

network news

a guide to inspiring events in north wales



winter celebration ~ the way to our hearts ~ a footprint or a tyre track?
the extinction rebellion ~ self-nurture ~ a reason to burn a million quid

exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
PWLLHELI
LL53 5DE

November 2018

www.network-news.org

Articles

07777 688440

(phone during office hours
or text anytime)

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Michael Chown

info@network-news.org

A Guide to Inspiring Events
in North Wales

The Way To Our Hearts 33
Rik Midgely

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Claire Freeman

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Welcome to the November Network News. It was striking to see Banksy shredding his artwork by remote control at the moment it sold for £1 million: “going, going, *gone*”! It was a perfectly timed reminder of an act in 1994, when Bill Drummond & Jimmy Cauty took £1 million of the cash they earned from their “Mu Mu Land” songs, and burnt it in an abandoned boathouse of the Isle Of Jura. They knew it had to be done, but they were not sure exactly why! They showed footage of the burning around the country and challenged audiences to explain it. They faced so much ridicule and anger that they signed a contract at Cape Wrath not to discuss the matter for 23 years... which brings us to November 5th 2018... We can now reveal at least *one* of the reasons for their act!

1994 was the year the National Lottery was launched. To those Beings who guard the soul of the nation, this “stealth tax on the poor” was the culminating act of the unchained capitalism that had reduced everything sacred to a “product” and everything human to a “consumer”. We would begin to hear that sad mantra: “*If I won the lottery, I could...*”. Whereas all true artists and activists know they work despite their lack of wealth and comfort! Worse, the Lottery Fund promised to finance peoples’ dreams, but applicants had to adjust and reduce their plans to fit the criteria, leading to countless half-hearted visions and half-baked projects. The lottery contract was signed on May 25th and the first lottery draw was on November 19th. *Bill & Jimmy initiated their “burnt offering” at the exact midpoint of these dates: Midnight, August 22nd, 1994.* It could not stop the Lottery, but it stands as an affirmation of all who cannot be bought or motivated by the myth of comfort. Blessings to all beings



Winter Celebration

Gillian Monks

“It’s too early to start thinking about Christmas!” I hear lots of people saying. The problem is that most of us confuse the festivities of Christmas Day with the celebration of Midwinter and the season of winter generally. Furthermore, if we follow the natural cycles of the seasons as our Celtic ancestors did, Winter starts around the end of October. Many of our customs, such as decorating our homes with evergreens, reflect a historic human response to this season of storms, darkness and a ‘dying back’ into the earth.

Which is why the Solstice at Midwinter on the 21st December has always been of such key importance to all life globally throughout the ages. As winter progresses, light warmth and natural life diminishes and the focus is firmly fixed on the return or ‘rebirth’ of the Sun. Despite the 21st December officially being the Solstice (the name being derived from the Latin for ‘Sun stands still’) and the shortest day when the hours of darkness far outnumber those of daylight, it is actually only on the morning of the 25th December that the increase in daylight can be perceptibly measured and the Sun/Son is said to be born/reborn. Jesus is only the last in a long list of spiritual icons, deities and gods to have their birth date attributed to this beloved and popular date which has always been seen as the most important day of the year when light and life is annually reborn and returns to ensure the continuance of all life upon the planet. Apollo, Isis, Mithras and Sol Invictus are just four among many others who have featured at this sacred time of the year.



By the beginning of November the harvest was well and truly gathered, a tangible insurance against the months of frost and darkness when sources of food were otherwise temporarily unobtainable. Even the pasture withered away to nothing; it wasn’t possible to feed all the

herds of animals throughout the lean times and many were culled before the scarcity of winter really began to bite. This was traditionally done around the 11th November at Martinmas

or Saint Martin’s Day. As the weather deteriorated work out on the land became difficult, if not impossible. There was little to do at this time anyway; in the hunter/gatherer and then the agrarian society, which predominated, the focus shifted from outside activity to the comfort of hearth and home.

Winter has always been a time for people to come together, to spend time catching up with each other after the busy year, enjoying each other’s company and, yes, also indulging in the fruits of their labours and feasting, drinking and celebration. But this period often lasted most of the winter, not just for one day. The days, weeks and months would roll by in a round of homemade entertainment, singing, story-telling and eating. Here in Wales it was common for the festivities to carry on till near the end of January. Today we are expected to accomplish and be satisfied with a single day. Little wonder we so often feel cheated and dissatisfied.

I feel that we can definitely learn from our forebears. Why not spread the celebrations out and have several lovely

occasions throughout the three month period from the beginning of November till the end of January? There are lots of lesser known days which once used to be popular to choose from. Hallowe'en and Guy Fawkes get us off to a good start, but there is also Saint Cecelia's Day whose focus is music; Saint Clement's day – smithcraft, metalwork and citrus fruits; Saint Catherine – books; Thanksgiving Day; Saint Andrew's day and all things Scottish; Advent celebrations; Saint Nicholas's Day – balancing good and bad, light and dark with gift-giving as a reward; and Saint Lucy's Day which falls on old Solstice day and who represents Light. After Midwinter and Christmas Day, there are also occasions such as Wassailing, Distaff Day, Plough Monday and Saint Dwynwen's Day. Bear in mind that although many of these feast days now have saints attached to them, they all have much more ancient origins rooted in our sacred relationship with the land and our older archetypal pantheon of goddesses and gods. Otherwise, where do you suppose Father Christmas fits into our modern-day Christmas celebrations? Look *much* further back than the Santa Claus of 19th Century America – peer into the Boreal Forest which cloaked much of the Northern Hemisphere 10,000 years ago and you will be getting nearer the truth!

Spreading the celebrations throughout the whole of winter also spreads some of the excitement which can otherwise reach hysterical proportions in children and adults alike if it is only focused on a single day. One of the key words here is *community*. Don't groan at the thought of providing yet more entertainment for your family and friends – get them all to



Gillian's new book is available now from Unbound, Amazon and your local bookshop.

contribute or take responsibility for a particular occasion. Another key word is *teamwork*! What greater gift might you give someone than the opportunity to be included, to possibly shine on occasion, to feel satisfaction and receive the approbation of others?

The other important thing to remember is *time*. Lower your expectations. Plan more realistically. Make time to spend with your friends and loved ones. Move away from all the 'have to' expectations which our consumer world pressurises us with. A simple meal or a shared hot festive drink and cake will mean so much more if it is served with love and laughter in a relaxed and happy atmosphere. You also need time to substitute bought meals and gifts for more genuine and authentic ones which you have prepared or made yourself. Spend less – give of yourself.

Lastly, remember to make time for yourself. Winter is the season for looking within, re-evaluating who and what we are and planning for the year ahead; nurturing ourselves and gathering our physical and emotional as well as our spiritual resources.

Move away from the glitz and glamour. Christmas – or any celebration – does not solely emanate from a retail experience. Think outside the box and ask what is authentic to YOU.

Very merry Winter celebrations to you all!

Gillian Monks is a Quaker, a Theosophist and a Druid, and she leads self-development and spiritual workshops in North Wales.

www.caenon.co.uk

See Calendar for Gillian's talks: 13th, 22nd & 25th

Footprint Or Tyre Track?

First of three articles on "Our Ethical Footprint"

Michael Chown

I want to take you on a journey that you might not enjoy, well, emotionally. I hope you do intellectually. You will definitely benefit physically, but for now let's just remember how nice it is to walk the front at Llandudno, or Newborough Beach and out to Llandwyn, or to cycle the backlanes now that the tourists are thinning out. Whatever your fancy, this is a lovely part of the world and getting around it can be great fun.

History

So where does our ease of access come from?

There have been many great revolutions in the way we move. When did the wheel first roll onto the scene? Thousands of years ago without changing the pace of anything. Then in the Middle Ages, harness, stirrup and horseshoe brought distance to the few and the plough to many. One of the next great steps was when sailing ships and empire became steam ships and trade.

Then finally the greatest revolution of all enabled revolution like none other. A little piece of metal 1/4 inch across. The Ball Bearing.



Ball Bearing



You may not know this - you probably weren't around 150 years ago to notice - but the ball bearing improved both car and bike at the same moment. The wheel finally became more useful because it was more efficient.

The car has gone on to give greater access, speed, convenience, comfort; to work, to school, to the countryside. So did the bicycle to begin with - until we all decided that the car was a better deal.

Choice

With it the car has brought bigger roads, car parks, factories and environmental damage. It has carved cities into sub-blocks and taken shopping out of town. We now know more about the level of pollution caused and the danger to life and limb.

Ivan Illich wrote an amazing book in 1974 called *Energy and Equity*, in which he establishes the far greater damage caused by cars when they achieve "Radical Monopoly" - the state in which one solution deprives us of alternatives.



The bicycle hasn't made any demands of space or the countryside. It has improved our access and mobility. It causes no pollution whilst improving our health. It is truly equitable.

So why was it that we fell for the car?? Oh yes. Speed.

Speed

To really look at car culture we need to look to America (a merry car...?)

The average American spends 1600 hours earning his car to achieve his annual average 7,500 miles.*

That is about 4.5 mph. Most people walk that fast. But a walker would spend only 5% of the 'time-budget' on walking. The car owner spends 28% of his. You have not only achieved nothing faster than walking - but you have spent 1/4 of your time doing it. The walker has 300-400 more hours of free time; or would have done if anyone in America could still walk. *How far* did you say it was to Wal-Mart?!

Just as an aside, people in America now walk further to find their cars than nomads do to meet all their needs.

Quika Fitta Neata Cheapa Beta Getta Bicielletta

Meanwhile the bike, a far less destructive machine. [Note: "bike" here for the purposes of ethical comparison is neither the Penny Farthing - which undoubtedly hurt a number of people - nor is it any kind of racing bike - certainly not the £15,000 machines used in *Le Tour de France*. The Humber Safety Bike is the ultimate ethical machine - the one mum had with the basket on the front and which any Dutch person would happily ride.]

Where was I? Oh yes, speed. This bike combines a triangulated tubular frame with flared front forks; tensile spoked wheels; pneumatic tyres and of course a few ball bearings. Thus making it the most efficient tool known to man. Moving merely 3-4 times faster than the walker at 16-24 mph, covering 1 km in 1/4 the time but only using 1/5 of the calories to do so (.15 cal per gram of bodyweight as

opposed to .75 for the walker). 20 times more thermodynamically efficient. A person walking will compare well with the energy conversion of most animals and achieve the same speed as a car, while the bicycle outstrips all animals including the bouyant, slipstreamed, 60 million year perfection of the shark.

Planet Earth

After all this time that the planet has been evolving, what does it think about our transport, in fact, everything? The Planetary land area is 15 billion hectares. 35% is desert. Another 30% is ice, mountain, city and so forth. If we remove that 65% from a hectare curiously we get

an acre. So, 15 billion acres. The current world population is 7.5 billion - so now you know: *we have 2 acres each*.

With current population doubling time at 40 - 50 years and upper projections in the region of 12-15 billion, expect to be down to 1 acre quite soon.

In the USA every single person has 1 acre of *tarmac*. Yes we only have 1 acre each and they have buried theirs! Does it make you wonder where they are going to grow their food? It's 1 acre for everything.

We are little better at home. The Welsh Government calculates our average figure of consumption at 4.41 hectares, more than 10 acres per person per annum!

Equity

Cars are great consumers. What we

didn't look at in our American comparison was total product time. The 1600 hours invested by the owner earning his car may be devastating to his life's time budget, but what about everyone else's? That



Wigan Town Centre

car was mined, designed, prototyped, tested, and nowadays, deconstructed and recycled. Petrol was drilled elsewhere, serviced by others and so it goes on. We may illustrate how he only achieves 4.5 mph (and *less* the 'faster' his car claims to go!) but when we factor in all other issues, no car can go faster than 2 mph. If we do the same analysis for a bike it achieves a total life speed of about 9 mph.

Walking 4 mph, cycling 9, driving 2.

That is just speed. We have already looked at spacial claims, time wasted, financial costs. There is nothing about a car that will ever be acceptable in an ethical world. We talk a lot about the ecological

issues without ever facing the fact that some of the causes should never have been here in the first place. Switching from diesel, going electric, car sharing - all miss the point: Our planet cannot accommodate a single private car. Nor should we.

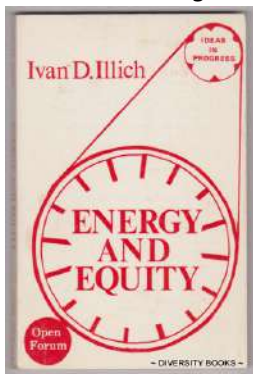
Equals

All are born similarly mobile. We all walk, and cycling gives most of us an improvement on basic mobility which is non-detrimental to anyone. All western solutions are 'professionalised'. Housing, education, transport are all dealt with by educated people. The solution to equity, and to mobility, are decidedly below their radar. Yet that Radical Monopoly ensures that all of us have fallen for it.

Illich came up with the idea and he gave us a solution as well. A world speed limit. Just suppose that no one anywhere had personal transport that went faster than a bicycle - say 15 mph. He suggests 25 for distant travel. At such a speed Phileas Fogg would have gone around the world in 40 days!

His point is that basic mobility, and access, and ease of movement must never be denied to anyone. Transport is supposed to 'improve' and yet judged against walking it does badly.

Transport must be subservient to basic human ability. The day that one person goes faster than another they do it at the expense of another. The day that we are told this is how it has to be is the day that the Radical Monopoly has begun and equity sidelined.



To perceive that there is an energy crisis requires that you think unequally. Walkers and cyclists cannot have energy crises unless they run out of bananas. Cars run out of energy, not drivers. Is our language subscribing to our submission.

Your Own Acre

I am asking you to think positively about a transition that is about to happen. If you only have one acre what will you spend it on? Do you want to give it to Mercedes to make 1/50th of a car? Or do you want freedom, fresh air, community and belief in a world that loves its planet, its people and its progress?

What Next ~ What Now

On the one hand, we have an ecological footprint that heads towards 1 acre each for everything we ever want to do. On the other a lifestyle that consumes 10 acres per annum.

1 acre is a vast amount of space for food, clothing, housing and bicycles. It is a tiny piece of land to support a car. Even if you haven't walked in Dubrovnic or Portofino, you have probably been through the Shambles in York or the Lanes in Brighton. All pre-motorcar spaces are beautiful. There are days when the centre of Conwy rings out the joy of convivial space. Lets rebuild our markets, grow local and throw our backs into the real peace that comes from understanding and living a new Ethic, a new World Equity.

In summary, transport (motorised) as opposed to transit (self-powered) deprives us of our own time and effort. It also deprives others of space and resources. Vans, disabled vehicles and buses have a place - but the personal car has had its day.

*All figures are from Illich 1974 or the UN more recently.

Michael Chown is an Archiculturalist and co-founder of Sustrans

07976 155 857

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network news

a guide to inspiring events in north wales

PATAGONIA ADVENTURE ACTIVIST

TOUR 1st November. Patagonia founder,



Yvon Chouinard, realised that our world is at a tipping point; without urgent environmental action, we are on a path to destroying our planet's ability to repair itself. Businesses and individuals are critical to this; both as part of the

problem, and the solution. We all have the ability to make economic life more socially just and environmentally responsible, and less destructive to the natural world that sustains us. Kate Rawles and Sian Sykes share their stories of their passion. Held in Betws y Coed. *See Calendar*

DRU TEACHER TRAINING Yoga: Intakes 1st - 6th November and 17th - 22nd January 2019. 8 x 5-day modules over 2 years. **Meditation:** Intakes 22nd - 27th November and 17th - 22nd January 2019. More details from Dru Yoga, Snowdonia Mountain Lodge, Bethesda, 01248 602900, druyoga.com

TIDES, SNOWBALLS AND EVOLUTION 8th. An informed evening about how the tides effect our landscape; Part of The Year of the Sea Lecture Series. Llandudno, *see Calendar*

YOUNG STORYTELLER OF WALES ~ STORIWR IFANC CYMRU 2018 10th November, Llandudno. Another year welcoming imaginative young storytellers of NW. *See Calendar*.

ELINOR BENNETT Harpist, 8th November. Pontio, Bangor, *see Calendar*.

POP UP SHOPS & SOUP LUNCH Open to all - would you like to have a stall for the day? Contact Dragon Theatre, Barmouth for more information 01341 281697, or follow us on Facebook

SACRED SONG WORKSHOP Chester, 10th November, *see Calendar*

THE SOUND OF ILLUSION Afternoon workshop and evening concert, with Electroacoustic WALES at Pontio, Bangor *see Calendar 20th*

PSYLENCE 2018 Over 3 days, 23rd - 25th November. The main aim of PSYLENCE is to offer events and screenings that use image and sound in innovative ways. Pontio, Bangor *See Calendar*

REEL ROCK 13 Climbing and Adventure Films. *See Calendar, 16th, Caernarfon.*

NOVEMBER NOTICEBOARD

WELSH WOODLANDS AND THEIR BIRDS

CONFERENCE Bangor University, 4th, with guest, naturalist Iolo Williams; *see Calendar*

Stop!
Hitachi's
Wylfa Nuclear
Project

Sign the petition to demand the cancellation of Hitachi's nuclear power plant on the Isle of Anglesey/Ynys Mon change.org

3rd & 4th
November
Betws y
Coed
See Calendar
SNOWDONIA
Walking
Festival

SAVE COED WERN FROM DESTRUCTION

The Woodland Trust are petitioning Gwynedd Council to save this ancient woodland, which is under threat from a 40-lodge development holiday park in the wood. Let the Council know that our ancient woods are precious, and holiday lodges can be enjoyed elsewhere.

You have until the 17th December to make your voice heard before the next planning committee meeting commences.

Visit the following site to respond to the planning application on the Council's website: campaigns.woodlandtrust.org.uk

This month, whilst putting the issue together, we listened to a combination of soulfulness from Martin Luther King's Speech the night before he died, Craig Charles' Radio 6 music show and DJ Don Letts ... all recommended - pure heart, funky sounds and a history lesson

HWYL FAWR 2018

9th, 10th, 11th November



UK AUTUMN BODHRAN SCHOOL NORTH WALES

*Bodhrán classes and workshops at the award-winning
Youth Hostel in Conwy*

**A fantastic learning opportunity to improve your bodhrán skills
with renowned teachers**



including
**Alan Drwm
and
James Christian**



Limited places.

These classes and workshops
are for players at all levels
from beginner to experienced



All inclusive price provides accommodation and meals. Cost £245.

Non residents (Includes meals) £185

Additionally there will be sessions on ritual and meditation drumming.

Also an amazing opportunity to have the world famous WeeBagBand
all to yourself for acoustic session jamming on Saturday night.

**Contact Jo Hughes at jo@joconsultancy.co.uk +44 (0)7833 300206
for details and application form.**

November Calendar

1st THURSDAY

Patagonia Adventure Activist Tour A grassroots movement for change, building environmental awareness through adventure. Kate Rawles and Sian Sykes join us for inspiring stories and eye-popping films of exploration from two of the world's top adventure activists who are raising awareness in environmental causes through diverse outdoor adventures. Join us as we share stories of positive change to environmental threats and begin conversations to make a difference on a local and global scale. Speakers are 6.45 - 10pm. £10, £6 for under 18s. Plas y Brenin, Capel Curig, LL24 0ET. Bookings: eventbrite.co.uk ~ kimkim.com

Old Wave's Tales Ivor Rees takes a look at the effects of waves persisting in the natural environment. 2 - 4.30pm. No dogs. £2, to include refreshments. St. Cyngar's Church Hall, Llangefni, LL77 7EA. NWWT: Penny Radford 01248 713022, radfords713@btinternet.com

Relax Kids Class Fun and creative; helping children become more resilient and improving their emotions. By giving children a toolbox of relaxation and mindful exercises from a young age, they will grow up with good mental health. 10.15 - 11.30am, £6. 6 - 10 years, at Town Hall, Holyhead. May 07572 980609.

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

Holiday Club Learn about the woods and what lives in them, bushcraft activities, art and craft work and games. 6 - 13 year olds, £20 per day, plus midday meal provided, discounts available. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

BAFTA Cymru: Ysgrifennu Sgript Struggling with a script or need advice about length, character development and dialogue? Be inspired by experienced writer, Manon Wyn Jones. 13+, 1pm, £3, £5. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Pop Up Vinyl Record/CD Shop 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, Northern Soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p, 3 - 8pm, Ty Glyndwr, 1 Castle St., Caernarfon. Facebook: of the same name

Allelujah! Screening of a play by Alan Bennett from National Theatre. 7pm, £13, £10 concs. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com
Also at Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Pontio, Bangor 01248 382828, pontio.co.uk

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

Allegri String Quartet With music by Haydn, Debussy and Dvorak. 7.30pm. Pontio, Bangor 01248 383828, pontio.co.uk

Acoustic Nights in The Bar : Tacla - Gypsy Jazz
More info: Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

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.

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

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

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

1st THURSDAY - 4th SUNDAY

The Importance of Being Described ... Earnestly?

When a clueless, but very well-intentioned theatre company attempt to stage their interpretation of an Oscar Wilde classic, objectivity, tradition, British politeness, handbags and several cups of tea fly out the window. 2pm - 2nd & 4th, 7pm - 1st & 3rd. Galeri, Caernarfon 01286 685222, galericarnarfon.com

2nd FRIDAY

Conifer Cleaning ~ Trawsfynydd The site is an old Conifer Woodland which has been felled to promote a more native marshland. The work done on site will go towards promoting a healthier river Eden. 10am. Booking essential, free transport available from Bangor and Caernarfon. Snowdonia Society. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

Cambrian Ornithological Society A talk with Rowland Sharp from Natural Resources Wales, about how birds and people need to share resources. 7.30pm, hot drink included. £1 members of Cambrian Ornithological Society, £2 non-members. Pencychnant Centre, Conwy. Visit: birdsin.wales

Red Squirrels - The Latest An update on the fortunes of the red squirrel in North Wales and work being done to protect them - with Becky Clews-Roberts. 7 - 9pm, £2. Maes Esgob Community Centre, Dyserth, LL18 6HB. NWWT: Mark Hughes 07800 771570, mjdughes1108@gmail.com

Traditional Skills Learn a new skill or come along to further your skills in hedgelaying. Meet 9.45am in Llangollen Market Street car park. 10am - 3pm, AONB Llangollen office 01824 712795.

Gong Bath Healing sounds to restore harmonic balance. 7pm, £13. Rhuddlan Community Centre, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

Allegri Quartet Music by Haydn and Mendelssohn. 1pm, £12, £8 over 60s, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Forum Pensioner's Special Film The Children's Act, film for seniors with ID, 1.30pm, £5. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

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

Dia De Los Muertos, Drymbago + DJ Adam Isbell An evening with a Mexican twist from the Day of the Dead for Hallowe'en ~ Calan Graeaf. Fancy dress! 7.30pm, £8, Neuadd Ogwen, Bethesda 01248 208485, neuaddogwen.com

2nd FRIDAY - 4th SUNDAY

Mindfulness Retreat The intention of this retreat is to create some space through mindfulness meditation, gentle yoga, Yoga Nidra, and mantra chanting. This gentle and compassionate approach will allow you to let go of what you are ready to let go of, allowing space for you to grow. £230, all inclusive, deposit £100. Held at Noddfa, Penmaenmawr, 01492 623473, noddfa.org.uk Bookings: inessentia.co.uk

Tiffany Stained Glass Making This course for beginners is an introduction to the art of Tiffany stained glass making. It is an informal and relaxed course which is suitable for all ages and abilities. You will learn the basic skills of glass cutting, glass grinding, copper foiling, soldering and finishing techniques. (Some standing for periods of time to work). £234 - £253. Plas Tan Y Bwlch, Maentwrog 01766 772600 ~ eryri-npa.gov.uk

Machine Embroidery This course involves machine embroidery on fine fabrics using a soluble stabiliser. You will be able to create delicate panels that are able to be hung freely or framed, and combine into it small items of memorabilia making it personal to you. £234 - £253. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

Glynfest A free music festival held in venues around Colwyn Bay. More info about performers and all events contact Venue Cymru, 01492 872000, venuecymru.co.uk

Gŵyl Gorawl North Wales Choral Festival Welcoming choirs from all over the world, all ages and levels for 3 days. Venue Cymru, Llandudno. 01492 872000, venuecymru.co.uk Full details and competitors visit: northwaleschoralfestival.com

3rd SATURDAY

Palestine: Reframing the Debate Conference with George Galloway & others, *See ad on 32*.

A Walk Along The Shore David Lee will lead us along the Wales Coast Path from Abergwyngregyn to Llanfairfechan through this haven for waterfowl and waders, booking essential, no dogs. 7 - 10.30am. Meet Promenade car park for car sharing to start. Llanfairfechan, LL33 0BY. NWWT: northwaleswildlifetrust.org.uk

Yoga Training Try-Out You will be able to meet the tutors, examine & explore the course materials, have your questions answered. Plus asanas, breath work, deep relaxation, the subtle energy system and flowing sequences. 9am - 6.30pm, £55, includes lunch and refreshments. Dru Yoga Snowdonia Mountain Lodge, Bethesda. 01248 602900, druyoga.com

Open Day Lots to see, all welcome. 11am - 3pm, Brambell Natural History Museum, Brambell Building, Deiniol Rd., Bangor 01248 353368.

Hearth This intimate literary festival offers keen writers the opportunity to pick up hints and tips, and ask questions of published authors about their experiences. It also encourages anyone interested in the world of books to find out more about the writing and publishing process. From 10am - 6pm; followed by dinner. There is a variety of tickets; full price includes meals £60, other prices available. Gladstone's Library, Hawarden, nr Chester 01244 532350, gladstoneslibrary.org

Michal Iwanowski ~ Talk with the Artist To close the exhibition 'Go Home, Polish', artist Michal will deliver an informal talk in the gallery on his project that brings together two journeys: a physical one, made by the artist on foot from Wales to Poland; and a spiritual one, made in search of home. 2pm, £3. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Batik Course Inspired by Nature In this creative workshop we will look at the art of batik, use nature as our inspiration and theme, to produce beautiful samples and finished pieces. £40, deposit £20. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Managing a Small Woodland Looking at the 50 acres of Warren Woods as a whole and as several different compartments; aimed at those who have recently bought a small woodland or need some pointers. 10am - 5pm, £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Harmony Singing Day Workshop A day of uplifting songs from around the world, in 3&4 Part harmony, all taught by ear. Suitable for anyone who loves to sing! 10.30am - 4pm, £20. Bring food for shared lunch. Betws y Coed Memorial Hall. Contact marianowen1@btinternet.com

The Buddhist Way of Life A half day course with Kelsang Drima, 10.30am - 1.30pm, £15. Kalpa Bhadra Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatenorthwales.com

Rush Basket Making Rush basketmaker Rosie Farey will teach you all the techniques required to make a small square checkweave basket on a mold. 10am - 4pm, £55. IARD, Palace St., Caernarfon LL55 1RR, 01286 672472, siopiard.com

Gong Bath Healing sounds to restore harmonic balance. 7pm, £13. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk

Iwan Llewelyn-Jones ~ A Piano Recital Chopin's Nocturnes and Ravel's Walzes, plus Liszt; full of romance and virtuosity. 7.30pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Carneddau Ponies Their history, behaviour, communities and conservation. An informal presentation to discover more about this unique species that is so integral to the Snowdonia landscape. Susanne Shultz, is going to tell us about the ponies, how scientists study them, what we should do to conserve their population and why this is important. 8 - 10pm, £5. Moel Siabod Café, Capel Curig LL24 0EL. Paul Hodges 01690 720429, paul.hodges@hotmail.co.uk

Death & Memory in the 2nd Branch of the

Mabinogi Join Dr. Gwilym Morus and the Anglesey Druid Order for an afternoon exploring the themes of death and memory in the second branch of the Mabinogi. With a Calan Gaeaf ceremony to conclude. Refreshments included. 2pm, £20. Llanfaelog Community Centre, Ty Croes, Ynys Môn, LL63 5SS. Bookings: adoawenydd@btinternet.com

AGM and Local Wildlife Update Your chance to find out about all the amazing work the North Wales Wildlife Trust has been doing over the last year and our plans for the future, followed by guest speaker Rachel Sharp, Chief Executive Officer for Wildlife Trust Wales. 12 - 4.15pm. Glastir Conference Centre, Plas yn Dre, Llanrwst, LL26 0DF. NWWT: Bleddyn Williams 01248 351541, info@northwaleswildlifetrust.org.uk

Fay Ray + DJ Kurtz 80s cult classic singer. 7.30pm, £10. Neuadd Ogwen, Bethesda 01248 208485, neuaddogwen.com

Journalism: Welsh Language Day Led by Ifan Morgan Jones, lecturer in Journalism. £35. Tŷ Newydd Writing Centre, Llanystumdwy, 01766 522811, tynewydd.wales

The Flying Bedroom Join Elinor and her bedroom on an adventure to far off lands, under the sea and outer space. Discover new friends, battling pirates and hapless astronauts. 11.30am, 2.30pm, £6.50 - £22. Pontio, Bangor 01248 382828, pontio.co.uk

3rd SATURDAY & 4th SUNDAY

Following in Buddha's Footsteps Refuge Retreat. By taking refuge in Buddha, in his teachings (Dharma) and in his pure spiritual community (Sangha), we can discover extraordinary protection and learn how to be of real benefit to everyone we meet. Led by Buddhist nun and teacher, Kelsang Drima. £15. Kalpa Bhadra Buddhist Centre, Llandudno LL30 1YY, 01492 878778, meditatennorthwales.com

101 Ruthin Poppies As part of the Cofeb '18 Memorial come and help us make 101 poppies to remember those from Ruthin who fell in the First World War. 1 - 3pm both days. Free, all ages welcome. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Snowdonia Walking Festival A weekend of walks suitable for everyone in the unique and magical surroundings of Snowdonia National Park. Half day walks, challenging walks, family walks and special interest walks. From 8am - 8pm, £5. Based in Betws y Coed. More info from: 07525 625375, breeeadventures.co.uk

Hedge Laying Learn the basic techniques of hedge-laying - an ancient art of creating a natural stock-proof hedge; all tools provided. £120, deposit £60. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

4th SUNDAY

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

Voskresenje Choir Russian sacred music and Russian folk songs. 7.30pm, £8, £7 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Practical Woodland Task We will learn techniques for planting and aftercare, harvest some coppice hazel, look at its uses; visit an area of new planting and consider which trees need to be marked as potential standards and how they can be improved by formative pruning. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Hearth Workshop Natasha Pulley will be running a creative writing workshop, 10am - 12pm, £22.50, includes lunch. Gladstone's Library, Hawarden, nr Chester 01244 532350, gladstoneslibrary.org

Welsh Woodlands and Their Birds Conference Includes talks and discussions on: pied flycatchers, birds of upland scrub, latest news from RSPB Cymru, Revitalising the Celtic Rainforest. Iolo Williams gives opening speech. Lunch included if booked in advance. 9.30am - 5pm, £30 + booking fee, Neuadd Reichel, Bangor Uni LL57 2TR. Tickets: eventbrite.co.uk

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

William the Conqueror Indie-rock 3 piece. 7 for 8pm, bar only, £10. Blue Sky Cafe, Bangor 01248 355444, blueskybangor.co.uk

Green Woodworking 1st Sun/month. Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

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

4th SUNDAY - 9th DECEMBER, SUNDAY

Pregnancy Yoga 6 week Course - Sundays This 6 week course brings relaxation, inner strength and a chance to connect with yourself and your baby, to help you prepare for birth and beyond. Using breathing techniques, adapted yoga postures, deep relaxation, and time to talk with other mothers (to-be). Many women find this a much needed haven in their busy lives! 5 - 6.45pm, £42 for 6 weeks. Led by Laura Knott. Held at Quaker Meeting House, Dean St., Bangor LL57 1UP. Bookings: laurabirthingmamas@gmail.com

5th MONDAY

Gong Bath Healing sounds to restore harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

Groove Dance An invitation to connect with your authentic self, hear and feel the music and see how your body would like to move. A safe, facilitated and fun experience where curiosity is welcome. 6.15 - 7.30pm, £5, £2.50 newcomers, every Monday. Follow Your Bliss Cafe, Bangor. Led by Liz Lane 07732 470482.

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

Woodland Management Come along to help with the woodland management of an area of woodland, including work on an overgrown area to gain light and space to the paths, making a bonfire from the brush we cut. Meet at Coed Y Morfa Community Woodland, Prestatyn (SJ058 823) Contact North Denbighshire office 01824 712795.

Allelujah! Screening of a play by Alan Bennett from National Theatre. 7pm, £12, £11 concs., Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

The Simon and Garfunkel Story Film footage and projected images, with live band performing the hits. 7.30pm, £25. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

5th MONDAY - 10th SATURDAY

Writing for Young Adults We aim to help you to understand and develop the principles of YA fiction – the need for strong stories, a strong sense of place, and believable characters with an authentic voice is paramount. £495 - £625. Tŷ Newydd Writing Centre, Llanystumdwy, 01766 522811, tynewydd.wales

6th TUESDAY

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

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

DementiaDo ...the Basics A free dementia education session, open and available for health and social care staff, people with dementia and their carers, students, members of the public and anyone who needs to know more about this disease. Presented by Andy Tysoe at 1pm. The event follows a dementia friendly film showing of *His Girl Friday* at 11am. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com, dementiado.org

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

Loggerheads Coppicing Lend a hand with this important traditional woodland management technique, which will increase biodiversity within the woodland at Loggerheads. Meet at Loggerheads Country Park. 10am - 3pm. Loggerheads Country Park Office 01824 712757.

Local Plantlife Plantlife Cymru's Lower Plants and Fungi Officer, Tracey Lovering, discusses our local plant species and why they're special. 7 - 9pm, Dolgellau Free Library, LL40 2YF. NWWT: Janet Baker 07812 659593, jemmole@hotmail.com

The Death of Stalin (15) Film. An extreme black comedy about the mayhem following the unexpected death of Stalin. 7.30pm, St. Mary's Creative Space, St Mary's Hill, Chester CH1 2DW. Visit: chesterfilmfans.co.uk

Gong Bath Healing sounds to restore harmonic balance. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

Advantages and Pitfalls : Writing Close Family An evening with Keggie Carew, writer. "A journey into uncharted territory". 8pm, £15. Gladstone's Library, Hawarden, nr Chester 01244 532350, gladstoneslibrary.org

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

The Nutcracker The Russian State Ballet return for the festive season; with live orchestra. 7.30pm, £36.50 - £24.50. Venue Cymru, Llandudno LL30 1BB. 01492 872000, venuecymru.co.uk

6th TUESDAY & 7th WEDNESDAY

Nyrlys: Theatr Genedlaethol Cymru As this year sees the NHS turn 70, we take a look behind the scenes of a busy cancer ward in a hospital in Wales today. Script and songs created from interviews with NHS nurses. Welsh language, English translation via Sibrwd app. 7.30pm, £7 - £14. Pontio, Bangor 01248 383828, pontio.co.uk

6th TUESDAY - 11th DECEMBER, TUESDAY

Pregnancy Yoga 6 week Course - Tuesdays This 6 week course brings relaxation, inner strength and a chance to connect with yourself and your baby, to help you prepare for birth and beyond. Using breathing techniques, adapted yoga postures, deep relaxation, and time to talk with other mothers (to-be). Many women find this to be a much needed haven in their busy lives! 5 - 6.45pm, £42 for 6 weeks. Led by Laura Knott, at Quaker Meeting House, Dean St., Bangor LL57 1UP. To book: laurabirthingmamas@gmail.com

7th WEDNESDAY

New Moon in Scorpio 4:02pm

Native Daffodil Habitat Management Our aim is to help maintain this site for its natural qualities and preserve this great display. Come and help us clear the dead bracken so that the display in 2019 is just as great as ever. 10am. Snowdonia Society. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

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

The Good, The Bad & The Ugly A journey through the highs and lows of an amateur wildlife photographer - with Richard Walliker. 7 - 9pm, £2. Maes Esgob Community Centre, Dyserth, LL18 6HB. NWWT: northwaleswildlifetrust.org.uk

Moel Famau Pond Clearance Help to remove encroaching vegetation out of Fenlli pond to improve it for wildlife. Meet at Bwlch Penbarras (top) car park (SJ 162 606) 10am - 3pm. AONB Loggerheads Country Park Office 01824 712757.

Drum Journey Meditation Circle An opportunity to join together in circle, set intention, relax with guided meditation and access inner guidance with Shamanic Drum journey. 8 - 9.30pm, £10. Mats, blankets, cushions, bolsters and eye pillows available at the venue. Source Yoga, 294 Conway Rd, Mochdre, Colwyn Bay, LL28 5DS. Claire Freeman 07426 894640, sourcehealing.co.uk. Facebook: of same name

Ewan McIntyre With his band and their international music project, pushing the boundaries of contemporary folk; puppeteer, musicians and singer-songwriters. 7 for 8pm, £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Giselle Love triumphs over betrayal; featuring a live Orchestra with over 30 musicians from The Russian State Ballet and Opera House. 7.30pm, Venue Cymru, Llandudno, LL30 1BB. 01492 872000, venuecymru.co.uk

1914-1918 In Remembrance Bermo Arts Club presents an evening of music, songs and readings to commemorate the First World War. 7.30pm, £5 includes tea/coffee in interval. All profits to the Royal British Legion Poppy Appeal. Held in the Arts Room, Dragon Theatre, Barmouth LL42 1EF. 01341 281697.

8th THURSDAY

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

Tides, Snowballs and Evolution A talk by Mattias Green. The tides are crucial for sustaining climate controlling ocean circulation patterns, and as a pump responsible for maintaining the ocean's ability to host and evolve life. Over millions of years continents move, merge, and break up. This leads to changes in the tides and some serious consequences for life and climate. In this talk, we will go on a 1 billion year journey through Earth's history and explore how moving continents change the tides, climate and life. 7 for 7.30pm. Free, but booking a place is advised. Part of The Year of the Sea Lecture Series. Sponsored by the Sêr Cymru National Research Network for Low Carbon, Energy and Environment. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

A Musical Bouquet with Elinor Bennett (Harp) Encompassing music for the harp over a period of three centuries, with music by JS Bach, Scarlatti, Renie, John Parry and music from Wales - folk songs and penillion singing. 7.30pm, £15, £8 concs., Pontio, Bangor 01248 383828, pontio.co.uk

The Real Cause of Disease Does disease start at the physical level? Psychological factors, alternative therapies and yoga for health. These are some of the subjects of this study and discussion with Eric McGough and Colwyn Bay Theosophical Society. 2pm, £5; TS Members £3. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. New enquirers are always welcome. Enquiries Pauline 0161 980 4942, 07547 135491, p.owens@live.co.uk; theosophywales@yahoo.co.uk

Conifer Cleaning ~ Llanuwchllyn The site is an old Conifer Woodland which has been felled to promote a more native marshland. The work done on site will go towards promoting a healthier River Eden. 10am. Booking essential, free transport available form Bangor and Caernarfon. Snowdonia Society. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

8th THURSDAY - 10th SATURDAY

Cracking the Monolith: Liberating the Bible for Contemporary Life A look at honouring faith work by engaging with new developments in the study of the New Testament; led by John Robinson and Jack Spong. £230 residential, £160 non-residential. Gladstone's Library, Hawarden, nr Chester 01244 532350, gladstoneslibrary.org

9th FRIDAY

Hedgehogs Need You! Tracy Pierce, of Hedgehog Help Prestatyn, talks about the life of our native hedgehogs, their decline, the hazards they face and what we can do to help. 2 - 4pm, No dogs, £2 includes refreshments. St David's Church Hall, Llandudno, LL30 3NT. NWWT: northwaleswildlifetrust.org.uk

The Ocean's Skin ~ Lacey Lecture Philip Hoare, prize-winning author, explores how we humans relate to the sea's natural history - this year's Lacey Lecture. 6.30 - 9pm, £11.50 from local branch or £13.50 from venue. Venue Cymru, Llandudno, 01492 872000. NWWT HQ Bleddyn Williams 01248 351541, info@northwaleswildlifetrust.org.uk

Medicine Dance Free-form dance evening inspired by Gabrielle Roth's 5 Rhythms. A space to move authentically in a safe, non-judging environment. Opening with a grounding meditation, followed by two hours of dancing and ending with a live sound bath. Please arrive from 6.30pm - doors will be locked at 7.30pm; finish by 10.30pm. £10 includes free teas. Mynydd Llandegai Memorial Hall. Facebook: Medicine Dance

Slow Down and Unwind An evening of Yin Yoga. By learning to slow down and experience our bodies, we can help lengthen where needed and unlock deep rooted tensions that our bodies hold. 6.30 - 8pm, £16. Held at The Studio, Royal Oak Stables, Betws y Coed. Booking essential 01690 359081, info@bodhi-movement.co.uk

Macka B & The Roots Ragga Band + Banda Bacana 7.30pm, £15, door, £12.50 adv. Neuadd Ogwen, Bethesda LL57 3AN. post@neuaddogwen.com

The Furrow Collective four fine soloists sharing a mutual love of traditional songs, from both sides of the English and Scottish borders. 7.30pm, £12, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Frigg A leading act on the Nordic music scene, play a mix of Nordic folk, reels, polskas, jigs and bluegrass. 8pm, £16, £15 concs., Pontio, Bangor 01248 383828, pontio.co.uk

9th FRIDAY- 11th SUNDAY

Yoga & Relaxation Weekend The weekend is tailored to be in sync with the slower rhythms of nature that this time of year presents. £360 - £505. Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk

Hwyl Fawr - Bodhran Weekend A fantastic learning opportunity to improve your bodhrán skills with renowned teachers. Conwy. Jo Hughes 07833 300206, jo@joconsultancy.co.uk See *advert on page 10*

Soek Knitting for Beginners For more info please contact Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

Snowdonia and the Empire A look at how British imperial expansion shaped the landscape of Snowdonia and brought money to North Wales. £229 - £248. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

9th FRIDAY - 12th MONDAY

Sound & Mantra Certificate Course This course is the ideal way to explore the power of your own unique voice. It is designed to give you the opportunity to explore the science of vibration and sacred sound. Learn how to use sound to align your body, mind and spirit. 4 x residential modules over 16 months. Course fees: £515 per module, all inclusive. Dru Yoga, Snowdonia Mountain Lodge, Bethesda, 01248 602900, druyoga.com

9th FRIDAY - 12th MONDAY (not 11th)

A Star Is Born (15) Film. A seasoned musician falls in love with a struggling artist. Various times, £6.25, £5.25. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

9th FRIDAY - 29th THURSDAY

Total Immersion Retreat This 3-week retreat will foster the trainings of ethics, meditation and wisdom. We'll be spending most of the time in silence, with time in groups and one-to-one sessions. Suitable for those who have meditated for 3 years. £700, £640 concs., deposit £70. Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org

10th SATURDAY

Voice Workshop Revisiting some of the exercises from Workshops 1 and 2, we aim to bring it all together and look at expressing words and music through good vocal technique. 10am - 2.30pm, £20, £15 concs, £10 students. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Young Storyteller of the Year ~ Storiwr Ifanc Cymru 2018 Please tell anyone you know aged between 7 & 25 who might like to take part. Please come to support young tellers: it is an inspiring day out and you can take part in all the workshops at no charge. 12 - 8pm. We give £10 cash to everyone who enters, plus a storytelling book or CD. Held at Venue Cymru, Llandudno. If you would like to donate, or find out more info please contact Fiona on fionastory3@gmail.com

Sacred Song A morning of singing songs from various faith traditions and none in 4 part harmony, all taught by ear. Including songs from Taize, Iona, Findhorn, Harmonic Temple. Songs of life, death and everything in between. 10am - 1pm. £15, £10, £5. Wesley Church Centre, St John St., Chester. Contact Ella 07922 620503 ellaspairs@hotmail.com

A Day to Dance 5 Rhythms with Clare Backwell. Through the embodied practice of 5 Rhythms we will use this day workshop to experience, practice and befriend Change, thus supporting us to move through our lives with enhanced grace and skill. Please bring lunch to share. 11.30am - 5.30pm, £35, £30 concs, Tal-y-bont Memorial Hall, Conwy. LL32 8QF (behind the pub). Bookings: Clare 07946 913911, gremlincat@aol.com

Boro Textiles Masterclass Inspired by the traditions of Boro textiles in Northern Japan you will explore creating unique surfaces by reworking materials that hold personal meaning and memories to you. 10.30am - 4.30pm, £55 includes light lunch. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Mindfulness in the Woods This 4-week course is aimed at people who feel stressed, have difficulty coping with life or are just in need of making time for themselves. With guidance from your tutor you will learn to quieten your busy mind and deeply connect with nature by using your senses of sight, sound, smell and touch. 10am - 12.30pm, followed by a simple vegetarian lunch. Dates are 10th, 17th, 24th Nov & 1st Dec. £60, max of 8 people. Warren Woods, Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Cracking the Monolith: Digging in the Dirt Alan Cadwallader delivers this year's Robinson-Spong public lecture, considering the challenge of material culture to metaphysical readings of the Bible. 11.15am, £10 includes tea/coffee before. Gladstone's Library, Hawarden, nr Chester 01244 532350, gladstoneslibrary.org

Meditation & Teaching Day Everyone welcome. Meditation at 10am with guidance offered for those who would like it. Saturday mornings are held in silence until after a simple vegetarian lunch. Afternoon from 2.30pm, with a talk on Vaster Vision from Lama Shenpen. You are welcome to stay for the weekend. Suggestion of £20 - £40. The Hermitage, Ynys Graianog, Criccieth LL52 0NT, 01766 530839, hermitage@ahs.org.uk

Silver Stacking Rings Create a set of stacking rings in sterling silver. Choose from round or square wire or even a mix. 10am - 4pm, £80. IARD, Palace St., Caernarfon LL55 1RR, 01286 672472, siopiard.com

The Hard Road to Everest An evening with Doug Scott CBE & Pail Braithwaite, legendary mountaineers. Doug and Paul give a fascinating and often humorous insight into how youthful careers teaching geography (Doug) and painting and decorating (Tut) led them to join Chris Bonington's 1975 expedition to Everest. It changed their lives. 7 for 8pm, £20. Moel Siabod Café, Capel Curig, Betws y Coed, Conwy LL24 0EL. 01690 720429. *Proceeds from the evening will support the work of Community Action Nepal: canepal.org.uk*

Geraint Jarman + Mellt As a highly original composer, poet, performer and television producer, Geraint has had a defining effect on every decade of the story of Welsh language youth culture. Onstage, the live Geraint Jarman experience is a setlist that spans the decades and gives us rock, new wave, reggae, dub, pop and country rock. 8pm, £12 adv, £15 day, stand up gig. Pontio, Bangor 01248 382828, pontio.co.uk

10th SATURDAY & 11th SUNDAY

Mind Body & Spirit Show Readers, crystals, gift ideas, aura photography and much more. 10am - 5pm, free entry. Llandudno Town Hall, Lloyd St., LL30 2UP. See [ad page 30](#)

NW Print Fair 2018 Organised in partnership with the Regional Print Centre, the fair will be an opportunity to buy affordable and original art direct from the artist. 10.30am - 5pm, free entry. Oriol MOSTYN Gallery, 12 Vaughan St., Llandudno LL30 1AB. 01492 879201, [mostyngallerycafe.co.uk](#)

Reiki 2 As we deepen our commitment to Reiki with self treatments and treating our family and friends, we may feel ready to move on to the next level. Learn to use symbols with Reiki, and to send Reiki distantly. A weekend of peace and healing. £300 class fee, accommodation is available £30 per night. Led by Viv Candlish, The Healing Centre, Tregarth, Bangor LL57 4NP. Viv 01248 601388, [vivreiki@hotmail.com](#)

Coppice Crafts Have a walk through our coppice woodland and learn about its management. We will undertake some coppice work and harvest some materials to use. You will be shown various coppice products and will have the opportunity to make a range of products including a besom broom and a small hazel hurdle to take home with you. £100, deposit £50. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, [woodlandskillscentre.uk](#)

10th SATURDAY - 1st DECEMBER, SATURDAY

Chester Literary Festival Annual festival of words and ideas which includes speakers, best-selling authors, broadcasters, poets, performers alongside workshops, performances, lectures and storytelling. Highlights include Lemn Sissay, Jenny Murray, John Simpson, Nigella Lawson, Hollie McNish. Also you can find novelists, musicians and performers from the Edinburgh Fringe. Various prices and times. Mostly held at Storyhouse, Chester but also in The Kitchen and Garret Theatre. See website for full programme and booking details: [storyhouse.com](#)

11th SUNDAY

Peace In Paris 100 years since the armistice ending World War 1. As Trump & Putin meet in Paris, let the words ring out: WAR IS OVER, IF WE WANT IT.

Bolshoi Ballet: La Sylphide Film screening. A romantic dance masterpiece between a Sylph and a young Scotsman pursuing unattainable love. 3pm, £13, £10. Neuadd Dwyfor, Pwllheli 01758 704088, [neuadddwyfor.com](#)



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

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. Led by two inspirational dancers/choreographers – Cai Tomos and Angharad Price Jones. You don't need any previous experience or dance skills – only the desire to stay fit and healthy. 1.30 - 3.30pm. Galeri, Caernarfon 01286 685222, [galericarnaerfon.com](#)

Anglesey Artisans Remember Day Fayre Anglesey Artisans is a group of like minded individuals specialising in unique crafts, arts, health, beauty products & other bespoke items. From 11am. Aberffraw Community Hub, 52 Church St., Anglesey LL63 5LQ. Facebook: of same name

12th MONDAY

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

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 [louisa.yates@gladlib.org](#)

Mum & Baby Yoga - 5 week course Stretch and release aching muscles, connect with your baby through movement and sound, calm the waves of emotion through breathing consciously and meet other mothers in a relaxed environment. There are two separate groups: Babies 6/8 - 16 weeks (approx) 11.30am - 12.30pm; Babies 16 weeks - crawling 10am - 11am. £40 for 5 weeks. Led by Laura Knott. To book: [laurabirthingmamas@gmail.com](#)

Akimbo Creative Dance Revitalise your creative spirit through expressive dance for health and wellbeing. 10.30 - 12.30pm, £15, £10 concs., includes refreshments. Ages 50+, all abilities welcome. Penrallt Baptist Church, Bangor. Info & bookings: Meg 07913 223435, [rosalindholgatesmith.com](#)

Groove Dance See 5th

Gong Bath Healing sounds to restore harmonic balance. 7pm, £13. Llanfairfechan Community Centre, Village Rd, Llanfairfechan LL33. Steph Healy 07534 118899, [puresound.org.uk](#)

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

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

12th MONDAY - 17th SATURDAY

Intro to Sustainable Energy Provision and Demand Management

This will explore technical economic and social dynamics that underlie the development and management of communities and cities, and examine renewable and low carbon energy technologies which are particularly relevant in cities, including combined heat and power, biomass, heat pumps, solar thermal and district heating. £700, low waged/cons £625. CAT, Machynlleth, 01654 705959, cat.org.uk

13th TUESDAY

Women Gathering A monthly gathering for women to spend time together; bring any crafting project, book to read, discussion ideas, etc; plus children welcome! It's your space, help it develop. 1 - 5pm. The Café will be open to other customers but there will be reserved tables. Follow Your Bliss, High St., Bangor. Facebook: Womens Gathering November 2018

Bangor Theosophical Meeting Gillian Monks will be talking about her book: *Merry Midwinter* - a look at ancient traditions and foods around Yuletide. 7.30pm, £4, TS members £3, free refreshments. Hirael Meeting Room, Ambrose St., Bangor. Enquiries: 01248 600267, toddyalc@gmail.com See article page 4

Winter Tern Tasks North Wales Little Tern Group undertake out of season repair work on the hide and visitor centre amongst other things. 10am - 1pm. Meet at Brickfields Pond office, Rhyl. Contact North Denbighshire Office 01824 712795.

Saber Planting ~ Capel Curig Join us for a day of tree planting at Dyffryn Mymbyr with a twist, where we use the natural features of the land rather than fencing to protect the trees from grazing animals. 10am, booking essential. Snowdonia Society. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

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

Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle

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

ROH Live Ballet: La Bayadere In Makarova's re-working of this 19th Century classical ballet, we are drawn into the exotic world of Indian legend. 7.15pm, £13, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also Pontio, Bangor 01248 382828, pontio.co.uk

Llangwyfan Nature Area Help to improve the nature area at Coed Llangwyfan. Meet at Coed Llangwyfan top car park, on the road between Llangwyfan and Nannerch (SJ 139 668). 10am - 3pm. Contact North Denbighshire Office 01824 712795.

Nye & Jennie Theatre performance. The life and love of Aneurin Bevan and Jennie Lee; comrades, flatmates, and partners in a political marriage. 7.30pm, £12, £10 concs., Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

A Fantastic Woman (15) Film, Chilean, with subtitles.

A young transgender woman's life is shattered after the death of her older lover in ambiguous circumstances. 7.30pm, St. Mary's Creative Space, St Mary's Hil, Chester CH1 2DW. chesterfilmfans.co.uk

Suddenly Last Summer Theatre. Catharine Holly is the sole witness to her cousin's gruesome death. She must now retell the events to a certain Doctor Sugar. With Bangor English Drama Society, 7.30pm, £8, £6 concs. Pontio, Bangor 01248 382828, pontio.co.uk

13th TUESDAY - 15th THURSDAY

Llandudno Christmas Fayre High quality handmade and unusual crafts and gifts, plus live entertainment. Llandudno and surrounding areas. llandudnochristmasfayre.co.uk

14th WEDNESDAY

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

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

Coed Bell Scrub Clearance Help to improve the woodland and Heathland area. 10am - 3pm. Meet at the small car park on hairpin bend below Hillside Gardens, Prestatyn. (SJ 071 821) Contact North Denbighshire office 01824 712795.

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

Llandudno and District Writers Group This month: Andy Keep - "Writing Romantic Fiction". 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk/Gavin Pike

The Breadwinner (PG) Film with Occasional Cinema. The story of Parvana, an 11 year old girl growing up under the Taliban. 7.30pm, Mil Bistro, Seiont, Caernarfon. More details from 01286 676549, occasionalcinema.org

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. 7.30 - 10.30pm. Meet in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. Contact Kay 07918 663640, kaypitt40@gmail.com Facebook: of same name

Awareness, Cosmic Consciousness, and Making up Your Mind What cosmic consciousness is, and why it is difficult to make decisions that you are fully happy with. A talk by Peter Scarisbrick, author. Chester Theosophy meeting, 7 for 7.30pm, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF, 01244 370461, chestertheosophy.org

Gong Bath Healing sounds to restore harmonic balance. 7pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Bangor Bird Group A talk by Marc Hughes on "Champions of the Flyway Update - Israel". 7.30pm prompt, non-members £2. Bangor University, Deiniol St., Bangor LL57 2AU. Contact bangorbirdgroup@gmail.com

Troilus & Cressida RSC Live (12A) Screening of Shakespeare's poetic and tragic telling of the Trojan war. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

15th THURSDAY

Access Improvements on North Berwyn Way Join us to make improvements on the North Berwyn Way, a walk with beautiful views. Access improvements on the North Berwyn Way. Meet in Corwen main car park at 10am - 3pm. AONB Llangollen office 01824 712795.

Native Daffodil Habitat Management See 7th, except in Henryrd.

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

Ja Ffrinj Ffilm Ffest More details from Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

16th FRIDAY

Reference Points: The Body and The Breath Lee Duggan presents a creative writing workshop which will reflect upon the author's personal creative approaches and will consider the body and the breath as a vehicle to composition. Using association and prompts from life stories we will then investigate links to the wider world. 1 - 3pm, £5, £4 concs., Ucheldre Centre, Holyhead LL65 1TE, 01407 763361, ucheldre.org

Baby & Toddler Gong Bath Healing sounds to restore harmonic balance. 11.30am, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Reel Rock 13 (12A) A brand-new collection of the most extreme climbing and adventure films on the planet. 7.30pm, £14, £12.50. Galeri, Caernarfon 01286 685222, galeriecaernarfon.com

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. Croeso cynnes i baw! A warm welcome to all! Suzi 01490 460563, 07984 637068.

Scientist Meets Horseman Backed by Skanking Sounds DJs The Jamaican audio engineer Scientist helped dub reach some of its greatest heights of creativity. 7.30pm, £15 advance, £20 door. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Yin Yoga and Gong Bath Yin Yoga followed by healing sounds to restore harmonic balance. 7.30pm, £23. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

A Spanish Hour - Mid Wales Opera An evening of live opera with Ravel's one-act clock shop comedy *A Spanish Hour*. The second half of the evening is for musicians and singers who have come together to produce an eclectic and entertaining musical taste of Spain. 7.30pm, £9, £4.50 concs. Theatr y Ddraig, Barmouth LL42 1EF, 01341 281697.

The Fortunes of Amphibians and Reptiles A speaker from the North-West Wales Amphibian and Reptile Group outlines the status of local species and issues currently affecting their success. 5.30 - 9.30pm, £2, to include refreshments. NWWT: Penny Radford, 01248 713022, radfords713@btinternet.com

16th FRIDAY & 17th SATURDAY

Rumpelstiltskin with balletLORENT. The story of the outsider shunned for being different. He is the original super mutant and fairytale X-man. 16th - 7.30pm; 17th - relaxed performance 3pm. £15.50, £13.50 over 60s, £10.50 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

16th FRIDAY - 18th SUNDAY

Yoga and Mindfulness Retreat During the weekend, through Mindfulness practices and gentle Yoga (Hatha yoga, Yin Yoga, and Yoga Nidra), and some chanting, you will likely notice your mind and body, gradually relax and restore, feeling more balanced and energised. £230, all inclusive, deposit £100. Held at Noddfa, Penmaenmawr, 01492 623473, noddfa.org.uk Bookings: inessentia.co.uk

Root to Rise Aerial Yoga Workshop Join us for a two day immersion discovering how to firmly root ourselves with grounding practices and using this physical stability and emotional security to fly in an Ariel Flow. Full day £65, Weekend £120. Tyn Y Ffridd Farm, Waen Wen, Bangor LL57 4UF. Bookings: Adrienne LeCoure - agelecoure86@gmail.com

Mountains, Lakes, Rivers and Waterfalls in Watercolour The emphasis will be on wet techniques achieving softness and mystery to your work. Composition, drawing, painting skills & techniques and colour mixing will be demonstrated and practiced throughout the course. £224 - £243. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryrnpa.gov.uk

17th SATURDAY

Mindfulness in the Woods See 10th

Rave Bach Little-ikkle-rave-mad-stomp for young 'uns, plus healthy smoothies and food for all. 11am, Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Compassionate Communication Workshop Also known as Non Violent Communication. 10am - 5pm in Bethesda with certified trainer Rik Midgley. See livenonviolence.uk for more details. See *Rik's article page 33*

Conifer Clearing ~ Trawsfynydd See 2nd

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

University Art & Ceramics Collection Tour with Poetry These special tours will be led by Dr Sue Niebrzydowski and Prof Helen Wilcox from the School of Languages, Literatures and Linguistics and will include readings of poetry relevant to the paintings as well as new poetry. 11am - 12.30pm. Bangor University LL57 2DG. Facebook: of same name

Gong Bath Healing sounds to restore harmonic balance. 6 - 7.15pm, £13. Amlwch War Memorial Hall, 18 Market St, Amlwch LL68 9ET. Steph Healy 07534 118899, puresound.org.uk

Ja Ffrinj Ffilm Ffest More details from Cellb, Blaenau Ffestiniog 01766 832001, cellb.org

Stanley Brinks and Freschard Funky fun music, influenced by Jazz and early Carnival music from Trinidad; most original. 7 for 8pm, £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

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

Festival of The Dead ~ Dygwyl y Meirw by Angela Roberts. A winter's tale from puppet company 'Black Star and Monkey'. A celebration of our ancestors and Celtic Festival of the Dead traditions - told with the help of Welsh 'bwci-bo' characters. 11am & 2pm, £6, £5 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

17th SATURDAY & 18th SUNDAY

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

Willow Masks Tutor Helen Waterfield will teach you basic willow weaving techniques and produce a piece of creative art which can be worn for parties, to surprise people or just for fun. £120, deposit £60. Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Craft and Gift Display Bee Williams and Kay Hawkins. Enjoy a variety of unique art, hand crafted items and gifts inspired by nature and the natural world, using different media, made by local artists Bee Williams and Kay Hawkins. Artwork, jewellery, journals, cards and gifts. 10am - 4pm. RSPB LookOut, Conwy LL31 9XZ, 01492 584091, conwy@rspb.org.uk

17th SATURDAY - 31st DECEMBER, MONDAY

Christmas Craft Fair Showing a variety of contemporary makers exhibiting for the first time. Kyffin Williams Gallery, Llangefni, Anglesey LL77 7TQ 01248 724444, kyffinwilliams.info

18th SUNDAY

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

Welcoming Christmas Children's crafts workshops, live music and festive food. 10am - 5pm. Oriol Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, oriel.org.uk

Tir Na Nog Alt Folk, Prog Folk, Psych Folk & even Space Folk! Influential band from Ireland. 7 for 8pm, £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

19th MONDAY

Chester Amnesty International 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 details, amnesty.org

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

Groove Dance See 5th

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

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

20th TUESDAY

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

Loggerheads Coppicing Lend a hand with this important traditional woodland management technique, which will increase biodiversity within the woodland at Loggerheads. 10am - 3pm. Meet at Loggerheads Country Park, 01824 712757.

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 166567, Richard 07530 225268, chester.humanist.org.uk

Gong Bath Healing sounds to restore harmonic balance. 7 - 9.30pm, £12. Follow Your Bliss Café, High St., Bangor. Bookings: Steph Healy 07534 118899, puresound.org.uk

Roots A guided tour though contemporary dance; National Dance Company Wales will take some of their favourite pieces and pair them with a discussion at the end to help you get to the heart of the stories. 7.30pm, £14, £12. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Sieiloc ~ Shylock Gareth Armstrong's award winning solo play confronts Jewish stereotypes through the eyes of his only friend - and the only other Jewish man in the whole of Shakespeare - Tubal - he proves to be a born comic storyteller. 7.30pm, £12, £10 concs., Pontio, Bangor 01248 382828, pontio.co.uk

Thelma (15) Film from Norway, with subtitles. Thelma starts to have 'episodes' - inexplicable supernatural abilities. A thoughtful, twisty supernatural thriller with a lingering impact. 7.30pm, St. Mary's Creative Space, St Mary's Hill, Chester CH1 2DW. chesterfilmfans.co.uk

The Madness of King George III by Alan Bennett. It's 1786 and King George III is the most powerful man in the world. But his behaviour is becoming increasingly erratic as he succumbs to fits of lunacy. Live broadcast from the National Theatre. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** Galeri, Caernarfon 01286 685222, galeriecaernarfon.com

Sonic Illusion: Behind the Scenes Masterclass David Berezan presents a free masterclass in sonic illusion, showing how the digital sound transformation can conjure diverse subjects, spaces and impressions from unrelated and limited source sounds. Members of the audience will have the opportunity for hands-on sound play, experimentation and creation. 1.15pm, free, Pontio, Bangor 01248 382828, pontio.co.uk

David Berezan: The Sound of Illusion Electroacoustic WALES presents an evening of sonic illusion, taking us on an invisible journey from the real to the unreal and surreal, and back again, with guest composer David Berezan. 7pm, £10, £8 over 60s, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

21st WEDNESDAY

Wild Winter Walk & Foraged Feast Enjoy a wild winter forage walk in the surrounding countryside led by Hedgewitch Jules Cooper who will be passing on her wealth of knowledge. Following the walk, Jules will lead a discussion and demonstration on wild foods before we enjoy a three course Foraged Feast cooked by the chefs here. 1.30 - 9pm, £55. Held at The Outbuildings, Llangaffo, Anglesey LL60 6NH. Advanced booking through Wild Wales - info@wildwalesretreats.com

Dragonflies Steve Palin shares all you needed to know (and possibly some things which you didn't ...) about our native Odonata. 7.30 - 9.30pm, Gresford Memorial Hall, High Street, Gresford, LL12 8PS. NWWT: Dan Rose 07976 962251, nwwtwrexham@gmail.com

Moel Findeg - Healthy Health Management to remove birch trees and saplings which threaten the unusual mosaic of heathland plants that give Moel Findeg its unique character. Meet between Maeshafn village and Old Youth Hostel (SJ 205 608). 10am - 3pm. AONB Loggerheads Country Park office 01824 712757.

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

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

Drum Journey Meditation Circle See 7th.

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

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

Gong Bath Healing sounds to restore harmonic balance. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills planting and harvesting the veg and fruit; 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

22nd THURSDAY

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

The Inner Dance Meditation A healing meditative journey led through music and sound. 7 - 9pm, Parkfields Community Centre, Mold. More info and to book : rachelbellydance.wales

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, an experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 1 pm. No need to feel you are a 'good' singer, just enjoy it and the energy and harmonies our voices create. Cost £5. If you are interested to come along please email helen@soul-life.co.uk

Midwinter Celebration An esoteric overview of the relevance and importance of Christmas in a talk by Gillian Monks. Gillian has just published a book titled *'Merry Midwinter: How to Rediscover the Magic of the Christmas Season'*. Colwyn Bay Theosophical Society. 2pm, admission £5; TS Members £3. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. New enquirers always welcome: Pauline 0161 980 4942, 07547 135491, p.owens@live.co.uk; theosophywales@yahoo.co.uk See article page on 4

The Year of the Sea Lecture Series Looking at the diversity of life in our oceans – from bacteria to whales. The lectures will be presented by six leading marine scientists, all internationally recognised experts in their respective fields. Tonight: Line Cordes: The acoustic world of marine mammals. 7 for 7.30pm, free but booking advised. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Make Winter Count - Winter Skills Lecture For anybody who wants to learn more about winter mountaineering skills. You'll go from bumbling about to striding with confidence to the summit after you've gained all the knowledge from expert Winter Mountaineering Instructors Sam Leary and Mick Jones. 7 - 9.30pm, £4.75 / £9. Moel Siabod Café, Capel Curig LL24 0EL. thebmc.co.uk

The Last Five Years This intimate musical charting New Yorkers Cathy and Jamie's passionate five year relationship is an affecting tale of love found and lost. Catchy tunes coupled with British Sign Language and beautiful movement by award-winning choreographer Mark Smith, who is deaf. There will be an opening performance by Kana. 7.30pm, £15, £12. Galeri, Caernarfon 01286 685222, galeriecaernarfon.com

Martin Carthy For more than 50 years, Martin has been one of folk music's greatest innovators, ballad singer, and ground-breaking acoustic and electric-guitarist. 7 for 8pm, £12. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

23rd FRIDAY

Full Moon in Sagittarius 5:39am

Evening Slow Flow and Restorative Yoga The theme of this candlelit yoga class will be unwinding and letting go, moving into a profound state of relaxation and 'not doing'. We will explore slow and gentle movements to gently relax and release tension. Then we will work with restorative yoga poses, where we will rest comfortably, with the support of props and blankets, for extended periods of time. Open to all, including beginners. 7 - 9pm, £16 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Psyience: Maya Deren / Adwaith (12A) The band Adwaith play to accompany a selection of classic Maya Deren short films. Long recognised as one of cinema's great early independent pioneers, Deren's surreal and unique films have influenced amongst others David Lynch in their revolutionary redefining of cinematic space and time. 9pm, £8. Pontio, Bangor 01248 382828, pontio.co.uk

Catrin Finch and Seckou Keita Welsh harpist Catrin Finch and Senegalese kora player Seckou Keita deliver an exhibition of world-class musicianship, drawing deep on their own diverse traditions. They will be joined by Gwyneth Glyn, support artist, poet, writer and singer of songs. 7.30pm, £17, £15. Galeri, Caernarfon 01286 685222, galeriecaernarfon.com

Psyience presents Anorac (12A) Film of Huw Stephens, who is on a musical pilgrimage of Wales, meeting some of his musical heroes and listening to some of the most unique music from current and well known Welsh language artists. 7pm, £7.50, £5.50. Pontio, Bangor 01248 382828, pontio.co.uk

Frankenstein Celebrating 200 years since the publication of Mary Shelley's masterpiece, with Cascade Dance Theatre and Taliesin Arts Centre. 7.30pm, £12, £10. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

BBC National Orchestra of Wales Music by Beethoven and Weber. 7.30pm, £15, £13.50 over 60s, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

23rd FRIDAY - 25th SUNDAY

The Nutcracker and the Four Realms Film. All Clara wants is a one-of-a-kind key to unlock a box holding a priceless gift from her late mother, to return harmony to the world. 6pm, 30 mins. £7, £6. Cellb, Blaenau Ffestiniog 01766 832001, cellb.org *Also 30th*

Yoga & Relaxation Weekend As 9th - 11th. Menai Bridge LL59 5NH. Laura Bell, thezestlife.co.uk

A Guide to Environmental Impact Assessment The main aim of this course is to introduce students to the history and practice of environmental impact assessment, providing them with knowledge of when an assessment is necessary and the stages involved in producing one. £120 course fee. Please book through Aberystwyth University 01970 621580. Accommodation available at CAT from £118. CAT, Machynlleth, 01654 705959, cat.org.uk

24th SATURDAY

Pregnancy Yoga Workshop We will work with yoga postures and breathing techniques that can be supportive both for your experience of pregnancy and during the birthing process. Explore tools from a wide range of yoga practices including Womb Yoga, Forrest Yoga and Restorative Yoga. 10am - 12.30pm, £20 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Trauma Sensitive Yoga Workshop This is a workshop for anyone interested in deepening their understanding of psychological trauma, how it affects the body and how yoga can be used as a potent method of healing from trauma. 90 min discussion followed by 90 min yoga practice. 5 - 8pm, £20, held at Source Yoga, Mochdre. Booking essential with Adrienne LeCour: agelecoure86@gmail.com

Bird Watch Day Call in to see what is around, experts on hand to help identify the birds and chat about wildlife. 40 to 50 species are often seen during the 4 hours. 11am - 3pm. Meet near Bangor (SH613721) in the main hide - Spinnies, Aberogwen. Down a minor road to the coast from the village of Tal y Bont, Bangor, Gwynedd, LL57 3YH - the adjacent farm. NWWT: northwaleswildlifetrust.org.uk

Winter Chill An evening of Yoga by candlelight; moving into stillness as we follow the thread of the breath. Yin and Vinyasa practices followed by sumptuous Yoga Nidra. 5.30 - 8.30pm, £25, booking essential, £10 deposit secures your place. Soup, teas and nibbles included. Mynydd Llandegai, Bethesda, LL57. Yoga Mary Freeman, Facebook: Yoga with Mary

World Charities Fair Fair Trade produce, Christmas cards, gifts. Entrance £1 to include cuppa and biscuit. Proceeds towards UNWRA (UN agency that supports refugees). 10am - 12.30pm, £1 entry. Quaker Meeting House, Dean Street, Bangor LL57 1UP. Facebook: UNA Cangen Menai Branch *All proceeds towards UNICEF Rohingya Refugees Appeal.*

Psyience presents: Dragonfly Eyes (Qing Ting Zhi Yan) (15) Film of hundreds of hours of downloadable Chinese surveillance footage. Xu Bing's innovative editing together of footage found online and Hanno Yoshihiro's score, which ranges across sentimental Chinese pop and foreboding electro, is an attempt to illuminate the relationship between the people being watched and the machines doing the watching. Chinese with English subtitles. 2pm, £7.50, £5.50. Pontio, Bangor 01248 382828, pontio.co.uk

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

Backbends Workshop with Claire Mace Working with Forrest Yoga poses and intention setting, you will explore the components of backbending and how to safely warm up to and down from poses like Wheel and Dancer. Workshop open to intermediate and advanced yoga practitioners. 2 - 5pm, £20 (concessions available). Held at The Old Rectory, Llanfachraeth, Ynys Môn LL65 4YA. Bookings: Claire 07970 409724, inspiratrix.co.uk

Psyence presents (W)(Kollektions) A 2-part film/performance by Bangor film maker Yannick Hammer. Part 1: Bangor's skateboarding community take to the Pontio concourse for an 'obstructive' performance, 3.45pm, free. Part 2: a brand new collage film from Hammer that ranges and muses about Bangor, graffiti, people's stories and communities here and cultures far away. Cinema, 4.15pm, £2.50. Pontio, Bangor 01248 382828, pontio.co.uk

Mindfulness in the Woods See 10th

Psyence presents: The Inferno Unseen / Rollo Smallcombe (12A) The unfinished 1964 cult masterpiece *Inferno* accompanied by a musical score written and performed live by Rollo Smallcombe. 9pm, £10. Pontio, Bangor 01248 382828, pontio.co.uk

Fabulous Folk A double helping of folk music with John Williams on his cello mandolin, playing a mix of traditional and contemporary tunes and songs and the swirling melodies and original songs of The Amazing Clouds. 8pm, £7. Tickets on the door or from The Amazing Clouds facebook page. Held at The Centre, Mwrog Street, Ruthin LL15 1LE.

Christmas Decorations: Slate Bunting With Dave Stephen, create festive slate bunting to be hung in the window or garden. 10am - 4pm, £55. IARD, Palace St., Caernarfon LL55 1RR, 01286 672472, siopiard.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. Come either in the morning or afternoon. £20 per adult, £15 per child accompanied. Booking essential with Woodland Skills Centre, Bodfari, Denbigh 01745 710626, woodlandskillscentre.uk

Alys Williams with BBC National Orchestra of Wales The singer-songwriter perform songs from her repertoire, re-imagined for voice and orchestra. 8pm, £16, £14 over 60s, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Wrexham Symphony Orchestra 7.15pm, £11, £9, U16 & student £3. William Aston Hall, Glyndŵr University, Wrexham LL11 2AW. 0844 249 1000.

24th SATURDAY & 25th SUNDAY

Threads - Weaving Masterclass A workshop aimed at intermediate/experienced weavers that is designed to encourage participants to break the rules of weaving and push themselves outside of their comfort zones. 10.30am - 4.30pm, £120 light lunch included. Bookings: Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Harlech Craft Fair A variety of different arts and crafts, mainly from local crafts people. Refreshments available. Free entry. 10am - 4pm, Harlech Memorial Hall, 15 Cae Gwastad, Harlech LL46 2GY. Facebook: of same name

25th SUNDAY

Celebrate an Authentic Christmas Get away from the disappointment and emptiness of our modern consumer Christmas and learn how to celebrate and enjoy an authentic Midwinter festival which has deep personal meaning, relevance and satisfaction for you. Lecture/discussion in the morning, seasonal craft work in the afternoon (making decorations such as wreaths, kissing balls and calennigs from natural living greenery) ending with carol singing and tea by a log fire before you leave. Cots £40 (concessions available) and includes all craft materials, home made vegetarian lunch and refreshments. Held at Talsarn, Gillian Monks 01286 881786 See Gillian's article on page 4 and info about her new book on page 27.



Above & Below Join us for this Yoga Flow workshop starting with guided pranayama leading you into a vinyasa flow sequence, learn how to develop and use Yoga breathing techniques to enhance your practice. 5 - 8pm, £20, Source Yoga Studio, 294 Conwy Road, Mochdre, LL28 5DS. Cathy 07704 437415, cathy-i@hotmail.co.uk

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. Led by two inspirational dancers/choreographers - Cai Tomos and Angharad Price Jones. You don't need any previous experience or dance skills - only the desire to stay fit and healthy. 1.30 - 3.30pm. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Sound Relaxation For the session you lie on a yoga mat, close your eyes and relax while you are bathed in powerful sound waves created from Gongs, Quartz crystal, Himalayan singing bowls and grounding instruments. 7pm, Bodhi Movement, Betws y Coed LL24 0AH. Bookings: Steph Healy 07534 118899, puresound.org.uk

Improving Upright Organisation - Feldenkrais Method with Veronica Rock. With a better connection to the ground and support through the skeleton up to your head, you stand taller without effort. 10am - 1pm, £30. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen. 07990 825783, vhrock@feldenkrais.co.uk

Rob Heron & The Teapod Orchestra Western Swing, Blues, Gypsy Jazz and Country. 7 for 8pm, £14. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

First Reformed + Q&A (15) Brian Williams will be talking to us about the film, in which he composed the soundtrack. 2pm, £5. Pontio, Bangor 01248 382828, pontio.co.uk

26th MONDAY

Groove Dance See 5th

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

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

26th MONDAY - 30th FRIDAY

Access and Public Rights of Way, Law and Management Countryside staff who wish to develop their knowledge and understanding of Rights of Way Law and the skills and techniques required in their effective management. £695. Plas Tan Y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

27th TUESDAY

Woodland Workday Whether you'd like to help out with our bird survey or you fancy something a bit more physically challenging like footpath maintenance, join us to tackle this month's woodland tasks! 10am, booking essential. Snowdonia Society. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

Bangor Theosophical Group Meeting A talk with Ted Capstick. As it is the festive season, Ted is taking a look at 'Astrological/Theosophical views of the Winter Solstice.' (Sponsored by the FTS No 101 4648.) 7.30pm, £4, TS members £3, free refreshments. Hirael Meeting Room, Ambrose St., Bangor. Enquiries: 01248 600267, toddyalc@gmail.com

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

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

28th WEDNESDAY

Rhododendron Clearance Over the past several years our volunteers have been heavily involved with the removal of Rhododendron from Nant Gwynant and Beddgelert. For this volunteer day we are visiting a final phase site, cutting and clearing the remaining deadwood of the treated Rhododendron. 10am. Snowdonia Society. Bookings: Owain 01286 685498, owain@snowdonia-society.org.uk

Coed Bell - Exposing the Past Come and help us uncover the historical features from the undergrowth for all to see. Meet at the small car park on hairpin bend below Hillside Gardens, Prestatyn. (SJ 071 821) Contact North Denbighshire 01824 712795.

Cofnod - Making Wildlife Data Count Our speaker, Roy Tapping, has been involved with the Local Records Centre for North Wales from its inception. 7.30 - 9.30pm, Brambell Building, Deiniol Rd, Bangor, LL57 2UW. NWWT: Sue Carter 01248 371769, sue@gorad.co.uk

Courteous Thief Singer-songwriter, contemporary new folk and acoustic indie pop. 7 for 8pm, £10. Bar only. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

Truth, Beauty and Goodness as Expressions of the Soul A talk by Teresa Keast, with Chester Theosophy meeting, 7 for 7.30pm, £5.50, £3.50 concs., Quaker Meeting House, Frodsham St., Chester CH1 3LF, 01244 370461, chestertheosophy.org

Drum Journey Meditation Circle See 7th.

King Lear Live screening from National Theatre (12A) 7.15pm, Pontio, Bangor 01248 382828, pontio.co.uk

29th THURSDAY

Arcadia Film with Occasional Cinema. A look at man's relationship with Mother Earth shown using archive footage from around the UK set to a modern score. An intriguing blend of folk horror and documentary combine to create an unusual, almost ethereal, story. 7.30pm, bar only. Blue Sky Café, Bangor 01248 355444, occasionalcinema.org

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

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

The King & I Live recording of famous musical, from the Lincoln Center Theater's production. 7pm, £13, £11, £10. Pontio, Bangor 01248 382828, pontio.co.uk

29th THURSDAY & 30th FRIDAY

Entertaining Angels with Ucheldre Rep. The story by Richard Everett. With sharp-edged comedy and probing wit, this play asks whether God can be trusted to do anything right at all. 'Or is the whole thing a divine exercise in trial and error?' 7.30pm, £6, £5 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

29th THURSDAY - 3rd DECEMBER, MONDAY

Bhagavad Gita & Meditation Retreat The Bhagavad Gita is a timeless manual for successful living and spiritual realisation. The 4-day retreat in Snowdonia will include study sessions and lectures on the Gita, chanting sessions to help you pronounce the verses, 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. Dru Yoga, Snowdonia Mountain Lodge, Bethesda, 01248 602900, druyoga.com

30th FRIDAY

The Nutcracker and the Four Realms See 23rd - 25th

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Workshops in December & January

DECEMBER

- 1 **The Spirit of the Four Quartets: Workshop with Rhwng** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 1 **Christmas Crafts** Woodland Skills Centre, Bodfari LL16 4DT, 01745 710626, woodlandskillscentre.uk
- 2 **Singing Bowl Workshop** Mynydd Llandegai, Bethesda LL57. Tickets: Steph Healy puresound.org.uk
- 3 - 8 **Christmas Retreat** Tŷ Newydd, Llanystumdwy, LL52 0LW, 01766 522811, tynewydd.wales
- 4 **Wild Winter Elixirs Workshop** Bangor. Bookings: Follow Your Bliss Café 01248 345495, Facebook: Wild Winter Elixirs
- 7 - 16 **Compassion and Emptiness** Vajraloka Buddhist Centre, Corwen 01490 460406, vajraloka.org
- 8 & 9 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 9 **Yoga Workshop** Portmeirion. Bookings: Tracey Jocelyn 07809 485323, traceyyogamassage.co.uk
- 11 **Yule Floristry Workshop / Rustic Creations** Bangor. Bookings: Follow Your Bliss Café 01248 345495, Facebook: Yule Floristry Workshop
- 14 **Winter Chill** Mynydd Llandegai. Contact Mary: yogatastic@hotmail.com
See Calendar 24th November for details.
- 14 **The Colour of Saying: Poetry Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 19 **Christmas Flowers** Siop Iard, Caernarfon, LL55 1RR, 01286 672472, siopiard.com
- 21 **Winter Solstice Sound Harmonisation Session** Llanfachraeth, Anglesey. Claire Mace 07970 409724, inspiratrix.co.uk
- 30 **Yin Yoga and Sound Bath** Mynydd Llandegai. Contact Mary: yogatastic@hotmail.com

JANUARY

- 9 **New Year Detox** Llangaffo, Anglesey LL60 6NH. Wild Wales: info@wildwalesretreats.com
- 10 - 14 **New Year Walking** Plas Tan y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk
- 11 - 13 **Yoga & Fitness Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 17/1-21/3 **Mindfulness Based Stress Reduction Course** Bangor. Contact Gwynedd Mindfulness - heatherbolton@btinternet.com
- 19 **Voice Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 25 - 27 **Yoga & Fitness Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 26 **Chunky Silver Ring** IARD, Palace St., Caernarfon LL55 1RR, 01286 672472, siopiard.com
- 26 **Blacksmithing** IARD, Gaol St., Pwllheli LL53 5RG, 01758 613006, siopiard.com

Centres in North Wales: Workshops in December & January

Centre for Alternative Technology (CAT)

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

DECEMBER

- 8 **Willow Christmas Decorations and Wreaths**
- 10 - 15 **Environmental Politics and Economics**

JANUARY

- 7 - 12 **Food Production and Consumption**
- 14 - 19 **Low Energy Buildings (Part B)**
- 28 - 31 **Build A Tiny House**
- 31/1 - 1/2 **Stove Installers Course**

Trigonos Environment Centre

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

DECEMBER

- 1 - 8 **Movement Retreat**
- 6 - 9 **Space To Be: A Trigonos Retreat**
- 14 - 16 **Trigonos Christmas Yoga Retreat**
- 21 - 23 **Yogasmiths Winter Retreat**

JANUARY

- 5 - 12 **Teacher Training Retreat Level 2 - Mindfulness** *Bookings through mindfulness-secular-retreats.org.uk*
- 26/1 - 2/2 **Teacher Training Retreat Level 1 - Mindfulness** *Bookings through mindfulness-secular-retreats.org.uk*

Would you like to have your Centre's Workshops listed here? Ring us on 07777 688440, or contact us via network-news.org

Centre for Mindfulness, Research & Practice (CMRP)

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

JANUARY

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

Vajraloka Buddhist Centre

Corwen LL21 0EN
01490 460406, vajraloka.org

DECEMBER

- 21 - 28 &
- 28 - 4/1/19 **Practice Retreat For Men**

JANUARY

- 18 - 27 **Dhyana Through The Body**



Local author Gillian Monks has a new bookout called **“Merry Midwinter: How to Rediscover the Magic of the Christmas Season”** “ ... a gentle and warm investigation of winter, which explains why it is important to celebrate the whole season, not just one or two days. It puts into practical terms the physical and spiritual relevance that the solar activity around the Winter Solstice holds for every living thing, and tells us how our most well-known and best-loved Christmas traditions have little or nothing to do with any one religion, but everything to do with the continuation of life and the importance of family and community.”

Available in all good local bookshops and Amazon.
Published by **Unbound** ~ [See Gillian's article on Page 4](#)

Exhibitions



Ruth Thomas ~ Printmaking, Stencil & Collagraph Until 27th January 2019. Ruth uses her late mother's notebooks which documented her daily walks in the countryside, writing about the passing of the seasons, the sky, the weather, plants and all the wildlife she saw. Ruth has used fragments of her mother's tiny handwriting blown up very large to produce an abstract gesture. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Anne Aspinall & Pete Monaghan Until 7th November. A variety of mediums. Ffin y Parc, Llanrwst LL26 OPT, 01492 642070, welshart.net

Michael Swire Until 10th November. Zimbabwe portraits and beyond. A former sculptor, Michael has worked primarily in soft pastel since 1987. He recently won The 2017 North Wales Open. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

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

Beth Fletcher Until 7th November. For this new collection of work Beth sends our eyes searching for the mountains, sky and sea. And she rewards us with glimpses of the sun, strands of trees possibly, or reeds floating at the water's edge. Ffin y Parc, Llanrwst 01492 642070, welshart.net



Beth Fletcher

Wayne Clarke Until 18th November. Prestatyn-based Wayne makes large sculptural pieces and smaller functional wares, generally from a stoneware body with additives of Ruabon red clay and coarse sand. He uses various ash and shino glazes, as well as vitreous slips to create fascinating surface effects. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

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

James Naughton Copr, Llechi a Cherrig and Deborah Butler Gwaith Newydd Until 24th December. New works in a variety of mediums. Oriol Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, oriel.org.uk

NW Potters A selection of work by members, November - December. Mostyn Art Gallery, Llandudno LL30 1AB, 01492 879201, mostyn.org, northwalespotters.wales

Pioneers of Welsh Pop Until 24th November. Photography exhibition featuring some of the Welsh language pioneers of pop, rock and folk entertainment from the 60's and 70's. Oriol Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, oriel.org.uk



Poor Taff - Golwg Llundain ar y Cymry / A London View of the Welsh People Until 4th

November. This exhibition will show how the Welsh people were portrayed in the popular press in the 17th & 18th centuries. Some Welsh people adopted the images as acceptable representations of national identity. The exhibition explores how stereotypes of Welshness and Welsh identity evolved over time. Oriol Môn, Llangefni 01248 724444, orielynysmon.gov.uk

Tim Williams ~ Irrespective Until 17th November. Photographs from Derby, London and New York. Oriol Colwyn, Upstairs at Theatr Colwyn, Colwy Bay LL29 7RU. 01492 577888, orielcolwyn.org

Will Teather Until 24th November. Contemporary images that reveal an adventurous imagination combined with a mastery of traditional skills. The artist's paintings and drawings are diverse in both subject and methodology, but bound together by an interest in escapism, allegory, the uncanny and a sense of spectacle. Theatr Clwyd, Mold CH7 1YA. 01352 701521, theatrclwyd.com

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

Rhodri Owen ~ To The Quick / I'r Byw 10th November - 6th January 2019. Rhodri contrasts his own hand-crafted furniture with transfigured pieces in visually unexpected ways. Oriel



Môn, Llangefni 01248 724444, orielynysmon.gov.uk

Forest + Found ~ Walking the Line Until 18th November. Booth's large, abstract textile pieces are rooted in the conceptual language and materiality of painting, while Bainbridge's sculptural forms hewn from wood, reflect a need to create a tangible, physical presence in space. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Pierrots Exhibition Until 31st December. An interactive exhibition showcasing an era of traditional seaside fun about Pierrots in Wales, Will Caitlin and concert parties. 10am - 5pm, Venue Cymru, Llandudno LL30 1BB, 01492 872000, venuecymru.co.uk

In Black and White ~ Mewn Du a Gwyn Until 17th February 2019. This exhibition represents examples of Charles Tunnicliffe's wood engravings and etchings, showing fine art prints alongside works intended for publication and commercial purposes. Oriel Charles Tunnicliffe, Llangefni 01248 724444, kyffinwilliams.info

Land of Legends Brenin Arthur a'r Mabinogion Until 3rd November. See some of the medieval manuscripts that preserved the first written versions of the Four Branches of the Mabinogi and include some of the earliest references to King Arthur including the 14th century Llyfr Gwyn Rhydderch (the White Book of Rhydderch) and Geoffrey of Monmouth's Historia Regum Britanniae (History of the Kings of Britain), both on display for the first time in north east Wales. Wrexham Museum, Regent St., LL11 1RB, 01978 297460.

Go Home, Polish ~ Michal Iwanowski Until 2nd November. Bringing together two journeys: a physical one, made by the artist on foot from Wales to Poland; and a spiritual one, made in search of home. Michal is giving a talk on 3rd November, 2pm. Galeri, Caernarfon 01286 685222, galericarnarfon.com



Cywrain ~ Form and Space Until 31st December. A project for applied arts and contemporary craft and design, celebrating makers and artists from the Celtic regions. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Then + Now Until 24th November. A special exhibition of a selection of the Contemporary Art Society for Wales' collection, which includes work by artists such as Gwen John, Brenda Chamberlain, Emily Jenkins, Ernest Zobole, Josef Herman and Ceri Richards. Oriel Plas Glyn y Weddw, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, oriel.org.uk

Dorothy M Williams Until 18th February 2019. Dorothy is attracted to the man-made environment, often including figures; using sketches with a rich palette. Free entry, open 10am - 5pm. Oriel Hir, Kyffin Williams Gallery, Llangefni, Ynys Mon LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

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

Ian Phillips ~ Printmaker Until 4th November. Open Weds - Sun 2 - 6pm. Tŷ Meirion Arts & Culture, Dyffryn Ardudwy, Snowdonia National Park Contact mima@tymeirion.co.uk



The 2018 Wrexham Open Exhibition Until 16th December. Hosted by Tŷ Pawb and Undegun, Wrexham with the support of Wrexham County Borough Council, THIS Project, East Street Arts and the Arts Council of Wales. 6 - 8pm. Undegun, Regent St., Wrexham LL11 1SG. Contact Anders Pleass, Co-ordinator: anders@wrexhamopen.com

Niall McDiarmid ~ Hidden Hospitality Until 2019. A celebration of the people who welcome you to Llandudno. On view publicly on The Promenade, Llandudno. Info from Oriol Colwyn, Colwyn Bay, 01492 577888, orielcolwyn.org

She Sees The Shadows Until 4th November. The first off-site collaboration by DRAF (David Roberts Art Foundation). "She Sees The Shadows" is a group exhibition of works that resonate with the ideas found in Space and Sight, by over 40 contemporary artists. Each artist has re-conceived day-to-day objects and materials in unexpected ways - a bench, plug socket, grate, section of railing or broom - inviting viewers to see alternative qualities and narratives therein. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

RCA Members Christmas Exhibition Until 29th December. A selection of members work. Open 11am - 5pm, free. RCA Crown Lane, Conwy LL32 8AN, 01492 593413, rcaconwy.org

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and everything in between
10th - Chester

Singing For The Soul Finding a soul
connection through singing
22nd - Rhosesmor, Mold

Tuesday Chantings
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The Way To Our Hearts

Rik Midgeley

Compassionate or Nonviolent Communication is an awareness process. It differs from other awareness processes, such as yoga and meditation, in that it is relational, its focus is in our use of language, both in our thoughts and in our communication. I have heard estimates that words amount to around only 10% of our actual communication, yet they are windows into seeing our deeper intentions and understanding what is of underlying value to us.

Our older 'reptilian' part of the brain is in constant connection with the body and its sensations, both consciously felt and unconsciously present. This is where our responses to our perceptions are formulated and our intuitions are awakened, it signals these parts of the body that incite and drive our words, and it is this 'energy' that we are clumsily trying to express in words.

So, how can we more effectively express ourselves in alignment with our 'bodily held' intentions, and how do we recognise

when we have not achieved this and take responsibility to create clarity? How do we achieve that sense of calmness and integrity which comes from using words which are in alignment with our intention and underlying values? When other



people speak to us with words of criticism or blame, what will support us to hear where they are coming from in a non-judgmental way, to hear what it is they are really asking for behind their pain soaked words? And then how can

we respond in a way that brings the conversation in the direction that we want, perhaps creating connection, mutual trust and friendship?

Nonviolent Communication holds the assumption that we do and say everything we do because we want to, and the things we want, as we break them down, come to things that are common to all human beings. We all want safety, comfort, friendship, acceptance... these are the roots of all our longings and it is here that we meet.

Rik Midgeley will be offering a workshop on the art of Compassionate or Nonviolent Communication (NVC) at 'Ty Lorne', 82 High St, Bethesda, Saturday 17th November, 10am-5pm

This workshop is about welcoming our pain with empathic acceptance, and an open curiosity for the valuable protective role it plays. It is about sensing the underlying meaning from a place of compassion and empowerment, transforming the energy of the unmet needs to the beauty of the life enriching needs. It draws heavily on the process of Nonviolent Communication as well as other awareness processes. The day may involve some physical activity. Places on the workshops are limited to maintain a sense of intimacy, and booking is essential. A booking fee of £20 is asked to reserve a place. There is a sliding scale for the day of £10 - £80, please choose an amount which is sweet for you, in the understanding that I am trying to make a sustainable living in offering these workshops. Please bring a vegetarian pot luck lunch to share, and arrive before 10am so that we can start promptly.

Rik is an internationally certified NVC trainer and has been practising Vipassana Meditation and Qigong since 1990. The day is open to both those new to NVC and those who wish to deepen their practice. For those that are new, you may get more from the day if you first check out some of the free resources on my website www.LiveNonviolence.uk.

For more details and to book, please email: Rik@LiveNonviolence.uk

The Extinction Rebellion

George Monbiot

Nowhere is the gulf between public and private interests more obvious than in governments' response to the climate crisis. On October 15th, the UK's energy secretary, Claire Perry, announced that she has asked her advisers to produce a roadmap to a zero carbon economy. *On the same day*, fracking commenced at Preston New Road in Lancashire, enabled by the permission Perry sneaked through parliament on the last day before the summer recess.

She has justified fracking on the grounds that it helps the country affect a "transition to a lower-carbon economy". But fracked gas has net emissions similar to or worse than those released by burning coal. As we are already emerging from the coal era in the UK without its help, this is in reality a transition away from renewables and back into fossil fuels. The government has promoted the transition by effectively banning onshore wind farms, while overriding local decisions to impose fracking by central dictat. Now, to prevent people from taking back control, it intends to grant blanket planning permission for frackers to operate.

None of it makes sense, until you remember the intimate relationship between the fossil fuel industry, the City (where Perry made her fortune) and the Conservative party, oiled by the political donations flowing from both sectors into the party's coffers. These people are not serving the nation. They are serving each other.

In Germany, the government that claimed to be undergoing a great green energy transition instead pours public money into the coal industry, and deploys an army of police to evict protesters from an ancient forest to clear it for a lignite mine. On behalf of both polluting power companies and the car industry, it has sabotaged the EU's attempt to improve its carbon emissions target. Before she was re-elected, I argued that Angela Merkel was the world's leading eco-vandal. She

might also be the world's most effective spin doctor: she can mislead, cheat and destroy, and people still call her Mutti. Since then, she has done all she can to retain her position as the leading

planetary delinquent. That she has now slipped to third place shows only that the collapse of the public service ethos has become a global phenomenon.

Other governments shamelessly flaunt their service to private interests, as they evade censure by owning their corruption. A report on fuel efficiency published by the US government in July concedes, unusually, that global temperatures are likely to rise by 4°C this century. It then uses this forecast to argue that there is no point in producing cleaner cars, because the disaster will happen anyway. Elsewhere, all talk of climate breakdown within government is censored. Any agency seeking to avert it is captured and redirected.

In Australia, the new Prime Minister, Scott Morrison, has turned coal burning into a sacred doctrine. I would not be surprised if the only lump of coal he has



extinction
rebellion

ever handled is the one he flourished in the Australian parliament. But he dirties his hands every day on behalf of the industry. These men with black hearts and clean fingernails wear their loyalties with pride.

If Jair Bolsonaro takes office in Brazil, their gleeful annihilation on behalf of private interests will seem mild by comparison. He claims that climate breakdown is a fable invented by a "globalist conspiracy", and seeks to withdraw from the Paris Agreement, abolish the environment ministry, put the congressional beef caucus (representing the murderous and destructive ranching industry) in charge of agriculture, open the Amazon Basin for clearance and dismantle almost all environmental and indigenous protections.

With the exception of Costa Rica's, no government has the policies required to prevent more than 2°C of global warming, let alone 1.5°. Most, like the UK, Germany, the US and Australia, push us towards the brink on behalf of their friends. So what do we do, when our own representatives have abandoned public service for private service?

On October 31, I will speak at the launch of Extinction Rebellion in Parliament Square. This is a movement devoted to disruptive, non-violent disobedience in protest against ecological collapse. The three heroes jailed for trying to stop fracking, whose outrageous sentences have just been overturned, are likely to be the first of hundreds. The intention is to turn this national rising into an



Fracking Heroes

international one in March.

This preparedness for sacrifice, a long history of political and religious revolt suggests, is essential to motivate and mobilise people to join an existential struggle. It is among such people that you find the public and civic sense now lacking in

government. That we have to take such drastic action to defend the common realm shows how badly we have been abandoned.

George Monbiot is a writer, environmentalist and political activist.

This article first appeared in The Guardian.

risingup.org.uk
monbiot.com

Local Eco-friendly Events in November

Patagonia Adventure Tour

1st ~ Capel Curig

Tides, Snowballs & Evolution

8th ~ Llandudno

Old Wave's Tales

1st ~ Llangefni

Natural Resources Wales

2nd ~ Conwy

Welsh Woodlands & Their Birds Conference

4th ~ Bangor Uni

The Ocean's Skin - Lacey Lecture

9th ~ Llandudno

Intro to Sustainable Energy Provision

12th - 17th ~ Machynlleth

See Calendar for details

Self-Nurture

Claire Freeman

"Learning to care for yourself as effectively as you care for everyone else"

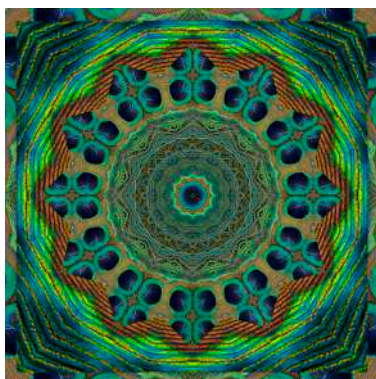
Alice Domar 'Self-Nurture'

What does it mean to nurture? By definition, it is to take care of; to attend to; to help progress, grow, cultivate; to encourage with compassion and kindness; to nourish, cherish, boost. How do we nurture ourselves? Do we truly nurture ourselves? Many of us are more in the practice of self-sabotage or self-sacrifice as opposed to self-care.

Self-nurture is a pre-requisite for self-care. We have to believe we are worthy to care for first! We may go through the motions of self-care, yet if we do this with a negative, self-critical mindset, then we aren't nourishing ourselves. It would in fact be detrimental. Pointless booking a massage if you lay there for the session pre-occupied with how your body looks; how you wish it were other than it is; focussing on perceived faults; ruminating on what is happening in your life; being in the past or worrying about a future that hasn't yet happened! Outwardly it may seem we are practising self-care, but it really needs to come from within to truly nurture us. We need to bring awareness to this self-sabotage so we can change it. Literally re-train ourselves, rewire our brain via the wonder of neuroplasticity.

We may well have heard of our 'inner child'. Well we also have an 'inner parent'. This inner parent enables us to meet the needs of and care for our inner child here

and now. This allows us to be fully who we really are, without the negative conditioning carried through from childhood. It is the aspect of ourselves that ensures we are well fed, that we go to bed on time etc. Up to the age of 6 our brains are predominantly theta brainwaves; receptive and therefore profoundly affected by our experiences. These



immature 'scripts' get carried through into adulthood, influencing what we 'should' do or be. Excessively negative thoughts and emotions, self-doubt or even self-loathing are all signs our inner child has unmet needs. Our inner child wants to be seen, rescued and cared for; to feel loved and understood;

safe and reassured. To be given the real care, attention and support she may once have lacked.

Ways in which we can nurture ourselves are by sending ourselves loving messages; talking to ourselves like we would do a loved one, a best friend, rather than like a worst enemy!

Doing nice things for ourselves, like we do for those we care about. These can even be practical things like keeping on top of our laundry; paying bills; getting enough sleep etc.

Believing in ourselves using positive self-talk. Silencing the inner critic!

Healthy boundaries; saying no when we need to! Yes when we really want to....

Being compassionate; accepting what is, rather than getting frustrated, jealous, angry, or upset that it is so.

One vital thing I learnt on my Doula training was about support. Support with a capital 'S'. What support do we have in our lives? This is essential to self-nurturing.

Support can be inner support - our qualities, experience, skills etc. It is also our outer support - our friends, family, community. It is so important to look at the

support we have and see how we can grow it to nurture ourselves further. We need to be supporting ourselves before we can give support to others.

Nurturing is something we can do by ourselves. We need to do some of this alone, sure. That is essential. We must also do it together, in Community. This way, we may well gain support from these other individuals and in turn we can offer support to others. It is valuable to be able to share our stories, our skills, our wisdom, our presence, wherever we are. To return to how we used to be, more connected and in community with each other, yet now with the advantage of technology enabling us to reach those even beyond our locality. To accept ourselves and feel accepted by others just as we are. This is an important one. Authenticity. Letting go of our masks. Being able to shed our armour in safe space. We don't get to really truly do this in many areas of our lives, so let's start to make space for it.

This month will see the first Nurture Circle take place. In the comfort of my own home near Bethesda, Gwynedd. I am opening my space for a small group, up to 8, to come together with the intention of Nurturing. Realising that they deserve this, they need this, they are making space for nurturing in their life. I am looking forward to seeing how this could organically grow, how it will be influenced by the individuals



who attend; the stories they bring, the skills and wisdom shared, the very presence of each and every one of us. Hopefully, the planting of this seed will be

nurtured and will grow and flourish and propagate!

Let's see how we can Nurture in our own lives; to spread the message of nurturing to others, to

really put this into practice, starting within our own minds and spreading outwards amongst our community, through our choices, our actions and our lives. We are then in an ideal position to nurture others and to nurture the Earth which sustains us all: from which we come and to which we shall all return. We are of Her and She is our beloved Gaia, Mother Earth, Pacha Mama, Madre Tierra. Let's return some of Her nurturing! She really deserves and needs it at this delicate time. Go forth and Nurture...

Claire Freeman is a Doula, Shamanic Drummer, Massage Therapist, Reflexologist and founder of Source Healing.

sourcehealing.co.uk

Full Moon Meditation Network
Sagittarius: November 22nd ~ December 21st
Full Moon: November 23rd at 5:39am

The Great Invocation

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

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

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

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

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

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“Twilight” by Nicholas Roerich

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A Network of Goodwill

In every neighbourhood we can find kindred spirits who share a vision of a beautiful and humane world, and who share a commitment to making it a reality.

They might be found planting organically - food, herbs, flowers, forests; or simplifying their lives, using less fossil fuels, recycling and repairing, going by bus and by bicycle, pouring less poison down the sink and less waste into the landfill. They might be working to restore the soul in science; or creating artefacts that are sustainable and beautiful; or sharing their craft in sound, colour or form.

Others are reaching out to those that society has abandoned; or reminding big organisations to respect life at human scale; or challenging "expert" opinions. They may be choosing a more compassionate diet, moving their money to a more ethical bank or credit union, raising their children without force or fear. They may be pioneering new ways to exchange ideas, skills and resources; experimenting with different kinds of household or community; or simply remembering how to play, sing and dance together without dependence on drugs or alcohol.

Some are learning to heal - bringing together wisdom and skills from different ages, cultures and dimensions. Then there are those who are advocates for the voiceless kingdoms - animal, vegetable and mineral - that depend on human beings for their welfare and survival.

Others are struggling to uproot violence - in the nation, the community, the home and the heart - learning to think, to speak and to act without cruelty.

Most are politically engaged, but each with their own unique mix of causes and ideals. Many prefer to "follow the money" rather than a party line - aware that every donation and purchase they make every day is a powerful vote for good or ill.

Most are spiritually active, but without a conventional creed. They may practice meditation or mindfulness, and use the insights and strength from their inner work to inform their service in the world.

Some are reclaiming the great seasonal rituals, aligning themselves with the cycles of Earth, Sun, Moon and Stars; or reinventing those essential rites of passage: the initiations of birth, coming of age, marriage, death and spiritual unfoldment.

Many sense that the world will need a vast outpouring of goodwill if it is to make it through the next few decades intact. Some found their deeper purpose through personal crisis - perhaps global crisis is humanity's great opportunity?

Do you recognise yourself here? Are you a member of this extraordinary group? Are you one of those resisting the great tide of materialism that would engulf our civilisation? Are you among those building little altars and centres and refuges of hope for a more compassionate world? If so, *you need support!* **Network News** exists to reach, encourage and support all members of this "network of goodwill". A space where members can meet, share their gifts and celebrate their unity and their diversity. A place to vision, to collaborate, and to affirm that, truly, **"another world is possible"**.