

# network news

a guide to inspiring events in north wales



wales: independent & happy ~ slow gardening ~ community unconference  
 the magic money tree ~ boduan sanctuary wood ~ one whole solution: share  
**exhibitions ~ workshops ~ festivals ~ groups**

## Network News

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in North Wales

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# December 2019

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Welcome to the December Network News. We are approaching the final election in what will someday be known as the “former United Kingdom”. There may be trouble ahead, but not far beyond lies an independent Scotland, an independent Wales and a healed Ireland - each in a mature relationship with its European neighbours.

While beyond Offa’s Dyke lies the *very* “little england” of Farage, Johnson and Prince Andrew. The heirs of empire having to learn to pick their own vegetables and wash their own hospital floors. We may be tempted to smile at this turn of events, but as our network aspires to “the way of the heart”, we will try to make the coming downfall of our once proud owners and rulers as soft as possible...

So let’s leave them a genuinely kind soul as PM! Let’s vote - directly or tactically - for Jeremy Corbyn. Jeremy is a once-in-a-generation political leader. Why? Because he never sought or expected power. His parents met while opposing tyranny and he just continued the family tradition. In his teens he was protecting foxes from hounds, Africans from apartheid, and the world from nuclear destruction.

Jeremy was only nominated by Labour members to make their leadership election look inclusive: the token socialist! However, the unintended consequence was that the long-lost idealism and compassion which had created the Labour movement suddenly awakened from its long sleep. Hundreds of thousands joined, and suddenly Labour had the biggest membership of any party in Europe; even the mystical landscape of Glastonbury echoed with his name amidst the Solstice celebrations! He has since had to face Blairite betrayal, the Brexit civil war (an Old Etonian dark ritual), the billionaire press and the BBC, but he is still standing. Let’s vote this final vote. Then, in the 2020s, we’ll transform the whole system.

Blessings to all beings



# Wales: Independent & Happy

Duncan Fisher

**The time will come** when the people of Wales will make a choice about independence. To a large extent, that choice will be made on the basis of conjectures about the future economy.

YesCymru has started to prepare for these debates, exploring different aspects of economic development that are important to people's lives. What could be achieved through independence that is unattainable otherwise?

At the first YesCymru debate at the Temple of Peace in Cardiff, on Saturday 16th November, I made a contribution to this endeavour. I proposed that an independent Wales could ditch Gross Domestic Product (GDP) growth as the core principle of economic development.

There is no prospect of such a move on the part of the UK as a whole, but this is not as unrealistic as it seems. Wales has already taken a major step towards putting wellbeing considerations into law, through the Well-Being of Future Generations Act. New Zealand has just gone the whole hog and ditched GDP altogether. And, of course, the threat of climate change absolutely requires the abandonment of GDP growth at the earliest opportunity.

GDP is a lousy measure of economic progress. Simon Kuznets, who invented national income accounting in 1934, said to the US Senate, "The welfare of a nation

can scarcely be inferred from a measurement of national income." The most eloquent tirade ever made against the measure, by Robert F Kennedy in 1968, is well worth a listen.

At our level of development, more GDP per capita does not mean people feel better off. This graph mapping life satisfaction against GDP per capita

illustrates how things level off once you get to where we currently are. This matters politically, because right now, people are feeling miserable and this is generating political chaos. Increasing GDP is not going to help.

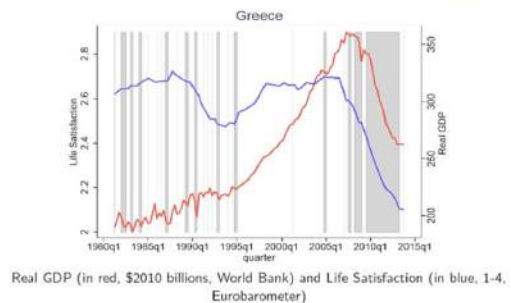
In the run-up to Brexit, whilst GDP was gradually going up, measures of life satisfaction were steadily going down.

The same trends were seen before the Arab Spring and recent analysis of Trump voting shows it was greatest in those areas where people were least happy.

Economists have shown that, whilst GDP going up does not add much to happiness, GDP going down is dramatically linked to people feeling more miserable. This graph depicts the movements of GDP and life satisfaction in Greece through its recession.

If misery drives political chaos, what of happiness? It turns out that, across Europe, when people are happier, incumbent Governments are more likely to get re-elected. This correlation is stronger than

The wellbeing cost of economic cycles



De Neve et al 2018

the GDP growth rate and also stronger than the unemployment and inflation rates.

So I propose that an independent Wales could pursue happiness instead of GDP. This may sound a bit wacky in a society dominated by a capitalist ideology which emphasises economic growth above all else.

But this has all been worked out internationally in great detail. Since the 2008 global financial crisis, there have been some big steps forward. In Europe, the 2008 Report for European Commission by Joseph Stiglitz, Amartya Sen and Jean-Paul Fitoussi highlighted the urgent need to focus more on wellbeing.

The UN launched the World Happiness Report in 2011, and a year later in Bhutan the report, *Defining a New Economic Paradigm: The Report of the High-Level Meeting on Wellbeing and Happiness*. In 2015 the global Sustainable Development Goals were agreed. In 2018, 238 academics call for a Sustainability and Wellbeing Pact, and the OECD published *Beyond GDP: Measuring What Counts for Economic and Social Performance*.

The OECD Better Life Index sets out 11 measures that research shows time and again really matter to people – jobs, income & work-life balance; health, safety and housing; community belonging and civic engagement; environment and overall life satisfaction.

New Zealand has built on this system, adapting it to its own situation through substantial public consultation. This

process added a 12th measure, cultural identity, on account of the urgent issues faced by the Maori and Pacific Islander communities. In addition, New Zealand added measures of 'future capital', which cover climate change.

In 2019, New Zealand published its first Wellbeing Budget 2019. It puts three new national priorities in top place: mental health, child wellbeing and Maori & Pacific Island communities. Then come the things one would expect in a budget, such as

productivity, economy and investment. Finance laws are being changed so that annual budgeting is now organised around wellbeing outcomes – “actually what the public is asking for”, as Prime Minister Jacinda Ardern has put it.



Wales has the same kind of values as New Zealand and other small countries actively developing wellbeing economics, such as Scotland and Iceland, as evidenced by the fact that we already have the Well-Being of Future Generations Act.

Independence would give us the controls of the economy needed to follow the trail that New Zealand is blazing.

If people really believed that a new economy would improve what they really care about – jobs, health, social connections, safety and housing – then they would be more likely to vote for it.

*Duncan Fisher is a campaigner for child wellbeing and for climate change.*

[First published in [nation.cymru](http://nation.cymru) 20/11/19]

**yes.cymru**  
**our-food.org**

## Community Unconference Gwynedd

Liam Kurmos

**On 27th October, Astralship** hosted 'Sgwrs Cymunedol', a community Unconference, facilitating local conversations around how our region transitions to sustainability. The event was organised by four local projects: Cae Mabon, Tyddyn Teg, Pandy farm and Astralship. The former three are land based projects that have been working in the area for many years while Astralship is a collective of changemakers seeking to catalyse systemic change through art and technology interventions. The group came together through a common appreciation of the idea that while our little corner of the UK is widely overlooked in the now failing industrial economic paradigm, the qualities of community, closeness to nature and cultural resilience that have kept the Welsh language alive here for millennia, might also be what's needed to make us a global leader in embodying a regenerative-sustainable future. That is if we work together as a region.

The road may be long and the hour late, but it's a road we must walk if we are to survive. It only makes sense to protest about the current system if we can describe a viable alternative vision. Using arguments from mythology to hard economics we believe this region can be an exemplar, and if enough people get onboard we could become the first large scale area in the world to become 'fully sustainable'. We know there's much work to be done to define what this means but that shouldn't stop us getting started. We can only begin grass roots action with conversation.

The Unconference format was new to most of the 30 or so participants. A type of self-organised conference where the participants decide what the discussions will be, it can also be thought of as a facilitated conversation between a larger group.

Asked what motivated him about the event, Ali from Pandy farm said, "Community conversation allows us to tell our story, including trauma and grief as well as joy and hope.

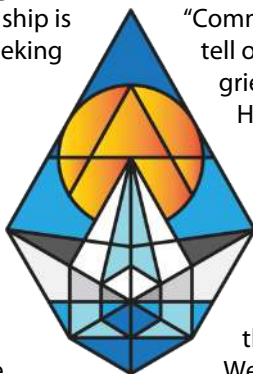
Heartfelt sharing of our personal point of view can lead to healing and creativity and the birth of new ideas and a new story.

This shared experience gives us inspiration and energy and can bring us together to face the world crisis."

We began with some short opening talks. I introduced Astralship and gave some context and vision for why the group is gathering, and touched on the need for open source community communication platforms.

Eric from Cae Mabon ([www.caemabon.co.uk](http://www.caemabon.co.uk)) then spoke about 'Old Gwynedd'; performing a recitation of his adaptation of the traditional text of Merlin's Prophecy. The prophecy, despite being uttered in the 5th century and first written down in the 12th century, has an uncanny resonance and relevance in our current age.

There was an inspiring presentation via video link from environmental activist Nicola Peel, who established the South East Climate Alliance ([seclimatealliance.uk](http://seclimatealliance.uk)). After a rousing rendition of *Calon Lan*, we then moved into the Unconference proper. Professional facilitators Manel Heredero and Francesca Pick from the



collective *Ouishare* had travelled up at their own expense to facilitate the day for us.

The group was soon scribbling down topic ideas on pieces of paper and the collective negotiated where and when conversations would take place so that everyone could participate in the conversations that mattered most to them.

There were conversations about local food production, mythology, regional eco-tourism and new open source electronic devices that can help us save energy. Trystan Lea, known world-wide for his work on open energy monitoring, presented the software modelling tools he's created that demonstrate what infrastructure would be needed to make a small region around Llanberis and Deiniolen carbon free in energy.

The day was indeed filled with conversations, not only in the sessions but around lunch. At the end our facilitators brought us all back together in a single circle and we shared. It felt we were one significant step closer to being a strong community ready to take on the global challenge.

We're planning future events on the same subject. There is so much more to talk about. The current system is largely failing due to a lack of imagination. Our only hope is we learn to engage the brain and heart power of all members of society and find sustainable regenerative solutions. Not just for our energy needs, but for our communities, economy and wellbeing.

£130 million pounds is being spent on 6 miles of road around Caernarfon, not factoring in the environmental damage. Could we have found better ideas for this money? Perhaps factories employing people to make and repair electric

bicycles for all who want them and new networks of cycle tracks and charging points would have been a better spend for our budget?

Overworked bureaucrats are unlikely to come up with all the answers. We need to source ideas from communities and enable them to deliver them. The current system is not going to do it for us. The existential risks we face are very real, and our chance to overcome them may be slim. Fundamentally we must ask if not now, when? If not us, who? and if not here, where?

*Astralship's mission is to facilitate positive change through art, technology and design interventions.*

**astralship.org**

On the 11th of December the team is hosting a live local music TV show called CEG TV, with CEG Records. The aim is to showcase local music from the region to both local and global views. For more information visit **astralship.org**



**WOODLAND SKILLS CENTRE**

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

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

01745 710626  
enquiries@woodlandskillscentre.co.uk  
**www.woodlandskillscentre.uk**

## Slow Gardening

Sue Andrew



**Anyone who has** garden space to look after knows how much effort is needed if you want to feel like you are in control! So when

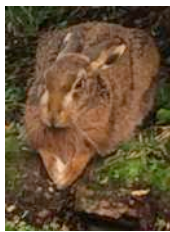
it comes to look after our 2 acres, I could easily panic about the encroaching rosehip bushes and the grass being *everywhere*, without the use of various machinery and all hands on deck!

The previous steward, was a genius at constructing little areas for plantlife, looking after the ponds and indeed created the stream from the spring that created the ponds and brought about an abundance of wildlife. So I want to honour this. But I'm mostly at a loss in doing so and end up pottering around, cutting this and chopping off that with a mini-trimmer in the name of order. It was during the nasty frog incident one day that I decided from now on I would only use scissors - or shears if needed. And this change definitely felt like a more harmonious way to be in nature.

Back in the 70s, mystic teacher, Ram Dass wrote a book called *Be Here Now*. It was about finding the jewel in the lotus through meditation, breath and yoga. It was about being only what you are. If you are what you are, then I am a tortoise at heart; naturally, happily and eternally slow. I try to go at the pace that suits me so I don't feel anxious or stressed unnecessarily. This is not to say that now and again I don't run around madly, letting off steam and raging.

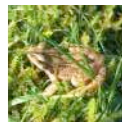
After having buried Froggy with full honours and much repentance, so began the slow gardening. Nowadays, I sit on a

mat on the ground, shuffle around on my backside and, in the process of giving the grass a haircut with my Luddite equipment, have conversations with tiny frogs (relatives?), countless insects, spiders, worms, beetles, easily misable bright little meadow flowers, and feel the different textures of various grasses and hear the birdsong above. I experience a greater acknowledgement of what makes up the garden. My tortoise-like nature was really enjoying the pace!



What I hadn't appreciated before was that the beautiful adult hare (we named Hoppy) which came to live with us about October last year, uses the grass to run through, seek shelter from the winds and give

birth in. In turn she honoured us by spending much of the winter under a bush just outside the front window, not more than 5 feet away. The memory of spending hours watching her sleeping, washing and munching may well be the prize for allowing her - and all the other beasties - long grass to run around in, for not disturbing *their* garden. It's slow gardening, in honour of Hoppy, Beetle and Froggy. It allows the grass to be the grass and for everything around it to grow at the rate that it grows, including me; the gardener becomes the garden. In the same way that a Hare becomes almost invisible to a predator's eye if it makes like a rock.



It has given me a purpose not based on *getting* somewhere but in *being* somewhere; a genuine little community of various kingdoms. The interdependence is tangible and brings alive the 'jewel(s) in the lotus; or Happy, Healthy and Holy, as we like to call Hoppy's 3 leverets.





In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

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a guide to inspiring events in north wales

## WRITE FOR RIGHTS



### WRITE FOR RIGHTS

The annual campaign is the world's biggest letter-writing event. It runs through November and December, when

Amnesty International encourages as many people as possible to write a message to someone experiencing abuse of some kind. Whether it's a card, photo or drawing expressing a message can make the difference to someone's life. Chester and Wrexham Amnesty group will work tirelessly to get your letter to someone across the world. 10am - 12pm. Held in The Kitchen, Chester Storyhouse 01244 409113, [storyhouse.com](http://storyhouse.com)

**CELTIC MOUNTAIN PLACE NAMES** A talk in Plas Y Brenin, Capel Curig as part of the ongoing environmental lecture series. *See Calendar.*



**DOWSING & FENG SHUI FOR BEGINNERS** Each Friday from 1.30pm at Trefnant Village Hall, Denbigh. Learn the traditional craft of Dowsing and Feng Shui, and how they can help you change your living space to become relaxed and centered. Learn to locate Water, Minerals, Hidden Objects and Chi Energy. Dowsing Rods, tea, coffee, biscuits and plenty of peace & relaxation will be provided. £3. Parking and disabled access. Contact: 07773 195010, [sarahrobertsteaching@gmail.com](mailto:sarahrobertsteaching@gmail.com)

**REVERSE GROTTO** Bring some food for the Llangollen Food Bank at an International Event on 15th December. *See Calendar*

**TIME AND TIDE** Part of the Solstice Shorts Festival - stories, poetry and song - and the only event in Wales! *See Calendar, 21st*

**12 BIRDS OF CHRISTMAS QUIZ TRAIL, RSPB CONWY RESERVE** Follow the trails and find the missing lyrics of our "12 Birds of Christmas" song whilst learning about the birds that visit in Winter, everyday 1 - 31 December, (not 25th). [ww2.rspb.org.uk](http://ww2.rspb.org.uk)

## DECEMBER NOTICEBOARD



Winter Solstice  
22nd December, 04:19am

### Adam May

Many readers will know that Adam has been writing in NN about his living with cancer over the last year or so. We

heard from his husband Rob that Adam passed away on 14th November 2019.

Adam started regularly contributing his valuable insight and humour through monthly articles for Network News during the 90s until October 2019.

We send our love and blessings to Rob, family and friends.

*"the soul becomes dyed with the colour of his thoughts"*  
Marcus Aurelius



**BAGPIPES ~ BAGBIBAU** Official exhibition opening on 20th December, 6.30pm. Alan Ginsberg's eclectic collection of bagpipes and drawings of the traditional instrument; still vibrant in the Welsh culture. Galeri, Caernarfon. *See Exhibitions.*

**LOVELIGHT CELEBRATIONS** For those affected by cancer and lost loved ones. Two gatherings in December: St. Asaph Cathedral on 5th, and in Bangor Cathedral on 19th. *See more in Calendar.*

**ANNUAL HEDGE LAYING COMPETITION** Come along and see how well you can do! 4th, Loggerheads, *see Calendar.*

**HEALING WELL** 10th December. The Gwynedd Healing & Peace Group offers hands-on healing at Y Ganolfan, Pentrefelin (nr Criccieth) from 7 - 8.30pm. All welcome. Mayamara 01766 770874.

**ELECTION HUSTINGS** *See 2nd, 3rd, 5th & 8th in Calendar.*

**HAPPY YULE, SOLSTICE, NADOLIG LLAWEN / MERRY CHRISTMAS AND BLWYDDYN NEWYDD DDA / HAPPY NEW YEAR**

**to all our wonderful readers, subscribers, outlets and supporters. We wouldn't be here without you !**



# December Calendar

Anglesey, Gwynedd & Conwy in  
**Blue**

Denbighshire, Flintshire, Wrexham & Chester in  
**Green**

1st SUNDAY

**30th Anniversary of World AIDS Day** This year's theme is awareness of HIV and how it is for those living with HIV in the UK. Visit: [worldaidsday.org](http://worldaidsday.org) ~ [wales.nhs.uk](http://wales.nhs.uk)



**World AIDS Day Double Bill: How to Survive a Plague** (15) In the late 1980s, members of Act-Up and other AIDS activists battle hostility and indifference to bring attention to the disease and try to reduce the number of victims while hoping to lead the drive to find a cure. 4.20pm. **And Paris is Burning** (15) A unique and inspirational film. Jennie Livingston's 1990 documentary about the black and Latino queer underground ballroom scene of '80s Harlem, New York gives us a glimpse of those dreaming of making their name as vogue performers and models at a crucial time in LGBT+ history. £7.50, £5.50. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Tai Chi For Health** Easy energy exercises/Chikung/Breathwork/Tai chi/Relaxation. (Please bring a yoga mat/blanket for relaxation). 10am - 12.30pm, £10 morning, £5 for 1 hour if just dropping in. Pwllheli Dance Studios, Gaol St. Sue Baumann 07833 791317

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

**Medicine Dance - Exploring our Wild Sides** Tonight you will be invited to allow your face to be real, loosen control of the wild body to madly thrust, indifferently slope or joyfully skip. Above all to give permission for your body to express its unedited raw vitality. We will also be exploring sound & movement together. 7.15 for 7.30 start, dancing followed by soundbath; 9.30pm tea and chat. £10 on door. Mynydd Llandegai Village Hall, Bangor LL57 4LQ. Facebook: of event name

**Women's Gathering** A monthly informal gathering; bring your knitting, sewing, art, making and doing, reading, books/CDs or DVDs to swap; or just come for a social time. It's also a time to come and find out about Red Tent meetings. 12 - 4pm, Black Cat Café, Parc Glynllifon. Join us on Facebook: Womens Gatherings Gwynedd

**The RainbowBiz Mind, Body and Spirit Festival** With over 50 traders, holistic therapists and spiritual readers to browse there is certainly plenty to see and do. There is also a full programme of free talks and workshops which offer the opportunity to try out something new. 10am - 4pm, free admission. Theatr Clwyd, Mold CH7 1YA. New stalls always welcome - [info@rainbowbiz.org.uk](mailto:info@rainbowbiz.org.uk). Visit: [rainbowbiz.org.uk](http://rainbowbiz.org.uk)

**Consone Quartet ~ Classical Season** Music from Schubert and Mozart. 7.30pm, £10+. Theatr Clwyd, Mold 01352 344101, [theatrclwyd.com](http://theatrclwyd.com)

**NWWT: Bird Watch Day** Come to the shore hide to see what's about, with experts on hand to help identify the birds and chat about wildlife. 10.30am - 2.30pm, donations welcome. Spinnies Aberogwen, Bangor, LL57 3YH. Kate Gibbs 01248 681936, [kategibbs.nwwt@gmail.com](mailto:kategibbs.nwwt@gmail.com)

**Journey to Self Love** "Loving ourselves works miracles in our lives". This workshop is based on the philosophy of Louise Hay. 1 - 4pm, booking essential, £30, Prestatyn. Sue Beesley 07739 342935, [suebeesleycoaching@gmail.com](mailto:suebeesleycoaching@gmail.com)

**Sacred Circle Dance** 1st Sun/month. Come and join us - dancing for a healthy body, mind, emotions and spirit! The dances are usually fairly simple with steps taught and we hold hands so you feel supported and connected to the whole group. The music is very varied and the dances too. Come and try it - you will feel good afterwards! Led by Helen Newton and Sue Bates. 2 - 4pm, £7. Rhosmor Village Hall, nr Mold CH7 6WF. Contact [helen@soul-life.co.uk](mailto:helen@soul-life.co.uk)

**2040** (PG) Film. 2040 is an Australian documentary in which director Damon Gameau proposes ways to improve our planet and fix the climate crisis. 10.45am, £6, £5 concs. Galeri, Caernarfon 01286 68522, [galericarnarfon.com](http://galericarnarfon.com)



**The Small Glories** Inspiring folk/bluegrass music from Cara Luft and JD Edwards. 7.30pm, £12. Caban, Brynrefail, nr Llanberis, 01286 685500, [caban-cyf.org](http://caban-cyf.org)

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

**Big Allotment Growing Day** 1st Sun/month. An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and 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](mailto:wellhealthcooperative@googlemail.com)

**Christmas Charity Craft Fair** To give the local community a chance to sell their handmade products but also to raise money for Children Suffering from Cancer UK charity. 10am - 4pm. Fairy Falls Hotel & Bar. Conway Rd., Trefriw LL27 0JH. Contact 07545 977487, [saradew1973@hotmail.com](mailto:saradew1973@hotmail.com)

**NT Live: Fleabag** (15) Fleabag may seem oversexed, emotionally unfiltered and self-obsessed, but that's just the tip of the iceberg. 7pm, £15. Theatr Clwyd, Mold CH7 1YA, 01352 344101, [theatrclwyd.com](http://theatrclwyd.com)

1st SUNDAY - 5th THURSDAY

**Sorry We Missed You** (15) Film. A film from Ken Loach. A hard-up UK delivery driver and his wife struggling to raise a family. Various times, £6.25, £5.25. £4 on 2nd, 10.30am. 5th - 2 shows, 5.30 & 8.15pm, subtitled. Neuadd Dwyfor, Pwllheli 01758 704088, [neuadddwyfor.com](http://neuadddwyfor.com)

## 1st SUNDAY - 7th SATURDAY

**Mindful Movement Retreat** Designed as an opportunity to deepen your mindfulness practice through a balance of movement and sitting practices. It is suitable for people new to mindfulness retreats and those whose bodies will welcome more movement practice in the mix! We will share a wide range of gentle movement practices with you during the retreat alongside sitting practice. Held at Trigonos, Nantlle 01286 882388, trigonos.org All enquiries to: sc.silverton150@gmail.com

## 2nd 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 Cat Café, High Street, Bangor. Details: beiciobangor.org.uk

**Fform Etholaid 2019 Election Forum** An opportunity to question and discuss. With Tomos Davies Plaid Geidwadol Cymru/Welsh Conservatives; Graham Hogg Llafor Cymru / Welsh Labour; Louise Hughes Brexit Party and Liz Saville Roberts Plaid Cymru. Translation facilities. 6 - 8pm, Capel y Porth, Porthmadog. Organised with the Society of Friends.

**Have Your Say ~ Wales Public Consultation on Strategic Equality Objectives** The group of bodies known as the 'Wales Public Body Equality Partnership' are committed to working together over the long term to deliver joint action to meet the objectives, understanding the collective impact through agreeing transparent outcome measures. These events are your chance to tell us what actions we should take to achieve our Equality Objectives. We welcome both diverse individuals and community groups or third sector organisations at these events. Expenses available for individuals. 9.30am - 2pm, free. Neuadd Reichel, Bangor University LL57 2TR. Bookings: eventbrite.co.uk

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

**Meditation** 1st Mon/month. A mixture of guided meditation, silence and some sharing, finishing with a cup of tea. It is an opportunity to come into the present moment through your body and stilling our minds. There is a very peaceful energy created when a group get together to meditate. 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. I look forward to sharing in the inner stillness with you. No charge just a small donation towards refreshments. 2 - 3.30pm. Hillside Retreat, Rhosesmor, nr Mold. Contact helen@soul-life.co.uk

**Gong Bath** Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. (opp Waitrose). Steph Healy 07534 118899, puresound.org.uk

## 2nd MONDAY - 13th FRIDAY

**COP25 United Nations Climate Conference in Madrid** See Back Cover

## 3rd TUESDAY

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

**NWWT: Return of the Beaver** NWWT's resident expert, Adrian Lloyd Jones, will highlight the importance of this former UK-resident mammal to contemporary conservation efforts. 7 - 8.30pm, donations. Dolgellau Cricket Club, Marian Cefn car park (long-stay), LL40 1UU. Janet Baker 07812 659593, jemmole@hotmail.com

**Election Hustings for Dwyfor Meirionnydd** on subject of: 'Environment & Climate Emergency' 6.30 - 8.30pm, Parliamentary Candidate Attendees: Graham Hogg (Labour), Louise Hughes (Brexit Party), Liz Saville Roberts (Plaid Cymru); TBC: Tomos Dafydd Davies (Conservative). Questions invited from the audience, translation services available. Plas Heli, Glan Y Don Industrial Estate, Yr Hafan, Pwllheli LL53 5YT. Facebook: XR Pen Llyn

**Election Hustings: Bangor** Meetings for MP candidates to give their views and be questioned. Bangor University. Organised by XR. See Facebook XR Pen Llyn, Gwynedd for updates.

**Election Hustings:** Anglesey 5.30pm, Cartio Mon, Bodedern. More from: nfu-cymru.org.uk

**Lost in Paris** (12A) France, subtitled. Fiona sets off to find her 88 year old distressed Aunt Martha, only to discover that she has disappeared. 7.30 - 10pm, £5. St Mary's Creative Space, Chester. Chester Film Society - chesterfilmfans.co.uk

**Anglesey Story Share** Join Siân Miriam and Claire Mace for an entertaining evening of story and song. All welcome! Come along with a story to share, a song to sing, a poem to read, or feel free to sit back, relax and listen. 7.30 - 9.30pm, free, no booking necessary. Held at The Bull Hotel, Bulkeley Square, Llangefni LL77 7LR. More from anadlu.com

**Gong Bath** Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

**Woodland Footpath Maintenance** This 84 acre reserve needs a bit of TLC in order to keep its footpaths accessible to walkers, and our help will go a long way. Come and learn some footpath maintenance techniques and to enjoy Parc Mawr and discover a site that you'll undoubtedly want to visit again. 10am, booking essential. Parc Mawr, Conwy. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

**Llaeth Mam Bangor** 1st & 3rd Tues/month. Are you breastfeeding or an expectant mum with an interest in breastfeeding when baby arrives? Free meet-up, with refreshments. Just come along! 10.30am - 12pm. Bangor Library 01248 353469.

**Mantell Gwynedd** 3rd Sector well-being and volunteer network event. Information on funding opportunities, Community Resource Teams, Citizens Panel, Volunteering Wales. 10am - 1pm, free. Clwb Peldroep Porthmadog Football Club, Porthmadog LL49 9PP. Bookings: eventbrite.co.uk

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

#### 4th WEDNESDAY

##### **Annual Volunteer Hedge Laying Competition**

Hedge laying is a traditional craft to regenerate hedgerows, one of our most important habitats. Join us as part of a team to lay a section of hedge. Booking required. 9am - 3pm. Minimum age 17. Please call Loggerheads for more information 01824 712757.

**Election Hustings:** Aberconwy, 7.30pm at Elwy Room, Glasdir Centre, Llanrwst More from: nfu-cymru.org.uk

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

##### **How to Prepare a Plant-Based Christmas Day Feast**

Monthly meet up. Recipes and information on Wellness and Plant-Based Nutrition, today's session will be geared towards Christmas food. 6 - 7pm, £15. Gladstone's Library, Hawarden, nr Chester. Bookings: jobrownfoodforlife.com

**Women Working Together** Christmas Lunch. We have a short networking meeting before lunch then relax over a meal before going our separate ways until the New Year. You're welcome to join us for either or both of these events. 9.30am - 12pm. First meet free and then £10. Dylan's Restaurant, Criccieth LL52 0HU. Contact 07519 121993. See Eventbrite for further details. Facebook: Women Working Together

**Bangor Bird Group: The State of Birds in Wales A** talk with Julian Hughes (RSPB). 7.30pm, Room 101, Alun Building, Bangor Uni Management Centre, College Road, Bangor. Visit: birdsin.wales

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

**Yoga Teacher Training Taster Session** Thinking of becoming a Yoga Teacher, or taking Yoga Teacher training to explore yoga more deeply? Join Claire Mace for an introduction to what that would be like. Start exploring some aspects of teaching, then relax at a yoga class. There will also be time for your questions on any aspect of yoga teacher training. 4-7.30pm, £20 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

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

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

##### **Christmas Lectures: Christmas on the Modern**

**Stage** A series of talks with Paul Johnson, Uni of Chester. This lecture explores how playwrights have used Christmas in the last 140 years of theatre history, and the ways in which ideas of Christmas have been used to represent rebirth, consumerism and religious hypocrisy. 12pm, free but please book. Chester Storyhouse 01244 409113, storyhouse.com

##### **Branagh Theatre Live: The Winter's Tale** (PG) Film.

King Leontes appears to have everything: power, wealth, a loving family and friends. But sexual jealousy sets in motion a chain of events with tragic consequences. 8pm, £13, £11, £10. Pontio, Bangor 01248 382828, pontio.co.uk **Also** Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

#### 4th WEDNESDAY & 5th THURSDAY

**Zero Carbon Britain** The world must reach net zero greenhouse gas emissions by 2050. And we must start now. This course offers an in-depth look at CAT's flagship research project, Zero Carbon Britain, exploring the radical changes needed to rise to the climate challenge. £100. No accommodation available. CAT, Machynlleth 01654 704966, cat.org.uk

#### 5th THURSDAY

**UP TO US** Meeting in Manchester. Making democracy fit for the 21st Century. Speakers from different backgrounds united by their belief in the need to act now. 6.30 - 8.30pm, People's History Museum, Manchester. [www.uptous.co.uk](http://www.uptous.co.uk) See Page 34

**Bwyd Bendigedig Porth Cyfarfod Nadolig / Incredible Edible Porthmadog Christmas Gathering** Connect with local gardeners and celebrate the season. 1 - 3.30pm, bring a snack to share, raffle, speakers. At Byw'n Iach Glaslyn Leisure Centre, Porthmadog. Facebook: of event name

**Flintshire Get Active Support Group** 1st Thurs/month. Come along and join us for friendship, support, guidance, activities, speakers and more. 10am - 12noon. Carmel Village Hall, Carmel Rd., Holywell CH8 7DR. Contact - arthritiscare.org.uk

**Weaving for Health & Wellbeing Evening** 1st Thurs/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 people. 6 Swifts Buildings, off High Str., Bangor LL57 1DQ (by traffic lights below the train station). Rosie 01248 345325, saorimor.co.uk

**Election Hustings** Meetings for MP candidates to give their views and be questioned. Bethesda. See Facebook XR Pen Llyn, Gwynedd for updates.

**Election Hustings:** Meirionnydd Dwyfor. 7.30pm at Porthmadog Football Club. More from: nfu-cymru.org.uk

**Random Readers** 1st Thurs/month. A friendly and relaxed reading group enjoying a good chat about their chosen books. 6 - 8pm, Rhyl Library, Museum and Art Centre 01745 353814.

**Bangor Bird Group** An evening talk: *Birding Tibet*, with Dan Brown. 7.30pm. Room 101, Alun Building, Bangor University Management Centre, College Road, Bangor. More info: bangorbirdgroup@gmail.com ~ birdsin.wales

**Busby** (PG) Film. Combines previously unseen archive footage with interviews with those who knew football's Sir Matt Busby. 8pm, £7. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

**Gong Bath** Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

**St Asaph Lovelight** A celebration to support everyone affected by cancer and to remember loved ones we've lost. Performances from Sing With Us Llandudno, Flint Male Voice Choir, Fairholme Prep School, Hannah Davies (soloist) and more. 7.30 - 10.30pm, £10. St Asaph's Cathedral, 25 High St., LL17 0RD. Tickets: eventbrite.co.uk

**Feminist Meet Up** Led by Louise Dudley. Come along armed with opinions, curiosity and your brand of feminism as we explore a new topic each month and potentially cultivate some community action. 7 - 9pm, free, please book. Chester Storyhouse 01244 409113, storyhouse.com

**NWWT: Four Go Hunting in Gargano** The Reeses and Robertsons describe a recent trip to this orchid-rich national park and surrounding area in southern Italy. 2.15 - 4.30pm, £2 includes refreshments. St Cyngar's Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

**Positive Birth Movement** Last one this year. Free monthly meeting for anyone who would like to talk positively about birth. We connect pregnant couples, birth professionals and anyone interested together to share stories, expertise and positivity about childbirth. We aim to challenge the epidemic of negativity and fear that surrounds modern birth, and help change birth for the better. 7pm. Storyhouse, Chester 01244 409113, storyhouse.com

**Groundwork Surffio ~ Artist's Meeting** Touring dance in Wales - what works? What doesn't work? What is needed? We would like to invite you for a discussion event hosted by Groundwork Pro. This is part of a Surf The Wave / ACW funded program to build a model for sustained and mutual support between artists, programmers and venues across Wales. We hope to connect artists with venues as well as to discuss the possibilities for a longer term model that would support presentation and touring of dance work. For choreographers and dance makers, independent artists, building creative relationships with artists. 1 - 4pm, held at Galeri, Caernarfon 01286 685222, galericaernarfon.com If you would like to attend please contact: groundworkprocardiff@gmail.com

**Gwynedd Astronomy Society** 1st Thurs/month. Tonight's meeting features Pete Williamson, a professional astronomer (and previous rock musician) giving a talk "From Herschel to Hawking". 7.30pm. Treborth Botanical Gardens, Bangor. Davyth Fear 01286 672882, davrhifear@googlemail.com

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

**Plaid Werdd / Green Party Local Group** Our last meeting of 2019 will be a dinner and celebration of all we have achieved this year and our plans for 2020. And no doubt lots of discussion of general election. 7pm, The Clock House, 55-57 Abergele Rd, Colwyn Bay LL29 7RU. Visit: northwestwales.greenparty.org.uk

**Llangollen Friends of the Earth** 1st Thurs/month. We aim to protect and promote the environment and wildlife; promote community cohesion and strengthen community resilience, to bring together interested individuals and local groups to work on environmental and social issues. Venue varies but always in Llangollen town; so call or text Warren 07525 016503, info@llangollenfoe.org.uk

**Pop Up Vinyl Record/CD Shop** Every 1st Thurs/month. 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p. Also a hand picked selection of CD's. Tŷ Glyn-dwr, 1 Stryd y Castell, Caernarfon LL55 1SE. Facebook: of event name

**Awakened Bellydance** Join us for a candle-lit evening of sacred dance, movement, relaxation, and sound healing led by Awakened Belly Dance facilitator Rachel Walker. Middle Eastern dance movement with meditation, sound healing, energy and breathwork plus sacred dance movements. 7 - 9.15pm, £20. Parkfields Community Centre, Ash Grove, Mold. Visit: rachelbellydance.wales

#### 5th THURSDAY - 9th MONDAY

**Bhagavad Gita & Meditation Retreat** The 4-day retreat in Snowdonia will include study sessions and lectures on the Gita, chanting sessions, Dru Yoga and meditation classes as well as walks in Snowdonia, weather permitting! You'll learn how to apply the lessons of the Gita to your own self-development, and ways to introduce this beautiful text into your yoga or meditation classes. £595 - £745. Dru Yoga, Snowdonia Mountain Lodge, Bethesda 01248 602900, druyoga.com

#### 6th FRIDAY

**Confucius Institute Open Days** Tai Chi Club 2 - 3pm and Chinese cultural activities (the type of activity will be confirmed each week) 3 - 4pm. All free! Refreshments provided; witness a Chinese Tea Ceremony. Chinese Pavilion, Confucius Institute, Bangor University 01248 388555, bangor.ac.uk

**Gong Bath** Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £13. Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

**Restorative Yoga Workshop** Need two hours to unwind and let go of the week? Join Claire Mace for a once-a-month yoga session where the focus is on relaxing. Slow flow is used to unwind and release tension, followed by deeply relaxing restorative poses to settle and downregulate the nervous system. 7 - 9pm, £16 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

**NWWT: All Things Hedgehog** Tracey Pierce, from Hedgehog Help Prestatyn, will talk about setting up a hedgehog rescue centre and work to conserve this much-loved, much-declined animal. 7 -9pm, £2, Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark Hughes 07800 771570, mjdughes1108@gmail.com

**Bird Conservation by The Wildlife Trust in 2019** Following a quick AGM, Chris Wynne, senior Reserves Officer, will update us on recent news from the NW Wildlife Trust; a Cambrian Ornithological Society meeting. 7.30pm, £1. Pencychnant Centre, Conwy. Contact 01492 592595, pencychnant.co.uk

**Red or Dead** Net proceeds to the new Ty Llewelyn Food Bank, Llandudno and General Election funds for Aberconwy Labour Party. Open Mic, live music, quiz. 7 - 11pm, £5. Conwy Comrades Sport & Social Club, Conwy LL32 8AF. Bookings: eventbrite.co.uk

**Geraint Jarman** Denbigh-born, Cardiff-raised, legendary Welsh rock musician and poet Geraint Jarman will be performing some of his favourite tracks. 8pm, £15. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

**Quiet Afternoons** For those who enjoy a 'quieter' visit to the museum, including people living with autism, their families and carers. 3 - 4.30pm. Grosvenor Museum, Chester 01244 972197.

**The Cotton Club** (15) Film. The movie takes place in New York in the 1920s and 1930s, where Irish and Jewish gangsters battled the Italians for the rackets. 7 for 7.30pm start. Non-members £4. Denbigh Film Club, Theatr Twm o'r Nant, Denbigh LL16 3DA, 01745 813426, denbighfilmclub.co.uk

**Joker** (15) Film. A mentally-troubled comedian is mistreated by society, so he embarks in crime and meets his alter-ego "Joker". Doors open 7 for 8pm show, £5. Neuadd Ogwen, Bethesda, LL57 3AN. neuaddogwen.com

**Dowsing & Feng Shui for Beginners** See Noticeboard

#### 6th FRIDAY - 8th SUNDAY

**Food and Craft Fair** More than 120 artisan stalls exhibiting the best Welsh produce, plus a full seasonal cooking demonstration, musical entertainment and more. 9.30am - 5pm. Portmeirion, Minffordd LL48 6ER. Facebook: of event name

#### 6th FRIDAY - 11th WEDNESDAY

**Joker** (15) Film. See 6th for details. £7, £6. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

#### 7th SATURDAY

**Ash Splint Baskets** A two day course where you learn how to split an ash log into thin splints and weave them into a beautiful and functional basket. Please bring a packed lunch. Refreshments provided. 9.30am - 4.30pm, free. Rhes y Cae Village Hall, Halkyn CH8 8JR. Tickets: eventbrite.co.uk

**Gong Bath** Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

**Elephant Sessions** Scottish folk music to reel and jig to; standing gig. 8pm, £14, £12. Pontio, Bangor 01248 382828, pontio.co.uk

**Native Daffodil Habitat Management** Join us as we return to the hills above Henryd. This hidden site is home to native Daffodils which produce a fantastic carpet of yellow in the spring. Our aim is to help maintain this site for its natural qualities and preserve this great display. 10am, booking essential. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

**Winter Celebration Walk** Woodland and wetland bird talk with Paul Rogers, light refreshments provided. 10am onwards, no need to book. Llyn Parc Mawr. visit: llynparcmawr.org

**Portfolio: Animating Automata** with John Grayson. Bringing sculptures to life with metal mechanisms. 11am - 4pm, £10, bring packed lunch. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

**Ivy Weaving** Come along and do some ivy weaving bunting, decorated with natural season greenery and berries. 11am - 3.30pm. Y Plot, Tregarth, nr Bangor. Blodeuwedd Botanic 07799 224636.

**Mythstories Telling Space** Meet up for stroll along the canal at Chirk, 12pm (or in the pub if bad weather 1pm!) Meet The Poachers Pocket, Chirk. A great opportunity to revive the old traditional Shropshire & Welsh Borders storytellers' Christmas lunch! More from Suzi Moore suemoore@me.com

**Christmas Wreath Making** Come and enjoy a morning of wreath-making using natural, fresh materials, finishing with a simple seasonal lunch. 10am - 1pm, £47.48. Held at Halen Môn - Anglesey Sea Salt Company, Tide/Llanw, Brynsiencyn, Anglesey LL616TQ. Tickets: eventbrite.co.uk

**Mindfulness Retreat Walk** Join us on this fully guided mindfulness retreat walk starting from Bodfari and enjoy breathtaking views of the Vale of Clwyd, North Wales Coast and the Valley of the River Wheeler. 10am - 1pm, £17.50. Meet at The Dinorbin Arms, Bodfari, Denbigh LL16 4DA. Tickets: eventbrite.co.uk

**Ffair Nadolig** Various craft stalls: pottery, wood-turning, pyrography, china, paintings, cards, books, bric-a-brac; tea and cakes. 10am - 5pm. Pencychnant Centre, Conwy. Contact 01492 592595, pencychnant.co.uk

**Photography: Explore the creative potential of full frame** A day looking at all the techniques and creativity with your camera. Equipment required. 10am - 5.30pm, £29.99. Bulkeley Hotel, Beaumaris LL58 8AW. More from cherylhamer.com

**Christmas Crafts** There will be 2 of our craftspeople ready to show you a range of crafts - card making, tree decorations, table decorations, wreaths, candle holders, Gypsy baskets. You can choose to come in the morning or the afternoon and will be able to try 2 different crafts and take away what you make. All materials and refreshments are provided. £20 adult, £15 accompanied child. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

**Grown Ups Clay Night** Make and design Christmas decorations from clay and use speciality glazes. 7 - 9.30pm, booking essential £15, £5 deposit. Tan y Ddraig 27 Castle St., Conwy LL32 8AY, 01492 583566. Facebook: Tan y Ddraig

**Plast-Off!** This is no ordinary beach clean! At this time of year, winter storms throw up loads of plastic on to our beaches. Why not join us as we try to remove as much of it as possible? We'll have food and hot drinks as a reward for all your hard work. 11am - 3.30pm, donations. North Trecastell (Cable Bay), Aberffraw, Ynys Môn, LL63 5TE. Nia Jones 01248 351541, nia.jones@northwaleswildlifetrust.org.uk

### 7th SATURDAY & 8th SUNDAY

**Letting Go of The Past** with teacher Gen Leksang. We will be engaging in the practice of purification in conjunction with the practice of Vajrasattva. We will learn how, by visualising living Buddha Vajrasattva and by applying 4 special methods, we can let go of the heavy burden of negative karma we have accumulated over many lifetimes and find true peace and freedom within. 10.30am - 3.30pm; with optional prayer session 5 - 6pm. £15 - morning & lunch; £20 day & lunch; £30 weekend & lunch. Kalpa Bhadra Kadampa Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatennorthwales.com

**How To Create a Mixed Media Collage: House and Home** Author, artist and tutor Anne Kelly will show you how to create a mixed media collage using items from your collections and finds. 10.30am - 4.30pm, £150 includes light lunch. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

### 7th SATURDAY - 14th SATURDAY

**Wake Up - Sit Up** When asked how to do just sitting, Sangharakshita replied: "you just sit". On this retreat we'll be exploring some direct and very effective ways to let the proliferation die down so that wakeful, spacious awareness opens up. Once you've discovered how to access it, you really can 'just sit'. £315, £287 concs. Vajraloka Buddhist Retreat, Corwen LL21 0EN, 01490 460406, vajraloka.org

### 8th SUNDAY

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

**NWWT: Joy4LifeWales Yoga Walk** Immerse yourself in nature during a guided yoga, mindfulness and walking experience whilst learning about the unique varieties of flora and fauna within this extraordinary site. No prior experience needed, but bring a sitting mat if you have one. 10am - 12pm, £5, accompanied children free. Minera Quarry Nature Reserve, Maes y Ffynnon Road, Minera, Wrexham, LL11 3DE. Terry & Annette Clarke-Coyne 07739 045006, info@joy4lifewales.co.uk

**Election Hustings** Meetings for MP candidates to give their views and be questioned. Bangor Cathedral. See Facebook XR Pen Llyn, Gwynedd for updates.

**Christmas Wreath Workshop** Create your own unique design for Christmas. All materials provided. £25, Alyn Waters Park, nr Wrexham 01978 757 524, groundwornorthwales.org.uk

**Red Tent Gwynedd** A gathering for those women interested in ritual, sacred sharing and some social time. There will be drumming! From 1pm for tea and arrival, sharing circle at 2pm, finish at 5pm for food, home 6pm. Held in Rachub. Join the group on Facebook for full details and venue directions. Facebook: Red Tent Gwynedd

**Estyneto** Join us for regular dance/movement sessions aimed specifically for those over the age of 60. The sessions are led by inspirational dancers/choreographers (Cai Tomos & Angharad Price Jones) and open to anyone who has the desire to stay active, fit and healthy. No previous experience or dance skills required. 1.30pm, £4. Galerica, Caernarfon 01286 685222, galericaernarfon.com *Also 22nd*

**Mini Yoga / Spa Retreat** Deepen your personal mindfulness practice with a themed talk (based on an NLP and Hypnotherapy background) to learn techniques to aid your full, mind, body and soul experience. Followed by yoga and sound healing - complete with Tibetan singing bowls, Native Indian Flute, Steel Hapi Drum, Earth, Water, Wind and Fire wind chimes. Beginners welcome! 10am - 12.30pm, £35, £30. Held at The Wild Pheasant, Berwyn Rd., Llangollen LL20 8AD. Tickets: eventbrite.co.uk

**UK Jewish Film: Solomon a Gaenor** (15) Film. A young Jewish boy falls in love with a gentile Welsh girl, set in 1911 against a backdrop of anti-Semitism in the Welsh valleys. The film will be screened with a panel discussion. Also film: *Black Hat - the Iris Prize*, 15 min short film. Pontio, Bangor 01248 382828, pontio.co.uk

### 9th MONDAY

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

**Celtic Mountain Place Names** Guto Roberts of the National Trust shares the fascinating origins of the many unique, varied and beautiful Celtic mountain place names. This free talk is part of ongoing environmental lecture series, where guests help us learn more about the natural world. 8pm. Plas Y Brenin, Capel Curig 01690 720214, pyb.co.uk

**Election Hustings: Clwyd** 7.30pm, Llysfasi College, Lecture Theatre, Ruthin LL15 2LB More from: nfu-cymru.org.uk

**Cottage Garden Society Christmas Buffet** 7pm start. Eirianfa Community Centre, Denbigh LL16 3TS. More information from Trish Morris 01745 550121, thecottagegardensociety.org.uk

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

**For Sama** (18) Film. An intimate and epic journey into the female experience of war. The story of Waad al-Kateab's life through five years of the uprising in Aleppo, Syria as she falls in love, gets married and gives birth to Sama, all whilst conflict rises around her. 8.15pm, £8. Pontio, Bangor 01248 382828, pontio.co.uk

**A Thousand Years of Christmas** With Archbishop Rowan Williams. Rowan is joined by Sally Bradshaw, soprano, and Michael Haslam, piano. Rowan will read a breathtaking variety of pieces: ranging from his fellow countryman Dylan Thomas, to the Tudor Bishop Latimer, Charles Dickens, Ted Hughes, and some of his own poetry – and he sings too. Sally will sing music from eleventh century chant to Victorian Music Hall and art songs, as well as carols. Michael is Organist at St James' Piccadilly, and a respected accompanist and West End theatre music director. He has directed shows at the National Theatre. In this show Michael Haslam not only plays the piano but also sings, and plays the violin and psalter. 7.30pm, £10. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

### 9th MONDAY - 13th FRIDAY

**Environmental Politics and Economics** Join our MSc students from our Graduate School of the Environment and explore the systemic political and economic barriers to solving climate change and creating a more ethical, equitable and sustainable society. £750, £700 concs., all inclusive. 18+. CAT, Machynlleth 01654 704966, cat.org.uk

### 10th TUESDAY

**Picis Llyn Parc Pixies** Outdoor play sessions for pre-school and home educated children and parents/ carers – come along with your children for some mud-play, woodland games, and craft activities, with fire and warm drink. With Community Woodland Group, 12.30 - 2.30pm, £2 per child, booking essential via llynparcmawr.org Newborough Forest, Anglesey.

**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

**Tree Planting** Grab a spade, reduce your carbon footprint and making a lasting impression on the landscape for many years to come! 10am, Nant Gwynant, Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

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

**Photography Masterclass** Learn how to capture the perfect shot for your product. 5.30 - 7pm, free. Held at Enterprise Hub, M-SParc, Gaerwen LL60 6AG. Register: eventbrite.co.uk

**Christmas Wreath Making** Make a fresh, handmade festive door wreath with dried fruit and other natural materials. 2 sessions; 2 - 5pm and 6 - 9pm. £35 per session. Siop Iard, Caernarfon LL55 1RR. 01286 672472, siopiard.com

**Volunteer with ARC** To help local amphibians and reptiles. Tasks will run from 10am - 3.30pm. Please bring warm waterproof clothing and wellies, a packed lunch and drinks. Gloves and tools are provided. Pond vegetation clearance. Meet at The White Lion, Penmynydd. Mandy 07810 184508, mandy.cartwright@arc-trust.org

**ROH Live: Copellia** Screened live. A story of love, mischief and mechanical dolls as a storybook comes to life. 7.15pm, £19.50, £14.50 u26. Chester Storyhouse 01244 409113, storyhouse.com **Also** Scala Cinema Prestatyn 01745 850197. **Also** Pontio, Bangor 01248 382828, pontio.co.uk **Also** £3, £11, £4 children, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

### 11th WEDNESDAY

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

**Bait** (15) Film. An aggressive Cornish fisherman resents incomers taking over his village. 8.15pm, £5. Pontio, Bangor 01248 382828, pontio.co.uk

**Bereavement Support Group** A volunteer-led peer support drop-in session, open to anyone bereaved or supporting someone who is bereaved. 2pm, free. Chester Storyhouse 01244 409113, storyhouse.com

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

**Women Working Together** Aimed at small, micro and lifestyle business & professional women who often struggle to get out and meet women in a similar situation. Our goal is to share knowledge and information, access training and personal development, and generally help women to achieve their own goals for their business. 9.30am - 12pm. Dylan's Restaurant, Criccieth LL52. Bookings: eventbrite.co.uk

**NW Geologists Meeting** A lecture by Simon Purvis from CGG Robertson (geological services) about the fossiliferous coast of Lyme Regis, Dorset. 7.30pm. Pencychnant Centre, Conwy. Contact 01492 592595, pencychnant.co.uk

**Cacao Ceremony** We will experience stillness, silence, meditation, a sharing circle, and of course the cacao itself. £15. The Goddess Collective, Chester. Visit: thegoddesscollective.co.uk

**Kind Hearts & Coronets** (U) 1949 comedy caper; with Occasional Cinema. A charming, likable, young Englishman who must eliminate all his relatives to inherit a fortune - all played by Alec Guinness. 7.30pm, £5. Mill St., Seiont, Caernarfon 01286 676549, occasionalcinema.org

**NWWT: Amphibians & Reptiles of NE Wales** Mandy Cartwright, from the Amphibian and Reptile Conservation Trust, provides an insight into local amphibians and reptiles. 7.30 - 9pm, £2. Gresford Memorial Hall, High St, Gresford, LL12 8PS. Dan Rose 07977 962251, nwwtwrexham@gmail.com

**The Tarot: A World of Ancient Wisdom** A talk by Brian Gill with Chester Theosophical Society. 7 for 7.30pm start. Refreshments available, £5.50, £3.50 concs. Quaker Meeting House, Frodsham St., Chester CH1 3LF. Enquiries: 01244 377170, chestertheosophy.org



**Welsh Chamber Orchestra** Music by Handl, Mozart, Corelli, Beethoven and more. 7.30 - 9.30pm, Rhyl Town Hall, Wellington Road LL18 1BA. Rhyl Music Club 01745 561006, rhylmusic.com

**CEG TV Presents: A Strangers Christmas Party** As the election looms and the year draws to a close we are putting on something special at the ship. Astralship will host a live stream TV, music and Cabaret Extravaganza with CEG records. Find out more from astralship.org See article on page 6

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

**Friends of the Earth Conwy** Meet 2nd Weds/month. 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. Held in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. Contact Kay 07918 663640, kaypitt40@gmail.com

**Llandudno & District Writers Group** Meets 2nd Weds/month. Christmas Social. 2 - 4pm, Llandudno Library, Mostyn St. Info: llandudno.writers@aol.co.uk

**Bangor Bird Group** An evening talk: *Uganda* with Alan Davies & Ruth Miller. 7.30pm. Room 101, Alun Building, Bangor University Management Centre, College Road, Bangor. More info: bangorbirdgroup@gmail.com ~ birdsin.wales

## 12th THURSDAY

### VOTE!

**Sagittarius Full Moon 05:12am**

**Meet the Society Get Together / Cyfle i Gyarod y Gymdeithas** Drop in for food, drink and festive cheer with staff, trustees and members of the Snowdonia Society. 4 - 7pm, Capel Dinorwig, Caernarfon. RSVP: claire@snowdonia-society.org.uk

**Olwyn Llŷw ~ Colour Wheel: Observational**

**Drawing** Artist and tutor Jwls Williams will be leading this session; ideal for beginners and creatives who wish to gain new skills, or experiment with new techniques. 10.30am - 12.30pm, £10, 16yrs+. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Artist Talk: Shakespeare & Immersive**

**Environments** Thomas Buckley is an installation artist, working with projection to create large scale immersive environments. He is currently exploring XR, VR and emerging creative technology with Royal Shakespeare Company. 7.30 - 8.30pm, free. Mostyn, Llandudno 01492 879201, mostyn.org

**Winter Funding Fair** Find out which funds you could apply for. 10am - 1pm, free. Also: **Resilience Film Screening** - the science behind how Adverse Childhood Experiences (ACEs) can affect brain development and lead to lifelong health and social problems. 2 - 4pm, free. Held at DVSC Naylor Leyland Centre, Well St., Ruthin LL15 1AF. Register: eventbrite.co.uk

**Wisdom Circle for Conscious Eldering** 2nd Thurs/month. 2 - 3.30pm, Gladstone's Library Chapel, Hawarden. More from Helen: soul-life.co.uk

**Happy as Lazzaro** (15) Film. Lazzaro is a huge hearted young peasant hero in this time-bending fairy tale. 8.15pm, £5. Pontio, Bangor 01248 382828, pontio.co.uk

## 13th FRIDAY

**Willow Sculpture Workshop** Led by Juliette Hamilton. Make a stag's head for indoors or out. Beginners welcome, materials provided. 10.30am - 4.30pm, £55, Christmas lunch included. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

**Carols Galore! The Isle of Anglesey Choral Society / Cymdeithas Garawl Ynys Môn** The highlight of the evening will be performing a suite of some of the old Welsh Plygain carols with their unique harmonies. We will also invite the audience to sing some carols with us to celebrate the festive season. 7.30pm, £7, £6, £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Festive Fireside Flow** By candlelight. We will work with pranayama - yoga breathing techniques - to rest and recharge the body and mind. Build confidence, alignment and connection to the breath through standing sequences which also cleanse and detox our systems. 6.30 - 8pm. Iard Hendre, Bangor LL57 3YP. Ceri 07796 950742, ebbingandflowingyoga.com

**Dowsing & Feng Shui for Beginners** See Noticeboard

**NWWT: Quizmas Party** Come and enjoy some multi-media wildlife-themed quizzes plus festive food. 2 - 4pm, donations welcome. St David's Church Hall, Llandudno, LL30 3NT. John Underwood 07783 773225, john.underwood100@gmail.com

## 13th FRIDAY - 15th SUNDAY

**Christmas Winter Warmer** Take time out to relax before the hectic festive season. The weekend is tailored to be in sync with the slower rhythms of nature that this time of year presents. So come and enjoy yoga, deep relaxation, bracing coastal walks; accommodation with homemade food and cake. £385 - £530. Plas Cadnant, Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk

## 14th SATURDAY

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

**Gong Bath** Close your eyes and relax while you are bathed in powerful sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £13. Axis Therapy, Glanrafon, Bangor. Steph Healy 07534 118899, puresound.org.uk

**Portfolio: Hands on Graffiti** An artist led masterclass for 14 - 18 yr olds; "everything you need to know to become a graffiti artist". 11am - 4pm, £10. Mostyn, Llandudno 01492 879201, mostyn.org

**Dissolving Painful Feelings** With Gen Kelsang Leksang. By learning to accept painful feelings, we take the power out of them and realise that there's actually nothing to be afraid of. In fact, our painful feelings can be a powerful motivator for inner transformation. Guided meditations, advice and relaxation time. All welcome. 10.30am - 1pm, veggie lunch for £4. £15 for course. Kalpa Bhadra Kadampa Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatentnorthwales.com

**Family Christmas Decoration Workshop** with Juliette Hamilton. Bring the whole family and have a go at making a selection of handcrafted Christmas decorations in willow. 10.30am - 12.30pm or 1.30pm - 3.30pm, £4 child/£8 adult per session, suitable for adults and children aged 6+. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Darlithoedd Golau Gaeaf / Winter Light Lectures** This talk explores an 18th century experience of touring North Wales from Flintshire to Gwynedd and it offers some unexpected insights into familiar towns and locations. 4 - 5.30pm, free, with Prof. Andrew Hiscock, from Bangor Uni. Held at Mostyn, Llandudno LL30 1AB. 01492 879201, [mostyn.org](http://mostyn.org)

**Welsh Chamber Orchestra** A live performance, 7.30pm, £12, £10, £4 children. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

**Kinky Boots** (12) Film. Based on a true story; how a drag queen turned a struggling British shoe factory around. 6.30 for 7pm show. £5, £2 children, includes tea and cake. Rowen Memorial Hall, Conwy. Contact: [beccacrane@phonecoop.coop](mailto:beccacrane@phonecoop.coop)

**Northern Gog Soul** Motown and Northern Soul evening 6.30pm, 18+, £5.50. Cellb, Blaenau Ffestiniog LL41 3AD. 01766 832001, [wegottickets.com](http://wegottickets.com)

#### 15th SUNDAY

**Yoga Day with Tracey Joscelyne** 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! £30, includes light refreshments. Portmeirion. Tracey 07809 485323, [traceyyogamassage.co.uk](http://traceyyogamassage.co.uk)

**Quaker Meeting** 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, [northwalesquakers.org](http://northwalesquakers.org)

**Christmas Market ~ Marchnad Nadolig** Local produce and crafts, live music, handmade seasonal decorations, food and drink. 10am - 6pm. Ffarm Moelyci, Tregarth LL57 4BB. Visit: [moelyci.org](http://moelyci.org)

**Back2Wild Embodiment Retreat** Sacred song, movement, cacao ceremony, shamanic drum journey, voice, soundbath, EarthDance. 10am - 5pm, £25 adv, £30 door. PayPal pay: [jonathansteale1@gmail.com](mailto:jonathansteale1@gmail.com) Held at Mynydd Llandegai Village Hall LL57 4LQ. Facebook: of event name

**Bolshoi Ballet ~ The Nutcracker** Music by Tchaikovsky; a Nutcracker doll is given to a young girl which comes to life at midnight. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, [neuadddwyfor.com](http://neuadddwyfor.com)

**An International Christmas** Featuring Rhys Meirion and Elan Catrin Parry. Celebrate the international spirit of Christmas by coming together in an evening of music, song and festive cheer. Donations will be accepted for our 'Reverse Grotto' in aid of the Llangollen Food Bank. International Folk Dancers, Carols, 7.45pm, £13, £5 children (5+) U5s free. (Any wheelchair users may be accompanied by a helper free of charge; select a 'Helper' ticket when ordering online). Ticket price includes a glass of mulled wine and a mince pie. Llangollen Pavilion 01978 860111, [llangollenpavilion.co.uk](http://llangollenpavilion.co.uk)

**Gruffydd Wyn** A talented classical music artist who hails from the Isle of Anglesey. 7.30pm, £18, £15 concs., includes a glass of mulled wine and a mince pie. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

#### 16th MONDAY

**The Botany of Christmas** Join us for a celebration of the plants that have come to shape our concept of Christmas. Learn about their origins and properties with garden staff, and sample some of the tasty treats that they provide, including a festive 'hot toddy'. This evening event will include a candle-light visit to the exotic plants of the Treborth glasshouses. 6 - 8pm, free but booking is essential. Treborth Botanic Garden, Bangor. Bookings: [treborth@bangor.ac.uk](mailto:treborth@bangor.ac.uk)

**Chester Amnesty International** 3rd Mon/month. We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Contact Alan 01244 679185/ Facebook for more info, [amnesty.org](http://amnesty.org)

**Talk: The Lower Mekong: Water, Watts and War** Organised with the Society of 13 and Royal Geographical Society. 7.30pm, Grosvenor Museum, Chester. Visit: [societyofthirteen.org.uk](http://societyofthirteen.org.uk)

#### 17th TUESDAY

**Noddfa Circle Dance** 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, [noddfa.org.uk](http://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](http://chester.humanist.org.uk)

**Cold War** (15) Poland, subtitled. Zula falls in love with a man who is looking for an excuse to defect to the west. 7.30 - 10pm, £5. St Mary's Creative Space, Chester. Chester Film Society - [chesterfilmfans.co.uk](http://chesterfilmfans.co.uk)

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

**Supporters Christmas Elevenes** A time for Pencychnant members and volunteers to share elevenes by the Tree and for us to say thank you for all your support in 2019. 10.30am. Pencychnant Centre, Conwy. Contact 01492 592595, [pencychnant.co.uk](http://pencychnant.co.uk)

**The Nutcracker** (12A) Live recording of Royal Ballet, with Tchaikovsky music. A doll comes to life at midnight. 7.30pm, £16, £13 over 60s, £10 students and u18s. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk) **Also** £13, £11, £4 children, Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

#### 18th WEDNESDAY

**Thrift & Thread** 3rd Weds/month. Bring your clothes for mending and alterations; sewing kit, items from your repair pile; letting your clothes read the story of you and letting go of perfect as beautiful. Invite your friends! 12 - 4pm, Black Cat Café, Parc Glynllifon, nr Caernarfon. Facebook: of event name

**Withnail and I** (15) Film. Withnail and Marwood go off on holiday 'by mistake'. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Menopause and the Workplace / Menopos a'r Gweithle** UNISON Cymru Wales and UNISON North Wales Health Branch present a special half day conference looking at menopause and its impact on workers and the workplace. 8.45am - 12.30pm, free. OpTIC, Ffordd William Morgan, Llanelwy / St Asaph, Denbighshire LL17 0JD. Register: [eventbrite.co.uk](http://eventbrite.co.uk)

**Western Stars** (PG) Film. Springsteen's new album r with the live concert, archive footage and his own personal narration. 7.30pm, £7. Theatr Clwyd, Mold CH7 1YA, 01352 344101, [theatrclwyd.com](http://theatrclwyd.com)

**In the Bleak Midwinter** Suitcase Theatre presents an anthology of seasonal words and music, including a dramatized reading of 'A Child's Christmas in Wales' by Dylan Thomas, in aid of Shelter Cymru. With special guests Mold Town Concert Band. 7.30pm, £10. Theatr Clwyd, Mold CH7 1YA, 01352 344101, [theatrclwyd.com](http://theatrclwyd.com)

### 19th THURSDAY

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

**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 from 11.30am - 1pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. £5, Hillside Retreat, Rhosesmor near Mold. If you are interested please email [helen@soul-life.co.uk](mailto:helen@soul-life.co.uk)

**Chester Men** Monthly support group to share friendly space. Occasional guest speakers; topics cover relationships, divorce, stress, finances, mental health. 7.30 - 9.30pm, free drop-in. The Kitchen, Chester Storyhouse 01244 409113, [storyhouse.com](http://storyhouse.com)

**Lovelight Christmas Concert** A celebration to support everyone affected by cancer and remember loved ones. Featuring Sing With Us Bangor Choir, Baritone Kiefer Jones, and more. 7.30 - 10.30pm, £10. Bangor Cathedral. Tickets from [eventbrite.co.uk](http://eventbrite.co.uk)

### 20th FRIDAY

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

**Richard Durrant Candlelit Christmas Concert** Guitarist Richard Durrant heralds the start of the Christmas season with singer Amy, master fiddler Nick and a festive feast of acoustic, wintry music. Christmas songs, early music repertoire, British folk, traditional carols and solo guitar pieces combine in this family friendly event full of midwinter charm. 7.30pm, £10. Theatr Clwyd, Mold CH7 1YA, 01352 344101, [theatrclwyd.com](http://theatrclwyd.com)

**Bagpipes ~ Bagbibau** Official opening of exhibition full of Alan Ginsberg's eclectic mix of traditional and folk instruments from Wales and Europe. 6.30pm, Galerï, Caernarfon 01286 685222, [galericaernarfon.com](http://galericaernarfon.com) See Exhibitions

**Dowsing & Feng Shui for Beginners** See Noticeboard

### 20th FRIDAY - 22nd SUNDAY

**Woodland Winter Solstice** Lantern walk, storytelling, animal mask competition, roasted chestnuts, Wishing Tree. 3 evening sessions; 4.30 - 6.30pm. Adults £12, child £10, u2s free. Erddig, Wrexham, led by Woodland Classroom. Bookings: [woodlandclassroom.com](http://woodlandclassroom.com)

**Yogasmiths** We will have a timetable of Traditional Hatha yoga, optional beginners Ashtanga, breathing practices, guided relaxation, mindfulness meditation and also some free time to help you unwind and relax. £50 deposit. £309 - £275, various accom. Held at Trigonos, Nantlle 01286 882388, [trigonos.org](http://trigonos.org)

### 20th FRIDAY - 27th FRIDAY

**Practice Retreat for Men** The main feature of these popular men's retreats is that they allow retreatants to follow the themes and rhythms emerging in their own meditation practice. The simple programme has periods of morning and afternoon meditation with chanting and ritual in the evening. Daily meditation reviews with team members are also available on request. £315, £287 concs. Vajraloka Buddhist Retreat, Corwen LL21 0EN, 01490 460406, [vajraloka.org](http://vajraloka.org)

### 21st SATURDAY

**Yule Celebration** Regular meetings will have a theme of that particular solar sign and the season of the year. They will be free flowing and largely spontaneous but you should expect some or all of the following: Meditation, Story telling, Discussion and Simple rituals. The amount of your participation is entirely up to you. You can at any time find a quiet corner to gather your thoughts or you can share your thoughts and activities with the rest of us, getting fully involved and having an uplifting and joyous time. 6pm till late. Give it a go. Then you'll know. The Libra Centre Spiritual Meeting House operates on a gift economy which means that you should bring food and drink to share as you see fit. Donations are acceptable and encouraged to cover running costs. Sleepovers may be possible. Held at The Libra Centre, Tregarthen, Bangor Road, Penmaenmawr LL34 6ND. Keith 01492 621076. The Meeting House is open to Members only. To apply for free membership visit [libracentre.com/about](http://libracentre.com/about). See advert on page 21

**Calan ~ A Celtic Christmas** Infectious rhythms and high energy routines to celebrate the Yuletide season. A fresh and vibrant sound with a pounding beat set against the backdrop of old traditions. 7.30pm, £16, £14 concs., Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

**Botanical Art Class** 3rd Sat/month. Led by Doreen Hamilton. Come along for some expert guidance from our artist in residence. 10.30am - 3.30pm, £15, £10 students. All material and refreshments provided. Treborth Botanic Garden, Bangor. Contact Doreen 07508 728418.

**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 people. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino's Pizzas below the train station). Rosie Green 01248 345325, [saorimor.co.uk](http://saorimor.co.uk)

**Midwinter Eve of Sacred Song** All welcome, 7-9pm, Quaker Meeting House, Dean St., Bangor. Contact Alexandra: alexandrajwilson@yahoo.co.uk or on Facebook name of event name

**Solstice Ritual & Relaxation** Calming music, stretching, meditation, ritual intentions, relaxation. 6-8pm, £18. Open to all women of all ages. Part of Conwy Council's Women's Wellness Series. Held at Source Yoga, Nutrition & Health, Mochdre, Conwy. Contact 07704 437415.

**Solstice Shorts Festival: Time and Tide** Celebrate the winter Solstice with stories, poems & songs inspired by the sea - one of a series of events in 7 towns. This Holyhead event is the only one in Wales, and will be BSL interpreted. 1 - 3pm, donations welcome. Marina Café, Newry Beach, Holyhead LL65 1YA. More info from: arachnepress.com

### 22nd SUNDAY

**Alban Arthan ~ Winter Solstice 04:19am** Late dawn ~ early sunset ~ short day ~ long night

**Winter Solstice Meditations** Meditations, contemplations, gentle movement (optional!) 9.30am - 12.30pm. Free admission. Drop in anytime (quietly please!) Don't forget a blanket! Held at Abersoch Village Hall. Sue Baumann 07833 791317.

**Estyneto** Join us for regular dance/movement sessions aimed specifically for those over the age of 60. The sessions are led by inspirational dancers/choreographers Cai Tomos & Angharad Price Jones, and is open to anyone who has the desire to stay active, fit and healthy. No previous experience or dance skills required. 1.30pm, £4. Galeri, Caernarfon 01286 685222, galericarnarfon.com

**It's a Wonderful Life** (U) Classic B&W Christmas Film. It's traditional! 8.30pm, £12, includes welcome drink. Chester Storyhouse 01244 409113, storyhouse.com

**Cainc** A more intense dance/movement class suitable for beginners over the age of 60. All sessions are led by Cai Tomos who will guide participants to explore new ways of moving the body. No previous experience or dance skills required to participate. 3pm, £8. Galeri, Caernarfon 01286 685222, galericarnarfon.com

### 24th TUESDAY

**It's A Wonderful Life** (U) Film. 2pm, £7. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com As 22nd.

### 26th THURSDAY

**New Moon in Capricorn 05:13 am**

### 27th FRIDAY

**Dowsing & Feng Shui for Beginners** See Noticeboard

### 27th FRIDAY - 3rd JANUARY, FRIDAY

**Practice Retreat for Men 2** As 20th - 27th retreat, except for those who have meditated for at least 3 years. Vajraloka Buddhist Retreat, Corwen LL21 0EN, 01490 460406, vajraloka.org

### 28th SATURDAY

**Tommy** The Who's rock-musical-fantasy from 1975 about a disabled boy who becomes a pinball champion and cult leader. 8pm, £7. Theatr Clwyd, Mold CH7 1YA, 01352 344101, theatrclwyd.com

### 29th SUNDAY - 2nd JANUARY, THURSDAY

**Conscious New Year Retreat** This is an experience rather than a workshop. During the course of the retreat more and more of your true, authentic self is revealed. Without needing to try or do anything in particular a momentum takes place as our hearts open and we naturally reflect each other's deeper selves. This happens naturally through activities and celebrating in whatever way feels good. Activities can include guided meditation, fire ceremony, Heart Circle, card reading, silent presence, music and dance. £216 - £270, Noddfa Retreat Centre, Penmaenmawr LL34 6YF. Contact leaders John & Dennis 07771 556736 / 07588 563143 or Noddfa 01492 623473, noddfapen@aol.com

### 31st TUESDAY

**Buddha Tara** Join us for special uplifting prayers to Buddha Tara to see in the New Year. The evening will begin at 7pm with some chanted prayers and be followed by a vegetarian buffet. There will be an option to stay for prayers by candlelight 11 - 12.15am. Everybody is welcome to attend part or all of this event. If you would like to join us for the meal, please book your place online. Meal £15. Kalpa Bhadra Kadampa Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatennorthwales.com

**New Year's Eve Walk** We will leave Beddgelert at 9.30am and follow the Glaslyn River along the old Fishermans Path to Nantmor, then up through Cwm Bychan and on to Llyn Dinas then back along the river into the village. It's a walk of around 7 miles, and if we have time, we can visit Dinas Emrys, where the mighty Welsh dragon was released from his underground chamber. 9.30am - 2pm, £25, accompanied u16s free. Contact Beddgelert Information Centre, LL55 4YD, 01766 890615.

**New Year's Eve Walk: the Summit of Moel Siabod** The walk starts at 12pm and we will have descended by evening. Accommodation available @£70 for twin room. Walk: £38.32, 12pm - 6pm. Capel Curig. Organised with SVL Adventures, tickets info@svladventures.com or eventbrite.co.uk

**Gremlins** (U) Film. Relax and enjoy little furry pets .... 8.30pm, £12, includes New Year welcome drink. Chester Storyhouse 01244 409113, storyhouse.com

Copydate for January issue:

December 18th

What is your





## The Libra Centre of Penmaenmawr A Spiritual Meeting House.

A place to meet like minded people.

A place for study.

A place for mediation.

A place for rest and retreat.

A place for fun.

A place for solace.

Do your Spiritual beliefs leave you feeling isolated and alone? Are you seeking the love and companionship of others with similar yearnings but finding only ridicule and dismissal? The Libra Centre seeks to end that by providing a safe place to meet and talk openly with no fear of being looked on as strange but welcomed and encouraged to share your thoughts and beliefs. As we learn from each other, free from dogma, our hearts and minds can soar to the beautiful heights of spiritual fulfilment. So join us and give and receive nourishment for the soul.

Find out more by visiting

[www.libracentre.com/about](http://www.libracentre.com/about)

*Arca Tree in Penmaenmawr 07.*

# Exhibitions

Teresa Jenellen



## Autumn Season

**Exhibition** Until 24th December. New exhibitors are: Gwyn Roberts, Daniel Robertson, Teresa Jenellen, Billy Bailhole, NW Pottery; plus Gallery artists. Oriol Plas Glyn Y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

## Jamie Barnes ~ Sea

**Structures** Until 26th January. Inspired his explorations of coastal paths around Wales, Anglesey, Northumberland, Cumbria and Scotland. A

curious set of accompanying sea structures started to appear in Jamie's work, not only the obvious structures such as lighthouses, but also more unusual, such as orientation beacons, transmitters and glowering power stations. Open Tues - Sun 10.30am - 4pm; Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

**Llonau-U / U-Boat** Until 5th January. The U-boat project 1914 - 18 is using the latest underwater imaging techniques to reveal wrecks from the Great War and support communities to seek out previously untold stories about their ancestor's experiences. Some community stories are displayed alongside the underwater exploration results. Oriol Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

**In-sight ~ 18 Helfa Gelf artists in the Café** Until 26th January. A new collection of work by artists from North Wales upstairs at MOSTYN, in partnership with Helfa Gelf Art Trail. Artists are: Deborah Albrow / Mark Albrow / Louise Edwards / Helen Howlett / Wini Jones Lewis / Verity Pulford. Open Tues - Sun, 10.30am - 4pm; Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

## Anne Aspinall ~ A Welsh Connection

Until 4th December. To help celebrate Anne's 70th we put together this major solo exhibition depicting her journey as an artist. It is a celebration of her talent and insight. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net



Anne Aspinall

**Anj Smith** Until 1st March. Working primarily with painting, Anj Smith is interested in reflecting on the very possibilities and limitations of the medium itself. Her work excavates often-overlooked art histories, which she combines with her lived experiences, to form the layers of her work. Exploring the very edges of representation, Smith's intricately rendered paintings explore issues of identity, eroticism, mortality and fragility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

**Neil Bottle ~ All That Remains** Until 12th January. Neil's work is inspired by family photographs, a sense of time passing and how we remember things - in both real and false memories. The textile prints are accompanied by personal, sentimental objects that were the starting point for many of the stories Neil is telling - 'I like the idea of objects that have history embedded in them,' he says. Ruthin Craft Centre, LL15 1BB. 01824 704774, ruthincraftcentre.org.uk

**Folklore & Fairytales of North Wales** Until 5th January. An autumn and winter mixed exhibition by a group of artists depicting their interpretations of the Folklore and Fairytales that surround us in North Wales. Open: Tues & Thurs, 10am - 5pm, Sun 11.30am - 4.30pm. Oriol Ty Meirion, Dyffryn Ardudwy LL44 2DH. More information at tymeirion.co.uk

**Kate Pasvol ~ Welsh Walks** Until 4th December. A glass artist whose roots and inspiration are in Wales. Recent work is made up of single and multiple glass blocks containing layered three dimensional images that reflect the Welsh landscapes from memories of her own walks in Wales. Glass allows Kate to experiment with light, texture and tactility in fascinating ways. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net



Kate Pasvol

**Crossing Beaches ~ Croesi Traethau** Until 19th January. The Sian and Ken Owen Art Collection featuring over 80 paintings of Wales' foremost artists. Oriol Kyffin Williams, Llangefni, Anglesey 01248 724444, oriel@ynysmon.gov.uk

**Nobuko Tsuchiya: 30 Ways to Go to the Moon** Until 1st March. Working primarily with sculpture, Tsuchiya's practice uses a wide range of materials, often including household objects, collected over time, which she assembles and casts to create amorphous, hybrid minimalist mechanical objects. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

**Lettering: Art & Illusion** Until 12th January. The work depicts lettering that is created by hand through calligraphy, letter cutting, painting and engraving. Ruthin Craft Centre, LL15 1BB. 01824 704774, ruthincraftcentre.org.uk

**Bill Kneale ~ Viewpoints/Golygfannau** Until 9th February. "My paintings are visual journeys mostly into the mountains and coast of North Wales." Oriol Ynys Mon, Anglesey 01248 724444, kyffinwilliams.info

**Chiara Camoni** Until 1st March. Working primarily across drawing, sculpture and installation, Camoni creates spaces imbued with poetic sensibility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org



Chiara Camoni



**Owain Fôn Williams ~ Snippets of Life / Tameidiau Bywyd** Until 4th January. Portraying everyday simple things, people at work or at leisure, within a sense of community fundamental to all. Storiell, Bangor LL57 1DT, 01248 353368, storiell.cymru

**Gaeaf ~ Winter** Until 21st December. We welcome winter in, with a fabulous, eclectic array of art, showcasing work from Wales' finest leading and emerging artists. There is a wide selection of affordable works for sale off the wall. RCA Conwy LL32 8AN, 01492 593413, rcaconwy.org



Gaeaf ~ Winter - RCA Conwy

**Josie Russell** 2nd December - 6th January. Textiles, embroidery and sewing visions of local landscapes. Oriell Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

**As It Is: Man's Footprint on the Welsh Landscape** Until 26th January. Celebrated photographer David Hurn is one of Britain's most influential reportage photographers. Of Welsh descent, Hurn gained his early reputation with his reportage of the 1956 Hungarian revolution. He eventually turned away from coverage of current affairs, preferring to take a more personal approach to visual narration. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

**Cywrain: Land ~ Tir** Until 5th January. The Cywrain space will be showcasing a variety of makers from Wales, Ireland, and Scotland. Whose work is influenced by the material from the land or by its form, movement and colour from nature to our epic mountainous landscape. From traditional crafts to contemporary our 'Cywrain' showcases will suit a vast audience. All items for sale. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Sampler Prints / Printiau Sampler** 16th December - 31st January. Documenting an exploration into quilt inspired prints, an opportunity to develop and further the practice through a variety of printmaking techniques such as collagraphs, wood cuts and blind embossing combining form, texture and colour with heritage and nostalgia. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Bagpipes ~ Bagbibau** 20th December - 31st January. Artist, musician and instrument maker Alan Ginsberg's eclectic mix of traditional and folk instruments from Wales and Europe are on display alongside his painting and drawings. These paintings show that the instruments still form part of the lively, vibrant culture. Official opening on 20th December, 6.30pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com



**Wil Rowlands ~ Erosion** Until 4th January. Wil explores the erosion of things we see and of things we feel, and considers the consequence of that change. At the heart of his way of working lies experimentation that often leads the artist and viewer to the unexpected. Open Tues - Sat, 11am - 5pm. Storiell, Bangor LL57 1DT, 01248 353368, storiell.org

**North Wales Potters** Until 25th December. Fifteen members of North Wales Potters are exhibiting their work. Open 10am - 5pm daily (closed Tues) free entry. Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

**Made in Chester ~ Art by Nicky Thompson** Until 15th March. The new series of 1930s-style art pieces featuring iconic Chester views. Grosvenor Museum, Chester 01244 972197.

**Dan Wood ~ Gap in the Hedge** Until 31st December. This series of photographs not only attempts to document the beauty of this iconic piece of South Wales landscape, but also explores the relationship that the people - whether locals, tourists or workers - have with the landscape and environment. And ultimately, what lies ahead for this part of South Wales following Brexit and the abolition of EU funding. Oriell Colwyn, upstairs at Theatr Colwyn, Abergele Rd., LL29 7RU, 01492 577888, orielcolwyn.org

**Niall McDiarmid ~ State of Independents** A new set of portraits to shine a light on and celebrate our Independent Traders and Shopkeepers based in and around Colwyn Bay, Old Colwyn and Rhos on Sea. 24 large scale portraits displayed in the six promenade shelters between Rhos on Sea and Old Colwyn with each shelter exhibiting two portraits on either side, the project links the town together via photography. More from Oriell Colwyn, 01492 577888, orielcolwyn.org

## Workshops in January & February 2020

### JANUARY

- 5 **Navigation Course** Snowdonia. Contact: Mountain Escapes 07772 783990, info@mountainescapes.co.uk *Also 19th January*
- 6 - 10 **Jane Austen in a Week** Gladstone's Library, Hawarden CH5 3DF, 01244 532350, enquiries@gladlib.org or literaturewales.org
- 10 - 12 **Reshape Yoga & Fitness** Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk *Also 17th & 19th.*
- 10 - 14 **New Year Walking** Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru
- 10 - 12 **Foundation Course in Crystal Therapy** Eglwysbach, Conwy LL28 5SF. Contact hope-college.co.uk (5 days - includes 1st & 2nd Feb)
- 15/1-18/3 **Life Drawing** 10 week course. Royal Cambrian Academy, Conwy. 01492 593413, rcaconwy.org
- 24 **Pottery & Psychic Reading** Tan y Ddraig, 27 Castle St., Conwy LL32 8AY, 01492 583566. Facebook: Tan y Ddraig
- 25 **Root and Flow: A Day of Yoga and Dance** Pantymwyn Village Hall, nr Mold. Bookings: rachel@rachelsbellydance.wales
- 25 **Harmony Singing Workshop** Betws-y-Coed LL24 0BB. Contact: marianowen1@btinternet.com ~ singdancelove.co.uk
- 26 **Walking With the Goddess** Nantlle. Gillian Monks: gillian@gillianmonks.com
- 27 - 31 **Level 2 Certificate in Crystal Therapy** Ewloe, Flintshire CH5 3AU. Contact hope-college.co.uk
- TBA **Breathworks Mindfulness for Stress 8 week Course** Introduction Day on 11th January. Wrexham. Details from Alan 07816 988124, newmindfulness.net

### FEBRUARY

- 1 **Wild Weaving Workshop** Stiwdio 9, Bangor LL57 1NW. Phia 07391 930719, phiaeco@gmail.com
- 1 **Landscape Drawing Workshop** Tŷ Hyll, Betws-y-coed. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk
- 7 - 9 **Pure Yoga** Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk. *Also 14 - 16*
- 8 **Mindfulness 8 Week Course** Ruthin. Contact 07792 784451, info@artofmindfulness.co.uk
- 17 - 21 **End of Life Doula Preparation** Tregarth, LL57 4RA. Alexandra - redtenteol@gmail.com
- 22 **Fused Glass Lantern Workshop** Eryrys, Mold CH7 4BX. Verity Pulford 07452 840331, verity\_pulford@hotmail.com
- 22 **Harmony Singing Workshop** Betws-y-Coed LL24 0BB. Contact: marianowen1@btinternet.com ~ singdancelove.co.uk
- 22 & 23 **Diploma Course in Crystal Therapy** First of 10 weekends held most months. Held in Chester. Contact: hope-college.co.uk

- \* SIX CONTINENTS
- \* DOZENS OF ARTISTS
- \* ONE LOVE

PEACE THROUGH MUSIC

**PLAYING FOR  
CHANGE** 

“Our intention is to uplift ... music is a wonderful affirmer of love and we can use this to teach, to uplift, to heal, to encourage; there’s so many ways music has a power to raise the consciousness of this planet.

And that’s what we’re doing here each and everyday at Playing For Change. “

[playingforchange.org](http://playingforchange.org)



## Centres in North Wales: Workshops in January & February 2020

### Centre for Alternative Technology (CAT)

Machynlleth,  
01654 704966, cat.org.uk

#### JANUARY

- 6 - 10 **Low Energy Buildings - Part B**  
6 - 10 **Theoretical Approaches to Transformational Social Change**  
13 - 17 **Food Production & Consumption**

#### FEBRUARY

- 10 - 14 **Sustainability & Adaption for Cities & Communities**  
22 - 24 **Introduction to Permaculture**  
29 **Compost Toilets**

### Kalpa Bhadra Buddhist Centre

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

#### JANUARY

- 30 **Reducing Anxiety & Worry** *A talk held at Venue Cymru, Llandudno.*

### Plas Tan y Bwlch

Maentwrog LL41 3YU  
01766 772600, snowdonia.gov.wales

#### JANUARY

- 10 - 14 **New Year Walking**

#### FEBRUARY

- 7 - 9 **Folklore (in Welsh medium)**  
16 - 21 **Slate: In the Beginning**  
17 - 21 **Winter Birds**  
21 - 23 **Drum for Fun!**

### Dru Yoga

Snowdonia Mountain Lodge,  
Nant Ffrancon  
Bethesda LL57 3LX  
01248 602004, druyoga.com

#### FEBRUARY

- 21 - 23 **Meditation Retreat**  
21 - 23 **Yoga, Nutrition & Detox Retreat**  
23 - 26 **Karma Yoga & Treeplanting Retreat**

### Field Studies Council

Rhyd-y-Creuau, Draper's Field,  
Betws-y-coed LL24 0HB  
01690 710494, field-studies-council.org

#### FEBRUARY

- 21 - 23 **Mosses and Liverworts**  
21 - 23 **Winter Tree Identification**  
28/2-1/3 **Identifying Conifers in the British Isles**

### Ruthin Craft Centre

Park Road, Ruthin  
LL15 1BB  
01824 704774,  
ruthincraftcentre.org.uk

#### JANUARY

- 11 & 12 **Printing and Calligraphy**

### Gladstone's Library

Hawarden, nr Chester  
01244 532350,  
gladstoneslibrary.org

#### JANUARY

- 6 - 10 **Jane Austen in a Week**

#### FEBRUARY

- 14 - 16 **Arts & Crafts Movement**  
23 **New Stories from Ancient Myths**

### Siop Iard

7b Palace St, Caernarfon  
01286 672472, siopiard.com

#### JANUARY

- 11 **Chunky Silver Ring**  
18 **Blacksmithing: Hooks, Handles and Pendant**  
18 **Traditional Scrimshaw**

#### FEBRUARY

- 1 **Silver Earrings**

## North Wales Retreats

The Old Rectory  
Llanfachraeth, Ynys Mon  
07970 409724, northwalesretreats.com

### JANUARY

*See ads p 27 & 28*

- 12 **Reset, Recentre and Rest: Yoga and Meditation**  
24 - 27 **Yoga Teacher Training Module 1**  
*Sessions held in Anglesey and Holyhead*

## The Healing Centre

8 Fron Ogwen,  
Tregarth, nr Bangor LL57 4NP  
01248 601388, 07771 280 824  
vivreiki@hotmail.com

### JANUARY

- 4 & 5 **Reiki, 1st Degree Course**  
25 & 26 **Reiki, 2nd Degree Course**

## Trigonos Environment Centre

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

*see ad page 28*

### JANUARY

- 4 - 11 **Mindfulness Network**  
13 - 17 **Mindfulness Network**  
17 - 20 **Integrated Mindfulness (option till 24th)**  
25/1 - 1/2 **Mindfulness Network**

### FEBRUARY

- 8 - 12 **Mindfulness Network**  
14 - 16 **YogaJo**  
28/2 - 1/3 **Zen with Jo**

*More info about the Mindfulness Courses from :  
mindfulness-network.org*

## Vajraloka Buddhist Retreat

Treddol, Corwen LL21 0EN  
01490 460406,  
vajraloka.org

### JANUARY

- 10 - 19 **The Brahmaviharas**  
24 - 31 **Embodying Love**

## e-Petition: The Climate Emergency and a National Forest for Wales

**We** call on the National Assembly for Wales to urge the Welsh Government to urgently increase tree cover to help address this climate emergency & the well documented collapse of nature.

The Welsh Government's 'State of Natural Resources Report' said no ecosystems in Wales are resilient.

We need more trees in urban & rural areas to address high levels of air pollution, lessen heatwaves & floods, increase wildlife & create a carbon store above & below ground.

Rivers, hedgerows & verges can provide quality habitat connectivity, these criss-cross Wales from mountains to coast. Many have biodiversity rich ancient woods, meadows & marshes alongside them, but their range & quality has massively declined in the last 50 years.

Our rivers are healthiest when bordered by wide strips of lightly grazed broadleaf woodland river banks. Trees provide some dappled shade keeping rivers cool & protecting them from pollutants, reducing unsustainable soil loss, whilst helping to keep farmers on the land.

To help nature recover we need to recreate more wildlife friendly landscapes by creating more & healthier interconnecting habitats.

Placed & funded correctly, a new national forest can deliver many solutions for all future generations, a more 'resilient Wales'.

### **We call for a comprehensive strategy to deliver:**

- an increase of 5000 hectares per year in tree cover in urban areas, on farms, & in the uplands
- tree cover that is at least 50% native broadleaf trees, best for biodiversity, & public well-being
- sustainable management of existing trees, forests, woodland & hedges, to protect them from damage & provide a mixed mosaic of habitat for wildlife & people
- new funding for farmers for 'Hedges & Edges' & traditional woodland pasture - agroforestry
- funding for community tree nurseries, for people to be involved in finding sites, planting, & growing trees right across Wales
- a truly national & innovative 'National Forest for Wales'

**sign at e-petitions assembly.wales**

**Copydate for January issue:  
December 18th**



## Inspiratrix Yoga Teacher Training

Learn basic principles to share yoga safely and inclusively with groups or individuals, and increase your understanding of yoga's effects on mind, body and spirit.

This is a 200-hour qualification from Yoga Alliance Professionals, made up of six face-to-face modules spaced throughout 2020 and delivered on Anglesey.

**Course starts Friday 24th January**

For an informal chat with teacher trainer  
Claire Mace call **07970 409 724**

Training dates and syllabus are at  
**[www.inspiratrix.co.uk](http://www.inspiratrix.co.uk)**



Don't think the  
garden loses its  
ecstasy in winter.  
It's quiet, but  
the roots are  
down there  
riotous. Rumi

### **Are you feeling stuck in your life?**

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

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

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Llangollen Natural Health Clinic  
**[www.resonancerepatterninguk.net](http://www.resonancerepatterninguk.net)**

## Helena Hawley

Intuitive Vocal Sound Healer,  
Channel, Speaker & Authoress



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

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

**[info@helenahawley.co.uk](mailto:info@helenahawley.co.uk)**

**[www.helenahawley.co.uk](http://www.helenahawley.co.uk)**



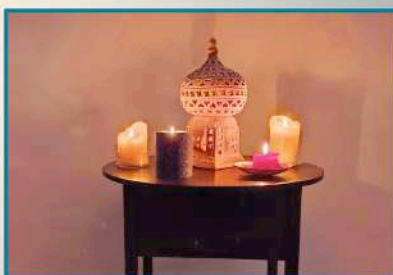
## Yoga Workshop Reset, Recentre and Rest

Sunday 12th January 10am-4pm in Holyhead

Take time out and join Claire Mace for a day that is all about resetting, recentering, and resting. Reawaken your connection to yourself and to your body in a good way. In the morning, feel centred and strong through an active yoga practice. In the afternoon explore intention setting and restful yoga.

Book with Claire on 07970 409 724 or via [www.northwalesretreats.com](http://www.northwalesretreats.com)

Special offer for Network News readers: £5 off the regular price of £39 with code **RESET**



## TRIGONOS

is offering Festive meals with a difference

### \*\* CHRISTMAS MEALS \*\*

Choose either lunch or evening meal, 2 or 3 courses  
Groups of 20 or more will have exclusive use

Our festive meal offer runs Monday 9th to Friday 19th December and includes space to meet before or after your meal, cosy log fires, sumptuous festive menus and additional activities by request

(i.e. storytelling, music, crafts)

We don't have a bar so you are welcome to bring your own drinks - much cheaper!

Trigonos, Plas Baladeulyn, Nantlle LL54 6BW  
01286 882388 ~ [trigonos.org](http://trigonos.org)

We provide funeral, burial and dedication services in a peaceful woodland setting

This autumn is spectacular! Yes, the recent weather may have been dire but the colours are glorious. The beeches are particularly lovely this year, all tawny and gold. And there's so much fruit, so many fungi, so many nuts - I've never known an autumn like it. Birds, squirrels and mice will all be stuffing themselves, growing fat and storing food to survive the winter.

We are lucky, here on Pen Llŷn. We had a warm summer but we didn't break any temperature records. We've had quite a lot of rain but nothing extraordinary. We're not

likely to get much snow or ice: we don't get extreme weather. And that must be good for wildlife.

The wood gets so many visitors now that we don't see many wild animals. I'm sure they're there, but sensibly, they hide from us - apart from the robins, of course, who join us every time we work there. But ducks don't try to hide. Where they came from, I don't know; Julie counted twenty of them. Of those, two, sadly, perished on the road, and two stayed to quack at us in the car park. I tried to persuade them to go somewhere safer, terrified that they would also be squashed, but they refused to cooperate. We were happy to see that there were no more dead ducks on the road the next day, so we hope they have survived.

Pheasants, too, seek sanctuary in the wood. They won't get shot there, though they may well get eaten by foxes; but foxes, too, are entitled to eat. Personally, I'd rather a pheasant provided a meal for a fox than got shot.

How often have I said in these newsletters that we have been busy? It's become a cliché. But now we are busy as never before; more

people know we exist so more are booking plots for themselves, their dogs, their loved ones...

We've been doing a lot of burials over the last few weeks and I have a feeling that this is how it's going to continue. But as I get older and less energetic, younger people arrive, people who are attracted to the vision of the Eternal Forest and who want to work for us. This is wonderful. It means I can delegate, and that we have backup

for essential jobs such as grave-digging. So while you may see the people who've worked for years in the wood, like Julie or Dave or me, you are increasingly likely to meet new people:

Phil, Liam, Julia. I am particularly happy to welcome people a generation or two younger than myself, for they are the future.

Soon we shall be calling for volunteers. The winter felling season is almost here and we have Plans. With the ever-increasing demand for burial plots, we are working hard to open up new areas and there

will be tree-felling and brashing days to which we shall invite all those who feel able to join in with physical work on rough ground. The dates aren't fixed yet but we'll let you know as soon as they are.

In the meantime, our regular calendar continues. I shall be in the wood for the afternoon of Sunday November 24th, hoping I'll have company to clean out nest boxes. On the following Sunday, 1st December, Billy Bodger will be doing green woodworking. And on the first Sunday in January, which will be the 5th, we shall celebrate the New Year. Do come and join us! Bella



Chestnuts



Ducks in the car park and berries in the hedge



[www.eternalforest.org](http://www.eternalforest.org); email [eft@eternalforest.org](mailto:eft@eternalforest.org)

Follow The Eternal Forest Trust on Facebook

01758 612006 or 07579 008325

Office: Garth, 22 West End Parade, Pwllheli, Gwynedd LL53 5PN.

## The Magic Money Tree

David Graeber

**Economists, for obvious reasons,** can't be completely oblivious to the role of banks, but they have spent much of the twentieth century arguing about what actually happens when someone applies for a loan. One school insists that banks transfer existing funds from their reserves, another that they produce new money, but only on the basis of a multiplier effect (so that your car loan can still be seen as ultimately rooted in some retired grandmother's pension fund).

Only a minority - mostly heterodox economists, post-Keynesians, and modern money theorists - uphold what is called the "credit creation theory of banking": that bankers simply wave a magic wand and make the money appear, secure in the confidence that even if they hand a client a credit for \$1 million, ultimately the recipient will put it back in the bank again, so that, across the system as a whole, credits and debts will cancel out. Rather than loans being based in deposits, in this view, deposits themselves were the result of loans.

The one thing it never seemed to occur to anyone to do was to get a job at a bank, and find out what actually happens when someone asks to borrow money. In 2014 a German economist named Richard Werner did exactly that, and discovered that, in fact, loan officers do not check their existing funds, reserves, or anything else. They simply create money out of thin air, or, as he preferred to put it, "fairy dust."

That year also appears to have been when elements in Britain's notoriously independent civil service decided that enough was enough. The question of money creation became a critical bone of contention. The overwhelming majority of

even mainstream economists in the UK had long since rejected austerity as counterproductive (which, predictably, had almost no impact on public debate). But at a certain point, demanding that the technocrats charged with running the system base all policy decisions on false assumptions about something as elementary as the nature of money becomes a little like demanding that architects proceed on the understanding that the square root of 47 is actually  $\pi$ . Architects are aware that buildings would start falling down. People would die.

Before long, the Bank of England (the British equivalent of the Federal Reserve, whose economists are most free to speak their minds since they are not formally part of the government) rolled out an elaborate official report called "Money Creation in the Modern Economy," replete with videos and animations, making the same point: existing economics textbooks, and particularly the reigning monetarist orthodoxy, are wrong. The heterodox economists are right. Private banks create money. Central banks like the Bank of England create money as well, but monetarists are entirely wrong to insist that their proper function is to control the money supply. In fact, central banks do not in any sense control the money supply; their main function is to set the interest rate - to determine how much private banks can charge for the money they create. Almost all public debate on these subjects is therefore based on false premises. ***For example, if what the Bank of England was saying were true, government borrowing didn't divert funds from the private sector; it created entirely new money that had not existed before.***

One might have imagined that such an admission would create something of a splash, and in certain restricted circles, it did. Central banks in Norway, Switzerland, and Germany quickly put out similar papers. Back in the UK, the immediate media response was simply silence. The Bank of England report has never, to my knowledge, been so much as mentioned on the BBC or any other TV news outlet. Newspaper columnists continued to write as if monetarism



was self-evidently correct. Politicians continued to be grilled about where they would find the cash for social programs. It was as if a kind of entente cordiale had been established, in which the technocrats would be allowed to live in one theoretical universe, while politicians and news commentators would continue to exist in an entirely different one.

Still, there are signs that this arrangement is temporary. England—and the Bank of England in particular—prides itself on being a bellwether for global economic trends. Monetarism itself got its launch into intellectual respectability in the 1970s after having been embraced by Bank of England economists. From there it was ultimately adopted by the insurgent Thatcher regime, and only after that by Ronald Reagan in the United States, and it was subsequently exported almost everywhere else.

It is possible that a similar pattern is reproducing itself today. In 2015, a year after the appearance of the Bank of England report, the Labour Party for the first time allowed open elections for its

leadership, and the left wing of the party, under Jeremy Corbyn and now shadow chancellor of the exchequer John McDonnell, took hold of the reins of power. At the time, the Labour left were considered even more marginal extremists than was Thatcher's wing of the Conservative Party in 1975; it is also

(despite the media's constant efforts to paint them as unreconstructed 1970s socialists) the only major political group in the UK that has

been open to new economic ideas. While pretty much the entire political establishment has been spending most of its time these last few years screaming at one another about Brexit, McDonnell's office - and Labour youth support groups - have been holding workshops and floating policy initiatives on everything from a four-day workweek and universal basic income to a Green Industrial Revolution and "Fully Automated Luxury Communism," and inviting heterodox economists to take part in popular education initiatives aimed at transforming conceptions of how the economy really works. Corbynism has faced near-histrionic opposition from virtually all sectors of the political establishment, but it would be unwise to ignore the possibility that something historic is afoot.

[Extract from article titled "Against Economics" in the New York Review of Books, 5/12/19]

*David Graeber is an author and professor of anthropology at the London School of Economics. He wrote the best-selling book Debt: The First 5000 Years.*

**@davidgraeber**

## One Whole Solution: Share

Mohammed Sofiane Mesbahi

**The Universal Declaration of Human Rights**  
*Article 25: 1) Everyone has the right to a standard of living adequate for... health and well-being ... including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control...*

**The whole thought-form** about the global ecological crisis is becoming more and more crystallised now, because its spiritual counterpart is hardly mentioned in most activist circles and popular debates. I argue that climate change is the only teacher we currently have that is slowly uniting humanity together on a single issue, at least in a global and symbolic sense. But if we are to realise and truly demonstrate that humanity is one interdependent family, we cannot continue to ignore *Article 25* as our foremost and dual priority in the fight to save our planet. It should be increasingly obvious to any engaged citizen or politician that the rapid safeguarding of *Article 25* - which inherently calls for a massive redistribution of global resources and a wholesale restructuring of the international economic architecture - is absolutely linked to the solutions for climate change. For if there was even a modicum of social justice in this world through a fairer sharing of resources, if no person on earth continues to die of hunger or other poverty-related causes, then the weather would not be in such an imbalanced and chaotic state as today.

We can understand this logically and deductively in outer or policy-related terms, as per our reflections on civil society proposals for how governments should address the climate crisis through an equitable effort-sharing framework. But for a real and heartfelt understanding of the

world's environmental problems we are called upon to engage with our inner awareness, our intuition, our compassion and our common sense, that is if we want to perceive for ourselves the significance of the great link between the hidden elements of nature and the aggregated thoughts and actions of humanity as a whole. Perhaps there is no other way to resolve the world's problems unless a major proportion of humanity first of all succeeds in engaging with the heart by heralding *Article 25*, which may be the only route to escaping the systemic impasse brought about by the current growth-based economic paradigm, one that we are all complicit in sustaining by our adherence to the forces of materiality and commercialisation.

So I believe it is of the utmost importance that we contemplate and heed the inner significance of implementing the principle of sharing into world affairs, which does indeed present a certain paradoxical difficulty as this requires us to examine these issues through the awareness of the heart, when the heart per se cannot be intellectualised. It therefore behoves us to reflect again with renewed attention, inwardly and quietly by ourselves, on how we need to integrate the principle of sharing into our global economic arrangements so that we can gain trust between the peoples of different nations, which will enable us to release the attributes of the heart much easier and faster in the time ahead.

Naturally, the forces of commercialisation stand opposed to the manifestation of love and wisdom in this world. But when the attributes of the heart are released on an unprecedented scale, then a new phenomenon will arise in our



societies whereby the creativity of individuals will be tremendously enhanced; the tensions and stress in the world will dramatically decrease; the joy of living will become a palpable and universal reality; even the healing of diseases will take a new and more rapid course of advancement, due to the lessening of depression and psychological suffering in all its forms.

In short, the implementation of the principle of sharing among nations is our greatest hope and augur of a better world, not least with respect to the environmental crisis, as it will guide humanity to go in a different direction from the inner to the outer, from the spiritual heart centre to the consecrated mind, from our interior awareness of Life to the exterior balance of the world around us.

There is every reason for hope. Many people lost hope during the Second World War, and yet the allied powers won over the forces of darkness as manifested in the totalitarian regimes of Germany, Italy and Japan. Now we have to win over another dark and formidable power - and that is the forces of commercialisation which have increasingly gripped every society through an extreme market-oriented ideology that is leading our civilisation to destruction. It may seem as if we need divine intervention in order to transcend the coercive influence of these forces in every aspect of our lives, but we have defeated those materialistic forces once before, and we can defeat them twice. If need be, we can defeat them 10 times. Because if there are forces of darkness on this earth, there must surely be forces of Light. And we shall stand by those forces of Light once again, for the purpose of our existence is to spiritually evolve with dignity, equality and in freedom.

So my response to those people who doubt we will make it is: there is hope, great

hope, that humanity can overcome this epochal crisis of our civilisation. We have not yet witnessed the power of sharing as a global phenomenon when it is expressed among millions upon millions of people through the heart with its attributes of love. And when the principle of sharing is genuinely incorporated into the policies of the world's governments, then dramatic changes will begin to take place in our political and economic structures with a rapidity that may startle all of us. Thus we may finally understand that the greatest curse for nature, throughout all these centuries of exploitation and destruction, is that humanity has always refused to come together and act on behalf of the common good of all. For life is One, and man is Life itself; there is nothing more to say.



[This article is an edited extract from the new book 'The intersection of politics and spirituality in addressing the climate crisis' published by STWR]

*Mohammed Sofiane Mesbahi is the founder of Share The World's Resources (STWR), a civil society organisation based in London, with consultative status at the UN.*

**sharing.org**

### Full Moon Meditation Network

Sagittarius: November 22nd ~ December 21st

Full Moon: December 12th 5:12am

Winter Solstice: December 22nd at 4:19am

### The Great Invocation

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

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

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

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

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

**www.lucistrust.org**



Thursday, 5 December 2019, 18:30 – 20:30,  
 People's History Museum, New Court Street, Manchester, M3 3ER

The problems are there for all to see: in the chaos over Brexit, in our inability to respond to the climate crisis and in an economic system that keeps failing. These are all symptoms of the same disorder: the way we make decisions isn't working.

Our democratic system is in urgent need of renewal.

That's why we've launched **Up To Us**, to make our democracy fit for the 21st Century. The campaign is already getting traction. Over 70 civil society organisations have signed the **Up to Us statement**, as well as a host of academics, writers, activists and social entrepreneurs.

Join us at the People's History Museum in Manchester - the national museum of democracy. We'll be joined by speakers from different backgrounds, united by their belief in the need to act now to renew our democracy: Eve Holt, DivaManc; Neil McInroy, CLES; Hazel Blears, Co-operative Group.

[uptous.co.uk](http://uptous.co.uk)

*The event is free to attend and open to all - hope you can be part of it!*



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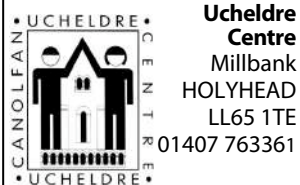


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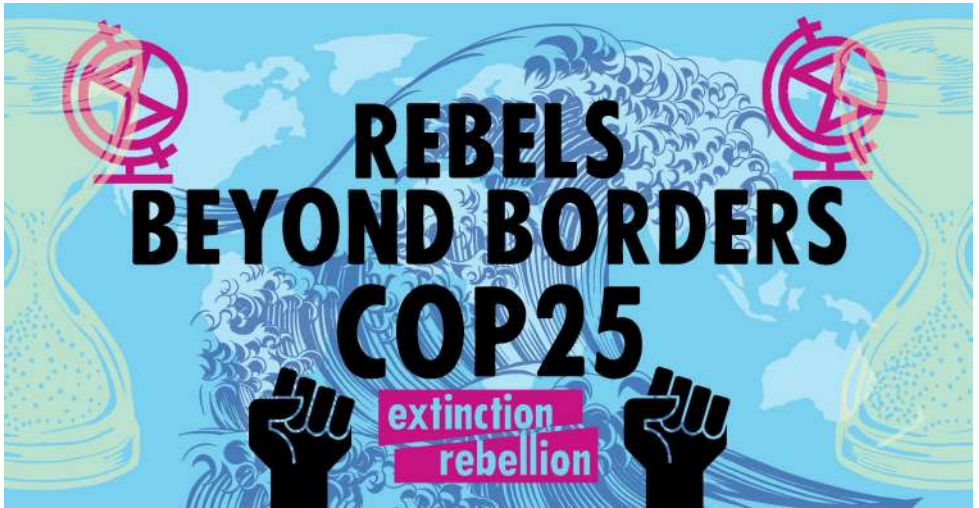
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**Join Rebels Beyond Borders on tour for COP25 climate conference in Madrid!  
#TiempoDeActuar**

XR groups from 19 countries will make their way across Europe to join XR Spain in an international effort to bear witness to **COP25 (United Nations Climate Conference)**, being held in **Madrid on 2-13th December 2019**.

At COP25, delegates will come together from all over the world to make commitments on how to implement the Paris Climate Agreement and accelerate the global response to the Climate and Ecological Emergency.

Rebels will raise the alarm with non-violent direct action to reach the hearts of those with the power to make systemic change on an international scale.

*Expect a series of beautiful creative actions, including 'The Dead Sea March' and some lively 'Civil Disco-bedience'. XR will also take part in the 'Social Summit for Climate', where 150 grassroots organisations will join together to prove that the people have the power!*

If you can't make it to Madrid, that's okay! You can help by organising solidarity actions to draw attention to the Emergency and to discussions at COP25, wherever you are in the world. COP25 was set to take place in Chile, but due to the mass civil unrest it has been relocated to Europe at very short notice. This is a chance to show international solidarity for both our Chilean and Spanish rebels by coming together as citizens of the Earth during a critical moment in history.

Next year, COP26 will be hosted in Glasgow. Make no mistake, world leaders and corporations: we will continue to escalate our actions globally over the next 12 months until we see our international demands met.

**#ULTIMATUMCOP25**



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[rebellion.earth](http://rebellion.earth)