on the fundamental energy centres and mindfulness meditation, pranayama/ breath work, and mantra will also be incorporated into each workshop. Each individual workshops can be enjoyed as a one off or you can benefit from taking part in the series as a whole. The workshops are suitable for all levels of ability and everyone is welcome. 10.30am - 1pm, £25. Menai Bridge LL59 5NH. Bookings: 07989 512859, thezestlife.co.uk

Compost Toilets Not a building course but rather advice on the component parts and the biology of a compost toilet system and the kit required to make one. This course will cover the main component parts of a DIY compost toilet in order to maximise the composting process. Off the shelf systems pros and cons will be discussed. from 'bucket and chuck it' to more advanced systems'. 10am - 4.30pm, £65 course plus buffet lunch. CAT, Machynlleth 01654 705959, cat.org.uk

Disgo Swigod / Bubble Rave A bubble rave for families with children! Music by DJE-RATIK and V.E.N.O.M (definition) and projections of beautiful digital artworks by Faris Nasir, the bubble artist from Malaysia. 10am, £3 parent & child, includes free drink for children. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Wild Rhyl Includes hands-on activities such as countryside crafts, bike riding, and guided walks. All activities free. Run by Rhyl Town Council and Denbighshire Countryside Service. 11am - 4pm, Glan Morfa, Marsh Rd., Rhyl, 01745 331114, rhyltowncouncil.org.uk

Textured Set of Bangles Learn some cold hammering techniques to create a beautiful set of textured bangles. Through hammering, soldering and finishing you'll take away at least 6 wearable decorative bangles, 2x copper, 2x brass and 2x silver bangles. 10am - 4pm, £95. Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com

Dru Yoga and Gong Bath The afternoon will consist of an hour of Dru yoga with Helen Edwards, followed by an hours Gong Bath. Refreshments to close. 2.30 - 5pm, £23. Craig-y-don Community Centre, Llandudno LL30 1TA. Steph Healy 07534 118899, puresound.org.uk

St. Kentigern Hospice's Twilight Trek Family friendly Sponsored 5km walk to the summit of Moel Famau to witness the sun setting over the splendor of the Clwydians. 6 - 8pm, St Kentigern Hospice, Upper Denbigh Road, St Asaph, Denbighshire, LL17 0RS 01745 536022.

22nd SATURDAY & 23rd SUNDAY

Green Woodwork 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. Cut and prepare a solid wood seat, drill the mortices and assemble your stool. £125, £65 dep., Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

Map & Navigation Skills Weekend A weekend to help build your confidence and competence in the outdoors. £125, Llanberis. Jason Rawles 07414 673822, jasonrawles.com

Understanding Islam Join Zia Chaudhry for open exploration and discussion of the Islamic religion with many opportunities to ask questions. £125, non-res £90. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

Women's Snowdonia Expedition A weekend of hiking and wild camping with like-minded women. All meals included, guided by instructors. You may need a sleep-over on Friday. Walking for 20miles approx on Sat & 15m on Sun. £252. Contact She Went Wild via eventbrite.com

22nd SATURDAY - 25th TUESDAY

Red Tent End of Life Doulas: Grief Gathering Retreat A space to come and rest; to gather with kindred spirits drawn towards working in the field of grief. Let us lament and keen, let us share our stories, let us nestle into deep and sacred silence together. Led by Awen Clement and Alexandra Wilson who form the Wild Doula partnership. £395 all inclusive, £150 deposit secures place. Held at Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org Bookings: redtenteol@gmail.com

ReWilding the Mind Mindfulness and Rewilding are both topics that are receiving much attention and interest in these ever-more complicated and confusing modern times. This three-day retreat will give participants an opportunity to reconnect with themselves and with the natural world. £405 - £270 non-res. £50 deposit. Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org

Sioe Bubble Daze All Stars Show This exclusive, never seen before and never to be seen again show will include performances from some of the world's best bubble artists. You will experience solos, duos and group bubbling, exploding bubbles, flying bubbles within bubbles, spectacular tricks and performances accompanied by live music. 7.30pm, £12, £7. Galeri, Caernarfon 01286 685222, galericaernarfon.com

23rd SUNDAY

Yoga Workshop with Tracey Joscelyne. A fun, full day of yoga; 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! During the lunch break or after the workshop, you can take the opportunity to explore the village and beaches with its wonderful gardens, shops and Cafés. £28 - includes light refreshments and bites of fruit, nuts and homemade tasty cakes! Held in the Hercules Hall, Portmeirion. Limited spaces available, message me or phone on 07809 485323 to book and secure your place - www.traceyyogamassage.co.uk Also on 9 Dec.

Recordiau'r Byd / World Records Be part of the audience that witnesses the World record attempts of many of the international bubble artists - the team from Guinness will be here to document the record attempts. 9.30am, £5. Bookings: Galeri, Caernarfon 01286 685222, galericaernarfon.com

Reedbeds and Waste Water Management This course explores the technicalities, design and implementation of reedbeds and alternative waste water treatment systems at a domestic level. You'll learn about the various options for low impact sewage treatment systems and nutrient recovery. There will be a session on water efficient devices. 10am - 4pm, £65 course & buffet lunch. CAT, Machynlleth 01654 705959, cat.org.uk

Bangor Vintage Kilo Sale Huge Vintage clothing sale - retro and branded items from 70s - early 00's! 10am - 4pm, £3 door; from 12pm entry is £1.50. Prichard Jones Hall, Bangor University, College Rd, LL57 2DG.

Nature of Snowdonia ~ Environmental Workshop These workshops are primarily aimed at Mountain Leaders and Instructors or trainees working towards those awards. Anyone working outside with, or leading, groups in the hills or mountains of the UK should however, find these workshops of interest. Discussions: Ice age, geology, geomorphology, indentifying plants and storytelling. 10am - 4pm, £45. Cwm Idwal Visitor Centre, Bangor LL57 3LZ. eventbrite.co.uk

Climb Snowdon Open Walk Join a guided walk on Snowdon with local and experienced Mountain Leaders. This is your chance to summit Wales' highest mountain and learn more about its history and surroundings. A fantastic opportunity to maximise your time on this majestic peak, and allowing us to look after the planning 8.45am - 5pm. £35. Caban, Brynrefail, LL55 3NR, 01286 685472.



24th MONDAY

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

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

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

CoCoast Seaweed vs Limpets Survey Looking for CoCoast volunteers to help us survey our 10 monitoring sites as part of our Seaweeds vs Limpets survey! We will meet at the entrance to the beach, if you can't find us, scan the shore for those signature yellow water proofs or give us a call on 07710762129. 4 - 6pm. Porth Trwyn, Holyhead LL65 4HD.

The Age Friendly Culture Network A perfect opportunity to learn about some of the inspiring and innovative work already taking place around Wales and find out how to get involved. For People working in arts, culture and heritage interested in exploring partnership working; older people and community groups interested in helping develop age-friendly practices with cultural organisations; people and organisations working closely with older people interested in using arts and culture in their work. 10am - 4pm, free. Theatr Clwyd, Mold CH7 1HA. 01352 701521, theatrclwyd.com

24th MONDAY - 28th FRIDAY

Timber Frame Self-Build During this course you'll learn a range of timber frame building techniques, how to use tools safely and correctly, marking out, measuring and cutting the frame as well as frame raising. Also included are talks on planning, ecological building materials and low energy homes. You will gain lots of hands-on experience culminating in a finished timber frame at the end of the week. £600, £500 concs., CAT, Machynlleth 01654 705959, cat.org.uk

25th TUESDAY

Libra Full Moon 3.52am

Woodland Workday The upkeep and maintenance of our spectacular woodland depends on the generosity of our fantastic team of dedicated volunteers. Whether you'd like to help out with our bird survey or you fancy something a bit more physically challenging like footpath maintenance, join us to tackle this month's woodland tasks! 10am, Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

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

A Fish Called Wanda (15) Film. Four very different people team up to commit armed robbery, and then doublecross each other for the loot; comedy. 6.30 - 8.30pm, Benllech Community Hall, Anglesey LL74 8SN, benllechcommunity.wordpress.com

CoCoast Seaweed vs Limpets Survey Looking for CoCoast volunteers to help us survey our 10 monitoring sites as part of our Seaweeds vs Limpets survey! We will meet by the car park near the lifeboat station, if you can't find us, scan the shore for those signature yellow water proofs or give us a call on 07710 762129. 4.30 - 6.30pm. Trearddur Bay, Holyhead LL65 2UL.

In The Fade (18) Film. A thriller drama set in multicultural modern day Germany. 7.30pm, St. Mary's Creative Space, Chester CH1 2DW. chesterfilmfans.co.uk

25th TUESDAY - 28th FRIDAY

Leading Sustainable Ventures This course defines business and leadership widely and is relevant for conventional models as well as not-for-profit, co-ops, distributed leadership, social projects and community based initiatives; we'll explore balancing people, planet and profit. £574 all inclusive; £400 course only. CAT, Machynlleth 01654 705959, cat.org.uk

26th WEDNESDAY

Unbind The Wing A celebration of the women of Bodnant Garden, their fight for suffrage and the importance of protest today. Beneath the manicured lawns and flower-filled terraces of Bodnant Garden is a history of powerful, politically driven women. In 2018 we're marking the centenary of Votes for Women by shining a light on their story. Join us for an afternoon of celebration and theatre. Normal entry charges apply to the Garden. Bodnant Garden, Conwy. Contact 01492 650460, nationaltrust.org.uk/bodnant-garden

The Human Project: Past, Present and Future. In this book, based on his book *Cycles of Eternity*, Tim Wyatt will outline and explore humanity's long evolution and progression through lower kingdoms of nature and on other globes. All other life streams either will or have already passed through the human kingdom. 7 for 7.30pm, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF. Contact 01244 370461, chestertheosophy.org

Cold War See 21st, except at 5.30pm.

Iolo Williams: A Career Iolo Williams tells the story of how he went from being a young naturalist growing up in mid-Wales to working for the RSPB and finally, to being a reluctant television presenter. The army, grizzly bears and mountain gorillas all make an appearance as do a whole host of other characters. All proceeds from this event are being donated to the Sophie Williams Trust. 7pm, £10, £6 students + U18s. Lecture Rm 5 (PL5), Pontio, Bangor 01248 382828, pontio.co.uk

What Next for Dementia Friendly Communities in North Wales? Meet and learn from others working to make their communities more Dementia Friendly. Bring together community groups and voluntary initiatives with key public and voluntary sector organisations and professionals. Organised by Ageing Well in Wales 10am - 4pm, Parc Eirias, Colwyn Bay LL29 7SP. Contact ageingwellinwales.com

Vertigo (PG) Film. Hitchcock's tale of an agoraphobic detective hired by an old friend to trail his wife who is behaving suspiciously. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

26th WEDNESDAY & 27th THURSDAY

Reflexology Llandudno Learn the fascinating art of Reflexology, we will teach you how to perform a full professional treatment on your clients. Proven to help with pain relief and stimulation of the whole body. 9.30am - 2.30pm. Held at NW Nail & Beauty Training, 24 Brookes St., Llandudno LL30 2TT. Bookings: 01244 291807, cheshirebeautyacademy.co.uk

27th THURSDAY

Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 1pm, £7. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. If you are interested to come along please email helen@soul-life.co.uk

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

The Five Pointed Star A talk by Kate Fletcher with Colwyn Bay Theosophical Society. In this talk the Five-Pointed Star - the Pentagram - is seen to represent a potent symbol of the 'fall' and rise, the involution and evolution, of the indomitable human spirit. 2pm, admission £5; TS members £3. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. New enquirers are always welcome. Enquiries Pauline 01619804942, 07547135491, p.owens@live.co.uk - theosophywales@yahoo.co.uk

Pop Up Vinyl Records 2000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, country, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. 3 - 8pm. The Valley Hotel, Valley, Anglesey LL65 3DU. Facebook: of same name

King Lear: National Theatre Live King Lear sees two ageing fathers - one a King, one his courtier - reject the children who truly love them. Their blindness unleashes a tornado of pitiless ambition and treachery, as family and state are plunged into a violent power struggle with bitter ends. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwylfor.com **Also** Galeri, Caernarfon 01286 685222, galericaernarfon.com **Also** Pontio, Bangor 01248 382828, pontio.co.uk

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

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

27th THURSDAY - 1st NOVEMBER, THURSDAY

Sisters of the Wild Held at Cae Mabon, Fachwen, nr Llanberis LL55 3HB, 01286 871542, caemabon.co.uk More details from Jayne: love@sistersofthewild.com

28th FRIDAY

Evening Slow Flow and Restorative Yoga Session

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



Ocean Film Festival Calling all ocean lovers! The annual Festival has a brand new selection of the world's most amazing ocean films, from both above and below the surface. 7.30pm, £15, £13 concs., Venue Cymru, Llandudno LL30 1BB, 01492 872000, venuecymru.co.uk

Taste of Craft Programme A wide range of hands on craft making activities with different makers, helped along with a nice cup of tea or coffee (and some biscuits!). Come and join us on a Friday afternoon 1 - 3pm throughout September and October. £12.50 per session (all materials provided) or book the whole course (5 sessions in total) for £50. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Vri New trio to represent Wales and its music in the fast-evolving world of 'chamber-folk'. 7 for 8pm, £10, tickets from Café, Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Jonathan Richards ~ Classical Guitarist 7.30pm, Student's Concert, Princess Drive Baptist Church, Colwyn Bay. Info: 01492 539589.

Carmen - Russian State Opera Carmen tells the story of the downfall of Don José, a naïve soldier who falls head over heels in love with Carmen, a seductive, free-spirited femme fatale. 7.30pm, £34.50 - £24.50. Venue Cymru, Llandudno LL30 1BB, 01492 872000, venuecymru.co.uk, russian-state-opera.co.uk

28th FRIDAY & 29th SATURDAY

War with the Newts Theatre. Witness the rise and fall of new(t) capitalism. Deep below the sea, an ocean of opportunity arises: a new resource makes contact. Global risk and technological revolution come together in this immersive experience, with live surround sound installation by sonic artist Robert Bentall. 12+, £10 - £16. Theatr Clwyd, Mold CH7 1YA. Contact 01352 701521.

Jonathan Richards ~ Classical Guitarist with Robert Cross (luthier). 7.30pm, Pencychnant Centre, Sychnant Pass, Conwy. Info: 01492 592595.

Gwyl Eryri ~ Snowdon Fest A family friendly day full of music, sports and film. Refreshments available. 12pm - 10pm, £6.50. Gwydir Park, Llanrwst. Contact info@snowdonfest.com

28th FRIDAY - 30th SUNDAY

Llŷn Guitar Festival Welcome to the 7th Llŷn Guitar Festival at Plas Glyn y Weddw. Artists this year are Martin Carthy, Sally Barker, Dave Bainbridge & Sally Minnear, Billy Watman, Rory Evans, Richard Meyrick and Paul Brett. Tickets for the Saturday night concert are £20 and the weekend package which includes a concert ticket is £125. Includes Masterclasses, Reflection Session and Evening Concerts. Held at Plas Glyn Y Weddw, Llanbedrog, nr Pwllheli. Full details on llynguitarfestival.org.uk

Yoga, Nutrition & Detox Retreat Create a personal health package by learning how to maintain balance through food and lifestyle changes. Experience the benefits of yoga and learn natural cleansing methods. Gain essential knowledge about your perfect diet and discover how to increase its nutritional content. This retreat provides the ideal introduction to the ayurvedic retreats. £375 shared or £445 single. Dru Yoga, Snowdonia Mountain Lodge, Bethesda, 01248 602900, druyoga.com

Denbigh Open Doors A range of interesting, unusual and beautiful historic homes and buildings will be open to the public for tours and talk - the weekend will kick off with a heritage related lecture at Theatr Twm o'r Nant on the Friday evening by Susan Fielding on research and recording, 7pm, free. There is a walk in the Beatrix Potter Garden, 1950s Museum, Wireless in Wales Museum, Brookhouse Pottery, St. Mary's Church, Denbigh Castle, The Carriageworks, Denbigh Museum and more. On 29th there is free parking in Denbigh. Find out at: visitdenbigh.co.uk

Identifying Mosses, Liverworts and Lichens There will be plenty of specimens to identify and excursions in to the habitats at the venue, enabling you to develop good basic identification skills and build up a small reference collection of common species. Course fee £120, concs £100. Please book through Aberystwyth University 01970 621580 before booking your accommodation. Held at CAT, Machynlleth 01654 705959, cat.org.uk

Friends Weekend During this weekend, there will be a choice of activities: a chance to relax, entertainment and an opportunity to catch up with old Friends, as well as the AGM. £209 - £228. Plas Tan Y Bwlch, Maentwrog, 01766 770274, snowdonia.gov.wales

Early Railways 2 Details tbc, £224 - £243. Plas Tan Y Bwlch, Maentwrog, 01766 770274, snowdonia.gov.wales

28th FRIDAY - 1st OCTOBER, THURSDAY

Yoga & Wild Swimming Weekend See 21st - 23rd for details.

29th SATURDAY

Transcendental Meditation Talk with David Hughes. 2pm, admission free. Optional course in October to follow. Adelphi Room, Imperial Hotel, Promenade, Llandudno LL30 1AP. David Hughes 07854 688223, uk.tm.org See ad page 29

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

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

Llŷr Williams ~ Pianist Llŷr plays music by Beethoven, Brahms and Schumann. 3pm, £20, £18, £10 children. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Bread Baking Workshop Come and learn how to bake bread the Dylan's way from scratch, with our bakers and get yourself a Dylan's recipe book, sourdough starter, and baked loaf to take home! Refreshments included. 9am - 12noon, £30. Dylans Restaurant, Maes y Mor, Criccieth LL52 0HU. Bookings: dylansrestaurant.co.uk

Wrexham Singing Streets A celebration of local choirs perform in Wrexham high streets, 11am - 4pm, Town Centre. singingstreets.org

The Movable Feast Eat, drink, be entertained and enjoy a veritable feast of a day. It's new, it's exciting and it's all about the local producers of North Wales; food, drink, crafts, artists, entertainers and much much more. 12pm - 10pm, £3.83, £2.74 concs and Children U12 free. Llanrwst LL26 0BU. Visit: themovablefeast.org

Textured Silver Bangle The workshop will begin with experimenting with copper, before moving on to work in silver. Throughout the day you will explore texture through hammering, using punches and embossing with wire. Karen will then guide you through the final stages to complete your bangle, including forming, silver soldering and polishing for extra sparkle. 10.30am - 4pm. £65, no experience needed. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

DIY Furniture - Upcycling Pallets The course will cover an overview of the tools and techniques used in taking apart a pallet, and turning it into something new, using reclaimed timber. 10am - 4.30pm, £45 course fee only. CAT, Machynlleth 01654 705959, cat.org.uk



Afallon: A night of stories Performance show featuring four of Wales' leading storytellers; hosted by Siân Miriam with Tamar Eluned Williams, Christine Watkins and Helen East They will share tales on the theme of 'Afallon', exploring magical apple orchards and the mysteries of Avalon. Our storytellers have travelled from across Wales - from Cardiff, Glamorgan, Powys and Anglesey - to enchant you and feed your soul with tales of Afallon. Performances will be delivered in both English and Welsh. The show is suitable for adults and young people over 12. 7.30pm, £8, £5 concs. Held at Llangefni Theatr Fach, Pencraig, Llangefni, Ynys Môn, LL77 7LA Bookings: Claire 07970 409 724 or <http://www.wegottickets.com/event/444674>

Bushcraft Tracking Discovering the art of identifying animal tracks and signs and exploring techniques to help us get the most out of our time out in our natural environment. £70, £40 dep., Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

29th SATURDAY & 30th SUNDAY

Anglesey Woodland Festival / Gwyl Goedwig Ynys Môn A chance to see and experience various greenwood crafts in the beautiful grounds of Plas Newydd. Entrance is free, including entry to Plas Newydd grounds. There will be stalls, local crafts people, food and drink. 11am - 4pm on both days. Lots of children's activities too! Plas Newydd House and Garden, LlanfairPG, Anglesey LL61 6DQ. Facebook: of same name

Mushroom and Fungi Identification Cultivation Learn how to identify mushrooms and fungi in a whole host of different habitats. You'll be foraging in the undergrowth as you uncover some of the main edible species and learn to avoid those that are not. You'll appreciate the habits, ecology and even the behaviour of this mysterious genus. 10am - 4pm, £120 course fee only. Held at CAT, Machynlleth 01654 705959, cat.org.uk

Scriptwriting & Editing This is a Welsh-language course looking at the craft of scriptwriting and editing. £99 - £150; with Fflur Dafydd and Gwyneth Glyn. Tŷ Newydd, Llanystymdwy, Cricieth LL52 0LW, 01766 522811, tynewydd.wales

Home Chainsaw During this course an experienced local forestry worker will cover the construction and maintenance of a chainsaw including sharpening the chain, cross-cutting logs and felling small diameter trees. You must have your own chainsaw and appropriate protective chainsaw clothing - helmet, visor and ear defenders, gloves, trousers and boots. £135, £70 dep., Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

30th SUNDAY

Flexibility of your Legs & Hips By undoing old habits of tension, easing chronic stiffness & pain, you can discover a new agility & freedom. 10am - 1pm, £30, with Veronica Rock. Verve Health, Fitness & Wellbeing, 2 - 4 George Street, Llangollen LL20 8RE. Veronica 07900 825783, vhrock@feldenkrais.co.uk

Helpa Gelf Talk and hands-on workshop with Louise Schrempft in the education room. 10.30am - 4pm, NW Potters members £15, non members £25. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Mind, Body & Spirit Festival Over 50 exhibitors plus workshops taking place throughout the day. 11am - 4pm, free entry. Theatr Clwyd, Mold. RainbowBiz 07759 753473, rainbowbiz.org.uk

Apple Day Gather up some apples from your garden, someone else's garden or crab apples from the hedgerow (windfalls are fine as long as they are not rotten) and bring them to the Centre where you can put them through our crusher and press. You should be able to convert about 50kg of apples into juice in an hour. £10; book in for a 2 hr slot. Woodland Skills Centre, Bodfari, Denbighshire LL16 4DT, 01745 710626, woodlandskillscentre.co.uk

Chwedl: Women and Storytelling Meetup A chance for women interested in storytelling and women storytellers, to gather, share stories, tools and practices. Event is free but bring some lunch to share or a small donation to cover soup/tea/coffee. Held 10am - 5pm at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Registrations and more information from: Claire 07970 409 724, claire_mace@yahoo.co.uk

Meditation, Sound and Mantra In this afternoon workshop, you'll practise 3 short Dru Meditations you can use at home to melt away stress, bring energy and inner calm. You'll also experience the healing balm of sound and mantra which will balance your chakras and bring joy. There will be movements and breathing techniques to prepare you to connect with your inner stillness - the Dru point. 2 - 5pm, £30 (£22.50 before 15th). Held in Snowdonia Mountain Lodge, Bethesda. Dru Yoga 01248 602900, druyoga.com

Copydate for October Issue:

September 18th

info@network-news.org

07777 688440

Workshops in October & November

OCTOBER

- 1 - 5 **Staying Mindful: 5 Day Retreat Held at** Trigonos, Nantlle LL54 6BW. Bookings: mindfulness-secular-retreats.org.uk/Calendar/
- 5 - 7 **Yoga & Mudra Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 6 **Forged Silver Bangle** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 6 **Voice Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 12 - 14 **Yoga & Dance Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 13 **Yoga Training Try Out in Mold** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 13 & 27 **Porcelain Christmas Decorations** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 14 **Dru Meditation Day** Dru Yoga, Bethesda, 01248 602900, druyoga.com
- 18 - 21 **Weaving Colours** Trigonos, Nantlle LL54 6BW, 01286 882388, trigonos.org
- 19 - 21 **Yoga and Wellness Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 20 **Silver Stacking Rings** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 20 **Abundant Autumn - Yoga & Vegan Day Retreat** Anglesey. Claire 07970 409724, northwalesretreats.com *See advert on page 28*
- 20 & 21 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 21 **Bullrush Basket Weaving** Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org
- 26 - 28 **Return to Earth** Trigonos, Nantlle LL54 6BW. 01286 882388, trigonos.org
- 26 - 28 **Holy Mountain Yoga Retreat** South Stack Coastal Retreats, Holyhead LL65 1YH. Bookings: northwalesretreats.com
- 26/10-2/11 **Embodying Love** Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org
- 27 **Embroidery Masterclass** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 28 **Bending, Folding, Arching & Turning - Feldenkrais Method** with Veronica Rock, Llangollen. 07990 825783, vhrock@feldenkrais.co.uk

NOVEMBER

- 2 - 4 **Mindfulness Retreat** Noddfa, Penmaenmawr, 01492 623473, noddffa.org.uk
- 3 **Rush Basket Making** Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 3 **Welsh Woodlands and Their Birds Conference** Bangor University. Tickets: eventbrite.co.uk
- 9 - 11 **Yoga & Relaxation Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 9 - 11 **Hwyl Fawr - Bodhran Weekend** Conwy. Jo Hughes 07833 300206, jo@joconsultancy.co.uk
- 9 - 29 **Total Immersion** Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org *(Suitable for those who have meditated for 3 years)*
- 10 **Voice Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 10 **Boro Textiles Masterclass** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 10 **Meditation & Teaching Day** The Hermitage, Criccieth LL52 0NT, 01766 530839, hermitage@ahs.org.uk
- 10 **Beaded Jewellery** Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 10 & 11 **Reiki 2** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 17 & 18 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 23 - 25 **Yoga & Relaxation Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 24 **Christmas Decorations: Slate Bunting** Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 24 & 25 **Threads - Weaving Masterclass** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 25 **Improving Upright Organisation - Feldenkrais Method** with Veronica Rock, Llangollen. 07990 825783, vhrock@feldenkrais.co.uk
- 29/11-3/12 **Bhagavad Gita & Meditation Retreat** Dru Yoga, Bethesda, 01248 602900, druyoga.com
"It is better to live your own destiny imperfectly than to live an imitation of somebody else's life with perfection." The Bhagavad Gita

Centres in North Wales: Workshops in October & November

Cae Mabon Eco Retreat Centre

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

OCTOBER

- 3 - 7 **Dadeni - Rebirth *The 1st of 6 retreats***
12 - 14 **Pixi Camp for local (ish) families**
29 Oct - 3 Nov **Autumn Working Party**

Centre for Alternative Technology

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

OCTOBER

- 8 - 13 **Low Energy Buildings (pt A)**
12 - 14 **Intro to Permaculture; Plant Diversity**
19 - 21 **Wildlife of Nature Reserves**
20 **Willow Basket Making**
20 & 21 **Self-Build Project Management**
23 - 26 **Social Forestry OCN**

NOVEMBER

- 2 - 5 **Eco Refurbishment**
12 - 17 **Intro to Sustainable Energy provision and Demand Management**
23 - 25 **A Guide to Environmental Impact Assessment**

Centre for Mindfulness, Research & Practice (CMRP)

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

OCTOBER

- 29/10 - 5/11 **Teacher Training Retreat Level 2**
Held at Trigonos, Nantlle

COURSES IN 2019

- 5 - 12 Jan **Teacher Training Level 2**
26 Jan - 2 Feb **Teacher Training Level 1**
Both held at Trigonos, Nantlle. Book through CMRP

Gladstone's Library

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

OCTOBER

- 12 - 14 **Film as Religion Revisited**
26 & 27 **Brexit, Trump and the Common Good**

NOVEMBER

- 3 - 4 **Hearth: Literary Festival**
8 - 10 **Cracking the Monolith: Liberating the Bible for Contemporary Life**
24 **Complex Emotion, Detached Appraisal: Writing Memoir - A Masterclass with Keggie Carew**

Tŷ Newydd Writing Centre

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

OCTOBER

- 1 - 6 **Writing for Children**
6 **Cynganeddu**
12 - 14 **Poetry and Songwriting**
15 - 19 **Writing Popular Fiction**
19 - 21 **Storytelling: The Spell on the Tongue**
27 **Sitcoms: Welsh Language Day**
29/10-3/11 **Autumn Poetry Masterclass**

NOVEMBER

- 3 **Journalism: Welsh Language Day**
5 - 10 **Writing for Young Adults**
10 **Prose: Welsh Language Day**

Abundant Autumn - Yoga & Vegan Day Retreat - 20th October

with Lee Watson, Vegan Chef and Claire Mace, Yoga Teacher.

Explore the abundance of Autumn through delicious yoga and plant based cookery. Feast on the produce of the season, learn new skills and relax deeply.

10am-5pm ~ £69

Newborough, Anglesey LL61 6SY

Contact Claire 07970 409724,
northwalesretreats.com

Plas Tan Y Bwlch
Maentwrog LL41 3YU,
01766 772600 ~ eryri-npa.gov.uk

OCTOBER

- 5 - 8 **Exploring with Mixed Media and Collage**
12 - 14 **Mixed Media Weekend**
12 - 14 **Through the Keyhole**
15 - 19 **Drovers & Drovers Roads**
19 - 21 **Creative Landscape Photography**
19 - 21 **Textile Basketry - Woven Forms**
26 - 28 **Chamber Music**
29/10-2/11 **Autumn in the Gardens of Snowdonia and North Wales; Woods and Water**

NOVEMBER

- 2 - 4 **Tiffany Stained Glass Making**
2 - 4 **Machine Embroidery**
9 - 11 **Sock Knitting for Beginners**
9 - 11 **Snowdonia and the Empire**
16 - 18 **Mountains, Lakes, Rivers and Waterfalls in Watercolour**
26 - 30 **Access and Public Rights of Way, Law and Management**

Woodland Skills Centre
Bodfari, Denbigh LL16 4DT
01745 710626,
woodlandskillscentre.uk

OCTOBER

- 6 **Round Rush Baskets; Apple Day**
6 & 7 **Make a Bushcraft Knife**
7 **Rustic Stool; Introduction to Willow Work**
13 **Gypsy Crafts 1**
13 & 14 **Bowl Turning on a Pole Lathe**
14 **Gypsy Crafts 2**
20 **Square Rush Basket**
20 & 21 **Make a Pole Lathe**
27 **Bird Feeders**
27 & 28 **Spoon Carving**
28 **Nest Boxes**
31 **Holiday Club**

NOVEMBER

- 1 **Holiday Club**
3 **Managing a Small Woodland**
3 - 4 **Hedge Laying**
4 **Practical Woodland Task**
10 - 11 **Coppice Crafts**
17 - 18 **Willow Masks**
24 **Christmas Crafts**



Transcendental Meditation

deep rest for dynamic activity

Simple, natural, effortless mental technique gives deep rest, increased alertness, greater happiness, relief from stress

Free Introductory Talk
by **David Hughes** on
Saturday September 29th
at 2pm

Imperial Hotel, seafront,
LLANDUDNO
LL30 1AP

Enquiries: David Hughes
07854 688 223

tm.org/uk

Exhibitions



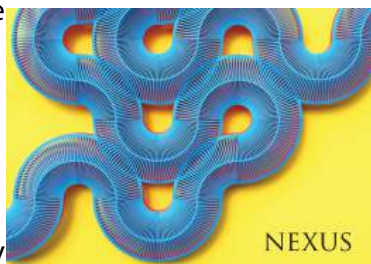
Phil Green

Insight 15 ~ Helfa Gelf Artists Until 30th September. A new collection of work by artists from North Wales - Sue Arney, Phil Green, Janet Roberts, Dorothy Taylor in MOSTYN Gallery Café, MOSTYN, in partnership with Helfa Gelf Art Trail. Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

She Sees The Shadows Until 4th November. We are pleased to present the first off-site collaboration by DRAF (David Roberts Art Foundation). "She Sees The Shadows" is a group exhibition of works from the David Roberts Collection that resonate with the ideas found in Space and Sight. Each artist has re-conceived day-to-day objects and materials in unexpected ways - a bench, plug socket, grate, section of railing or broom - inviting viewers to see alternative qualities and narratives therein. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Art For All Until 4th September. A wide range of work exhibited in Ucheldre's 27th annual Art for All Competition. Many paintings are for sale. A variety of mixed media work. Free entry, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Nexus 29th September - 18th November. This exhibition looks at some of the ways in which 21st Century artists and makers are changing preconceptions about their art forms. The exhibitors in Nexus are linked by great technical skill, a capacity for free thinking and confidence in their ideas. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



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

Huw Gareth Jones: Ar yr Ymylon~On the Edge 11th August - 23rd September. Open daily 10am - 5pm, free. Oriol Môn, Rhosmeirch, Llangefni, Ynys Môn LL77 7TQ, 01248 724444 oriel@ynysmon.gov.uk

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

Iwan Gwyn Parry 17th September - 6th October. New paintings by the Anglesey-born painter. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Jocelyn Roberts ~ Sea Changes 28th August - 15th September. An entire year of daily paintings of the North Wales Coast exploring the ever changing sea and sky. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Matthew Wood Until 12th September. Matthew has made nearly 90 paintings, a mixture of interiors and landscapes. There is sunshine and haze, freedom and fresh air. A striking expression of contented wonder, caught with simplicity and grace. Ffin y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net

Wayne Clarke 29th September - 18th November. A graduate of the prestigious ceramic BA at Harrow, Prestatyn based

Wayne Clark makes large sculptural pieces and smaller functional wares, generally from a stoneware body with additives of Ruabon red clay and coarse sand.



Wayne Clarke

He uses various ash and shino glazes, as well as vitreous slips to create fascinating surface effects. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Criw Celf 29th September - 11th November. An exhibition combining the work of Gwynedd and Mon children and young people aged 9 - 18 who have worked with Criw Celf, Portfolio and Raising the Bar art groups. Oriol Kyffin Williams, Llangefni, Anglesey 01248 724444, kyffinwilliams.info

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

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

Rhych Until 23rd September. Simon Callery & Stefan Gant in collaboration with School of Archaeology, University of Oxford. Artworks and field drawings from the excavation of Moel-y-Gaer, Bodfari, 2013-17. Plas Glyn Y Weddw, Llanbedrog, nr Pwllheli 01758 740763, oriel.org.uk

Maurice Cockrill RA Until 12th September. Restless, lyrical and challenging paintings of landscapes. Ffin y Parc, Llanrwst LL26 0PT, 01492 642070, welshart.net

Helfa Gelf Members Exhibition 9th September - 7th October. 1 Plas Brondanw Cottages, Llanfrothen LL48 6SW, orielbrondanw.org



Judith Samuel Until 22nd October. Judith paints the seabirds of North Wales in oil and gesso on linen canvasses. Oriol Ynys Mon, Llangefni, Anglesey 01248 724444, kyffinwilliams.info

With Other Eyes 29th September - 18th November. Brings together a diverse range of international artists and makers, who include photography as an element in their work and who, through this engagement, contribute to the on-going discourse on photographic representation in the applied arts. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

James Green ~ Entering Donkey World Until 30th September. "I felt compelled to celebrate donkeys (who I don't consider are represented very well in the history of art, or sometimes appreciated generally) and create these compositions showing them having adventures in a mysterious world, free from any human control or servitude". Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

NW Potters Gallery 1 High St., Conwy LL32 8DB. 01492 593590, pottersgallery.co.uk

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

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

Eli Acheson - Elmassry 1st September - 13th October. Artworks ranging across sculptural, digital and painted media including latex to create coloured flexible 'Supple-Body' sculptures and installations which are a kind of meta-object. Using familiar items, Eli Acheson-Elmassry takes impressions and re-forms them in order to precondition their role, suggest new alignments of meaning and lays out alternative



psyches of shape. This creative activity probes social issues and the wider political domains, including the complex strata of the realisation of personality. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

Gilly Thomas RCA ~ Celebrating her 70th birthday.

Until 12th September. These paintings, structured and lit dramatically like a scene from a play, or a frame from a film, or a snatched still from a dream, or nightmare perhaps, come straight from a strange internal world that's both unsettling and absurd. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

In Black and White ~ Mewn Du a Gwyn 8th September - 17th February 2019. This exhibition represents examples of his wood engravings and etchings, showing fine art prints alongside works intended for publication and commercial purposes. Oriol Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Land of Legends: Wales, Arthur and the Tales of Mabinogion 3rd - 22nd September. Set off on a quest this summer to rediscover the magic of the Mabinogion, King Arthur and the Knights of the Round Table. Open daily 10am - 5pm, Sat 11am - 4pm. Contact Wrexham Museum 01978 297460, museum@wrexham.gov.uk



Tom Pryce Until 5th November. An exhibition on the life and career of Tom Pryce, the Formula 1 driver from the Vale of Clwyd. Denbigh Museum, Grove Road, Denbigh, LL16 3UU. Open Mon & Thurs 2 - 4pm, free. 07792 315723, gwyneth.kensler@denbighshire.gov.uk

Jon George ~ Paintings and Drawings 4th - 29th September. In this exhibition he will be showing some paintings made on a ground gesso surface, with the preparatory sketches for the pieces and additional drawings. Open daily 11am - 4.30pm. There will be a musical preview on 3rd Sept 7.30 - 10pm, free, all welcome; plus a workshop 4th - 8th. St John's Hall Gallery, St John's Hill, Barmouth, LL42 1AF. Contact 01341 280261.

NW Open Until 24th 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. It is open to submissions from artists living in Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham with £1750 in prize money. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Summer Exhibition Until 30th September. Off-the-wall selling exhibition with works by gallery artists and a selection of newcomers. Plas Glyn Y Weddw, Llanbedrog, nr Pwllheli 01758 740763, oriel.org.uk

Forest + Found ~ Walking the Line 29th September - 18th November. Booth's

large, abstract textile pieces are rooted in the conceptual language and materiality of painting, while Bainbridge's sculptural forms hewn from wood, reflect a need to create a tangible, physical presence in space. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Regular Weekly Classes and Groups

* monthly and fortnightly groups are listed in the Calendar

ACTIVISM

Sorting and Packing Aid for Refugees *Mondays:* 7.30 – 9pm, including refreshments. Church of All Saints, Blaenau Ffestiniog, LL41 4AF. 07910 414489, cefn.cymru. Email: cefn.cymru@gmail.com Facebook: North Wales Refugee Support *Further amendments will follow for later editions*

Tidy Village *Sundays:* 10am. Volunteers gather weekly to litterpick around the village. If you are interested come to Menter Fachwen shop, High St., Llanberis, families and dog walkers welcome!

ART & CRAFT

Life Drawing *Wednesdays:* 1 – 4pm, £7. Penrallt Community Centre, Upper Bangor LL57 2EU. Contact 07533 341458.

Llanbedrog Art Group *Mondays:* 1.30 – 4.30pm. Friendly group for beginners and experienced artists. Occasional talk/demos, £2 includes tea and biscuits. St Pedrog's Church Hall. Jacky Milton 01758 740983, miltonjacky@gmail.com

Knitting and Sewing Guild *Thursdays:* 2 – 4pm; we knit jumpers, toys and many other sewn items. All welcome, Church Hall, Llanbedrog, all money goes to local charities. More knitters needed! Rosie 01758 740184.

Knitting Group *Mondays:* 7.30 – 9pm. Come and knit, crochet, sew and chat; just turn up and join us. Nanhoron Arms, Morfa Nefyn. Karen Cooper 07747 800320. Donations of wool for charity projects greatly appreciated.

CAPOEIRA

Capoeira Classes A Brazilian art form that combines elements of Martial Arts, dance, acrobatics and fluid movement. The Old Goods Yard, Treborth, Bangor. (Down narrow lane by the Antelope pub LL57 2HZ). *Tuesdays & Thursdays* (subject to demand): Open Adult class 9 – 10.30am (£7). *Tuesdays and Wednesdays:* 11 – 16yrs old and Adult Beginners 6.30 – 7.30pm (£6); Intermediate adult classes continue 7.30 – 9pm, (£7). **Children's Classes:** *Wednesdays:* 4pm – 4.45pm, Beginners and under 7's £4.50. *Wednesdays:* 4.45pm – 5.30pm, Intermediates 7 years and over, £4.50. There are a host of weekend training programs and seminars too, so get in touch! *Next one is in Bangor area in Oct.* Enquiries: Monitor Colin Daimond 07773 798199, colin@capoeiramocambo.co.uk



CIRCLE DANCE

Circle Dance *Wednesdays:* Experience the joy and healing of dancing to World music - a blend of traditional European folk dances and modern choreographies. All welcome - no previous experience required. 10am – 12 noon at Y Ganolfan, Pentrefelin, nr Cricieth. Maia 01492 642123.

CONSERVATION WORK

Felin Uchaf Volunteer Days *Wednesdays:* 9.30 – 4.30pm. All safety clothing, refreshments and lunch provided. Felin Uchaf, Rhoshirwaun, nr Aberdaron, 01758 780280, felinuchaf.org

DANCE

Rachel's Bellydance Classes *Tuesdays:* Polynesian Dance 6.30 – 7.15pm and Belly Dance 7.30 – 8.30pm both at Parkfields Community Centre, Mold . . . and *Wednesdays:* Belly dance 6.30 – 7.30pm at Garden Village Hall, Wrexham. Contact Rachel: iscia_espirit@hotmail.co.uk ~ rachelbellydance.wales

Dance Fitness Latin/Ballroom, Cha Cha Cha, Waltz. *Mondays:* 7 – 8 pm & 8 – 9pm, Llangollen Pavilion. £4.50 per class. Llangollen Pavilion. during term time. 01978 869456, newdance.org.uk

Dance For Parkinson's Dance can support people living with Parkinson's to develop confidence, strength and provide the opportunity for creativity and self-expression. These classes will be all inclusive – everyone can attend. Dewi Sant Centre, Pensarn. Contact Group Leader Yvonne MacGregor - yvonnemacgregor@hotmail.co.uk *Restarting 12/9.*

Flowdance *Tuesdays:* 10.30 – 11.30am, Abersoch Village Hall; & *Thursdays:* 10.30 – 11.30am, Pwllheli School of Dancing, Gaol St., Pwllheli. £5 each. Sue Baumann, 07833 791317, llyntaichi.com

Just Ballroom Ballroom, Latin & Old Time Sequencing. *Tuesdays:* 10am – 12noon at St Paul's Church Hall, Craig-y-Don, Llandudno. *Fridays:* (1st, 3rd & 4th Fri) 2 – 4pm, St David's Church Hall, Penrhyn Bay. £5 includes refreshments. 01492 540544, just-ballroom.co.uk



Bollywood Indian Dancing *Thursdays:* 7.30 – 8.30pm, £4.50 adults, £2.50 children. Feed My Lambs, Caernarfon. Contact 07827 572842, bollywoodburnout.com

Ballroom and Latin American *Wednesdays:* 7 – 7.45pm practice session; 8 – 9.30pm Improvers. Social dance and practice on 1st Weds/month 7.30 – 10.15pm. Llanbedrog Village Hall. Qualified teacher Kerstina 07920 446976.

Salsa and Ballroom *Tuesdays:* Beginners welcome including Two Left Feet! No need to bring a partner. 8.15 – 9.30pm, £5. Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157, dance-classes-north-wales.co.uk

Salsa *Mondays:* Intermediate/Advanced. No partner required. 8 – 9pm, £4.50. International Pavilion, Llangollen. NEW Dance 01978 869456, newdance.org.uk

Swing Jive (Lindy Hop) *Wednesdays:* All welcome, 8.15 – 9.45pm, £5, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157. dance-classes-north-wales.co.uk

EXERCISE

Movement for Memory *Tuesdays:* 11 – 12.30pm; part of DementiaGo project, Theatr y Ddraig, Barmouth, 01341 281697, dragontheatre.co.uk

Keep Agile Class *Tuesdays:* afternoon, part of DementiaGo project, £2 per session. Glanwnion Leisure Centre, Dolgellau. Emma Quaek 01766 512711 or 07768 988095.

FELDENKRAIS METHOD

Feldenkrais Method Class ~ Awareness Through Movement *Tuesdays*: 4.30 - 5.30pm, £6 per class if booked as a block or £7 per class drop-in rate. Please phone first to check suitability. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

GARDENING ~ CONSERVATION

Digging Deeside *Tuesdays*: 10am - 2pm. Join our gardening project and social meet-up project at three different sites: *1st Tues*: Llys Eleanor Sensory Gardens, Extra Care Housing, Shotton, CH5 1EH. *2nd & 4th Tues*: Mill Lane Allotments & Quayscape Community Gardens, Connah's Quay, CH5 4HF. *3rd Tues*: Care and Repair, CORUS Club, Shotton, CH5 1PU. All abilities and ages welcome. Contact 07759 753473.

Rainbowbiz: rainbowbiz.org.uk/digging-deeside/

Wildlife Gardening *Mondays*: Maintaining the garden and woodland at Tŷ Hyll ~ The Ugly House, Capel Curig LL24 0DS. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

GIFT ECONOMY / GIVE AND TAKE

The Wiggly Wobbly Way Community based Gift Economy project. Now open every day 9.30am - 4.30pm and evenings in the summer. Come and see what's happening. Visit our Little Free Library, Give and Take Stall and have a brew. Rockside Cottage, Farndon, Chester CH3 6PU. Resident Caretaker: Vic 01829 271 639, wigglywobblyway.weebly.com

LANGUAGES

La Conversation Française *Thursdays*: upper intermediate level, 7 - 9pm, free, The Tap & Spile (near the Pier, Garth) Bangor. Jan: jannieu@tiscali.co.uk

Arabic for Beginners Starts 10th September; *Mondays*: 7.30pm. Centre for Cultural Engagement, 10 Greenfield Rd., Colwyn Bay LL29 8EP. Contact 01492 530110, 07756197442, nwamiccecolwynbay@gmail.com ~ cce-wales.co.uk

MEDITATION

Happy Mind Happy Life *Wednesdays*: 7.30pm, £6. Bishop Lloyd's Palace, Watergate Rows, Chester. Contact 01606 77034, info@meditationincheshire.org

Kalpa Bhadra Buddhist Centre Relaxation, Meditation and Teachings from a Buddhist perspective. Drop-in classes, open to all. **Mid morning Classes in Llandudno** *Mondays*: 11.30 - 12pm, £3. *Tuesdays*: 11.30am - 12pm, £3. *Wednesdays*: 11.30 - 12.45pm, £6. *Thursdays*: 11.30am - 12pm, £3. *Fridays*: 11.30am - 12.30pm, free. *Saturdays*: 11.30am - 12pm, £3. **Evening classes in Llandudno**, *Wednesdays*: 7 - 8.30pm, £6. **Meditation Classes in Mold** *Tuesdays*: 7 - 8.30pm, £6. More details from Kalpa Bhadra Buddhist Centre, 34 Mostyn St., Craig y Don, Llandudno 01492 878778, meditatennorthwales.com

Meditation Class in Mold Five Week Course, *Mondays*: Sept 3rd - Oct 1st, 7 - 8.30pm, £6 per session or £22 for whole course. Held at Barnardo's Flintshire Services, Top left hand side of Griffith's Street Car Park, CH7 1BH. Info/Bookings: Kalpa Bhadra Buddhist Centre, 34 Mostyn St., Craig y Don, Llandudno 01492 878778, meditatennorthwales.com

Five Week Meditation Course in Rhyl

Tuesdays: Sept 4th - Oct 2nd, 7 - 8.30pm | £6 per session or £22 for whole course. Held at Wellington Rd, Rhyl, LL18 1LE. Info/Bookings: Kalpa Bhadra Buddhist Centre, 34 Mostyn St., Craig y Don, Llandudno 01492 878778, meditatennorthwales.com



Meditation Class *Mondays*: 12noon - 1pm; followed by tea. Oddfellows Hall, Saltney, Chester CH4 8SG. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Buddhist Meditation and Discussion Small, friendly, established group. *Wednesdays*: 6.30 - 8.30pm. £8 per session, concessions available. We meditate and discuss Buddhism in relation to our lives and chat over cups of tea and biscuits. All levels of ability welcome. Quaker Meeting House (near Brighthouse shop), Frodsham St. Chester. Further questions? Contact Prashrabdhi: triratna.chester@gmail.com ~ triratna-at-chester.org

(Cancelled classes will be displayed on the website)

Kagyuu Buddhist Group Chester *Tuesdays*: Reflective meditation consisting of a brief explanation of a key Buddhist topic, followed by a period of individual contemplation. 8 - 9pm, £3, £2 concs, Wesley Church Centre, St. John St., Chester CH1 1DA. 0151 638 2568, kagyubuddhism.org, chester@dechen.org

Transcendental Meditation Regular Meetings (and introductory talks) held in North Wales. Contact the Centre 01695 735579, uk.tm.org See ad page 29

Triangles Meditation *Mondays*: 8pm. Using the power of thought and prayer to uplift and transform consciousness. This is an online facility. You can find out more and register at: lucitrust.org/triangles

Meditation Class *Wednesdays*: 7.30pm, £6 per person. Drop-in. Upton Pavilion, Wealstone Lane, Upton, Chester CH2 1HB. More info: meditationincheshire.org

NONVIOLENT COMMUNICATION

Regular Nonviolent Communication Practice meetings fortnightly on Fridays in Bangor. Contact Lisa at - busybees@phoncoop.coop

PEACE & JUSTICE

Peace & Justice Meeting *Mondays*: 6.30pm. The group campaigns bilingually; meetings are generally held in the English language. Quaker Meeting House, Dean St., Bangor; bangorpeace.co.uk

Prayers for World Peace *Fridays*: 11.30am - 12.30pm, free, donations welcome. Kalpa Bhadra Buddhist Centre, 34 Mostyn Ave., Llandudno LL30 1YY, 01492 878778, meditatennorthwales.com

PILATES

Pilates Various classes available in Gwynedd area. Carys 01766 523131, carysmatic.co.uk

QUAKERS

Ruthin Quaker Meeting *Sundays*: 10.30 - 11.30am, followed by tea and biscuits at Canolfan Awelon, School Road. Contact: Jean 01824 705592.

SINGING

Coastal Voices Community Choir Abergele. *Tuesdays:* A friendly, mixed choir singing songs from all over the world. 7 – 9.15pm, Chapel Hall, Mynydd Seion Chapel St, LL22 7AW. 07881463585, sarasings@ymail.com



Sing Out Your Song! Harmony Singing Group. *Thursdays:* 7 – 9pm, £8, £6, £4. Bishop Lloyd's Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspairs@hotmail.com

Chester Ladies Choir *Tuesdays:* 7.30 – 9.30pm. Open to new members, £30/term; free taster session! Linda Harris 0151 200 3170, chesterladieschoir.co.uk

Wrexham Community Choir ~ Sing Your Heart Out *Tuesdays:* Open to everyone regardless of age and ability. 7.30 – 9.30pm, 16yr+, £3, £2 concs. Ty Pawb, Market St, Wrexham LL13 8BY. Contact: info@wrexhamchoir.co.uk

aMaSing Gwynedd and Mon MS Choir *Friday afternoons:* A friendly, mixed group for people living with or affected by MS. Talgai Hall nr Penrhyn Castle, Bangor. Contact Sara to find out more. 07881 463585, sarasings@ymail.com

Bangor Community Choir *Wednesdays:* A friendly, mixed choir singing songs from all over the world. 7.30 – 9.30pm, Capel Penrallt, Holyhead Rd, Bangor LL57 2EU, 07881 463585, sarasings@ymail.com

Lleisiau'r Byd ~ World Voices *Wednesdays:* We sing songs from around the world. 7.30 – 9.30pm, £5. Meets Jerusalem Hall, Criccieth. David Gunn 01766 523686, singing@porthmadog-world-voices.org.uk

Cantorion Gele Singers *Mondays:* We welcome new members. 7 – 9pm. The Old Red Cross Rooms, nr St Michael's, Abergele. Anne Cain 01745 822207.

SOCIAL

Men's Shed *Thursdays:* 10.30am. Llanrwst Forest. Golygfa Gwydyr 01492 642110, golygfagwydyr.org

Men's Shed *Tuesdays:* 10.30am – 1.30pm. A place where men gather together to talk and make new friends, recycle, reuse, restore and share skills and experiences. Tan Y Maes, Blaenau Ffestiniog. Contact 01766 830203, blaenaumensshed1@gmail.com



Bangor U3A *Thursdays:* For people who are retired from working or parenting. Develop interests and activities, new members welcome. 9.30am chat, 10.30am group activity. Capel Berea Newydd, Bangor (between Fford Penrhos and St David's Retail Park). Contact: bangoru3a.org.uk, u3a.org.uk *Term time only*

SPIRITUALIST

Bangor Independent Spiritualist Church *Wednesdays:* 7pm, £2. Quaker Meeting House, Dean Street, Bangor. Alison: all1re1d@hotmail.co.uk

SPIRITUAL DISCUSSION

Theosophical Society in Wales Meets in Colwyn Bay and Bangor. See *Calendar for events* or visit: theosophywales.com Also in Chester ~ chestertheosophy.org

AberJabber *Wednesdays:* Informal and fun spiritual discussions; "New Age" (NOT Spiritualism). All welcome (Channeling, Higher Selves, Ascension, Law of Attraction, Extraterrestrials, plus ANY subject, if benevolent). Come and go when you like; chats very often evolve into one-on-one, or small group conversations. There is no formal 'format', no 'leaders'; no charges; one rule only - under 3s must be accompanied :) 7.15pm, Fresh Bar, High St, Abersoch. Pauli Murphy 07768 603365, helimurf@aol.com

TAI CHI/ CHI GONG / TAIJI QIGONG

Chi Flow *Tuesdays:* 7.15 – 8.15pm, £5. Pwllheli School of Dancing, Gaol St, Pwllheli. Sue Baumann, 07833 791317, sue.reiki@talktalk.net, llyntaichi.com

Tai Chi *Mondays:* 10.30am, Village Hall, Llandrillo. *Wednesdays:* 11.15am in Verve Studio, George St, Llangollen. *Thursdays:* 7.30 – 9pm, Neuadd Carrog Village Hall, nr. Corwen. Ed Fisher 01490 430205.

Tai Chi Classes/Qigong Class *Wednesdays:* 2 – 3pm, 1st Floor Studio, Kit 'n' Heels, Rhos-on-Sea. Eirian Harrison, Wings of Change 01492 544518, 07748 582380, Facebook: Wings of Change

Tai Chi Cymru *Mondays:* 6 – 7pm & 7.15 – 8.40pm. *Thursdays:* 10 – 11am, open to all. Rhuddlan Community Centre. *Tuesdays:* 6.30 – 7.30pm, £6 per session, £20 for 4 sessions, booking essential, Llanfair TH Memorial Hall. Stan Boyd 07834 690964, taiji-cymru.co.uk



Tai Chi Qigong *Tuesdays:* 10.30am – 12pm & 6.30 – 8pm, £5 session, Beacon Climbing Centre, Cibyn Industrial Estate, Caernarfon. Booking essential, Lindsay 01286 870353.

Taiji Qigong *Tuesdays:* Glasinfryn Community Centre, Bangor. *Wednesdays:* 1.30 – 2.30pm Llanfairfechan Community Hall; *and Thursdays:* 10 – 11am Penmaenmawr Library. Improve your fitness and flexibility. All ages/abilities welcome. Jill Turner 01248 351672, treespleas@yahoo.co.uk

Tai Chi Class For people with Multiple Sclerosis and their carers. *Mondays:* 12noon – 1pm, £4. Trefnant Village Hall, Denbigh LL16 5UG. Led by Peter Newton. Contact Alan 01824 705729.

Tai Chi / Qi Gong Classes *Mondays:* 7 – 8pm, £5, Llangoch Village Hall, Anglesey. *Fridays:* 11am, £5, County Hotel, Llandudno. Rose 01407 769571, 07759 105504, roseannyoga@gmail.com, roseyoga.net

Tai Chi *Mondays:* Chi Gung, 6.30 – 7.30pm, £5. All levels Tai Chi, 7.30 – 9pm, £6, £5. Coed Mawr Community Centre, Bangor (behind McDonalds) Geraint will cover this class. 2.30 – 3.30pm, Community Hall Llandegfan (top of the village near play park) More info: cymrutaichiwales.co.uk

WALKS

Rural Walks Over 30 walks around the Denbigh area: Ruthin, Rhewl, Corwen, Llangollen, Bodfari and many more places; moderate, strenuous and easy. Available to download from: denbighshirecountryside.org.uk and click on the Walking section.

Cerdded Conwy Walks A full programme of various walks; suggested donation of £2 per walker per walk which goes towards promoting costs and training of leaders. Various locations across Conwy and beyond. *Weekend walks: September: 28th - 30th. October 12th - 14th.* More info www.cerddedconwy.org Facebook: Cerdded Conwy Walks



WEAVING

SAORI Weaving for Health and Wellbeing

Thursdays: 6.30 - 8.30pm, £30. Come and enjoy the therapeutic benefits of Japanese SAORI self-innovation through free weaving. Immerse yourself in the SAORI experience of joy and wellbeing by weaving with colour and texture in the relaxing atmosphere of my studio, SAORImôr, opposite Domino's Pizzas, Bangor. Booking essential. Rosie Green, 01248 345325, saorimor.co.uk post@saorimor.co.uk

WRITER'S GROUPS & POETRY

Colwyn Bay Writers' Group *Saturdays:* Exchange ideas, conversations and responses to a writing task set the previous weekend. Informal, friendly, positive assessment in group. Bring some of your prose or poetry. 1 - 3pm. Multi-Cultural Centre, Greenfield Road, Colwyn Bay. Chris Hemmings crishtrees@gmail.com

Poetry Group *Tuesdays:* 10.30am - 12pm, £1. Friendly group, all welcome; you don't have to be a poet! Bridge Café, Blaenau Ffestiniog, 01766 830083.

Read Aloud *Tuesdays:* the group will read a short story and a poem and discuss their merits along the way whilst enjoying a cup of tea. Everyone is welcome! 2.30 - 4pm, free, 16+, Wrexham Library. Debbie Williams 01978 292090, debbie.williams@wrexham.gov.uk

YOGA

Dru Yoga with Teresa. *Mondays:* 1.30 - 3pm; *Tuesdays:* 6.30 - 8pm; *Wednesdays:* 9.30 - 11am; followed by optional half hour meditation. All held at Oddfellows Hall, Saltney, Chester. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Yoga Class *Thursdays:* 5.30 - 6.30pm Chester University, contact for details, Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Source Yoga Several classes Monday - Friday; Rhos on Sea and Colwyn Bay. 07704 437415, sourceyoga.org.uk

Yoga for Health and Well-being *Mondays:* 7.30 - 9pm. Suitable for all ages. Newcomers and beginners welcome. First class free of charge. Held in Rowen Memorial Hall, nr Conwy. Lorna 01492 641560, lornashipp@yahoo.co.uk
Details : rowenconwy.org.uk/memorial-hall/activities-in-the-memorial-hall/yoga/

Dru Yoga Class *Mondays:* Bring mat, water and blanket. 7 - 8.30pm, £6, Moelyci Farm, Tregarth. Lynne 07984 360294.

Mindful Yoga with Elaine *Tuesdays:* 7.30 - 9.25pm at Ysgol y Borth, Menai Bridge. *Wednesdays:* 10 - 11.55am at Capel Mawr, Menai Bridge; and 7pm - 8.55pm at Ysgol y Graig in Llangefni. *Thursdays:* 7.30 - 9.25pm in Newborough. £50 for 10 classes or £6.50 drop-in class. All term time only. Elaine 01248 430147, elaine.yoga@tiscali.co.uk ~ yoganorthwales.co.uk
Classes start week beginning 17th September.

Forrest Yoga with Claire Mace *Mondays:* 7 - 8.30pm, St. Mary's Church Hall, Holyhead LL65 1TR. Beginners and improvers welcome. *Thursdays:* 10am - 11.30am, Llanfachraeth (get in contact for address). Small group intermediate level class. *Thursdays:* 12 - 1pm, Llanfachraeth (get in contact for address). Small group basic class suitable for beginners, pregnant ladies and people with chronic conditions. *Thursdays:* 7 - 8.30pm, Aberffraw Village Hall. Beginners and improvers welcome. Also small group classes, private lessons, yoga workshops and more. Bookings: Claire 07970 409 724, claire@inspiratrix.co.uk

Yoga *Mondays & Fridays:* 10 - 11.30am, £4, Capel Drindod, Pwllheli. Come along to a session!

Express Yoga *Thursdays:* Want to practice yoga but have limited time? We are running a 45 minute after-work, express yoga class at 6pm run in blocks of 4 sessions £6 x 4 £24 pp, but your first class is absolutely free. Suitable for beginners. With Jayne Eldridge. Follow Your Bliss Café, 307 - 309 High St., Bangor. 01248 345495, followyourblisspt.com

Dru Yoga Class: *Thursdays* 6.15-7.45pm @ the Dru Centre, Nant Ffrancon LL57 3LX. Beginners and advanced practitioners welcome. Christiane 01248 602900 ext 218, christiane@druworldwide.com
Starting again 6th September.

Yoga Classes with Rose Ann Preston. *Mondays:* 10.30am & *Tuesdays:* 10.30am and 7pm, held in Holyhead Sports Centre, all classes £5 each. *Thursdays:* 12.30pm and 7.30pm, Ysgol Aberconwy Sports Centre (both council run). Rose 01407 769571, 07759 105504, roseyoga.net

Yoga Classes *Mondays:* 10.15 - 11.45am. Dewi Sant Centre, Abergele, Conwy. Helen 07584 672208 more info, or visit conwyयोग.co.uk

Yoga *Wednesdays:* 7 - 8.30pm, Green Room, Memorial Hall, Cricieth, with Heather 07790 576669.

Yoga *Thursdays:* 10am - 11.30am, Green Room, Memorial Hall, Cricieth, with Nicole 07889 932573.

Yoga *Mondays:* 10.45 - 11.45am; all levels, Trefnant Village Hall. *Wednesdays:* 6 - 7pm, Intermediate; 7 - 8pm, Beginners, Trefnant Village Hall. *Saturdays:* 9 - 10am, Trefnant Village Hall. Laura Bell, 07989 512859, thezestlife.co.uk

Iyengar Yoga Class *Thursdays:* 7 - 8.30pm, £8 or £35 for 5 classes paid in advance. Rhoscolyn Village Hall, Anglesey. Ruth Johnson yogamon@myphone.coop

Yoga with Tracey *Mondays:* Gentle yoga class 4.15 - 5.45pm. Dynamic yoga class 6 - 7.30pm. The Arts Room, Dragon Theatre, Barmouth (term time only). *Tuesdays:* Gentle yoga class 4.15 - 5.45pm. Dynamic 6 - 7.45pm. Calon Lan Yoga Studio, Penrhyndeudraeth. *Thursdays:* Ashtanga Yoga 6 - 7.45pm. Calon Lan Yoga Studio, Penrhyndeudraeth. All classes £7.50 drop in or £30/5 weeks. Tracey 01766 770610, 07809 485323, traceyyogamassage.co.uk

Simply Yoga & Therapies ~ Yoga and Relaxation

For people of all abilities, fitness levels and age groups, with classes tailored to the needs of each individual; all on a drop-in basis. **Mondays:** 11am - 12.15pm, £5, St. Pedrog's Church Hall, Llanbedrog, nr Pwllheli. **Mondays:** 7pm - 8.15 pm, £5, Abersoch Village Hall. **Tuesdays:** 10am - 11.15 am (term time only), £6, £15 if paid in advance for 3 classes, Llannor Village Hall. **Tuesdays:** 7pm - 8.15 pm, £5, Llanengan Village Hall. **Wednesdays:** 10.30am - 11.45 am, £5, Abersoch Village Hall. Freddie 07833 663717, simplyyoga@btinternet.com

Yoga with Rosslyn Falconer, Mondays: 10.30am - 12pm. **Tuesdays:** 7.30 - 9pm. £7 drop-in. Verve Studio, 2 - 4 George St., Llangollen LL20 8RE. **Thursdays:** 7 - 8.30pm, Garden Village Hall, Kenyon Ave, Wrexham; drop-in £6.50. Rosslyn 07837 580742, rossfalcon@yahoo.co.uk

Yoga Classes Tuesdays: Beginner Yoga 5.30 - 6.40pm, Pentraeth Memorial Hall, LL75 8AZ. Night Yoga 7 - 8.30pm, Mixed Ability, Pentraeth Memorial Hall, LL75 8AZ. **Wednesdays:** Mixed Yoga 7 - 8.30pm, Pentraeth Memorial Hall, LL75 8AZ. **Thursdays:** Beginner Yoga 5.15 - 6.25pm, Menai Bridge Community Centre, LL59 5DD - *Starting again on September 13th. Hatha Flow 6.30 - 8pm (intermediate), MBCC Water St. LL59 5DD. **Saturdays:** Morning Yoga 10 - 11.15am mixed ability, MBCC, Water St. LL59 5DD. If you would like more information call/message 07775 798536, emilykyleyoga@gmail.com. Facebook: facebook.com/emilykyleyoga/



ZUMBA

Zumba Dance-Fitness Mondays: 6 - 7pm, £5, Telford Centre, Mona Rd, Menai Bridge LL59 5EA. **Wednesdays:** 6.30 - 7.30pm, £5 & **Thursdays:** 6.30 - 7.30pm, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157, dance-classes-north-wales.co.uk

Zumba with Shari Pollitt. Mondays: 6.15pm, Y Ganolfan Nefyn, Ffordd Dewi Sant, Nefyn. **Wednesdays:** 10 - 11am, Venu, Station Rd, Pwllheli LL53 5HG. **Thursdays:** 7pm, Llanbedrog Village Hall. Visit: zumba.com to find instructor details.

Zumba Gold Tuesdays: 1.30 - 2.15pm. Tailored to beginners, for all who are "young at heart" or with mobility issues. £4 a session. Canolfan Dewi Sant Centre, Abergele LL22 7RG. Dion 07975 543020, dionparry.zumba.com

Zumba with Keren Meadows. Mondays: 7.45 - 8.30pm, Pentrefelin Hall, Pentrefelin, LL52; **Wednesdays:** 7 - 7.45pm Memorial Hall, Capel St, Penrhyndeudreath. **Thursdays:** 6 - 6.45pm, Canolfan Talysarn, Penygroes. **Saturdays:** 9.45 - 10.30am, Jerusalem Vestry, Henbont Road, Criccieth. Keren Meadows - zumba.com to find instructor details.

Regular Weekly Groups and Classes are listed in NN issues: January, April and September. They are always available on the website: network-news.org

WANT TO DONATE ITEMS TO HELP REFUGEES?

POBL I BOBL
supporting refugees
cefnogi ffoaduriaid

The best thing is to "think camping"! We accept good, clean but practical, casual clothes for adults (but nothing bigger than Large size), children and babies - tops, pyjamas, trousers, shorts, skirts, dresses, jumpers and fleeces, raincoats and casual shoes, trainers, sandals, flip-flops and crocs. Please donate summer clothes from February-August and winter clothes from September-January.

We also collect toys, pushchairs, travel cots, bicycles, scooters, sleeping bags, fleece blankets, tents (must be complete). Must be clean and in good working order.

WHERE TO DROP-OFF AID?

BANGOR: Dr Zigs Bubble Shop, Vaynol Estate (via Parc Menai), LL57 4BP Monday-Friday 10-4

CWM Y GLO: Y Fricsan. Anytime but please contact 07738 859585 to confirm

LLANRWST: Menter Iaith Conwy, The Square, Llanrwst. LL26 OLG 9.30-5 Monday-Friday.

Facebook: [Pobl i Bobl](https://www.facebook.com/Pobl-i-Bobl)

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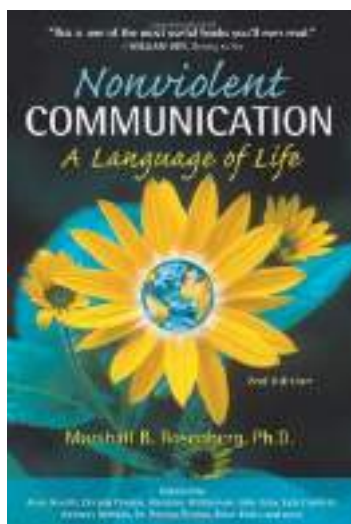
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The Beautiful Message Behind Our Pain

Rik Midgley



Our empowerment is our capacity to be in choice, moment by moment. Are you present, longing to connect with love and respect, or do you want to be heard for your pain? Pain, as with our every emotion, carries a life

enriching message. The intensity of pain indicates the value of what is alive, while the sensation itself speaks to the sensitivity and care that is required in the looking.

However, if the intensity distracts attention from what is deeper and more vulnerable, it may result in 'life-alienating' words, thoughts or actions. Beneath this emotional protective barrier is our shadow world, memories of unprocessed frightening or overwhelming events which we carry as burdens of tension.

Tensions that are perpetually alive, yet only brought to our attention at a moment when circumstance arises which 'trigger' our emotional memory. These moments can be gifts, precious doorways into our deeper selves, opportunities to access these disconnected parts, to bring them to the present moment, offer them compassion and allow the natural process of healing.

Taking responsibility as an adult requires taking responsibility for feelings. This is the ability to hold any feeling in awareness, regardless on whether it is deemed unpleasant or not, and hold it simply as a source of intuitive information. That is to remain capable of action and not to blindly react habitually.

This journey of taking responsibility is about welcoming pain with empathic acceptance, and an open curiosity for the valuable protective role it plays. It is about sensing the underlying meaning from a place of compassion and empowerment, transforming the energy of the unmet needs to the beauty of the life-enriching needs.

Rik is offering a series of 3 stand alone workshops this Autumn in Bethesda in the art of Compassionate or Nonviolent Communication (NVC), the first of which is on Saturday 8th September, 10am - 5pm.

They draw heavily on the process of Nonviolent Communication as well as other awareness processes and may involve some physical activity. Rik is an internationally certified NVC trainer and has been practising Vipassana Meditation and Qigong since 1990. Places on the workshops are limited to maintain a sense of intimacy, and booking is essential. There is a sliding scale for the day of £10 - £80, please choose an amount which is sweet for you, in the understanding that I am trying to make a sustainable living in offering these workshops. Please bring a vegetarian pot luck lunch to share, and arrive by 10 am so that we can start promptly. For more details and to book, please email

Rik@LiveNonviolence.uk.

Healing For Wellbeing

2nd Wed/month 6 - 9.30pm

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

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

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

Where Are The International Travellers?

Euryn Rhys Roberts

Wales is a country bursting with ancient culture and beautiful landscapes. It is home to a vibrant people, who are intensely proud of their heritage. It sounds like the perfect place for many a traveller to visit – so why then, has it long struggled to attract foreign tourism?

In 2017, more than one million trips were taken to Wales by overseas visitors. This very modest 0.5% increase on 2016 was accompanied by a steep drop in international tourists' spending – down by 17% from £444m to £369m. These figures were in sharp contrast to London (up 14% to £13,546m) and Scotland (up 23% to £2,276m).

Dwelling too much on this disparity – when both London and Scotland are better connected and internationally more visible – would be a self-flagellating enterprise. But Wales may have expected better after a £5m Welsh government spend on a “Year of Legends” marketing campaign. Putting the heritage of Wales – its legends, landscapes and castles – at the fore was meant to highlight some of its unique selling points.

But while the nation tried to market its “Welshness” abroad, at home it was confused as to what this even meant. Proposals including a giant “iron ring” sculpture at Flint Castle and a nostalgic flirtation with marketing Wales internationally as a “principality” were met with anger and accusations that the devolved government had forgotten the

very history it was trying to sell.

Sadly, however, none of this is a new problem – Wales has been struggling with foreign tourism for decades – and it is largely down to this disconnection.

During the 1970s and 1980s, Wales's share of the total amount spent by international visitors to the UK never hovered much higher than about 2%. Then as now, focusing on heritage and culture was seen as a way of addressing the changing tastes and trends which had eaten away at the traditional rural and coastal resort market.



Conwy castle, built by Edward I during his conquest of Wales, between 1283 and 1289

Much has been made of the series of themed years which began in 2016 with the “Year of Adventure”. But Wales has also done this before: 1976 was the “Welcome America Year” while 1983 was the “Year of the Castles”. What was intended as an unproblematic tourist promotion, the year of castles actually became a matter of some controversy in Wales – the castles were mainly built by invaders leading some to criticise it as a celebration of the 1282-3 conquest of the native principality of Wales, and its subjection to the crown of England.

Nevertheless, the plan went ahead, with a year-long festival – Cestyll '83 (Castles '83) – at its heart. Though directed and publicised from above, it largely relied on the action of local authorities and voluntary organisations. The only directive was that any activities – from charity pram pushes to medieval pageants – should

“take place in or near a Welsh castle”. The Wales Tourist Board would eventually claim that some 200 events in Wales during 1983 were inspired by the festival.

Using a castle-shaped stand, the festival was launched at the World Travel Market in London in December 1982. This was followed, at the end of February 1983, with a domestic and royal launch attended by Charles and Diana, the Prince and Princess of Wales, at Caerphilly Castle. Like all commemoration it had a whiff of self-congratulation and a gratuitous swagger. It was also all too easy for the Wales Tourist Board to slip in that the festival was a celebration of the seventh centenary of the building of some of Wales’s most famous castles – such as Conwy, Caernarfon and Harlech – all of which were built by Edward I to secure his conquests.

As a result, the festival was dubbed a “festival of shame”. Modern grievances were transferred onto Edward’s castles. Weren’t these, questioned some, the first English holiday homes in Wales?

That’s not to say it wasn’t a success – on the commercial side, the increase in visitors and buzz it created played a key role in the establishment of the government’s historic environment service CADW to maximise the tourist potential of the country’s heritage. On the cultural side, it highlighted that the medieval heritage of Wales could not be treated as unproblematic. While making mistakes and forgetting its history might be an indicator that Welsh nationhood is alive and kicking – under French historian Ernest Renan’s famous definition of what makes a nation – the castles of Wales remain saddled, it would seem, with a heritage which is both a blessing and a curse. In the present as in the past, Welsh castles have been a source of conflict and cultural exchange.

Tourism may be about commodifying locations – but if Wales wants its own people on board it needs to ask itself what it wants from the country’s heritage beyond potential economic gain. Locals and long-distance travellers might pay more attention to the country if its public history was known for its debate and controversy – and not as a bland footnote to English and British history.

Either way, Wales needs to come up with a solution that both the Welsh agree with and foreign visitors can engage with. The ongoing disconnect is evidently doing nothing to sell the nation to the world.

Euryn Rhys Roberts is Lecturer in Medieval and Welsh History at Bangor University. This article was first published in The Conversation where you are very welcome to comment:

<https://theconversation.com>

Each September some of Wales’ most iconic buildings and unusual sites welcome thousands of visitors as part of the annual **Open Doors** programme.

The annual event sees hundreds of attractions, events and activities open to visitors free of charge (for some of the events you need to book in advance) throughout the month.

Open Doors offers both local people and visitors the chance to explore new aspects of Wales’ culture and history.

Buildings and sites that are usually closed to the public will be among the many unseen gems opening.

The **Open Doors** Days is part of the European Heritage Days and offers a variety of unique opportunities.



search for “open doors events” at
cadw.gov.wales

Vision Of "The Liberator"

Dion Jones

This inspiring article is reprinted from the North Wales Daily Post:

A spiritual 'vision' led a mum and her daughter to travel over 4,000 miles to a graveside in North Wales.

It was the first time that Tlanghmingthangi Hnamte - Christian name 'Jennie' - and her daughter Lalthangliani Hnamte - also known as 'Marie' - had ever even been out of their home country of India.

The duo decided to travel to the town of Caernarfon after

Jennie, 67, received what she described as a strange "vision" when she was left bed bound by a sudden bout of illness 10 years ago.

In the vision, Jennie said she was told to search for the grave of Peter Fraser - a devout Christian and qualified doctor who spent time in India in the early 1900s as a missionary.

Among Dr Fraser's many achievements was to abolish the practice of selling some members of the Mizo tribe as slaves to the British in Mizoram state. (For this work, he has been remembered as "The Liberator".)

He died in 1919 at the age of 59.

The mum and daughter's visit to North Wales was the culmination of a 10 year "mission" by Jennie who had spent the best part of a decade planning the trip.

Speaking to the Daily Post, Marie, 33, said: "My mother first had the vision where she heard a voice telling her to visit the grave back in 2009.

"She didn't know who Dr Peter Fraser

was when she heard the voice speaking to her in the vision.

"But after speaking to her father, we found out that her grandfather was a tribal elder in Mizoram and had spent a lot of time with Dr Fraser and was a devout admirer of his work."



After a lengthy flight and a two hour taxi ride from Manchester airport, Jennie and Marie arrived in Caernarfon.

"We hadn't planned on what to do once we were here but my mother had

another vision telling her she had to go to a local church and speak to a woman in red and that everything would be fine."

The mother and daughter visited the town's Llanbeblig Church last Sunday morning as part of their quest.

Once there, the first person they met was Caernarfon woman Sylvia James - who just so happened to be wearing red - and they told her of their search.

Sylvia along with other members of the congregation and local community then spent days trying to find the location of the grave by scouring the internet and historical records.

By coincidence, they discovered that Dr Fraser was buried in the graveyard at the back of the town's Llanbeblig Church.

After locating it, Sylvia's husband Idris along with Caernarfon councillors Jason Parry and Roy Owen spent hours clearing the graveside of brambles and weeds so that Jennie and her daughter could pay their final respects.

Yesterday (Wednesday) the community came together to hold a special service at the site.

The grave was draped with special 'Puan' - a type of colourful wrap-around traditional in parts of India and reserved for respected members of the community - while local Reverend Roger Donaldson said prayers and spread holy water at the site.

The mum and daughter also spent time cleaning and repainting Dr Fraser's gravestone before today's service.

Marie said: "This means so much to us as a family.

"We can't thank all the volunteers enough for what they've done to help us - we're just speechless.

"We phoned home earlier this week to tell the family we'd found the grave and everyone was elated.

"My mother lost her father back in January and he was like a father to everyone in the family really.

"My mother said she couldn't go to the

funeral until her mission to find Dr Fraser's grave was complete.

"She's happy now that she can go home

and mourn my grandfather properly." Rev Roger Donaldson, who led the service, said: "The community really pulled together to make sure that Jennie and Marie would be able to pay their last respects at the grave before they flew home.

"I'd like to thank them for all their efforts, particularly Sylvia, Idris and Norah Davies."

Dion Jones is a story editor for the North Wales weeklies, including the Holyhead and Bangor Mails. He was previously reporter for the Caernarfon Herald.

All photos by Arwyn Roberts

dailypost.co.uk



From left to right - Rev Roger Donaldson, Tlanguhmingthangi Hnamte (Jennie) with her daughter Lalthangliani Hnamte (Marie), Sylvia James, councillor Jason Parry, Idris James and councillor Roy Owen



Full Moon Meditation Network

Libra: September 23rd ~ October 23rd

Full Moon: September 25th at 3:52am

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.

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“Treasure of the World” by Nicholas Roerich

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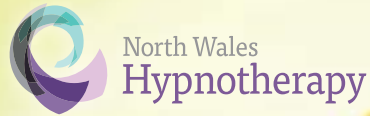
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