

# network news

a guide to inspiring events in north wales



zero carbon britain ~ post-election blues ~ i'm off to heaven ~ love bomb  
veganuary ~ plunder of the commons ~ *y tyllwch* the darkness ~ aquarius  
exhibitions ~ workshops ~ festivals ~ groups

## Network News

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in North Wales

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# January 2020

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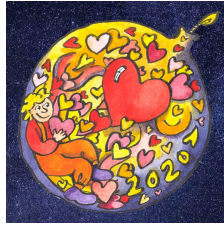
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Welcome to a new year, a new decade and the January Network News. Fem's glorious "love bomb" on the cover reminds us that we have not even begun to unleash the real power of our collective humanity. We need to use it now. COP25 failed. Politics has failed (apart from New Zealand, Finland, Costa Rica and a few other fortunate spots). Only the Heart can save us. Every wise Elder who ever walked the Earth knew that love, compassion and empathy were the things that make life possible in the long term. Yet, here we are, still arguing, confronting, choosing scapegoats, accusing others of ignorance and prejudice and greed. Social media has become a sort of "Armageddon App" - making it all too easy to be cruel, and to say things we would never say to someone's face.

How to strengthen our own hearts? How to reach those whose hearts have yet to open - or have been closed by fear? We cannot open a closed heart by shouting at it... but perhaps we can by singing to it! Here at NN HQ we have found a few songs to help us along. We recommend the video of the late Leonard Cohen's five minute life story "*Happens To The Heart*". Also the 50-year-old saga song "*The Weight*", sung by street musicians and a few famous faces filmed around the world by the charity Playing For Change.

We were also inspired by the documentary "*Pete Seeger: The Power Of Song*" (available freely online) showing how a courageous soul influenced a whole generation of songsters, and contributed to transformative change throughout the world. His credo was: "*If there's a future, it won't be because of big organisations, the church or movements, but tens of thousands of little miracles and little efforts.*"

The most important songs, of course, are the ones we learn "by heart". Do check the listings to explore local singing groups. (Page 30)

Blessings to all beings



## Community Conversation for Post-Election Blues

Eric Maddern

**I did something** I'd not done before on Election Day. Aberconwy is a marginal seat between the Tories and Labour. So I went down to the Llandudno Labour Club and, for a tokenistic three hours, helped 'get the vote out' for Emily Owen, the 25-year-old Labour candidate. She was there handing out red clipboards with maps, highlighted streets and addresses of people who'd said, during canvassing, they might vote Labour. We had to knock on their doors and ask if they'd voted yet – in the nicest possible way. In half the cases no one was home. In those who answered the response ranged from 'Brexit, get it done' to thumbs up, we've all voted Labour. I was a little concerned we were going to so few of the houses. But I was swept up in the adrenalin and optimism of the moment and went home that night hoping against hope.

By half past midnight I'd turned the radio off. I couldn't bear to listen. And I've felt like that more or less ever since. There have been some positive FB postings and Guardian articles but I feel that many of us have taken a body blow and it's going to take while to lick the wounds and pick up the pieces.

The night before the election – literally at the eleventh hour – I put out a FB post myself, perhaps trying to prepare for the worst. I concluded:

"Whatever happens tomorrow it's important to remember that a huge

reservoir of positivity, intelligence, love and creativity exists in these islands. It's tempting to think you should all come to Wales; we'll cast ourselves adrift from the 'UK' and create our own promised land!

But the reality is we're going to have to keep having conversations, not just between ourselves, but with those who see things differently: one to one, heart to heart, over and over. Might be hard. But it's the only way to affirm our shared humanity and bridge the divisions with renewed hope."

So conversation is part of the answer. For the last nine months a group of local friends and allies have been meeting together in what we're simply calling 'community conversation'. We wanted to talk about things that matter in a way we hadn't done before. We wanted to share our passions and dreams as well as the solutions we're forging. We wanted to join forces and raise our voices on the paths we're making towards the 'more beautiful world our hearts know is possible'. And we wanted to do it now. Now because our country's politics are more threatening yet more full of potential for change than we remember. Now because a global uprising is gathering momentum to challenge the powers that propel us towards climate crisis and ecological collapse. Now because younger generations are urging us to act. Now because we're grown up enough to take responsibility and want to do the best we



can before it's too late.

We're glad to be living in northwest Wales. As far as London and Cardiff go, we're an afterthought. Yet historically Gwynedd has been a centre of resistance. At our last conversation we agreed that change on the political front is now reduced for the foreseeable future. This makes what we're doing more urgent. We feel strongly that we have to live how we want to live, not how 'they' want us to live. Social reliance on the state is going to get more difficult. We have to build from the ground up. This includes developing a local sustainable food system; creating a media communications platform independent of FB, Google et al; supporting the introduction of a local currency (the Celyn); working with sympathetic people in the Gwynedd Council; creating a map of all the sustainably oriented, eco-friendly

initiatives in our region; facilitating the development of renewable energy; engaging with students and working with schools; promoting a positive vision of what's possible; re-awakening and channelling the mythic power of this ancient landscape.

None of this is particularly new. It's been going on in the Transition Town movement for years. But there's a swelling energy behind this that does feel new. Although at the moment we're keeping our meetings down to about a dozen we know that there are hundreds, perhaps thousands, out there of like mind.

In 2020 we will be joining up and moving from talk to action.

*Eric Maddern is a storyteller, singer-songwriter, author of "Snowdonia Folk Tales" and founder of the beloved Cae Mabon Retreat*

**caemabon.co.uk**

SAVE THE DATE: FEBRUARY 1-10 2020

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COMMUNITIES FOR FUTURE

OUR RESPONSE TO THE CLIMATE EMERGENCY

GLOBAL  
ECOVILLAGE  
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JOIN US FOR FREE!  
SUMMIT2020.ECOVILLAGE.ORG

# Zero Carbon Britain

Rising To The Climate Emergency  
Centre for Alternative Technology

**The Centre for Alternative Technology (CAT)** in Machynlleth was founded in 1973. *That's right, 1973!* 46 years ago, people from many walks of life - including engineers, architects, builders and growers - were so aware of the ecological crisis, that they chose to uproot their lives and move to an abandoned quarry in wildest Wales to explore and design sustainable ways of living. Meantime, most of the human race just kept on bingeing, burning, warring and wasting.

Now, in 2020, millions, perhaps billions, around the world are waking up to the same realities as those early pioneers - but with 46 years more ecological damage to contend with, and still no coherent rescue plan.

IMPORTANT! The good people of CAT have just summarised the fruits of their long labours and experiments into a brilliant report that describes in nitty-gritty detail how Britain, at least, can stop yabbering on about reducing their emissions - and actually DO IT!

**"Zero Carbon Britain"** is freely downloadable in various forms at:

[cat.org.uk](http://cat.org.uk)

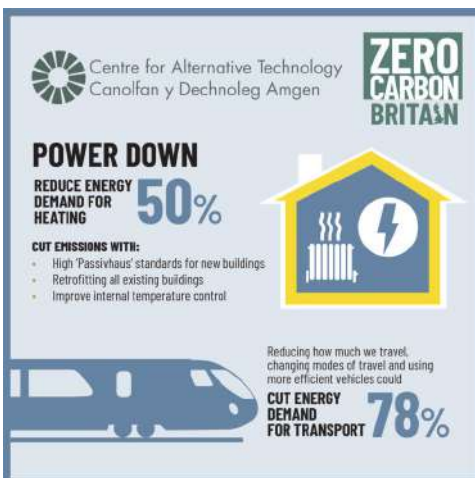


Centre for Alternative Technology  
Canolfan y Dechnoleg Amgen

**ZERO CARBON BRITAIN**

**RIISING TO THE CLIMATE EMERGENCY**

**How can we achieve net zero greenhouse gas emissions using only proven technology?**



Centre for Alternative Technology  
Canolfan y Dechnoleg Amgen

**ZERO CARBON BRITAIN**

**POWER DOWN**

**REDUCE ENERGY DEMAND FOR HEATING 50%**

**CUT EMISSIONS WITH:**

- High 'Passivhaus' standards for new buildings
- Retrofitting all existing buildings
- Improve internal temperature control

**CUT ENERGY DEMAND FOR TRANSPORT 78%**

Reducing how much we travel, changing modes of travel and using more efficient vehicles could

## Power down

By insulating our homes and workplaces, by improving our public transport and cycle networks, we can make it easier to live healthier lives, reduce our emissions and rise to the climate emergency!

#ClimateSolutions  
#ZeroCarbonBritain

Centre for Alternative Technology  
Canolfan y Dechnoleg Amgen

**ZERO CARBON BRITAIN**

**POWER UP**  
WE CAN SUPPLY  
**100%**

of the UK's 'powered-down' energy demand with  
**RENEWABLE AND CARBON NEUTRAL ENERGY SOURCES**

**SMART APPLIANCES** and short- and long-term **STORAGE** mean a 100% renewable energy system can provide power  
**24 HOURS A DAY ALL YEAR ROUND**

50%	Wind
20%	Biomass
11%	Ambient heat
7%	Solar PV
5%	Wave & Tidal
2%	Geothermal electricity
2%	Solar thermal
1%	Hydro
1%	Geothermal heat

## Capture carbon

By powering up renewable energy, powering down our usage and changing how we use land we can mop up any residual emissions by restoring peatlands and by doubling the area of forests.

#ClimateSolutions  
#ZeroCarbonBritain

Centre for Alternative Technology  
Canolfan y Dechnoleg Amgen

**ZERO CARBON BRITAIN**

**CAPTURE CARBON**  
with natural climate solutions

FOREST AREA IS **DOUBLED** TO **24%** of the LAND AREA of the UK

RESTORE **50%** OF UK PEATLANDS

Each year, on average, we could **CAPTURE** around **47 MILLION TONS OF CO<sub>2</sub> EMISSIONS**

## Healthy happy lives

Addressing climate change will have many additional benefits.

We'll eat healthier, more balanced diets, breathe cleaner air, restore biodiversity and greatly benefit from many of the changes needed to make a sustainable, thriving economy.

#ClimateSolutions  
#ZeroCarbonBritain

Centre for Alternative Technology  
Canolfan y Dechnoleg Amgen

**ZERO CARBON BRITAIN**

**HEALTHY HAPPY LIVES**

- BETTER BALANCED DIETS
- RESTORED AIR QUALITY
- RESTORED BIODIVERSITY
- SUSTAINABLE, THRIVING ECONOMY

Through **dietary change, food waste reduction and improved agricultural practices** we can provide a **healthy, sustainable diet**, whilst also reducing food imports.

## Y Tywllwch ~ The Darkness

Claire Mace

### **Hwn ydy fy ngân i'r tywllwch.**

This is my song to darkness. My world is a lit-up place, darkness more scarce than before these electric times. At these latitudes, in these darkest of dark nights, I could have sixteen hours of dark a night. I don't: the compulsion to turn on a light, a torch, a phone, robs me of the comfort and compost of the long night.



### **Yn y tywllwch, mae 'na ofn, ac ofnus yw'r tywllwch.**

In the darkness, there is fear, and darkness is feared. I don't think of myself as anxious, yet I am. A rustling crowd of small anxieties shuffle in as I wake up, trailing behind me, "You're not good enough. You're not working hard enough. This, whatever-it-is, is not enough." They hide in the shadows: shuffling, whispering and busying in the dark. Am I prey? Do they smell me? Are they big or small or demon-shaped?

### **Trwy'r tywllwch dwi'n syrthio a sythrio i'r lle isaf.**

Through darkness I fall and fall to the lowest place. The rock-bottom bedrock beneath the soil: no light, no hope, dark like a cow's stomach. Perhaps I cry, my tears watering this earthen place. Perhaps I don't. Despair seeps through the spaces between my atoms, an en-darken-ment. "Will there be a tomorrow? Will it be cold enough, warm enough, dry enough, wet enough? Will the waters of the sea wash all this away?"

### **Yn y tywllwch, dwi'n gorffwys.**

In darkness, I rest. I stop fighting myself; I surrender. It's rare and precious: dark, still, quiet rest. My limbs are heavy and I do not want to move them. It's quiet like the grave. The shrieking brightness of siren screens and stay-alert notifications fade. The doubts and questions fade. Now silent gravity anchors me to the slow soft resting heartbeat of the soil and deeper.

### **O'r tywllwch, dwi wedi fy ffurfio.**

Of darkness I am now formed. With a mouth full of earth, I am among the fruits fallen to earth, and rotting. Oh the aching need to break down, to ferment, to allow the edges to fray, to allow disintegration. Let the worms in! I am welcomed by the sightless beings of the earth in a sisterhood of compost. A web of delicate fungus glows through me without light, a soft warmth of cellular interaction.

### **Eto o'r tywllwch, dwi'n cael fy ngeni.**

Yet of the darkness I am born. Somewhere in the deep surrendered forgetting of winter there is an impulse: something begins to push outward, to expand. A tiny seed reaches for an unimaginable dream of sun, of daylight, of arising.

### **Mi ddaw'r noson hir i'r ben.**

The long night does end. Each year ends and begins. Through the rise and fall of empires, through the evolution and extinction of all beings, the sun rises again another day to this, or other, forms of life.

*Claire runs yoga classes, workshops, retreats and trainings in the region:*

[www.inspiratrix.co.uk](http://www.inspiratrix.co.uk)

[www.northwalesretreats.com](http://www.northwalesretreats.com)



In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

# network news

a guide to inspiring events in north wales

## BE THE CHANGE, LEAD THE CHANGE - COMMUNITY RESILIENCE

**CONSULTATION** 13th January. In light of the recent election, we would like to gather our local community together to discuss the important issues we face locally in and around Mold. See *Calendar* for more information.

**OPEN CALL TO ARTISTS ~ GALWAD ARORED AS ARLUNWYR** Mixed show opportunities for 2020. If you are a professional artist or new and emerging, and you would like to exhibit your work here in 2020, then we would like to hear from you! Mixed media opportunities include: Coastal and Maritime; Summer Love 'The Holiday'; Illuminate - The Night Sky of Snowdonia. For more info please email: [mima@tymeirion.co.uk](mailto:mima@tymeirion.co.uk) **Deadline for first round of submissions with proposed ideas is 24th January.**

## THE BIG GARDEN BIRD WATCH WEEKEND

25th & 26th January. Celebrate the world's largest wildlife survey; science, art, birds to look out for, what bird are you? how to bring birds into your garden. More details from [rspb.org.uk](http://rspb.org.uk)



## Veganuary Kale Crisps

**Ingredients:** 1 bag fresh Kale, Nutritional Yeast Flakes, Rapeseed Oil, Salt.

**Method:** Put oven on low heat. Line a large oven tray with non-stick sheet/paper. Wash and shake your kale well; remove as many tough stalks as possible. Put kale in large frying pan (it'll soon shrink). Use tablespoon of oil and pour over the kale, stir fry until soft. Sprinkle on salt and toss kale. Add 2 - 3 tablespoons yeast flakes and stir. Remove from pan and spread over oven tray. Put in oven and check after 10 mins, turn kale as it crisps up. Remove from oven. Eat!

See Page 33!

"Veganuary presents you with an opportunity to try plant-based meals with other people, with a community, and it's not saying it's a lifelong commitment, it's saying 'try it for a month and see how you feel'." Evanna Lynch, actor.

[uk.veganuary.com](http://uk.veganuary.com)



## JANUARY NOTICEBOARD

## ECOBRO ~ MORE HANDS

**NEEDED!** "We are a community group based around Penrhyndeudraeth, working



towards a sustainable future for the communities in our area. We aim to hold the Green Shoots Fair 2020 on Saturday May 16th, in the Neuadd Goffa, Penrhyndeudraeth. It is currently organised by a group of five people who are all over 70 and have additional commitments. **We need a few more hands.** We need a few more people who will **JOIN US** at the occasional meeting **between now and May** and share some of the advance jobs. Tasks include: contacting all stallholders (we are always open to new stallholders); finding a speaker to open the Fair, promotion via local press/posters, last minute banners, help putting up stalls, kitchen organisation and help in general; plus clearing away after the Fair." If you can help please contact: [ecobro@live.co.uk](mailto:ecobro@live.co.uk)

**SHEXTREME FILM FESTIVAL** 20th January. Action-packed programmes of active, adventurous women, both on screen and behind the camera. Caernarfon, see *Calendar*

**BEGINNERS RUNNING PROGRAMME** Held in Penrhyn Castle, Bangor, starting 19th January. A Couch to 5km programme suitable for complete beginners or those who have not run in a long time. See *Calendar*

**BEHOLD, AMERICA: A History of 'America First'** An evening with Prof Sarah Churchwell. A story of nativism and the Ku Klux Klan, of protectionism, '100% Americanism,' and isolationism, Pontio, Bangor. See *Calendar* 23rd January.

**NUTRITION FOR OPTIMAL HEALTH** 6 weeks to Wellness. Get your new year off to a great start! Every Tuesday starting on the 7th January - 11th February. Includes: Basics, the Gut, Immune System, the Liver, Group Choice and Lifestyle Factors. Llangefni, see *Calendar*.

**SHOOTING THE MAFIA** A film about photographer Letizia Battaglia and her photos of the Cosa Nostra in the streets of Sicily. Chester. See *Calendar* 22nd.

**MEETING GORBACHEV** A delightfully filmed interview with Mikhail Gorbachev by Werner Herzog, Theatr Colwyn, Colwyn Bay, see *Calendar* 15th.

CHINESE NEW YEAR  
YEAR OF THE RAT  
25TH JANUARY



Regular Weekly Groups and Classes are listed in this issue pages 29 - 32 and always at [network-news.org](http://network-news.org)

# January Calendar

Anglesey, Gwynedd & Conwy in  
**Blue**

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

## 1st WEDNESDAY

**Welcome to 2020!**

**New Year's Day walk to Glyder Fawr and Glyder Fach** We will take a quiet and lesser trodden route that delivers some of the greatest views to be found in Northern Snowdonia. The walk is about 6.5 miles and we will finish back at our start point. This is not a technical hike, so the summit is within reach of any reasonably fit and determined person. 10am - 5pm, £38.32. Caernarfon LL55 4NY. Organised by SVL Adventures - svladventures.com

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

## 2nd THURSDAY

**Pop Up Vinyl Record/CD Shop** Every 1st Thurs/month. 3000+ records, 60's, 70's, 80's, 90's, rock, pop, prog rock, indie, Cymraeg, blues, metal, punk, new wave, soul, folk, jazz, reggae, electronic, goth, hip hop and more. Records from 50p and some hand-picked CD's. 2 - 7pm. Ty Glyndwr, 1 Stryd y Castell, Caernarfon LL55 1SE. Facebook: of event name

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

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

**Relaxed 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. Treborth Botanical Gardens, Bangor. Davyth Fear 01286 672882, davrhifear@googlemail.com

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

**Llangollen Friends of the Earth** 1st Thurs/month; venue varies so call or text 07525 016503, info@llangollenfoe.org.uk

## 3rd FRIDAY

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

**Gardening for Wildlife** A talk with Jan Miller, who gives us the benefit of her long experience of working for wildlife in her own garden. 7 - 9pm, Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark Hughes 07800 771570, mjdhughes1108@gmail.com

## Fireside Flow New Year Detox Yoga & Gong Bath

Join us for this funky detox yoga flow to start your new year with Ceri from Ebbing and Flowing Yoga; followed by the amazing Gong Bath vibrations to restore & reconnect, led by Steph Healy. All abilities welcome, please bring a mat and blanket. 6 - 8pm, £20. Iard Hendre, Aber Rd, Bangor LL57 3YP. Steph Healy 07534 118899, puresound.org.uk

**North West Writing for Wellbeing Group** 1st Fri/month. A monthly writing group facilitated by experienced bibliopoetry therapy practitioners and writers for wellbeing. Each session will have a writing theme addressing Life's Challenges, Stressors and Joys, and be supported by local writing for wellbeing practitioner, Lisa Rossetti. 12.15pm. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

## 4th SATURDAY

### Avalanche Awareness & Winter Conditions Talk

Learn decision-making skills for planning and undertaking winter journeys and understand the effects of the weather on mountain conditions. These talks will take place every Saturday until 29th Feb, starting 5.30pm. Lecture Rm, Plas Y Brenin, Capel Curig LL24 0ET, 01690 720214, pyb.co.uk

**Voice Workshop With Marian Brydfir** For 4 Saturdays - 4th, 11th, 18th, and 25th in January. Marian creates a friendly, safe and relaxed atmosphere for you to learn more about your singing voice. A chance to join with a small group of others on the same journey. Have a fun, fresh start for the New Year training your voice for longevity. 10am - 1pm. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

### Connection Dance - Embodiment and Integration

Do you wish to experience more connection in your life? You are invited to explore the world of connection through movement and stillness, reflection and fun. Supported by a musical journey we will explore connection with ourselves and others in a gentle, safe space. All welcome (ages 14+ advised). Session ends with a cuppa, biscuits and sharing (if you like.) 4.30 - 7pm. £10, £6 unwaged - 50% booking fee required to reserve space. Coed Mawr Community Centre, Bangor. Bookings: Facebook of event name or tickets from bookwhen.com

**The Polar Express** (U) Animated film of young boy who goes on an adventure by train to the North Pole. Film starts 11am, free. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

**Goddess & The Divine Healer Training** The course equips you to deliver healing vibration via the Goddess Mary, Kwan Yin Mary Magdalene & Lady Nada as well as channelling the Archeia (female archangels). 10am - 3.30pm, £95. Held at The Angel Office, High St., Ruabon LL14 6AA. Bookings: 01978 810300. Facebook: of event name

#### 4th SATURDAY & 5th SUNDAY

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

**Andre Rieu: 70 Years Young** Film Screening. André's ultimate concert featuring musical highlights chosen by the Maestro himself from his illustrious career so far. 7pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also** 7pm/4th & 3pm/5th, Neuadd Dwyfor, Pwllheli, 01758 704088, neuadddwyfor.com

#### 4th SATURDAY - 11th SATURDAY

**Mindfulness Teacher Training Retreat (level 1)** This programme is designed to immerse participants in the principles and practice of mindfulness-based teaching. It starts from the premise that as teachers we need to embody mindfulness-based practice in our own lives before we can attempt to teach it to others. The programme facilitates an opportunity for sustained inner work through practice and learning alongside peers. You need to have completed an 8 week training. All inclusive £1533 - £1470. Trigonos, Nantlle. 01286 882388, trigonos.org

#### 5th SUNDAY

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

**Pwllheli Quakers** 1st Sun/month. 11.30am, held in Welsh language, all welcome. Rhian Parry 01248 716036, post@crynwrpwwllheli.org

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

**Positive Birth Movement Monthly Meet-up** 1st Sun/month. 10am-11.30am .

Everyone with an interest in birth welcome; come and share stories, advice and your experience of birth with us, or sit back and listen with a cup of tea. Today's theme: Feeding Your Baby. Held at Ty Golchi Café, Caernarfon Rd., Bangor LL57 4BT. Facebook of same name or [positivebirthmovement.org](http://positivebirthmovement.org)



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

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

#### 6th MONDAY

**Gong Bath** Close your eyes, relax and bathe in sound waves created from gongs, Himalayan singing bowls and grounding instruments. 7pm, £13. Llanfairfechan Community Centre, Village Rd., LL33 ONH. Steph Healy 07534 118899, [puresound.org.uk](http://puresound.org.uk)

**NW Arthritis and Chronic Pain Support Group** 1st Mon/month. Helping people living with pain. 12.30 - 2.30pm. Seminar Room, Holywell Community Hospital, Halkyn Rd., Holywell CH8 7TZ. Arthritis Care 020 7380 6522, [nwacpsg@gmail.com](mailto:nwacpsg@gmail.com)

**Beicio Bangor** Meets 1st Mon/month. We campaign on cycling issues around Bangor. All welcome, 7pm, £5 per annum. Meets at Garth Community Centre, Bangor (between the pier and the swimming pool). Details: [beiciobangor.org.uk](http://beiciobangor.org.uk)

**Ashtanga Yoga Classes** The practice of Ashtanga is energetic and synchronising movement with breath. It focuses on muscle training and developing physical strength; increases coordination, improves balance, reduces stress and anxiety and is an effective cardio workout. Classes will be conducted on Level 1 modified primary series. All levels including beginners are welcome. 6pm, Fit Fanny Adams, Top Floor, The Old Bank Building, Menai Bridge LL59 5AR. Contact 07595 471422, [fitfannyadams.com](http://fitfannyadams.com)

#### 6th MONDAY - 10th FRIDAY

**Jane Austen in a Week** In this course, explore the worlds of Sense and Sensibility, Pride and Prejudice, Mansfield Park, Emma, Persuasion and Northanger Abbey, reflecting critically on select film adaptations of the novels. Along the way, consider questions Jane Austen raised regarding diverse social issues ranging from ordination to the slave trade. £480, £330 non-res. Gladstone's Library, Hawarden CH5 3DF, 01244 532350, [enquiries@gladlib.org](mailto:enquiries@gladlib.org) or [literaturewales.org](http://literaturewales.org)

**Low Energy Buildings (Part B)** Join our MSc students for the 2nd part of this course on the relationship between the design of a building and the way we experience them. £750, £700 concs., CAT, Machynlleth, 01654 704966, [cat.org.uk](http://cat.org.uk)

#### 7th TUESDAY

**Celebrate the Celtic festivals and Earth's cycles through Circle Dance!** We dance on the 1st and 3rd Tues/month at The Old School Hub, Llanrwst , Dyffryn Conwy, 10.30am - 12noon - to a wide variety of World music. No partner required, and new members welcome. Maia 01492 642123.

**Womens Gatherings Gwynedd Cyfarfodydd Merched** A monthly informal gathering; bring your knitting, sewing, art, making and doing, reading, instruments & songs, or just come for a social time. Vegan and veggie options; hot food, hot and cold drinks, desserts and cakes. 12 - 4pm, the room to the left as you enter the Café. Kyffin Café, Bangor. More from Facebook: Womens Gatherings Gwynedd Cyfarfodydd Merched

**NW Guitar Circle** 1st Tues/month. A warm welcome to all players (and non players) of any standard - classical, flamenco, slide, blues etc - whatever your interest you will be made welcome. usually 7 - 10pm. The Split Willow, Llanfairfechan. Please contact Jane 01407 831480, [northwalesguitarcircle.co.uk](http://northwalesguitarcircle.co.uk)

**Gong Bath** See 6th for details. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

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

**Conwy County Peace Group** 1st Tues/month. At 7.30pm in Centre for Cultural Engagement, 10 Greenfield Rd., Colwyn Bay LL29 8EL. Contact secretary Efa Wulle: conwypeace@gmail.com or donsandersopt@aol.com (chair)

**Llaeth Mam Bangor** 1st & 3rd Tues/month. Are you breastfeeding or an expectant mum with an interest in breastfeeding? Free meet-up, with refreshments. Just come along! 10.30am - 12pm. Bangor Library, Gwynedd Rd., LL57 1DT. 01248 353479.

**The Guilty** (15) Film. In the Emergency Call Centre of a Danish Police station, officer Asger Holm takes a call from a woman and finds himself caught up in a horrific domestic violence and kidnapping case. In Danish, subtitled. 7pm, £5, with Chester Film Society. St Mary's Creative Space, Chester. 01244 371750, info@chesterfilmfans.co.uk ~ chesterfilmfans.co.uk

#### 7th TUESDAY - 11th TUESDAY, FEBRUARY

**Nutrition for Optimal Health** 6 weeks to wellness. Over 6 weeks we will explore diet and lifestyle interventions that support the different systems of the body and your innate ability to heal yourself in order to reach optimal health. Each week you will get a 1.5 hour face to face group session to learn about the science behind the workings of your body and what foods/nutrients you need to support it. You will also get exclusive lifetime access to an online support network via a Facebook group where you can support each other along your health journey with extra recipes, tips and tasks to complete weekly. 7 - 8.30pm, £65. Canolfan Ebeneser, Llangefni, Ynys Mon. Bookings with Gemma 01286 875137, info@goodlifetherapies.com ~ goodlifetherapies.com

#### 8th WEDNESDAY

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

**Gong Bath** See 6th for details. 7pm, £10. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

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

**Coffee Connections** Are you looking for an informal way to meet and develop new contacts in your business world? Come along for two hours or ten minutes, just use the time you have spare to make new contacts, ask for help and support, share ideas and resources. 10.30am - 12.30pm. White House Rhualt, Holywell Rd., Ruallt, St Asaph LL17 0AW. Contact 07876 262126, networkshe.co.uk

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

**Friends of the Earth Conwy** Usually meets 2nd Weds/month. We welcome new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. In the rear room of the Albion Ale House, Upper Gate Street, Conwy LL32 8RF, but check before travelling. Contact Kay 07918 663640, foeconwy@gmail.com

**Jonathan Radford** (Saxophone) & **Ashley Frupp** (Piano) Music by Debussy, Schumann, Bernstein, Yoshimatsu. 7.30 - 9.30pm. Rhyl Music Club, Rhyl Town Hall, LL18 1BA. Secretary 01745 561006, rhylmusic.com

**Llandudno & District Writers Group** Meets 2nd Weds/month. We have a mixture of visiting Speakers and Group led meetings. The meetings are interactive, with members taking part in response to the person leading the Group. 2 - 4pm, meets at Llandudno Library, Mostyn St. Contact: llandudno.writers@aol.co.uk

**La Dolce Vita** (12A) 1960s film classic by Italian director Fellini. Set in Rome amongst the city glitterati, the episodic narrative follows jaded journalist Marcello Rubini on the trail of gossip on the VIPs. 8.15pm, £7.50, £6.50 over 60, £6 student, £5.50 u18s. Pontio, Bangor 01248 382828, pontio.co.uk

#### 9th THURSDAY

**The Colwyn Bay Lodge of the Theosophical Society** are holding their Annual General Meeting for members of Colwyn Bay Lodge only. There is no admission fee to attend this meeting. 2pm, free refreshments. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Julie 01248 431237, theosophywales@yahoo.co.uk

**Fitness Bishizz Taster Class** Zumba is a dance-inspired fitness programme based around Latin/international rhythms with some hip-hop and Afrobeat vibes thrown in. 6.15 - 7pm, free. Holyhead Rd., Bangor LL57 2EU, 07468 742610. Facebook: of event name

**N.E.W. Wellbeing Network Event** 9.30am - 12.30pm, Plas Pentwyn Resource Centre, Coedpoeth, Wrexham LL11 3NA. More from: flvc.org.uk

**Olwyn Lliw ~ Colour Wheel** Artist and tutor Jwls Williams will be leading and supporting the monthly sessions. These sessions are ideal for beginners and creatives who wish to gain new skills and experiment with new materials and techniques. 10.30am - 12.30pm. Galleri, Caernarfon 01286 685222, galericaernarfon.com

#### 10th FRIDAY

**Full Moon in Capricorn 7.21pm**

**Gong Bath** See 6th for details. 7pm, £10. Rhuddlan Community Centre, Parliament St, Rhuddlan, Rhyl LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

**1950s Cinema Experience** 1pm, 4pm & 7pm. More info from Cellb, Blaenau Ffestiniog LL41 3AD, 01766 832001, cellb.org

**Dowsing and Feng Shui for Beginners** On Fridays starting today. Learn the traditional craft of Dowsing and Feng Shui, and how they can help you change your living space to become relaxed and centered. Learn to locate Water, Minerals, Hidden Objects and Chi Energy. Dowsing Rods, tea, coffee, biscuits and plenty of peace and relaxation will be provided. Parking and disabled access. 1.30pm, £3. Trefnant Village Hall, Denbigh. Contact: 07773 195010, sarahrobertsteaching@gmail.com

**Colette** (15) Film based on the life of the foremost female French novelist, Gabrielle Colette. 7 for 7.30pm, Denbigh Film Club, Theatre Twm o'r Nant, Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

**Biodiversity: how can we get it back?** Martin Bailey, Biodiversity Consultant, asks 'What is biodiversity?'; explores its decline in the UK; and suggests how we could bring it back from the brink. 2 - 4pm, £2. St David's Church Hall, Llandudno, LL30 3NT. John Underwood 07783 773225, john.underwood100@gmail.com

**Taith i Fiena ~ A Journey to Vienna** with Welsh National Opera celebrating some of Europe's finest music. 7.30pm, £17, £16 over 60s, u18s £5. Pontio, Bangor 01248 382828, pontio.co.uk

**The Biggest Little Farm** (PG) Film. A documentary film following the successes and failures of a couple as they work to develop a sustainable farm on 200 acres outside of Los Angeles. Gradually the property begins to thrive and is transformed. 7pm, £5, £3 child. Theatr y Ddraig, Barmouth, LL42 1EF, 01341 281697, dragontheatre.co.uk

**C'est La Vie** (15) Film. A fizzing French comedy about a wedding that teeters on the brink of disaster. 7 for 7.30pm. French with English subtitles. New Dot Cinema, upstairs in the Town Hall, Llangollen LL20 8NU. newdotcinema.org

**Motherless Brooklyn** (15) Film. A private detective afflicted with Tourette's Syndrome investigates a corrupt city official in 1950s New York. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

#### 10th FRIDAY - 12th SUNDAY

**Reshape Yoga & Fitness** This retreat has been created to give you the tools you need to reshape not just your body but your mind too. Start to feel inspired about your daily yoga practise and exercise routine, get motivated to eat well and be positive about your hopes, dreams and aspirations for the future. £450 - £590. Plas Cadnant, Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk *Also 17th & 19th.*

**Foundation Course in Crystal Therapy** The Hope College of Crystal Healing Foundation (HCCH) course in Crystal Therapy is ACHO (Affiliation of Crystal Healing Organisations) accredited and covers all of the essential training and techniques needed to qualify you as a Crystal Therapist (Level 1). On successful completion you will be eligible to be included on ACHO's Professional Practitioner Register at Foundation level. 10am - 5pm. Run by Stephanie Perring, £400. Tan-Yr-Ywen, Ffordd Gyffyllog, Eglwysbach, Conwy, LL28 5SF. Contact hope-college.co.uk (5 days - includes 1st & 2nd Feb)

#### 10th FRIDAY - 14th TUESDAY

**New Year Walking** Here is an opportunity to stretch the legs and enjoy fresh mountain air. At the same time, appreciate the rich heritage of the National Park, its wildlife, history and folklore in the glimmer of lengthening New Year days. £424 - £464, Plas Tan y Bwlch, Maentwrog 01766 772600, eryri.llyw.cymru

#### 11th SATURDAY

**Voice Workshop With Marian Bryford** *See 4th*

**Finding The Space Within: An Introduction to Continuum Movement** A somatic inquiry into how we move and how we are. Using the breath and various sound vibrations, we awaken the fluid system of the body, listening to and following the movement that emerges. Continuum takes us beyond our conditioned, habitual movement patterns, releasing tension and density, enhancing vitality, health and aliveness. Workshop open to all. 10am - 3.30pm, £20. Mynydd Llandegai Village Hall, Bangor. Lucy Parry 07786 034190, parymariposa@yahoo.co.uk, continuummovement.com

**Rocketman** (15) Film. Based on the story of Elton John's musical life. Halkyn Mountain Cinema, Halkyn Parish Hall. Tickets from The Blue Bell Inn, Halkyn. More from mountaincinema.org.uk

**A Winter Walk** Ian Wright leads this popular event to spot the variety of waders and wildfowl on the Alaw Estuary, with an optional extension into the afternoon to visit other nearby sites. 10am - 3.30pm. Valley, Anglesey. NWWT Penny Radford 01248 713022, radfords713@btinternet.com

**Open Art Gallery** A selection of works by non-members of the Academy. Open 11am - 5pm. RCA Conwy, 01492 593413, rcaconwy.org

**Non-Flowering Plant Group** Indoor meetings are designed to train members in the use of microscopes for bryophyte identification, and in the interpretation of keys and illustrations. Bring your own microscope if you have one. 10am - 3pm, Felin Fawr Workshop, Bethesda. Contact Lucia Ruffino, North Wales Non-Flowering Plant Group, luciaruffino65gmail.com

**Aardman: Model Making Workshops** Aardman Animations are giving you the chance to learn how to make your very own Shaun the Sheep or Bitzer character at these fun, hands-on modelling workshops. 10.30am - 3pm, £4. Venue Cymru, Llandudno LL30 1BB. 01492 872000, venuecymru.co.uk

**A Voyage of Discovery with Family Dance** An opportunity for parents and children to explore our family dance sailing boat and the wonderful adventures that we have on our voyage, in an interactive music and dance workshop. 12.30pm - 1.30pm, free. Venue Cymru, Llandudno LL30 1BB. 01492 872000, venuecymru.co.uk

**Make a Rustic Stool** Learn how to make a simple rustic stool by cleaving a log in half, drilling the mortices and making the legs by cleaving green wood, shaping it with a draw-knife on a shave-horse and making the tenons. You will have a simple but strong stool to take home with you. £60, deposit £30. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

**Motherless Brooklyn** As 10th, except at 2pm.

**Avalanche Awareness & Winter Conditions** See 4th

**Pechakucha Night Exhibition Opening of The North Wales Project** The exhibition opening combines a Pechakucha event to celebrate photographic work being made in or about North Wales. Pechakucha is a storytelling format where each presenter shows 20 slides for 20 seconds of commentary. 6.30 - 9.30pm, free. Exhibition runs till 22nd February. Oriol Colwyn Gallery, Abergele Rd., Colwyn Bay LL29. More: [oriol.org.uk](http://oriol.org.uk) See Exhibitions

**Swap Not Shop** Monthly swap shop for men and women. Bring up to 20 quality clothes and accessories and swap for others! £3 entry to cover costs. 12 - 4pm, Wrexham Enterprise Hub. Facebook: Wrexham Clothing Exchange

**Gŵyl Ffon Lon** 1.30pm. More info from Cellb, Blaenau Ffestiniog LL41 3AD, 01766 832001, [cellb.org](http://cellb.org)

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

**Gong Bath** See 6th for details. 7pm, £10. Axis Therapy, 42 Glanrafon, Bangor LL57 1LH. Steph Healy 07534 118899, [puresound.org.uk](http://puresound.org.uk)

**World Jazz Night** Huw Warren is accompanied by a fantastic trio of musicians: Maria Lamburn on bass clarinet, Steve Berry on bass and Zoot Warren on Drums. 8 - 10pm, Blue Sky Café, Bangor 01248 355444, [blueskybangor.co.uk](http://blueskybangor.co.uk)

**Met Opera Live: Berg's Wozzeck** Live film screening. South African artist William Kentridge focuses his extraordinary visual imagination on Berg's operatic masterpiece, set in an apocalyptic pre-World War I environment. Sung in German with English surtitles. 5.55pm. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

**Breathworks Mindfulness for Stress 8 week**

**Course** Introduction Day for course. 10am - 12pm, £3, Quaker Meeting House, Wrexham. Details from Alan 07816 988124, [newmindfulness.net](http://newmindfulness.net)

### 11th SATURDAY & 12th SUNDAY

**take pART** 300+ workshops, drop-ins, talks, performances; 10,000 participants; loads of fun. Aimed at the 0 to 18-years-old age group, but previous weekends have seen parents, grandparents and even great-grandparents getting involved in workshops and craft sessions that take place throughout Venue Cymru. Circus, music, children's activities, geoscience, glam make-up, graffiti workshop, opera tasters, arts and literature weekend. Venue Cymru, Llandudno LL30 1BB. 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

**Printing & Writing Workshops** With Douglas Beavers exploring the two basic lettering styles that are formal and informal, roman and italic. You will learn to write letters with a pen... upright 'Roman' letters on the first day of the workshop and slanted 'Italic' letters on the second day. 10.30am - 4.30pm, £65 per day, light lunch included. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Aiden Architecture** Have you ever wanted to be a designer, planning out the buildings, towns and cities we live in? You will need to think about the environment, how to take advantage of the landscape and to make sure you blend activities together that make urban places vital and exciting: houses, schools, parks, shops etc., 10am - 4pm, free. Venue Cymru, Llandudno LL30 1BB. 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

**BBC National Orchestra of Wales** Join musician Andy Pidcock and members of BBC National Orchestra of Wales in a series of music workshops. 10am / 11th & 4pm / 12th. Venue Cymru, Llandudno LL30 1BB. 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

**Beat-Boxing Workshop** Mr Phormula is a pioneering beat-boxer and live looping artist. With a career as diverse as the Welsh landscape within which he is rooted Mr Phormula's performances and vocal compositions have gained him recognition as a leading beatboxer, rapper and producer. Free. 10am - 4pm. Venue Cymru, Llandudno LL30 1BB. 01492 872000, [venuecymru.co.uk](http://venuecymru.co.uk)

### 12th SUNDAY

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

**Reset, Recentre and Rest Yoga Workshop** Take time out and give yourself - or a loved one - the gift of wellbeing after this New Year. The morning session will be an active yoga practice designed to help you feel your strength and get centred, before an afternoon of intention setting, meditations and journaling exercises, followed by a restful Restorative yoga session. 10am - 4pm, £39, suitable for all, including complete beginners. St Mary's Church Hall, Longford Road, Holyhead LL65 1UT. Bookings: Claire Mace 07970 409 724, [claire@inspiratrix.co.uk](mailto:claire@inspiratrix.co.uk)

**Holyhead Quakers** 2nd & 4th Sun/month, 10.30am - 11.30 at the Ucheldre Centre in Mill Bank, Holyhead, LL65 1TE. Visit: [northwalesquakers.org](http://northwalesquakers.org)

**Navigation & Map Skills Course** Introducing you to the skills needed to understand a map and aid your navigation. Plus discussion on electronic devices that may help you navigate. 8.30am - 5.30pm. Meet Moel Siabod Café, Capel Curig LL24 0EL. Contact 07772 783990, [mountainescapes.co.uk](http://mountainescapes.co.uk)

**Porthmadog Quakers** 2nd & 4th Sun/month. You don't have to believe anything, nor say anything nor do anything - just sit quietly for an hour (or less if you wish) and meditate on what is most important to you. You may find the silence helps you to relax from the stress of a busy life or it may raise questions for you to ponder. 10.30am, Community Centre, by the Harbour, LL49 9LU. Contact 01766 530657 or 01766 770034.

**Singin' in the Rain & The Umbrellas of Cherbourg** (U) Classic double bill. Starts 1pm, £10 for both films, £5 for one film. Storyhouse, Chester CH1 2AR, 01244 409113, [storyhouse.com](http://storyhouse.com)

### 13th MONDAY

**Be The Change, Lead The Change - Community Resilience Consultation** In light of the recent election, we would like to gather our local community together to discuss the important issues we face locally. Discuss how we can all join together and support one another in creating community resilience and sustainable, co-produced projects and support networks which we would like to use to empower, inspire and bring together the people of Flintshire in order to tackle subjects such as mental health support, disability support and inclusion, protecting the natural environment, health and wellbeing, homelessness, loneliness & isolation, youth issues, alternative education, volunteering, addiction and recovery awareness and support - and any other social issues people would like to bring to the table. All welcome, please bring your positivity, ideas, respect for others and supportiveness. 6.30 - 8.30pm, free. Held at Mold Rugby Club, Chester Rd., Mold CH7 1UF. Register: [eventbrite.co.uk](http://eventbrite.co.uk)

**Warren Miller - Timeless** Film. Celebrate 70 years of ski-cinematography and travel with top athletes across the globe to renowned mountain locations. 12+ years, 8.30pm, £12, u16s £10. Storyhouse, Chester CH1 2AR, 01244 409113, [storyhouse.com](http://storyhouse.com)

**Seriously Books** 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Our discussions that range from the light-hearted to the challenging. Books selected by vote, classic or contemporary fiction. Gladstone's Library, Hawarden. Contact Louisa Yates [louisa.yates@gladlib.org](mailto:louisa.yates@gladlib.org)

**Gong Bath** See 6th for details. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. (opp Waitrose). Steph Healy 07534 118899, [puresound.org.uk](http://puresound.org.uk)

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

### 13th MONDAY - 17th FRIDAY

**Foundations of Mindfulness** These teachings will be offered as a framework to support first-person exploration of experience in formal and informal mindfulness practice – the core curriculum will be the immediacy of personal experience. Whilst having their roots in Buddhist psychology, the themes, teaching, practice guidance and explorations will be presented in terms of their application to secular mindfulness programmes such as MBSR and MBCT. £660 - £760. Shared rooms only. Trigonos, Nantlle. 01286 882388, [trigonos.org](http://trigonos.org)

### 14th TUESDAY

**Lucian Freud: A Self Portrait** Film Screening. For the first time in history the Royal Academy of Arts in London, in collaboration with the Museum of Fine Arts in Boston, is bringing together Lucian Freud's self-portraits. The exhibition will display more than 50 paintings, prints and drawings in which this modern master of British art turned his unflinching eye firmly on himself. 5.30 & 8pm. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org) Also 2pm, £10, Storyhouse, Chester CH1 2AR, 01244 409113, [storyhouse.com](http://storyhouse.com) Also 5.15pm, £12, £9, £8 child/student. Galeri, Caernarfon 01286 685222, [galericarnarfon.com](http://galericarnarfon.com)

**NW Astronomy Society** Observing (if clear) Night Skies. 7.30 - 9pm, Llanelian Community Centre, Conwy. [info@northwalesastro.co.uk](mailto:info@northwalesastro.co.uk) ~ [northwalesastro.co.uk](http://northwalesastro.co.uk)

**An Evening with Iolo Williams** Iolo will be talking about the nature and wildlife of Wales. 7.30pm, £17.26. Village Hotel, St David's Park, Ewloe, Chester CH5 3YB. Tickets: [eventbrite.co.uk](http://eventbrite.co.uk)

**Flintshire Bellydance & Polynesian Dance Class** 5 week course starts today. ~ Come join us for a fun and unique way to keep fit, make friends and enjoy dance. Immerse yourself in music and moves rich in culture and heritage and explore your sensual, feminine self in the empowering and supportive company of other women. 6.30 - 8.30pm. Parkfields Community Centre, Mold, Flintshire CH7 1TB. Rachel: [iscia\\_espirit@hotmail.co.uk](mailto:iscia_espirit@hotmail.co.uk)

**Dementia Aware** Today: 12pm - 1pm in DVSC, Well St., Ruthin LL15 1AF. See 30th.

**How to be Happy: Women's Wellbeing Workshop** In this talk/workshop, Life Coach Lindsay Locke helps us gain more of an understanding around our unhelpful fears and worries, and shares useful practices to move away from worry, towards inner contentment, confidence and happiness. 7pm, £10. Storyhouse, Chester CH1 2AR, 01244 409113, [storyhouse.com](http://storyhouse.com)

**Inner Compass Work with One Wild Life** At 7.30 - 9.30pm, Coed Mawr Community Centre, Bangor. See 19th for details.

**Willow Clearance** The willow population on the reserve has flourished and spread far beyond what would be considered a healthy coverage for this type of habitat in Morfa Bychan. Come and help us control the spread of willow so that future generations can continue to enjoy this interesting dune habitat and all it has to offer. 10am, Morfa Bychan, nr Porthmadog. Bookings: Dan, Snowdonia Society 01286 685498, [dan@snowdonia-society.org.uk](mailto:dan@snowdonia-society.org.uk)

**Mike Farris** A rare solo show from Tennessee's Farris; mixing gospel, rock, soul and blues. 8pm, £12. The Vic, Menai Bridge 01248 712309, [vicmenai.com](http://vicmenai.com)

### 15th WEDNESDAY

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

**Local Business Event** A drop-in event organised by Barmouth Town Council in conjunction with many other local organisations providing business support, funding opportunities and more. Call in between 1-6pm, tea/coffee available. Theatr y Ddraig, Barmouth, LL42 1EF 01341 281697, [dragontheatre.co.uk](http://dragontheatre.co.uk)

**Sapling Survival Survey** For the past 3 winters our volunteers have been out planting trees across the foothills of Dyffryn Mymbyr with the local National Trust team in an effort to improve native broadleaved tree coverage through the valley. Come and join us for the day as we survey these saplings, gather survival rate data and give a bit of TLC to those trees in need. 10am. Bookings: Mary, Snowdonia Society 01286 685498, [mary@snowdonia-society.org.uk](mailto:mary@snowdonia-society.org.uk)

**Chester Humanists** 3rd Weds/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 - 9.30pm, Industry, 1 Overleigh Rd., Handbridge, Chester CH4 7HL. Secretary: chester@humanistgroups.org.uk

**Meeting Gorbachev** (PG) Film documentary in which filmmaker Werner Herzog interviews the former president of the Soviet Union about his life and achievements. 8pm, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

**Member's Night NWWT** An informal evening including some short presentations from members and a wildlife quiz. Please contact us if you'd like to talk about your wildlife finds or nature passions! 7.30 - 9pm, £2. Gresford Memorial Hall, High Street, Gresford, LL12 8PS. Dan Rose 07977 962251, www.wrexham@gmail.com

**Gong Bath** See 6th for details. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

**Introduction to Food as Medicine** This popular talk is a great way for anyone who is new to this concept or just wants to explore the possibility that food can help heal the body. Please book though as we have limited spaces. 6.30 - 8pm, donations as you can. The Brockley Bean Health & Wellbeing Café. Ty Pawb, Market St., Wrexham LL13 8BB. Facebook: of event name

#### 15th WEDNESDAY - 18th MARCH, WEDNESDAY

**Life Drawing** New class starting for 10 weeks. Whether you are a beginner or a practicing artist, be inspired by different approaches to observation, mark-making, composition and the human body. 7 - 9pm. RCA Conwy, 01492 593413, rcaconwy.org

#### 16th THURSDAY

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

**Exploring the Impact of Mental Health in the Workplace** A meet-up looking at innovative approaches to positive wellbeing, best practice tools, wellbeing at work. 8am breakfast - 10am, free. Coleg Cambria, Northop Business School, Holywell Rd., Northop CH7 6AA. Register: eventbrite.co.uk

**Self-Care for the Self-Employed** Join us for some quick and practical ideas on lifting your mood, handling stress and keeping yourself well. This free seminar will look at tools and strategies for managing your own stress, using proven techniques and approaches that will have a positive impact on you, your work and your business. 8.30 - 11am, free. M-SParc, Gaerwen, Anglesey LL60 6AR. Register: eventbrite.co.uk

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

**ROH Live: The Sleeping Beauty** (12A) Live screening. Music by Tchaikovsky, 7.15pm, £16, £13 over 60s, £10 students and u18s. Pontio, Bangor 01248 382828, pontio.co.uk Also 7pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org Also Scala Cinema High St., Prestatyn. 01745 850197.

**Full Moon Meditation - Online** We will have brief chat while everyone logs-in and then settle into guided meditation. 7.30 - 8pm, free. Led by Inspire & Rewire, Chester. Info: info@inspireandrewire.com or Facebook event - Live Full Moon Meditation



#### 17th FRIDAY

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

**The Craig Charles Funk & Soul Club** The legendary maestro of funk, actor, host and broadcaster brings his funk and soul train to Chester. 9pm - 2am, £22.15. The Live Rooms, Chester CH1 3DR. Tickets: eventbrite.co.uk

**NWWT: Galapagos!** Gillian Coates shares some of her recollections from a recent visit to these biodiverse islands. 7.30 - 9pm, £2. St Andrew's Church Hall, Benllech, LL74 8TF. Penny Radford 01248 713022, radfords713@btinternet.com

**Darbar** Film - action thriller from India. The superstar Rajinikanth plays the role of a cop who must solve the case of a group of murders. 7.30pm, £6, £5 concs., Galeri, Caernarfon 01286 685222, galericarnarfon.com

**The Trials of Cato** Live music. The group formed whilst living in Beirut, and spent a year boiling down the roots of their sound into a hybrid of traditional influences. 8pm, £14, £13 concs. Pontio, Bangor 01248 382828, pontio.co.uk

**RSPB Talk: Celtic Islands** Illustrated talk by Geoff and Kate Gibbs on the Celtic Islands of Scotland. 7.30pm, £2.50. Held at St David's Church Hall, Penrhyn Bay 01492 592247,

#### 17th FRIDAY & 18th SATURDAY

**The Two Popes** (12A) Film. An intimate story of one of the most dramatic transitions of power in the last 2,000 years. 12.30pm/17th & 6pm/18th. Also 21st & 23rd. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

#### 17th FRIDAY - 19th SUNDAY

**Reshape Yoga & Fitness** See 10th & 12th

#### 17th FRIDAY - 22nd WEDNESDAY

**Little Women** (U) Amy, Jo, Beth and Meg, as they come of age in the aftermath of the American Civil War. Various times, £6.25, £5.25 concs. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

**Le Mans 66** (12A) Film. Drama, based on a true story, which concerns a car designer and driver building a revolutionary race car for Ford. Various times, £7. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

#### 17th FRIDAY - 23rd THURSDAY

**Jojo Rabbit** (12A) Film. A wry black comedic film about a young boy in Hitler's Youth who tackles racism and nationalism; a WW2 satire. Various times and prices. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com



## 17th FRIDAY - 24th FRIDAY

**Secular Mindfulness & Compassion Retreat** Held at Nantlle LL54 6BW, 01286 882388, [trigonos.org](http://trigonos.org) More info from: [integratedmindfulness.com](http://integratedmindfulness.com)

## 18th SATURDAY

**Aquarius Ingress ~ Libra Centre** A place to meet like-minded people; meditation, rest and retreat. 6pm till late. Libra Centre, Penmaenmawr. *See advert on Back Cover and article page 37.*

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

**Advanced Surya Namaskra** Join me on this exploration of the wonderful power and strength of this beautiful long version of the Sun Sequence. Help banish those post-festive and January blues. 2 - 5pm, £25. Canolfan Y Fron, Upper Llandwrog, LL54 7BB. Bookings: [trudruiyoga.co.uk](http://trudruiyoga.co.uk)

**Avalanche Awareness & Winter Conditions** *See 4th*

**Gong Bath** *See 6th for details..* 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, [puresound.org.uk](http://puresound.org.uk)

**Voice Workshop With Marian Bryffdir** *See 4th*

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

**Traditional Scrimshaw** Learn all about Scrimshaw, the traditional craft involving scrollwork, engravings, and carvings done in bone, ivory, or modern nut alternative. Please bring along any images you wish to use as inspiration. Led by Carwyn Jones, 10am - 4pm, £58. Siop Iard, 7b Palace St., Caernarfon LL55 1RR, 01286 672472, [siopiard.com](http://siopiard.com)

**Make a Shave Horse 1** You will be provided with all the materials you need and you will make your own "modern" pattern shave-horse to take home, based on the design of Mike Abbott. £80, £40 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, [woodlandskillscentre.uk](http://woodlandskillscentre.uk)

**Footpath Building ~ Llan Festiniog** Join us at the beginning of the year as we will be continuing with this section of the trail in this rugged part of Snowdonia. 10am, bookings essential. Bookings: Dan, Snowdonia Society 01286 685498, [dan@snowdonia-society.org.uk](mailto:dan@snowdonia-society.org.uk)

**Charity Entertainment Night** Opening with mediumship from Islwyn Owen and Eifion. Featuring music from Caine's acoustic project, Sera, Matthew Joseph, Beth Frazer and more. 7.30pm. All profits will be donated to Alaw Ward & Awyr Las. Ucheldre Centre, Holyhead 01407 763361, [ucheldre.org](http://ucheldre.org)

**The Bulkley Hotel Craft & Artisan Fair** Monthly fair accommodating 20 stallholders. 10am - 4pm, free admission. Beaumaris, Anglesey LL58 8AW, 01248 810415.

## 19th SUNDAY

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

**Mojo Mentoring Day** Designed to strengthen relationships, raise self-esteem and provide quality family time. We will discover what makes us tick, our true likes and dislikes, and why we behave the way we do, along with some great coping strategies and tricks for when things get too much. We will be in a woodland with absolutely no technology. 12 places in total - 6 adults and 6 young people. 10am - 4pm, £68.32. Outside Lives Ltd, Aberduna Hall, Maeshafn Rd, Mold CH7 5LE. Bookings: [eventbrite.co.uk](http://eventbrite.co.uk)

**Sunday Morning Gong** Gong baths are believed to have numerous healing properties, including reduced anxiety and stress, better mental clarity, improved energy and more restful sleep. Participants also report alleviation of physical pain and inspiration of creativity. 9 - 10.15am, £12. Neuadd Ogwen, Bethesda LL57 3AN. Bookings: [Steph Healy puresound.org](http://Steph Healy puresound.org)

**Navigation Course** The course starts with a introduction to the day going through the features of the map and a simple route plan. This is followed by a walk through fields, hills and easy terrain where we are using a map and compass and trying out the skills we learn on the day. £30, £20 over 60s and under 18s. Snowdonia. Contact: Mountain Escapes 07772 783990, [info@mountainescapes.co.uk](mailto:info@mountainescapes.co.uk)

**Bangor Quakers** Meet 3rd Sun/month, 10.20am - 11.30am. Meeting House, Dean St., Bangor LL57 1UR. Contact: [enquiries@bangorquakers.org.uk](mailto:enquiries@bangorquakers.org.uk) ~ [northwalesquakers.org](http://northwalesquakers.org)

**Red Tent Gwynedd** A gathering for women interested in ritual, sacred sharing and some social time. From 1.30pm for tea and arrival, sharing circle at 2pm, finish at 5pm for food, home 6pm. Held in Beaumaris. Join the group on Facebook for full details and venue directions. Facebook: Red Tent Gwynedd

**Inner Compass Work with One Wild Life** Feeling lost? Indecision? At a perfect time of year to really get clear on what we want to bring into our lives moving forward, this 1.5 hour workshop will guide you through a process to help you to tune into and define your own inner compass. Learn why you might be getting results in life that you don't want, what is really motivating you and a simple tool to change your own inner compass so that you naturally move towards opportunities that are more in line with what fulfills you. 3 - 5pm, £8 - £12 sliding scale. Please bring notebook, pen, your curiosity and adventurous spirit. Source Yoga, Nutrition & Health, 294 Conwy Rd., Mochdre Colwyn Bay LL28 5DS. Led by Lauren Wood; 07926 530129, Facebook: Feeling lost? Indecision? Inner Compass Work with One Wild Life

**Beginners Running Programme** We are running a Couch to 5km programme suitable for complete beginners or those who have not run in a long time. Starting at 9.30am, the sessions will take place before the castle is open to the general public to ensure a quiet and relaxed atmosphere. On the final week of the programme the group will complete the Penrhyn parkrun together on a Saturday morning. 9.30 - 10.30am. Penrhyn Castle, Bangor. Bookings/Register 01248 353084, [runleaderteam@nationaltrust.org.uk](mailto:runleaderteam@nationaltrust.org.uk)

## 20th MONDAY

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

**Bangor Cellar Writing Group** 3rd Mon/month. Meetings allow writers of prose and poetry to share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and able to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

**Lunch on The Fly** This is a fun session in which you can have a go at vertical dance. Starting with an easy warm up, you will then try to stand on and jump off a vertical floor using waist harnesses. You will be guided through some simple positions, and then you will fly! Wear comfortable clothing with snug layers around waist and top of legs. Age: 16+. 12pm, £6 per session, £20 for 4 sessions. Pontio, Bangor 01248 382828, pontio.co.uk

**Shextreme Film Festival: UK Tour** There is no shortage of amazing women in adventure. However, there IS a shortage of filmmakers sharing their empowering stories on screen, and Shextreme addresses this through its action-packed programmes of active, adventurous women, both on screen and behind the camera. For the Shextreme UK film tour, we have assembled a selection of inspirational stories from our latest festival, encompassing mountaineering, biking, surfing, skiing, slacklining and more. 7pm, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com

## 21st TUESDAY

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

**Chwarae Teg HIVE Community for Modern Working** Leah Sian Davies from Fresh Air Fridays will be sharing some simple and effective ways to improve our wellbeing inside and outside of the workplace. The skills you will practice in the session are designed to support our physical, mental and emotional health, and have been proven to not only improve the wellbeing of individuals, but create better working relationships within teams and organisations. 10.30am - 12.30pm, free. Llandudno Junction. Funded by the Welsh Government. More info from Emma Tamplin, Collaboration Partner, emma.tamplin@chwaraeteg.com

**Tree Planting ~ Maentwrog** Grab a spade, reduce your carbon footprint and making a lasting impression on the landscape for many years to come as you join us on this Tree Planting day! As well as planting trees there will also be an opportunity to take part in a range of other activities such as woodworking. 10am. Bookings: Dan, Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

**Celebrate the Celtic Festivals and Earth's Cycles through Circle Dance!** We dance on the 1st and 3rd Tues/month, 10.30am - 12noon, to a wide variety of World music. No partner required, and new members welcome. Held at The Old School Hub, Llanrwst, Dyffryn Conwy, Maia 01492 642123.



**The Two Popes** See 17th & 18th

**Cottage Garden Society** Monthly meet-up. Today's talk: Sue Griffiths "Extreme Cottage Gardens". 7.15 for 7.30pm. Eirianfa Community Centre, Denbigh LL16 3TS. Contact Trish Morris 01745 550121, thecottagegardensociety.org.uk

**Phoenix** (15) Film with Chester Film Society. Astrid, a once celebrated artist, now only gets out of bed to hit the bottle in this social drama, with fantasy elements and grandiose lifestyles. Norwegian, with subtitles. 7pm, £5, St Mary's Creative Space, St Mary's Hill, Chester. 01244 371750, info@chesterfilmfans.co.uk ~ chesterfilmfans.co.uk

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

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

## 21st TUESDAY - 23rd THURSDAY

**The Female Social Entrepreneurs Retreat** For women passionate about creating social and environmental change through entrepreneurship. Connecting, Learning, Social Impact Planning, Rejuvenation. £600 all inclusive. Held in Pwllheli. More info: Kat - shareimpact.org

## 22nd WEDNESDAY

**Shooting The Mafia** (15) Part of Storyhouse Women Documentaries. Weaving together Letizia Battaglia's striking black-and-white photographs, rare archival footage, classic Italian films, and the now 84-year-old's own memories, to paint a portrait of a remarkable woman whose bravery and defiance helped expose the Mafia's brutal crimes. 6.15pm, £9.50, £7 U26. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**Chester Humanists** 3rd Weds/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. We meet at the Industry co-working space in Handbridge on Overleigh Road (opposite the Handbridge Pub) from 7pm. chester.humanist.org.uk

**The Beached Project** After big storms, all sorts of marine life is washed up on the North Wales coast. Dawn Thomas, NWWT's Living Seas Project Officer, will tell us more and about how we can all be involved in this ongoing project. 7.30 - 9.30pm, University Management Centre, Bangor University, College Road, Bangor LL57 2DG. Sue Carter 07979 732013, sue.gorad@gmail.com

**Rose McLachlan** (Piano) Music by Liszt, Schubert, Beethoven, Prokofiev. 7.30 - 9.30pm. Rhyl Music Club, Rhyl Town Hall, LL18 1BA. Secretary 01745 561006, rhylmusic.com

## 23rd THURSDAY

**Singing For The Soul** 4th Thurs/month. Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosmor near Mold from 11.30 - 1 pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. If you are interested to come along please email [helen@soul-life.co.uk](mailto:helen@soul-life.co.uk)

**The Colwyn Bay Lodge of the Theosophical Society** Meeting; new enquirers always welcome, 2pm, free refreshments. Held at Parkway Community Centre, off Rhos Rd., Rhos-on-Sea. LL28 4SE. Julie 01248 431237 [theosophywales@yahoo.co.uk](mailto:theosophywales@yahoo.co.uk)

**Footpath Building ~ Slate Trail, Llan Ffestiniog** Join us at the beginning of the year as we will be continuing with this section of the trail in this rugged part of Snowdonia. 10am. Bookings: Dan, Snowdonia Society 01286 685498, [dan@snowdonia-society.org.uk](mailto:dan@snowdonia-society.org.uk)

**Open Doors** 4th Thurs/month. A non-religious spiritual group, where a medium is invited once a month to share messages from loved ones in spirit. 7 - 10pm, £4. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07917 357746; Facebook: Open Doors, Prestatyn

**Iris** (15) Film. As part of Iris Festival's annual week of events in North Wales we are delighted to host a Best of Iris 2019 showcase. Three award winning short films from Iris Prize LGBT+ Film Festival 2019 will be shown - *Black Hat, My Brother is a Mermaid and Greta* - followed by Q+A with Alfie Dale - creator of *My Brother is a Mermaid*. 7 - 8.30pm, £5, £3. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk) More: [irisprize.org](http://irisprize.org)

**Occasional Cinema** 6.30pm, Blue Sky Café, Bangor. Contact 01248 355444, [blueskybangor.co.uk](http://blueskybangor.co.uk)

**The Two Popes** See 17th & 18th

**Behold, America: A History of 'America First'** An evening with Sarah Churchill. Join us for a fascinating insight into the history of 'America First', a favourite slogan of Donald Trump and his supporters. Although popular wisdom attributes the phrase to Charles Lindbergh and the isolationist 'America First Committee' of 1940-41, in fact the expression has a longer, darker history than that, a story of nativism and the Ku Klux Klan, of protectionism, '100% Americanism,' and isolationism, and of a homegrown fascism that America continues to pretend 'can't happen here.' Sarah Churchill is Professor in American Literature and Chair of Public Understanding in Humanities, Uni of London. Age 14+. 7.30pm, £12, £10 concs. Pontio, Bangor 01248 382828, [pontio.co.uk](http://pontio.co.uk)

## 24th FRIDAY

**New Moon in Aquarius 9.42pm**

**Catrin Finch and Cimarrón** The harp is deeply embedded in Latin American folk music, featuring centre stage in the Colombian seven-piece Cimarrón, who reunite with Welsh harp adventuress Catrin Finch. 7.30pm, £18, £15. Galeri, Caernarfon 01286 685222, [galericarnarfon.com](http://galericarnarfon.com)

**The Moon Dance** A monthly new moon dance ceremony for the wild feminine soul within. An inclusive, safe and sacred space for dance where transformation is created, for all identifying as feminine to connect, dance and embody all we are. Each month we dive deep into embodiment with a heart felt cacao ceremony, some of the best dance facilitators in the country and ending with a 432hz crystal singing bowl sound bath. From Chakra Dance to Kundalini Dance, from Free Flow to 5 Rhythms, themed around the energies presenting each month - inner space alchemy is the result! 7 - 10.30pm, £15 early bird - £20 full price ticket. St Mary's Church, Northop, CH7 6JF. Bookings: 07795 668590, [thesoundtempleuk@gmail.com](mailto:thesoundtempleuk@gmail.com) ~ [themoondance.co.uk](http://themoondance.co.uk)

**The House of Vesta** Named after the Roman Goddess of hospitality, friendship and comfort - is a safe space for you to care for your needs. We sit in circle and share our stories, we talk, share, laugh, cry and bare witness, using the energy of the new moon to let go and begin again, setting intentions and promises for the month ahead. Max of 12 women, £8, Room 12, 96 Northgate Street, Chester CH1 2HT. Bookings: [thegoddesscollective.co.uk](http://thegoddesscollective.co.uk)

**Pottery & Psychic Reading** We will be joined by Julia & Gill from @Three Dimensions Psychic and Spiritual Consultants, who will do personal readings throughout the evening. £30 per person includes the reading and a £14.50 pottery item. You can choose to upgrade your pottery piece on the night. 7 - 10pm. Tan y Ddraig, 27 Castle St., Conwy LL32 8AY, 01492 583566. Facebook: of event name

**Exiting** An event held with Business Four North Wales on the topic of 'exiting' whether looking at Wills and Power of Attorney, in personal or within the commercial environment. There will be presentations and then a Q & A session. 9.30am - 12.30pm, free. Porth Eirias, Colwyn Bay LL29 7SP. Register: [eventbrite.co.uk](http://eventbrite.co.uk)

**NW Burlesque and Cabaret Festival** The final of the Seren yn Codi (Rising Star) competition, featuring six of the hottest stars from the world of cabaret and burlesque, competing to achieve bronze, silver, gold and platinum awards. Theatr Colwyn, Colwyn Bay, LL29 7RU. 01492 556677, [theatrcolwyn.co.uk](http://theatrcolwyn.co.uk)

## 24th FRIDAY - 27th MONDAY

**Yoga Teacher Training Module 1** with Claire Mace. Deepen your yoga practice and learn to guide others through yoga in a safe and inclusive way. This module also features Yoga Anatomy sessions with Pip Waller. Held at various locations in Holyhead and Llanfachraeth on Anglesey. More information: Claire 07970 409724, [inspiratrix.co.uk](http://inspiratrix.co.uk) See advert page 23

## 24th FRIDAY - 30th THURSDAY

**Bombshell** (15) Film. Based on a real scandal, the film is a revealing look inside the most powerful and controversial media empire of all time; Fox News, and how the women brought down the infamous man who created it and the toxic atmosphere he presided over at the network. Various times & costs. Storyhouse, Chester CH1 2AR, 01244 409113, [storyhouse.com](http://storyhouse.com)

**Little Women (U) Film.** The story of the March sisters – four young women, each determined to live life on her own terms. Set in post-American Civil War years. Various times, costs. Pontio, Bangor 01248 382828, pontio.co.uk

### 24th FRIDAY - 31st FRIDAY

**Embodying Love** Metta is seen as a great potential source of happiness in the Buddhist tradition – an openness to and love of life in all its forms. On this retreat, we will explore opening to metta as an innate quality of our body, heart and being – literally embodying love. We will look at effective ways of deepening into the body and heart – through traditional Triratna meditation practices, simple mindful movement and inquiry based exercises. £70 deposit; £315, £287 concs., Vajraloka Buddhist Centre, Corwen LL21 0EN. 01490 460406, vajraloka.org

### 25th SATURDAY

#### Chinese New Year ~ Year of The Rat

**Happy Chinese New Year!** Celebrating the arrival of the Year of the Rat. Join us for activities inside Storyhouse and outside in Chester. Fire crackers outside at 12pm. Followed by Dragon Dance, Waking the Lion, Tai Chi, and UMBERELLA/BLOSSOM DANCE. From 12pm. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**Voice Workshop With Marian Bryfdir** See 4th

**Harmony Singing Workshop** A morning singing some lovely uplifting acapella songs from around the world in 3 and 4-part harmony. All songs taught by ear so you don't need to be able to read music and you will not be asked to sing on your own. Open to anyone who enjoys singing, regardless of experience. 10am - 1pm, £15. Memorial Hall, Betws-y-Coed LL24 0BB. Contact: marianowen1@btinternet.com ~ singdancelove.co.uk

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

**Baby Bazaar** Preloved baby & children's sale. 10am - 12pm, £1, children free. Llangollen Pavilion, Abbey Rd., Llangollen LL20 8SW. Contact 01978 860111, enquiries@llangollenpavilion.co.uk

**Avalanche Awareness & Winter Conditions** See 4th

**Author EXPO 2020** Join our fast growing list of attending authors at the newest event of its kind in North Wales. Early Bird tickets for exhibitors now on sale at just £12.50 - book your place today! Events include over 20 authors, workshops, breakout / relaxation sessions, a children's zone with storytelling and activities. 9am - 6pm. Costs from £3.28. Wrexham Enterprise Hub, Town Sq., 11 - 13 Rhosddu Rd., Wrexham LL11 1AT. More from: authorexpo.co.uk or eventbrite.co.uk

**Anj Smith: Artist in Conversation** with Alfredo Cramerotti, MOSTYN Director. 4pm, £5, £4 concs., Venue Cymru, Llandudno 01492 879201, mostyn.org See Exhibitions

**Dru Yoga and Meditation** Ease into the New Year with helpful stretches, movement and relaxation for the body. 2 - 5pm, £20 adv, £25 door. Beaumaris, Anglesey. 01248 602900, alison@druworldwide.com

#### Root and Flow: A Day of Yoga and Dance

Pantymwyn Village Hall, nr Mold. More Info/Bookings: rachel@rachelsbellydance.wales

**Non-Flowering Plant Group** Indoor meetings are designed to train members in the use of microscopes for bryophyte identification, and in the interpretation of keys and illustrations in bryophyte ID books. Bring your own microscope if you can. 10am - 3pm, Felin Fawr Workshop, Bethesda. Contact Lucia Ruffino, North Wales Non-Flowering Plant Group, luciaruffino65gmail.com

**Women Working in Healthcare** The launch event of Women Working in Healthcare, 9.30am - 12.30pm. at The Devere St David's Hotel, Ewloe. For more details please email info@coandassociates.co.uk or visit networkshe.co.uk

**Making & Using Raised Beds** More from: Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

**Vegan Supper at Tide / Llanw** A seasonal plant-based dinner served at the Halen Môn Saltcote on the edge of the Menai Strait. 7 - 10pm, £26.64. Halen Môn, Brynisiencyn, Anglesey LL61 6TQ. Tickets: eventbrite.co.uk

**Introduction to Weaving Willow and Rush** With Mandy Coates. 10.30am - 4pm, £25. Pritchard Jones Institute, Function Room, Niwbwrch, Ynys Mon LL61 6SY. More info from: mandycoates.co.uk or bookings with eventbrite.co.uk

**Rowen Cinema** Last Sat/month. Rowen Memorial Hall, Conwy. Contact: beccacrane@phonecoop.coop for info & suggestions. Visit: rowenconwy.org.uk

**The Language of Homelessness** There is a misconception in our current culture today that all homeless people are alcoholics or drug users, with no understanding of the real reasons for them being in that situation. This event will explore the language surrounding homelessness. Plus an exhibition of photographic images by Ceridwen Hughes of *Same but Different*. 1.30pm, free but please book. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**Kimono Dressing Demonstration** Meet Keiko - a master in the art of dressing the Kimono. Watch this unique art whilst learning some Japanese words and phrases at the same time. 2.30pm, free. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**Cyngerrdd Santes Dwywnen** Featuring: Rhys Meirion (singer), Llŷr Williams (pianist) & Lleuwen. Join Galeri's resident pianist and singer and their special guest singer Lleuwen, in an evening of music filled with love on Santes Dwywnen's day. 7.30pm, £22, £20, £10. Galeri, Caernarfon 01286 685222, galericarnarfon.com

### 25th SATURDAY & 26th SUNDAY

**The Big Garden Watch Weekend** Make tasty puddings for birds, enjoy hands-on crafts and identify our feathered friends and what they like to eat on our 'Big Garden Bird Watch' trail! There will be special offers in the shop too, with helpful advice and information from our knowledgeable staff about what to feed your birds at home. 1 - 3pm, free. RSPB Conwy Nature Reserve LL31 9XZ, 01492 581025, conwy@rspb.org.uk

**Reiki, 2nd Degree Course** 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. The Healing Centre, Tregarth, LL57 4NP, 01248 601388, vivreiki@hotmail.com, angleseyhealingcentre.co.uk

**Make a Pole Lathe** The pole-lathe is the traditional piece of equipment for turning green wood. It is very safe to use, makes no dust and no noise. You will be provided with all the materials you need and will make your own pole-lathe to take home. There should be time to start to learn how to use it. The traditional pole-lathe uses the springiness of a pole about 12 feet long. On this course you will make a more compact version which uses elastic cords so that you will be able to disassemble it and take it home. You can still use a pole to power it. You will need a fairly large car or a roof-rack to take your pole-lathe home. £170, £85 deposit. Woodland Skills Centre, Bodfari, Denbigh. 01745 710626, woodlandskillscentre.uk

**2040 (PG) Film.** A journey to explore what the future could look like by the year 2040 if we simply embraced the best solutions already available to us to improve our planet and shifted them rapidly into the mainstream. 10.30am, £4. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**25th SATURDAY - 1st FEBRUARY, SATURDAY**

### **Mindfulness Teacher Training Retreat (Level 2)**

This is an opportunity to deepen and develop the skills and knowledge involved in teaching mindfulness-based approaches. Our time will be spent together in silence as we practise, as well as in small and large groups as we learn interactively, through our individual and collective experience. £1533 - £1470. Trigonos, Nantlle. 01286 882388, trigonos.org

**26th SUNDAY**

**St Dwynwen's Day** Celebrating the Welsh saint of lovers.

**Stop Worrying, Start Living** A talk and meditation with Buddhist nun Gen Kelsang Leksang. It is very common to experience anxiety and worry in the midst of our busy, modern lives. Meditation is an effective way to deal with anxiety. We can learn how to control our own mind, instead of allowing our mind to control us. This talk will explain how we can all create inner calm and mental freedom. 11am - 12.30pm. Held at The Eating Gorilla, 21, High St., Penrhynpudraeth LL48 6BN. Bookings: Kalpa Bhadra Kadampa Buddhist Centre 01492 878778, meditatennorthwales.com

### **Unwinding Shoulder Tension ~ Feldenkrais**

**Method** Improving movement of the shoulders releases the neck and helps to relieve strain in the arms and hands. Suitable for beginners and more experienced. Please wear loose, warm clothes & bring a blanket to lie on. 10am - 1pm, £30, with Veronica Rock. Held at Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llanguelle LL20 8RE. Bookings: 07990 825783, vhrack@feldenkrais.co.uk

**Yoga Workshop** Expect a dynamic, challenging morning and a chilled afternoon session including restorative Yin yoga and Pranayama. The workshop is suitable for all levels, as all postures can be modified to suit the individual. Beginners welcome! £30 includes light refreshments. Portmeirion, nr Porthmadog. Bookings with Tracey: 07809 485323, traceyyogamassage.co.uk

**Bolshoi Ballet: Giselle** The story touches upon great and universal romantic themes. 3pm, £13, £10 concs., Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwylfor.com

**Walking With the Goddess** The whole ethos will be focused on balance, practical action, positive attitude and love. These activities will take the form of gatherings, one day each month. Practical tasks to complete; transforming negativity, learning about divine archetypes. You can attend in person £50 per day workshop or digitally for £5 per session. Trigonos, Nantlle LL54 6BW. Gillian Monks: gillian@gillianmonks.com



**Plant Alchemy and Theosophy** With Dafydd Monks, qualified herbalist who will talk about the transforming powers of plants and their connection to our evolution. 7.30pm, Bangor Theosophical Society, at Hiraal Hall, Ambrose St, Bangor LL57 1BL. For more information email toddyalc@gmail.com

**27th MONDAY**

**Memory Café** Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed, legal experts available each month for help with queries. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT. The meeting is free, but we do ask you to book a place to ensure everyone is catered for. Call the Home Instead Senior Care office on 01745 772150.

**Anne Frank: Parallel Stories (PG) Film.** The story of Anne Frank's life told through the pages of her diary, making the tragedy of the Holocaust known to readers all over the world. 7pm, £12, £11 concs. Galeri, Caernarfon 01286 685222, galericaernarfon.com

**Mindfulness Follow Up Session** Monthly Mindfulness sessions for people who have completed an 8 week course. 6.30 - 8.30pm. Wheldon Building, Deiniol Rd., Bangor LL57 2UW. More info: gwyneddmindfulness.co.uk

**27th MONDAY - 31st FRIDAY**

**Level 2 Certificate in Crystal Therapy** For those who have completed level 1. 10 tutor-led training days spread out over the year. We aim to support all of our students and encourage them to explore and experiment with a large variety of crystals in order to truly discover and appreciate the healing potential of the mineral kingdom. Ewloe, Flintshire CH5 3AU. Dates and bookings: hope-college.co.uk

**Frankenstein** Theatre production. 18 year-old Mary Shelley dreams up a monster whose tragic story will capture the imaginations of generations to come. Rona Munro's brilliant new adaptation of Mary Shelley's Gothic masterpiece places the writer herself amongst the action as she wrestles with her creation and with the stark realities facing revolutionary young women, then and now. 2.30pm & 7.30pm, £10+; Theatr Clwyd, Mold 01352 344101, theatrclwyd.com



## 28th TUESDAY

**Burlesque Dance Sessions** All women welcome, no experience required. 6 - 7pm, £6 per session. Academi, Deiniol Rd., Bangor LL57 2UW. Contact Helen 07751 017157, helenmcgreary7@hotmail.com (Also 4th & 11th Feb)

**Blasu Crefft: Gweithy Torri Leino / Linocut Workshop** A taster in linocutting suitable for beginners led by Callie Jones. During the session, you will carve a block using linocutting tools and learn how to ink up your block with a roller. You will produce prints using a spoon to burnish your image onto the paper. 6.30pm, £25 for the session or £110 for the term of "Blasu Crefft" sessions. All materials/tools will be provided. Age guide: 16; delivered in English. Galeri, Caernarfon 01286 685222, galericarnarfon.com

**Let's Talk Compost!** Using an example to illustrate how peat-free growing is perfectly feasible across a wide range of growing applications. There will be samples of products so the audience can see and feel the products and there will be an opportunity for questions and discussions. 6.30 - 8pm, free but booking essential. Thoday Building Room G23, Treborth Botanic Garden, Bangor LL57 2RQ. Bookings: treborth@bangor.ac.uk

**Woodland Volunteering: Tŷ Hyll** Monthly gathering. This months session will be an opportunity to survey the site after Christmas carrying out a variety of tasks including footpath maintenance and replacing of old bird boxes. 10am. Tŷ Hyll / The Ugly House, Capel Curig. Dan, Snowdonia Society 01286 685498, dan@snowdonia-ociety.org.uk

## 29th WEDNESDAY

**Emerging TechFest** The event will showcase how emerging and enabling technologies can assist your business. It will bring together some of the most innovative companies in Welsh technology with key sectors in North Wales such as tourism, energy and manufacturing, along with professional and business support. The event will feature expert speakers, panel discussions, demonstrations and a vibrant and engaging marketplace. 8.15am - 5pm, free. Venue Cymru, Llandudno LL30 1BB, 01492 872000, venuecymru.co.uk

**ROH Opera Live: La Bohème** Film screening. Puccini's opera of young love in 19th-century Paris - a mixture of comedy, romance and tragedy. Sung in Italian with English surtitles. 7.45pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**Decorate an Object Workshop for Adults** with Siân Hutchinson. You will be provided with an object to experiment on, giving a pre-loved object a new identity to take home (if you would like to bring your own object, please let us know). Paint and fabric will be used to explore a simple yet successful decorative print effect. No drawing skills necessary, just a willingness to experiment and explore a new process. 11am - 4pm, £60, booking essential. RCA Conwy, 01492 593413, education@rcaconwy.org

**Slate Trail Survey** Tasks on the day will include surveying and maintenance of the footpath, gates, stiles and waymarkers along the trail. 10am. Bookings: Dan, Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

**Wellness & Weight Loss Workshop** Have you been there, done it, received the badge and piled the weight back on? We will focus on plant-based health and weight loss. Come and find out how to make it work for you. £65. Gladstones Library, Hawarden, nr Chester Bookings: jobrownfoodforlife.com

**Singin' In The Rain** (U) Dementia friendly screening of classic musical. The house lights will remain on low level with the volume turned down slightly throughout the duration of the film, and audience members are free to move as they wish or sing-along. 11am, £5. Galeri, Caernarfon 01286 685222, galericarnarfon.com

**Of Mice and Men** Theatre performance. The story of intelligent George Milton and strong but childlike Lennie Small. The two drifters find work on a small ranch in California to buck barley, but Lennie soon puts their friendship in danger. 7.30pm, £8, £6 concs. Pontio, Bangor 01248 382828, pontio.co.uk

**Cabaret** (15) Film. Dementia friendly screening; lights are low and people are free to walk around, or join in the singing. A cabaret dancer in Weimar Republic era Berlin romances two men while the Nazi Party rises to power around them. The film is loosely based on the 1966 Broadway musical. 12.30pm, £4. Theatr Clwyd, Mold 01352 344101, theatrclwyd.com

## 30th THURSDAY

**Reducing Anxiety & Worry** A public talk and meditation with Kadam Bridget Heyes. It is very common to experience anxiety and worry in the midst of our busy, modern lives. Meditation is an effective way to deal with anxiety. We can learn how to control our own mind, instead of allowing our mind to control us. This talk will explain how we can all create inner calm and mental freedom. 7 - 8pm, Venue Cymru, Llandudno. Bookings: 01492 878778, meditatenthnorthwales.com

**Tree Planting ~ Nant Gwynant** Working in partnership with the SNPA and Wildlife Trust there are now many sites cleared of invasive plants and ready to be planted with native species restoring this beautiful area to woodlands full of life. 10am. Bookings: Dan, Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

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

**Northern Exposure Short Film Night** The powerful films screened at Northern Exposure have explored contemporary social issues, inspiring life stories and beautifully heart-warming narratives across drama, animation, documentary and dance. 6pm, £2. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

**Dementia Aware** Facilitating initiatives to improve the awareness of Dementia. The network is open to all individuals, organisations, voluntary and community groups and businesses operating in Denbighshire, people living with dementia and their families & carers, alongside representatives of Third Sector organisations and social enterprises, Town and Community Council Members, Denbighshire County Council, Betsi Cadwaladr University Health Board, who are interested in building a movement for change. 11am - 1pm, free, please register. St Collens Community Hall, Regent St., Llangollen LL20 8PL. Dementia Aware Denbighshire Community Network 01824 702441, eventbrite.co.uk

**Swan Lake** with Saint Petersburg Classic Ballet. Tchaikovsky's masterpiece, with a full orchestra. 7.30pm, £22.50 - £37.50. Storyhouse, Chester CH1 2AR, 01244 409113, storyhouse.com

31st FRIDAY

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

**Your Time To Shine** Whether you are looking to start a new business, develop and grow yourself and your business, contain and control a growing business or you are pulling together your exit plan. Network She's SHINE 2020 will open up the doors to the support and resources you need. Speakers: Dani Wallace, Jane Kenyan, Veronica Owusu-Byczkowska, Helen Williams, Claudia Liberatoscioli, Matt Thomas. Free to attend, 9.30am - 4.30pm, Crown Plaza Chester, Trinity St., Chester CH1 2BR. Tickets from eventbrite.com or email: ruth@networkshe.co.uk

**Llyfr Glas Nebo** A stage adaptation of Manon Steffan Ros' post-apocalyptic phenomenon. As the dust settles after a nuclear apocalypse, Rowenna and her children Siôn and Dwynwen are facing a world where signs of life are quickly disappearing. Their story is recorded in a little blue book as the family tries to survive an incident that has a devastating effect on the inhabitants of the village of Nebo and beyond. 7.30pm, £12, £10 child. Galeri, Caernarfon 01286 685222, galericarnarfon.com

**“Compassion refers to the arising in the heart of the desire to relieve the suffering of all beings.”**

**Ram Dass (6/4/1931 ~ 22/12/2019)**

**Copydate for February issue:**

**January 18th**

**info@network-news.org**

**07777 688440**



## Inspiratrix Yoga Teacher Training

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

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

**Course starts Friday 24th January**

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

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



## Exhibitions

**Ffŵligans ~ Chwyldao** 15th January - 15th February.

Propaganda posters that rhyme... some of the time. Caffi Y Garreg Café and Shop, Llanfrothen.

Facebook: Ffŵligans

**Winter Exhibition** 22nd - 29th January. A variety of artists and media. Ffin y Parc Llanrwst LL26 OPT, 01492 642070, welshart.net

**Jamie Barnes ~ Sea**

**Structures** Until 26th January. Inspired by his explorations of coastal paths around Wales, Anglesey, Northumberland, Cumbria and Scotland. A curious set of accompanying sea structures started to appear in Jamie's work, not only the obvious structures such as lighthouses, but also more unusual, such as orientation beacons, transmitters and glowering power stations. Open Tues - Sun 10.30am - 4pm; Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org

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

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

**Anj Smith** Until 1st March. Working primarily with painting, Anj Smith is interested in reflecting on the very possibilities and limitations of the medium itself.

Her work excavates often-overlooked art histories, which she combines with her lived experiences, to form the layers of her work. Exploring the very edges of representation, Smith's intricately rendered paintings explore issues of identity, eroticism, mortality and fragility. Mostyn, Llandudno LL30 1AB. 01492 879201, mostyn.org *Anj is in conversation with gallery director on 25th January - see Calendar*



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

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

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

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

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

**Various Artists Exhibition** 26th January - 22nd

March. Artists include Stephen John Oliver, Teresa Urbanska, Rachel Stewart, Deirdre McKenna & Margedd Pendrell and Archie Miles. Open 10am - 5pm, 6 days (closed Tues). Plas Glyn Y Weddw, Llanbedrog, Pwllheli, Gwynedd, LL53 7TT. 01758 740763, oriel.org.uk



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

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

**Josie Russell** Until 6th January. Textiles, embroidery and sewing visions of local landscapes. Oriol Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

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





**Susie Freeman: WOW!** A retrospective of Susie's work. 18th January - 29th March. A textile artist of great originality; she invented a knitted network of pockets using a monofilament thread: into each small transparent pocket she dropped a tiny object before safely sealing them with a further row of knitting, and repeating this to construct the cloth. Included is a collaboration with **Dr Liz Lee** - "Pharmacopeia" - huge garments constructed of metallic pill packets. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Open Art Exhibition 2020** 11th January - 8th February. A variety of talented artists from North Wales. Open 11am - 5pm. RCA Conwy, 01492 593413, [education@rcaconwy.org](mailto:education@rcaconwy.org)

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

**The NW Project - Y Gogledd/The North** 11th January - 22nd February. Championing photography in North Wales. An exhibition by Hazel Simcox, Roj Smith, Ethan Beswick, Philip Jones and Robert Law. Five photographers share their personal observations and stories concerned with North Wales. In a response to an area rightly known for its wonderful landscapes, the North Wales Project's aim is to bring photographers together who document and give a voice to the overlooked or intriguing, and collectively offer an honest portrait of this special region and its people.



Oriel Colwyn, upstairs in Theatr Colwyn, Colwyn Bay LL29 7RU. 01492 577888, [orielcolwyn.org](http://orielcolwyn.org)

**Sampler Prints / Printiau Sampler** Until 31st January. Documenting an exploration into quilt inspired prints, an opportunity to develop and further the practice through a variety of printmaking techniques such as collagraphs, wood cuts and blind embossing combining form, texture and colour with heritage and nostalgia. Galeri, Caernarfon 01286 685222, [galericarnarfon.com](http://galericarnarfon.com)

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

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

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

**Martin Smith: Little Machines** 18th January - 29th March. An artist engineer whose mechanical sculptures are exhibited worldwide. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Jane Adam ~ Never The Same River** 18th January - 29th March. It became my mission to make jewellery that reflected as honestly as possible my own experience of the richness and variety of contemporary life, in the hope that other people would find in it echoes of their own. Ruthin Craft Centre 01824 704774, [ruthincraftcentre.org.uk](http://ruthincraftcentre.org.uk)

**Bagpipes ~ Bagbibau** Until 31st January. Artist, musician and instrument maker Alan Ginsberg's eclectic mix of traditional and folk instruments from Wales and Europe are on display alongside his painting and drawings. These paintings show that the instruments still form part of the lively, vibrant culture. Galeri, Caernarfon 01286 685222, [galericarnarfon.com](http://galericarnarfon.com)

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

**Dewi Tudur ~ Dewey & The Dragonfly** 22nd - 29th January. A new collection of work; the images are almost otherworldly, like smoke or dream-remnants. Ffin y Parc, Llanrwst LL26 0PT, 01492 642070, [welshart.net](http://welshart.net)

## OPEN CALL TO ARTISTS GALWAD ARORED AS ARLUNWYR

Mixed show opportunities for 2020. If you are a professional artist or new and emerging, and you would like to exhibit your work here in 2020, then we would like to hear from you! For more info please email: [mima@tymeirion.co.uk](mailto:mima@tymeirion.co.uk)  
**Deadline for first round of submissions with proposed ideas is 24th January.**

## Centres in North Wales: Workshops in February & March

### Centre for Alternative Technology (CAT)

Machynlleth, 01654 704966, cat.org.uk

#### FEBRUARY

10 - 14 **Sustainability & Adaption for Cities & Communities**

29 **Compost Toilets**

#### MARCH

1 **Reedbeds and Waste Water Management**

7 **Introduction to Horse Logging**

7 & 8 **Growing Fruit**

8 **Introduction to Horse Logging**

9 - 13 **Energy Provision: Renewable Energy**

9 - 13 **Energy Generation From Wind**

16 - 20 **Restoration Ecology**

21 **Making Frame Baskets**

31/3 - 3/4 **Social Forestry OCN**

### Plas Tan Y Bwlch

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

#### FEBRUARY

7 - 9 **Folklore (in Welsh medium)**

16 - 21 **Slate: In the Beginning**

17 - 21 **Winter Birds**

21 - 23 **Drum for Fun!**

#### MARCH

13 - 15 **Tales of the Mabinogion**

13 - 15 **Creative Landscape Photography**

13 - 17 **Spring Painting Experience**

### Dru Yoga Snowdon Mountain Lodge

Nant Ffrancon, Bethesda LL57 3LX  
01248 602900, druyoga.com

#### FEBRUARY

21 - 23 **Yoga, Nutrition & Detox Retreat**

21 - 23 **Meditation Retreat**

23 - 26 **Karma Yoga & Treeplanting Retreat**

#### MARCH

20 - 24 **Ayurvedic Detox Retreat**

### Field Studies Council

Rhyd-y-Creiau, Draper's Field  
Betws-y-Coed, Conwy LL24 0HB  
01690 710494,  
enquiries.rc@field-studies-council.org

#### FEBRUARY

21 - 23 **Mosses and Liverworts**

21 - 23 **Winter Tree Identification**

28/2-1/3 **Identifying Conifers in the British Isles**

### Gladstone's Library

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

#### FEBRUARY

1 **Hearth Literary Festival**

14 - 16 **Arts & Crafts Movement**

23 **New Stories from Ancient Myths**

#### MARCH

1 **Masterclass : The Poetic Monologue**  
5 - 7 **Mindfulness: A Journey into Wholeness**

### Trigonos Environment Centre

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

#### FEBRUARY

8 - 12 **Mindfulness Network**

14 - 16 **YogaJo**

28/2 - 1/3 **Zen with Jo**

*see ad on page 32*

#### MARCH

1 - 3 **My Story, Our World**

5 - 8 **Space To Be**

6 - 8 **Source Yoga & Fitness**

13 - 15 **Pressing Pause Weekend Retreat**  
*Details: info@inspireandrewire.com*

16 - 18 **Infinite Way**

21 - 28 **Mindfulness Network**

28/3 - 4/4 **Elan Training Ltd**

### **Cae Mabon**

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

#### MARCH

19 - 23 **Spring Equinox with Sisters of the Wild** - *sistersofthewild.com*

### **The Healing Centre**

8 Fron Ogwen  
Tregarth LL57 4NP  
01248 601388, vivreiki@hotmail.com

#### FEBRUARY

8 & 9 **Reiki, 1st Degree Course**

#### MARCH

14 & 15 **Reiki, 2nd degree Course**

### **Siop Iard**

7b Palace St., Caernarfon LL55 1RR,  
01286 672472, siopiard.com

#### FEBRUARY

1 **Silver Earrings**

#### MARCH

7 **Willow Basket Making**

### **Vajraloka Buddhist Retreat**

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

#### MARCH

27/3 - 3/4 **Everyday Liberations - Renew & Deepen**

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

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

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

**Resonance Repatterning®**

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Llangollen Natural Health Clinic  
**www.resonancerepatterninguk.net**

### **Woodland Skills Centre**

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

#### FEBRUARY

*see ad on page 35*

8 & 9 **Coppice Crafts**

15 & 16 **Home Chainsaw**

15 **Pruning and Grafting Fruit Trees**

29 **Beginners Corn Dolly Making; & Managing a Small Woodland**

#### MARCH

1 **Practical Woodland Tasks**

8 **Rake**

21 & 22 **Split Hazel Baskets; & Rustic Chair**

24 - 27 **Social Forestry OCN**

28 **Gypsy Crafts 1 & Grey Squirrel Control**

28 & 29 **Introduction to Basket Making; & Bushcraft Spring**

29 **Gypsy Crafts 2; Tool Handles - Chisels & Drawknives**

## **Helena Hawley**

**Intuitive Vocal Sound Healer,  
Channel, Speaker & Authoress**



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

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

**info@helenahawley.co.uk**

**www.helenahawley.co.uk**

## Workshops in February & March

### **FEBRUARY**

- 1 **Wild Weaving Workshop** Stiwdio 9, Bangor LL57 1NW. Phia 07391 930719, phiaeco@gmail.com
- 1 **Landscape Drawing Workshop** Tý Hyll, Betws-y-coed. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk
- 2 **Tai Chi Workshop** Pwllheli. Sue Baumann, llyntaichi@gmail.com
- 5 **Acceptance & Commitment Therapy (ACT1)** Conwy. Fiona Smith: theconwycounsellors.co.uk
- 7 - 9 **Pure Yoga** Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk *Also 14th -16th*
- 8 **Mindfulness 8 Week Course** Ruthin. Contact 07792 784451, info@artofmindfulness.co.uk
- 8 **DeStress Morning and Calm Jar Making** with Shaktidance, in Llangollen. Contact 07778 912521 or see Shaktidance Chester on Facebook
- 8 **Sacred Song - Harmony Singing with Soul** Chester CH1 1DA. Bookings: 07922 620503, ellaspairs@hotmail.com ~ naturalvoice.net
- 8 **Jumping Through - Working on your Vinyasa** Source Yoga, Nutrition and Health, Colwyn Bay. Bookings: sourceyoga.org.uk
- 15 **Upholstery Workshop** Stiwdio 9, Bangor LL57 1NW. Phia 07391 930719, phiaeco@gmail.com
- 17 - 21 **End of Life Doula Preparation** Tregarth, LL57 4RA. Alexandra - redenteol@gmail.com
- 19 **Reiki Level 2** Chester CH1 3EY. Contact: 07778 912521, mrsmariasutton@gmail.com
- 19 **Modern Calligraphy Workshop** The Green Rooms, Chester 01244 311668.
- 20 **Abstract Painting Workshop for Adults** RCA Conwy, 01492 593413, education@rcaconwy.org
- 21 **Silent Presence** Tan y Garth Hall Retreat, Glyn Ceiriog, nr Llangollen LL20 7AS. Tickets: tanygarthhallretreat.org
- 22 **Fused Glass Lantern Workshop** Eryrys, Mold CH7 4BX. Verity Pulford 07452 840331, verity\_pulford@hotmail.com
- 22 **Harmony Singing Workshop** Betws-y-Coed LL24 0BB. Contact: marianowen1@btinternet.com ~ singdancelove.co.uk
- 22 & 23 **Diploma Course in Crystal Therapy** First of 10 weekends. Chester. Contact: hope-college.co.uk
- 23 **Bird Watch Day** The Spinnies, Bangor. NWWT 012488 351541, northwaleswildlifetrust.org.uk
- 23 **Finding Ease for Your Knees ~ Feldenkrais Method** Llangollen. Bookings: Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk
- 24 -27 **Writers Retreat** Betws y Coed. Contact: info@writersretreat.wales
- 26 **Happiness - What Can We Learn?** Mindfulness Workshop. Abbey Rd., Bangor. Bookings: Fiona Smith - ask@theconwycounsellors.co.uk ~ theconwycounsellors.co.uk
- 26 **An Introduction to Ayurveda** Tý Pawb, Wrexham LL13 8BB. Contact: eventbrite.com

### **MARCH**

- 1 **Nature of Snowdonia - Environmental Workshop** Bangor. Tickets: eventbrite.co.uk
- 4 **Acceptance & Commitment Therapy (ACT2)** Aimed at health care professionals and students in related disciplines Conwy. Fiona Smith: ask@theconwycounsellors.co.uk
- 6 - 9 **Yoga & Detox Weekend** Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk
- 7 **Upholstery Workshop** Stiwdio 9, Bangor LL57 1NW. Phia 07391 930719, phiaeco@gmail.com
- 8 **Identifying Trees in Winter**
- 9 **Germination of Difficult Plant Species** Treborth Gardens, Bangor. Bookings: treborth@bangor.ac.uk
- 9 - 13 **Writers Retreat** Betws y Coed. Contact: info@writersretreat.wales
- 13 - 15 **Yoga & Detox Weekend** Menai Bridge, Ynys Mon. Laura Bell 07989 512859, thezestlife.co.uk
- 14 **The Mountain Environment** Snowdonia. Nature's Work. Tickets: eventbrite.co.uk
- 15 **Glaciation in the Upland Environment** Snowdonia. Nature's Work. Tickets: eventbrite.co.uk
- 16 - 21 **Spring Retreat: Tips from a Literary Agent** Ty Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522881, tynewydd.wales
- 21 **The Rhythm of Life ~ Sacred Circle Dance Workshop** Rhosesmor, Mold CH7 6PP. Bookings: Helen Newton: helen@soul-life.co.uk
- 22 & 23 **Sustainable Woodland Management** 07876 794098, woodlandclassroom.com
- 25 **Developing Self Compassion and Self Care** Conwy. Fiona - ask@theconwycounsellors.co.uk
- 27 - 29 **Spring Yoga Weekend** Llangaffo, Anglesey, LL60 6NH. wildwalesretreats.com
- 29 **Yoga Workshop** Portmeirion, nr Porthmadog. Bookings with Tracey: 07809 485323, traceyyogamassage.co.uk
- 30/3 - 3/4 **Writers Retreat** Betws y Coed. Contact: info@writersretreat.wales

## Regular Weekly Groups and Classes

Anglesey, Gwynedd & Conwy in  
**Blue**

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

### ART & CRAFT

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

**Arty Folk & Friendship Group** Thursdays, 12 - 3pm. A group for adults who are interested in both creating art through a variety of mediums and in making new friends run by social enterprise RainbowBiz CIC. All materials and drinks provided, £2. Held at the RainbowBiz Hippy Shop, 8 Daniel Owen Precinct, Mold, Flintshire, CH7 1AP. Contact info@rainbowbiz.org.uk

**Llanbedrog Art Group** Mondays: 1.30 - 4.30pm. Friendly group for beginners and experienced artists. Occasional talk/demos; the only charge is £2 per week paid quarterly. St Pedrog's Church Hall, Llanbedrog. Jacky Milton 01758 740983, miltonjacky@gmail.com

### CAPOEIRA

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



### DANCE

**Shaktidance** Wednesdays; 7 - 8.30pm. A journey to your own self through awakening consciousness. We will be working with mantra, yogic movements and free-dance. A 90 minute class will begin with a Mantra, followed by Shakti stretches, standing movements, free dance, relaxation, meditation and closing with mantra; suitable for all ages and abilities. 4 classes £32. Handbridge, Chester. Led by Maria Pradhucharan Kaur. Bookings: eventbrite.com

**Green Dancefloor** A delicious invitation to move to a variety of tunes in a fun and explorative way. All welcome. Thursdays, 6.30 - 7.30pm, Coed Mawr Community Centre, Bangor. **And** alternate Wednesdays, 7.30 - 8.30pm at Source Yoga, Mochdre. Contact Liz: ninnynumber1@gmail.com or 'connecteddanceUK' on Facebook. Check info.

**Dance and Meditation** Classes, workshops and courses with Rachel. Weekly Belly dance and Polynesian dance classes in Mold, Flintshire and Rhualt, Denbighshire. Monthly Awakened Belly Dance and Inner Dance Meditation sessions in Mold and Rhualt. Contact: rachelbellydance.wales ~ iscia\_espirit@hotmail.co.uk

**Flowdance** Tuesdays: 10.30 - 11.30am, Abersoch Village Hall; & Thursdays: 10.30 - 11.30am, Pwllheli School of Dancing, Gaol St., Pwllheli. £5 each class. Sue Baumann, 07833 791317, llyntaichi.com **Restarts 14/1/20**

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

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



### FELDENKRAIS METHOD

**Feldenkrais Method Class ~ Awareness Through Movement** Tuesdays: 4.30 - 5.30pm, £6 per class if booked as a block or £7 per class drop-in rate. Please phone first to check suitability. Classes are suitable for beginners & more experienced. Please wear loose, warm clothes & bring a blanket to lie on. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Veronica Rock 07990 825783, vrock@feldenkrais.co.uk **Restarts 14/1/20**

### EXERCISE

**PiYo** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Fridays, 9.45am for an hour, with Simon Lacey. Source Yoga, Nutrition and Health, 294 Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. Tickets: bookwhen.com

### GARDENING ~ CONSERVATION

**Digging Deeside** Tuesdays: 10am - 2pm. Run by volunteers; all tools, equipment and free lunch is provided, all we ask for is a £1 contribution and bring your own mug. Gardening, planting, bee and wildlife friendly activities. We have our own community plot at Mill Lane Allotments (CH5 4HF). If you would like to join us please email: info@rainbowbiz.org.uk



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

### Garth Hillside Organic Permaculture Garden

Regular Tuesday and Thursday Volunteer Days. Glyn Ceiriog Valley. 01691 718127, garthorganic.co.uk

### GIFT ECONOMY / GIVE AND TAKE

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

### LANGUAGES

**La Conversation Française** Thursdays: upper intermediate level, 7 - 9pm, free, the Boat Yard pub, Garth Road, Bangor. Jan: jannieu@tiscalic.co.uk

**Chinese** Tuesdays & Saturdays. If you want to brush up on conversational Mandarin, prepare for Chinese Proficiency Test (HSK), or want to learn Chinese Calligraphy you are welcome to join us! Saturdays, 10am - 12noon, Corporate Communications & Marketing Building, Dean St., Bangor LL57 1UT. Tuesdays: 1.15 - 2.45pm, a fun beginner's class. Held at Ucheldre Centre Mill Bank, Holyhead LL65 1TE. Every week / term time only. Presented by Bangor University's Confucius Institute, 01248 388555.

### KUNG FU

**Wing Chun Kung Fu Class** Traditional Ip Man Wing Chun/Ving Tsun Kung Fu class, includes gentle stretching, cardio vascular punching and kicking and stance work, followed by classical Kung Fu forms, partner work and Chi sau "energy, sticking hands". An excellent positive influence on your life and a tool for exploring the human potential. Train in a friendly safe environment, minimum age 18 yrs old, no upper age limit. Come down and give it a go, its fun, and keeps you fit. **Monday's:** 7.30 - 9pm, £6 session. Llanddulas Village Hall, Beulah Avenue, Llanddulas, Abergele, LL22 8FH. **Thursday's:** 7.40 - 9pm, £7 a session. Eirias Park, Leisure Centre, Colwyn Bay. Contact Dave McQuillan: northwaleswingchun.co.uk dave@northwaleswingchun.co.uk

### MEDITATION

**Meditation Class** Mondays: 2.30 - 3pm, followed by tea. Oddfellows Hall, Saltney, Chester CH4 8SG. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

### Transcendental Meditation

Regular Meetings (and introductory talks) held in North Wales. Contact the Centre 01695 735579, uk.tm.org

**Meditation Classes** Contact Odiyana Centre, 01606 77034, info@meditationincheshire.org

**Kalpa Bhadra Buddhist Centre** Various courses and classes in Mold, Llandudno, Bangor and Ruthin, Conwy and Llanfairfechan. Contact KBBC 01492 878778, meditatennorthwales.com

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



### NARCOTICS ANONYMOUS

**Narcotics Anonymous 'Guiding Principles'** Meeting Fridays, 1pm. Free to attend, and open to anyone who feels they may have a problem with drugs, is in recovery, or is interested in recovery. Held at The Meeting Room, Canolfan Hamdden Leisure Centre, Beach Road, Promenade, Barmouth LL42 1NF. For more information on NA, please see www.ukna.org, to speak to someone who's been there, free UK Helpline 0845 3733366.

### NONVIOLENT COMMUNICATION

**Nonviolent Communication Practice** Group meetings in Bangor. For details contact Lisa at - busybees@phonecoop.coop

### PEACE & JUSTICE

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

### QUAKERS

**Ruthin Quaker Meeting** Sundays: 10.30 - 11.30am, followed by tea and biscuits at Canolfan Awelon, School Road, Ruthin LL15 1JG. Contact: Jean 01824 705592.

### SINGING

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

**Come And Sing!** Harmony Singing Sessions suitable for beginners and everyone who likes to sing with others. Mondays, 10.30am - 12.30pm at The Gift Café, The Lodge, Grosvenor Park, Chester. Suggested donation £4. Contact Ella 07922 620503 ellaspairs@hotmail.com



### Wrexham One World Community Choir

**Sing Your Heart Out Every Tuesday** during term time: Open to everyone regardless of age and ability. 7.30 - 9.30pm, 16yr+, £5, £4 concs. Try first session for free. Ty Pawb, Market St, Wrexham LL13 8BY. Contact: info@wrexhamchoir.co.uk

**Canwyr Stryd Bangor Street Singers** Tuesdays, 6 - 7.30pm/term time only. We are a small singing group who continue to build a repertoire of songs of struggle and freedom so that we can support demonstrations, political rallies, community events and street festivals. We are not affiliated to any political party. This choir is inclusive - no need to read music, songs are taught by ear, but scores are also available. Garth Community Centre, Glyn Ceiriog. We welcome new members! £2.50 per session, students £5 a term. Facebook: of group name

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

## SOCIAL

**Cheshire LGBT+ Group** Runs alternate Mondays. A social group for those who identify as LGBT+ who feel excluded from mainstream LGBT+ society for their own personal reasons. We encourage anyone who feels isolated to contact us to see if the group is for you. Lee 07859 541620, cheshireLGBT@outlook.com

**Men's Sheds** Across North Wales: [menssheds.org.uk](http://menssheds.org.uk)

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

## SPIRITUAL DISCUSSION

**Theosophical Society in Wales** Meets in Colwyn Bay: [theosophywales@yahoo.co.uk](mailto:theosophywales@yahoo.co.uk); Bangor: [todayalc@gmail.com](mailto:todayalc@gmail.com); and for Chester 01244 277170. See Calendar for monthly events or visit: [theosophywales.com](http://theosophywales.com) and [chestertheosophy.org](http://chestertheosophy.org)

## TAI CHI/ CHI GONG / TAIJI QIGONG

**Tai Chi** Tuesdays: 7.15 - 8.15pm, £5. Pwllheli School of Dancing, Gaol St, Pwllheli. Sue Baumann, 07833 791317, [sue.reiki@talktalk.net](mailto:sue.reiki@talktalk.net), [llyntaichi.com](http://llyntaichi.com) Restarts 14/1/20.

**Tai Chi** Mondays: 10.30am, Village Hall, Llandrillo. Wednesdays: 11.15am in Verve Studio, George St, Llangollen. Thursdays: 3pm, Canolfan Ni, Corwen. Thursdays: 7.30 - 9pm, Neuadd Carrog Village Hall, nr. Corwen. All Welcome. Ed Fisher 01490 430205.

**Taiji Qigong** Tuesdays: 6.30 - 7.30pm, Glasinfryn Community Centre, Bangor. **Wednesdays:** 11.30 - 12.30pm, Llanfairfechan Community Hall; Thursdays: 10 - 11am Penmaenmawr Library. Improve your fitness and flexibility, calm the mind. All ages/abilities welcome. Jill Turner 01248 351672, [treeplesas@yahoo.co.uk](mailto:treeplesas@yahoo.co.uk)

**Tai Chi / Qi Gong** Fridays: 11am, £5, County Hotel, Llandudno; and 1pm, Llandudno Junction Sports Centre. Plus at Valley, 10.30am - please get in touch. Rose 01407 769571, 07759 105504, [roseannyoga@gmail.com](mailto:roseannyoga@gmail.com), [roseyoga.net](http://roseyoga.net)

**Chi Gong / Qi Gong Class** Mondays. Traditional Chinese health exercises for improving physical & mental well being. Includes gentle stretching, and simple standing exercises involving slow movement linked to breath and stilling the mind. Just turn up on the night in loose clothing, beginners always welcome. 6 - 7pm, £7. Llanddulas Village Hall, Beulah Avenue, Llanddulas, Abergele, LL22 8FH. Contact Dave McQuillan, [dave@northwaleswingchun.co.uk](mailto:dave@northwaleswingchun.co.uk)~[northwaleswingchun.co.uk](http://northwaleswingchun.co.uk)

**Tai Chi** Fridays: 2 - 3pm. Dance Studio, Confucius Institute, Bangor Uni. Visit: [bangor.ac.uk/public\\_events](http://bangor.ac.uk/public_events)

**Tai Chi China Bridge** Many classes during the week with various teachers, at different days and times. Held in Bangor. Visit: [chinabridgetaichi.co.uk](http://chinabridgetaichi.co.uk) Facebook: Yoga, Tai Chi and Qigong North Wales *Classes start 6/1/20*

## WALKS

**Rural Walks** Over 30 walks around the Denbigh area: Ruthin, Rhewl, Corwen, Llangollen, Bodfari and many more places; moderate, strenuous and easy. Available to download from: [denbighshirecounttryside.org.uk](http://denbighshirecounttryside.org.uk) and click on the Walking section.

**Cerdded Conwy Walks** A full programme of various walks; suggested donation of £2 per walker per walk which goes towards promoting costs and training of leaders. Various locations across Conwy and beyond. More info: [cerddedconwy.org](http://cerddedconwy.org) Facebook: Cerdded Conwy Walks

## WRITING GROUPS, READING GROUPS & POETRY

**Colwyn Bay Writers' Circle** Saturdays: Discuss and debate members' written interpretations of a topic chosen the previous weekend. Informal, friendly and constructive collective! Bring some of your prose and/or poetry. We meet from 1 - 3pm every Saturday at the CCE on Greenfield Road, Colwyn Bay. Chris Hemmings - [crishtrees@gmail.com](mailto:crishtrees@gmail.com)

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

## YOGA FOR PREGNANCY

**Pregnancy Yoga Group** 2 sessions/Tuesdays at Quaker Meeting House, Dean St., Bangor. 6 week courses run regularly, £48 with Laura Knott. Book online: [birthingmamas.co.uk](http://birthingmamas.co.uk)

## YOGA

**Dru Yoga with Teresa** Mondays: 1 - 2.30pm; Tuesdays: 6.30 - 8pm; Wednesdays: 9.30 - 11am; all classes followed by optional half hour meditation. All held at Oddfellows Hall, Saltney, Chester. Teresa 07876 254518, or [teresa@teresa4yoga.co.uk](mailto:teresa@teresa4yoga.co.uk)

**Mindful Yoga with Elaine** Tuesdays: 7.30 - 9.25pm at Masonic Hall, Parc Menai. **Wednesdays:** 10 - 11.55am at Capel Mawr, Menai Bridge; and 7pm - 8.55pm at Ysgol y Graig in Llangefni. **Thursdays:** 7.30 - 9.25pm in Newborough. £55 for 10 classes or £7 drop-in class. All term time only. Elaine 01248 430147, [elaine.yoga@tiscali.co.uk](mailto:elaine.yoga@tiscali.co.uk) ~ [yoganorthwales.co.uk](http://yoganorthwales.co.uk)

**Forrest Yoga with Claire Mace** Mondays: 7 - 8.30pm, St. Mary's Church Hall, Holyhead LL65 1TR. Beginners and improvers welcome. **Wednesdays:** 6 - 7.30pm, Llanfachraeth (contact for address). Small group basic class suitable for beginners and improvers. **Thursdays:** 10am - 11.30am, Llanfachraeth (contact for address). Small group intermediate level class. **Thursdays:** 12 - 1pm, Llanfachraeth (contact for address). Small group basic class suitable for beginners, pregnant ladies and people with chronic conditions. **Thursdays:** 7 - 8.30pm, Aberffraw Village Hall. Beginners and improvers welcome. Also private lessons, yoga workshops and more. Bookings: Claire 07970 409 724, [claire@inspiratrix.co.uk](mailto:claire@inspiratrix.co.uk) ~ [inspiratrix.co.uk](http://inspiratrix.co.uk) Term restarts 6/1/20.

**Source Yoga** Classes daily Monday through to Sunday in Mochdre and Rhuddlan. For more information ring 07704 437415, [sourceyoga.org.uk](http://sourceyoga.org.uk)



**Yoga & Meditation** We offer Hatha Yoga with a meditative flow to focus on the mindfulness aspect of yoga. Tuesdays: 4.15 - 5.15pm, Beehive Healthcare, Chester CH2 2DX. Wednesdays: 7 - 8.15pm, Oddfellow's Hall, Saltney, Chester (Free parking at both). Book: inspireandrewire.com

**Yoga for Health and Wellbeing** Mondays: 7.30 – 9pm. Both beginners and those who have practised yoga before are welcome. First class FREE OF CHARGE. Held in Rowen Memorial Hall, near Conwy. Lorna: Tel 01492 641560, lornashipp@yahoo.co.uk Details <http://rowenconwy.org.uk/memorial-hall/activities-in-the-memorial-hall/yoga/>

**Iyengar Yoga Class** Thursdays: 7 - 8.30pm, £9 or £40 for 5 classes paid in advance. Rhoscolyn Village Hall, Anglesey. Ruth Johnson: yogamon@myphone.coop

**Yoga Classes with Rose Ann Preston** Mondays: 10.30am at Morawelon Church Hall, St David's. 7pm at Llaingoch Community Centre. Tuesdays: 7pm, at Morawelon Church Hall, St David's. 10.30am at Holyhead Sports Centre. Thursdays: Llandudno Junction Sports Centre at 12.30pm; and Aberconwy School at 7pm. All classes £5 each. Rose 01407 769571, 07759 105504, roseyoga.net Starting 6/1/20.

**Simply Yoga & Therapies** Yoga and Relaxation for people of all abilities, fitness levels and age groups; all on a drop-in basis. Monday: Llanbedrog Church Hall 11am, Abersoch Village Hall 7pm. Tuesday: Llannor Village Hall 10am, Llanengan Village Hall 7pm; and Wednesday: Abersoch Village Hall 10.30am. All classes are £5. Freddie 07833 663717, simplyyoga@btinternet.com

**Dru Yoga Class** Thursdays: 6.15 – 7.45 pm, all abilities welcome, £8/ £7 concessions. Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda LL57 3LX. Christiane 01248 602900, ext 218, christiane@druworldwide.com

**Yoga with AnnaMaria** Various classes and times: Ashtanga Yoga Classes, Hatha Yoga and Therapeutic Yoga Classes held at Fit Fanny Adams, The Studio, 2nd Floor, The Old Bank Building, Uxbridge Square, Menai Bridge, LL59 5AR. AnnaMaria 07565 205407, annamariasou@gmail.com ~ Facebook: yogannamaria

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

See also: [localyogaclass.co.uk](http://localyogaclass.co.uk)

#### ZUMBA

**Zumba Dance-Fitness** Mondays: 6 - 7pm, £5, Telford Centre, Mona Rd, Menai Bridge LL59 5EA.

Wednesdays: 6.30 - 7.30pm, £5 & Thursdays: 6.30 - 7.30pm, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157, dance-classes-north-wales.co.uk

Next Regular Groups & Classes listed in April issue, but always at [network-news.org](http://network-news.org)



## Trigonos Courses 2020

### My Story, Our World

1 - 3 March

So ...what's your story? With Claire Thompson & Bethan John (Also 19 - 22 September)

### Space to Be with Ros Tennyson

5 - 8 March

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

### The Arising Feminine: A Retreat with Brooke Medicine Eagle

10 - 13 April

A women's retreat exploring Resurrection, Rejuvenation & Renewal

### Rewilding the Mind 1

10 - 13 May

Giving participants an opportunity to reconnect with themselves and with the natural world in the spectacular yet comfortable surroundings of Trigonos. (Rewilding 2: 23 - 26 October)

We are often able to offer discounted rates for local people wishing to take part in our own courses. Get in touch to discuss non-residential rates...

[www.trigonos.org](http://www.trigonos.org)

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





## Veganuary

Arch Stanton

**“The Joker”** has been one of the most successful movies of the year, and it couldn't happen to a better actor...

Joaquin Phoenix has been a committed vegan since he was 3 years old!

He recalls, “Really it was seeing these fish being killed when I was on a boat as a kid. I

guess to stun them they were throwing them against the side of the boat. I just had a profound strong reaction. It felt like a real injustice. It wasn't just me, it was my siblings, all of my siblings, except for the youngest, Summer, she wasn't born. My mom was pregnant with her. I don't know how to explain it. I think it made me distrustful, and angry, and frightened of humans, humanity. I just

thought it was such a gross abuse of power in a way. I think that during that moment we knew that we were not going to eat meat anymore. We said to our parents, “Why didn't you tell us?” It's amazing. I remember my mom's face, I remember her crying. She didn't know how to answer. It became very obvious we weren't going to eat meat anymore.”

“Then my brother, a few months later, said: ‘We shouldn't be using dairy either. It's not killing them, but ...’ Then we became vegan and my sister Summer was born vegan.”

Joaquin has teamed up with Veganuary - a global organization encouraging people to try vegan in January and beyond - to encourage people to sign the 31-day

plant-based pledge. This year, more than 250,000 people took part - with 350,000 sign-ups the goal for 2020.

“If you look at the climate crisis or the violence of our food system and feel helpless, thinking ‘I wish there was something I could do’- you can. Right now,

Sign up to try vegan this January,”

Toni Vernelli, Veganuary's spokesman, added: “Each of us can help fight climate chaos with our fork. Signing up on the website is a fun and empowering way to tackle this serious global threat. All of our resources are completely free, friendly and supportive - so why not do your part for the planet and give it a go!”

Veganuary is expecting 2020 to be its biggest year yet, and as part of that, is planning to screen a pro-vegan advert on mainstream TV in the US, UK, and Germany between Christmas and New Year.

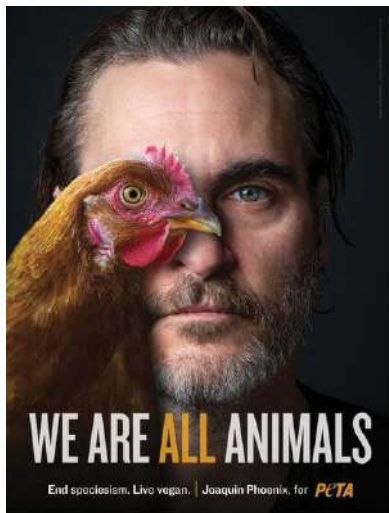
“In true Veganuary style the ad is fun, funny and non-judgmental, yet is guaranteed to make people question how comfortable they truly are with their food choices.”

**veganuary.com**

*Joaquin's campaigning movies include:*

**What The Health  
Earthlings  
Dominion**

**The Animal People (2019)**



## Plunder Of The Commons

A Review of Guy Standing's Latest Book  
Duncan Kelly

### What is rentier capitalism today?

According to some economists it is a rigged system, supporting and extending the already unequal "market and political power of privileged individuals and businesses". From the super-managers and technology billionaires who embody financialised capitalism, to the older money of landed elites, exercising power means leveraging excess rent into massive profits for the few, not the many, much as it always has done. In this book, Guy Standing, an emeritus professor at the University of London and founding member of the Basic Income Earth Network, examines how rentier capitalism in the UK has come to bury the idea of the commons in modern Britain, and what might be done about it.

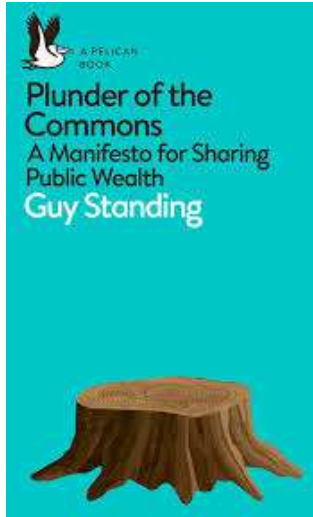
A potted history of transformative moments takes off with the little-known Charter of the Forests (1217), as a model of public lands defended by right against the powerful. He then jumps to the mid-17th century and the evolution of arguments for private property and land enclosures. A whistle-stop tour through further enclosures in the 18th and 19th centuries follows, with a nod to the importance of the census of land ownership in 1873, which showed just how very much land in Britain was owned by so very few. *Plus ça change*. We see a slight reorientation in thinking about public land after the first world war, embodied in the Forestry

Commission of 1919 and the evolution of bodies such as the National Trust, but this is all by way of introduction to showing how radical the implications of privatising and enclosing of the commons have been since the Reagan-Thatcher era.

The rest of the book puts forward arguments about how different ideas of the commons might inject some strength into the tatty fabric of our shared public lives. To see that requires a rolling back of the policies of privatisation, reviving older ideas about the commons as a shared set of resources whose use really can be structured for public benefit. It also means avoiding the intellectual shibboleth

(paraded in Garrett Hardin's 1968 essay *The Tragedy of the Commons*) that collective management schemes for common-pool resources are destined to fail. Standing not only wants to remind us how much common land in Britain has been enclosed by the wealthy few.

His vision of the commons is extremely capacious. From a defence of the BBC to individual ownership of personal data, he thinks the need to recapture the commons is existentially urgent. Our world is severely skewed, he argues, when tech moguls find the biggest threat to their continued harvesting of data for profit is human "sleep"; where the climate crisis offers exciting opportunities to those seeking to capture global intellectual property rights for blue growth from the



oceans, and our universities have become big commercial enterprises. This is the backdrop against which Standing presents his case for how we might revalue the commons against the meritocratic bromides of rentier capitalism.

All forms of rentier income arising from private ownership of physical, financial and intellectual property should be subject to a discrete levy, held in a commons fund, from where it should be shared. Readers may question the viability of his claims, and like most examples of the genre, the manifesto paints in broad brushstrokes. But unlike most, Standing provides some intellectual under-armor, backing things up for several hundred pages before you get to the 44 articles of his manifesto.

These propose taking back control of what once were natural commons in land, with compulsory land registration and a

new census detailing ownership. His social vision prioritises the basic right to a home, funds for shared housing for the homeless, a rolling back of privatisation and a revival of local co-operatives. This flows into the civil, where access to legal aid and probation services are enshrined, while the knowledge commons guarantees individual control over the use of personal data.

The commons fund provides universal basic income as an economic right. Standing's idea of the commons doesn't mean a public free-for all. It needs political imagination to defend such ideas, and practical will to make them into realistic options. His provocation could hardly be timelier.

*Duncan Kelly teaches politics at Cambridge university. His latest book, Politics and the Anthropocene is published by Polity Press.*

**guystanding.com**



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

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## **I'm Off To Heaven**

*Passing on when my time has come.*

when i love Nature, when i love the Weather  
when i have a passion for Meteorology and Geography  
a passion for Astronomy and Photography  
a passion for Science, Technology, History and Philosophy  
a passion for Computer Synthesizer Sounds, CGI Animation and Poetry  
when i love the wild Animals and the Marine and Avian species  
from Dolphins to Robins, all the Insects, the Birds and the Bees  
when i love the beauty of Planet Earth  
the Oceans, the Mountains, the Plants, the Flowers, the Trees  
when i love the spectacle of the Aurora Borealis and the Milky Way  
in some ways, in many ways i can't wait  
to become part of the Whole that is Universal Life  
with the awe and wonder of the Cosmic Questions of  
Where? When? How? and Why?  
the mystery of Fractals, the Atom, the Body and the Brain  
the enigma of the Pineal Gland... the all seeing Eye  
taking a moment to take it all in... to slowly breath in... and out again...  
to respect the consistency and stability of this Ball in the Sky  
i'm off to Heaven to explore the Solar System  
looking forward to passing on when my time has come  
take a last breath to this Life of trials and tribulations  
to Bills and more Bills, Dentists, Doctors, Surgery's and Hospitals  
to Global Warming, Nuclear Radiation, Smart Motorways and Vehicle Pollution  
to CCTV Surveillance, Smart Phones, and Social Media  
but a sad farewell to Family and Friends, Love and Hugs and Smiles and Conversation  
to Work and Business and Song and Dance, Food, Drink and Celebration  
to the joy of Nature, the Sky and the Countryside  
wonderful... beautiful... i can turn to my Sacred One with a High Five  
i been blessed with this Adventure and Experience  
no need for fear, or panic, no need to be shy  
when i'm obviously part of something so much bigger  
than this Body and Brain, this Heart and Soul  
i been blessed not to worry that my physical body will eventually die  
i been blessed to have a good Life on this Earth  
with the chance to become older and wiser, some say old and wise  
wise enough to know when it's time to go  
i can smile and chill and take a sigh  
that this is the one journey i don't have to pack for  
when i can spread my wings... and fly

*Words and title inspired by Adam May's final article in October 2019 Network News*

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# Aquarius

January 20th to February 19th

Keith Hirst



**Though ruled** by the same planet as the last solar month, Capricorn, Aquarius has a tinge of boredom with things as they are, and wants to see things differently.

There is a spark of promise in the air, for the light is increasing: yet it is too early, and winter is still here.

While our eyes are looking afar, our feet haven't moved. Aquarius seeks to change convention with ideas of a new social contract, of future possibilities. A restlessness grows: Aquarius seeks to encourage everyone to do their own thing, together, for then it can do its own thing too.

A heady time, where collective values can override individual ones, Aquarius is a time for concerted action, aimed toward an ideal goal. But it does have some difficulty accepting the isnesses of life: they ought to be different!

Inevitably whenever one begins any project there are going to be unforeseen difficulties and problems ahead - no matter how good the planning. The time of Aquarius represents the period in any project when new ideas of how to do things come to us. It is the time when necessity demands invention. Usually it is just when a project is floundering that we suddenly get new inspiration and fresh insights. The pressures of necessity and contingency are required to galvanize the deeper levels of creativity within us. Often this will only happen when things are at their darkest, at their lowest ebb.

The time of Aquarius is in the middle of winter, during the cold months of late

January and early February. Used wisely this can be the most inventive time of the year and give rise to something quite new that will manifest in the following spring and summer. It is also the time when we are most prone to depression, hence the high suicide rate at this time of year.

Its purpose is for us to take a fresh look at life and seek new and inventive ways of solving whatever problems we have become aware of in the last months inspection.

I find it interesting that these months of Saturn, Capricorn and Aquarius are actually the greatest progenitors of change. If we look at the Tree of Life we find Saturn as Binah, the Great Mother. *Necessity (Saturn) is the Mother (Binah) of Invention (Aquarius).*

*Keith Hirst is co-founder of The Libra Centre in Penmaenmawr which is dedicated to the fulfilment of Human Potential.*

**See Calendar for event on 18th.**

**libracentre.com**

## Full Moon Meditation Network

**Capricorn:** December 23rd ~ January 20th

Full Moon: January 10th at 7:21pm

## The Great Invocation

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

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

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

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

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

**www.lucistrust.org**



### The Project

The Gwynedd community electric car share project is managed by Arloesi Gwynedd Wledig and has two main aims: 1. To trial a community car share model in rural communities and see if it helps people who are currently

isolated through lack of public transport to access local services and facilities. 2. To raise awareness of electric cars and promote sustainable transport options for locals and visitors.

### The Cars

The cars "Carwen" and "Carwyn" are 40kWh Nissan LEAFs. They are 5 door, 5 seater cars with a good amount of boot space. They have an average range of 110-150 miles per charge, depending on driving style and conditions (e.g cold/wet/windy weather). Drivers that stay light on the accelerator and keep the power gauge in eco mode will get the upper end of that range spectrum – or more!



### The Communities

For the first year of the project "Carwen" is based in Bethesda, with its own dedicated parking place and charger at the Lyfrgell/Library. It is managed for the community by local social enterprise Partneriaeth Ogwen. For more information about them, "Carwen" or getting involved as a volunteer community driver contact Huw Davies on huw@ogwen.org.

For the first year of the project "Carwyn" is based in Abergynolwyn, with its own dedicated parking place and charger at the Canolfan/Community centre. It is managed for the community by Egni Abergynolwyn Energy, a registered Community Benefit Society. For more information about them, "Carwyn" or getting involved as a volunteer community driver visit abergynolwyncarclub.wales or contact Steve Beech abergynolwyncarclub@gmail.com

For the second year of the project the cars will go to two new communities. If you are part of a community group in Gwynedd and are interested in applying to have "Carwen" or "Carwyn" autumn 2020 to 2021, please get in touch with Arloesi Gwynedd Wledig for more details

### Join the Club

Register with Co-wheels, book the cars online and only pay for what you use - insurance and a full battery charge is included.

[co-wheels.org.uk](http://co-wheels.org.uk)

*Join the UK's national Social Enterprise car club and drive forward change.*

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*Libra Tree in Penmaenmawr 07.*