

network news

a guide to inspiring events in north wales



a green nuclear free wales ~ meditation & nonviolent communication
 bangor forest garden open day ~ faking it for war ~ serving humanity
exhibitions ~ workshops ~ festivals ~ groups

Network News

27 Penlan Street
PWLLHELI
LL53 5DE



May 2018

www.network-news.org

Articles

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(phone during office hours
or text anytime)

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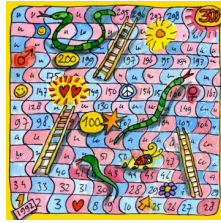
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Welcome to the **300th** issue of Network News! Fem's cover picture celebrates the amazing journey our little magazine has travelled since 1992 - accepting all the snakes and embracing the ladders!

There have been many stewards of NN over the years, but the core mission has remained constant. It has always tried to be a point of focus and encouragement for all those in and around North Wales who are trying to heal humanity and the planet from *within*.

Despite the clear human capacity for intelligence and empathy, so many of the decisions that affect our common destiny are still made for very primitive reasons. A population governed by its emotional reactions is all too easily divided and ruled by mythical creatures like "economic growth", "brexit", "2nd amendment", "the russians are coming", "humanitarian bombing" etc., allowing an elite few to pursue their planet-burning business as usual.

A proven way to dissolve these delusions is through inner work, becoming so aware of our own emotional reflexes and prejudices that we cannot be so easily manipulated, and can begin to see - and then act - from a truly inclusive and planetary perspective. This work cannot be done alone. We need to give and receive support, and NN has always tried to provide a natural meeting place and resource centre for those attempting to question the mainstream.

A guide that has never been far from NN's desk in these 26 years is a 1934 book by a Tibetan elder titled *A Treatise On White Magic* (See Page 40). It is *not* a compendium of well-meaning spells as the title might imply! It is a manual of ancient wisdom on how to practice and sustain truly effective service. The Tibetan also highlighted the spiritual opportunity that occurs annually in this period of the "Buddha" full moon in Taurus (April 30th). So... happy **Wesak!**

Blessings to all beings



A Green, Nuclear-Free Wales

Sean Morris

At a joint conference held on Saturday 14th April at the Owain Glyndwr Parliament House, Machynlleth, the Nuclear Free Local Authorities (NFLA) Welsh Forum agreed support for the 'Machynlleth Declaration' with groups such as the Welsh Anti-Nuclear Alliance (WANA), People Against Wylfa B (PAWB), the Trawsfynydd pressure group CADNO and CND Cymru. It seeks to support a 'green, nuclear-free Wales'.

The conference was held to discuss the core nuclear issues in Wales, the alternatives to nuclear power in Wales and allowed for discussion on developing joint campaigns in South Wales and the South West of England with the 'Stop Hinkley' group, as well as considering the impact of Brexit and the UK leaving the Euratom Treaty.

Amongst the presentations provided were updates on the proposed development of the Wylfa B site in Anglesey, the issues and safety concerns around the dumping of 300,000 tons of material from the proposed Hinkley Point C reactor site on to a marine site a few miles off the coast from Cardiff Bay, and the concerns over developing small modular nuclear reactors at Trawsfynydd in Gwynedd.

The real potential in Wales for the development of a zero-carbon, renewable energy future was also provided by a speaker from the Centre for Alternative Technology; and the issues around seeking to develop a deep underground radioactive waste repository in England or Wales was considered by the NFLA Secretary, profiling its model response to current consultations from the UK and Welsh Governments.

At the end of the conference, the 'Machynlleth Declaration' was agreed upon, summarising the core actions of the day. It reads:

MACHYNLLETH DECLARATION for a 'Green Nuclear-Free Wales'

"In a packed gathering called to further the debate on our energy future, a meeting in the Owain Glyndwr Parliament House in Machynlleth on Saturday 14th April agreed UNANIMOUSLY that:

Political leaders in Wales should 'wise-up' to what is happening in the nuclear industry now as there are a number of issues affecting all parts of Wales and they need to take action before it is too late -

1. The new-build plans for nuclear reactors at Wylfa (2 reactors), Hinkley Point (2 reactors), Oldbury (2 reactors), Moorside (3 reactors) - all of which will impact on Wales and its coastline; these developments are heavily reliant on huge subsidies for foreign-headquartered companies.

2. The proposal to use the 'Cardiff Deep Grounds' close to Cardiff Bay as a dump for Hinkley Point C mud that contains heavy metals and unknown levels of plutonium, uranium and other radioactive substances.

3. The nuclear waste dumping consultation exercise of the UK and Welsh Government's - the nuclear industry has yet to find a solution for the 60 years of highly radioactive waste already accumulated, and yet they plan to produce far more; this is an immoral burden for future generations to have to deal with.

4. The suggestion of developing Small Modular Nuclear Reactors at Trawsfynydd.

5. The conference condemned the overnight bombing of sites in Syria and expressed real concerns of escalation to a 'new' Cold War between nuclear weapon states. Peaceful and diplomatic solutions through the United Nations are the most effective ways to respond to such an international crisis.

Political leaders across Wales need to recognise that all of these developments are unacceptable in a country that has more than enough renewable energy solutions of its own. They need to make it clear that Wales will not become the 'sacrificial lamb' for a dangerous and outdated technology that will cost the earth and is no real solution to climate change.

The meeting urged the Welsh Government and politicians of Wales to embrace the exciting prospect of a nuclear-free environment. A green energy future offers endless opportunities without any of the dangers posed by toxic radioactive waste, nuclear accidents or nuclear terrorism. The ultimate no-brainer, and an appropriate response to the Welsh Government's highly acclaimed Well Being of Future Generations legislation."



NFLA Acting Welsh Forum Co Chair, Councillor Sue Lent said:

"The conference held by Welsh groups concerned about nuclear developments highlighted all the real risks and hazards over new nuclear reactors, radioactive waste and nuclear safety in Wales. I found the 'zero-carbon Britain' report developed by the Centre for Alternative Technology an inspiring and effective alternative where cheaper, safer and sustainable forms of renewable energy could power Wales and significantly reduce the harmful effects of climate change. The 'Machynlleth Declaration' encourages politicians in all political parties across Wales to support a transformative energy policy that could make Wales a leader in Europe and the world for clean, green and nuclear free energy. NFLA strongly supports such a direction in Welsh energy policy."

Dylan Morgan of PAWB, representing the other participating groups, added:

"It was heartening to see so many people come together to seek cooperation and a new Welsh alliance calling for a nuclear free Wales. 2018 is a critical year in the Welsh new nuclear and radioactive waste debate. There are fantastic renewable alternatives in Wales like the Swansea tidal lagoon scheme, and many local decentralised and community energy

projects being developed across Wales. I am delighted new cooperation was held between Welsh groups and 'Stop Hinkley' to challenge the need for a new nuclear reactor in Somerset

and call for greater technical and scientific analysis of the environmental risks from dumping 300,000 tonnes of material from the Hinkley Point C proposed site to the waters close to Cardiff Bay. The waters and land around south Wales should not receive Hinkley C's radioactive legacy."

Sean Morris is Secretary to Nuclear Free Local Authorities (NFLA)

www.nuclearpolicy.info

www.stop-wylfa.org

TO LET, UNFURNISHED
Llanfrothen area
Self-contained garden flat in rural location with
stupendous views.
 Kitchen-diner, one bedroom, bathroom, large covered verandah. EPC rating D.
 Solid fuel stove. Electric cooker, fridge, washing machine.
 No off-road parking; on-road parking for one car.
 Short walk to bus service to Porthmadog.
NO SMOKING, NO DOGS.
 Suitable for one quiet mature person.
 £325 per month plus council tax (A).
Tel: 01766 770917

Celebrating 20 Years of Bangor Forest Garden

Open Day: June 2nd

Frank Bowman

The Bangor Forest Garden project was started in 1998 on a quarter hectare field at the University of Wales, Bangor's research farm in North West Wales. The University very kindly gave us use of the field to create an example of this agroforestry system. The BFG complements the agroforestry research that is conducted by the University at Henfaes.

The project has been run entirely by volunteers from the local and student communities, and we've transformed the site enormously in this time. We've repaired traditional slate fencing and dry stone walls, installed footpaths suitable for wheel chairs, put in benches and arbours, constructed raised beds, compost loos and herb spirals. Of course, there are the plants as well. We have planted dozens of different useful plant species. Some of these are traditional fruits and vegetables while others are quite unusual. We encourage biodiversity by creating habitat piles, having wild areas, encouraging native species, not being too 'tidy' and having a couple of ponds.

Over the years the BFG team has been developing our work in the community. We have had frequent sessions with groups of adults with learning difficulties. They have enjoyed coming to

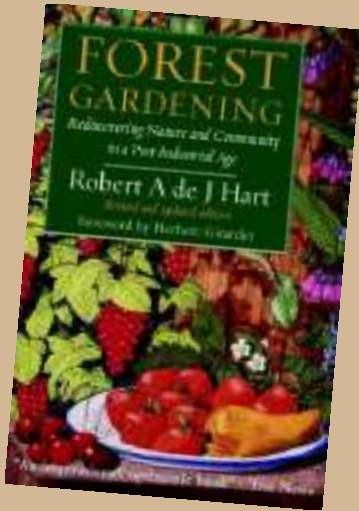
the garden and really got a lot out of growing food. We have also worked with probationers and young offenders who spent some of their community service with us, mostly doing green woodworking projects. We have also run art workshops with kids, open days for the public, and occasional short courses. Through the wide ranging activities and the ethos underlining the BFG, we have aimed to develop the beneficiaries' key skills in communication, teamwork and people skills, alongside care for the environment and sustainable lifestyles. The great thing about forest



gardening is the wide range of themes that it encompasses – fresh varied food, health, activity, countryside issues, climate change, biodiversity, agro-ecology, crafts, horticulture... There's something for everyone.

In recent years we have concentrated more on the development of the garden, adding to it, moving plants and trees, and general learning. There have been so many great volunteers over the years giving so much and coming and going.

We get together on site on the second Sunday of each month from 11.30am onwards. Please get in touch if you'd like to find out more.



Robert Hart (1913-2000) created the first British forest garden at Wenlock Edge in Shropshire, the result of his need for more trees and desire to produce healthy food. Hart observed that a natural forest can be divided into distinct layers or 'storeys'. He created seven "dimensions" in an existing small orchard of apples and pears: a 'canopy' layer consisting of the original mature fruit trees. A 'low-tree' layer of smaller nut and fruit trees on dwarfing root stocks. A 'shrub layer' of fruit bushes such as currants and berries. A 'herbaceous layer' of perennial vegetables and herbs. A 'ground cover' layer of edible plants that spread horizontally. A 'rhizosphere' or 'underground' dimension of plants grown for their roots and tubers. A vertical 'layer' of vines and climbers.



The Forest Garden.

Forest gardening replicates woodland ecosystems to grow trees, bushes, shrubs, herbs and vegetables.

Crops such as beans, fruits, nuts, leaves, stalks and root vegetables may be grown for food production, and these and other produce from the forest garden can be used for the manufacture of beverages, medicines, dyes, furniture, chemicals, biofuels and other fuels, paper, rayon, fibres, resins, buildings and boats, baskets, containers, everything needed for life.

The use of a layered system, where a variety of companion plants occupy the same area, can result in high productivity from a small space, while the natural structure provides stability, sustainability, beauty, happiness and good physical and mental health.

And now it's our 20th Year! Come and join the Celebration! (see the next page...)



The Background story to our Open Day... It's also a crafty way of funding our new wood shelter! We badly needed a shelter structure for our cob oven and a wood store for the open fire-pit area, because our old canvas tarp had broken down. You wouldn't *believe* the restrictions on getting a large grant from the lottery for the more solid permanent wood structure our maintenance director Charles had designed!

So... recently we obtained a grant from the Permaculture Association to help organise this June's North Wales Permaculture meet-up, *plus* a grant from the Federation of City Farms & Community Gardens (FCFCG) to pay for an instructor (James) to teach us how to build the wood

structure and transport it to the Bangor forest garden to direct the building of it! Local wood, from a local business, with local instruction, using local volunteers...

It will be ready for the June open day, so look out for it! As well as the guided tour on the day, we will have a DIY tour guide on a laminated poster which will lead you around the garden to learn where all the trees and plants are, see how they fit into the forest structure, and find out what they all do. See you there!

www.thebfg.org.uk

Facebook: Bangorforestgarden
bangorforestgarden@gmail.com

Bangor Forest Garden
Come and Celebrate our 20th Anniversary at the Open Day on Saturday June 2nd!
 Come and see the garden, how it has progressed and developed, join a garden tour and feast on Cob oven fresh baked bread, tasty fresh baked pizzas and cake. Meet people implementing Permaculture projects from Anglesey, Caernarfon, Bangor, Clynnog Fawr, Llyn, Cerrigydrudion, Corwen, Llangollen and Wrexham.



Bangor Forest Garden is at
the Bangor University
Henfaes Research Centre:
Abergwyngregyn,
Conwy,
LL33 0LB

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a guide to inspiring events in north wales

MAY NOTICEBOARD

PAGAN STUDY GROUP Sessions on modern paganism ending with a Summer Solstice ritual. From 4th May - 22nd June. Blaenau Ffestiniog. Bookings: yrhenysgol17@gmail.com *See Calendar*

CALL - Culture Action Llandudno Come and make some clay figures that represent the body and movement. *See Calendar 20th & 30th May.*

HELFA GELF ART TRAIL REGISTRATION Opens 16th April - 14th May for those who wish to register their work/studio/event. Visit website: helfagelf.co.uk to find out more. The Art Trail takes place across North Wales in September.

DAWN CHORUS DAY The worldwide celebration of nature's symphony. 6th May. *See Calendar* for early morning events. Visit icdc.info

SUMMER EVENING STROLLS 2nd, 9th, 16th, 23rd, 30th May, Wednesdays, 7pm, free, donations welcome, with RSPB Conwy nature reserve, LL31 9XZ, 01492 581025, conwy@rspb.org.uk

DYING MATTERS AWARENESS WEEK 14th - 20th May. An unparalleled opportunity to place the importance of talking about dying, death and bereavement firmly on the national agenda. This year, Dying Matters asked a simple question - "What Can You Do?" Info: dyingmatters.org *See Calendar 14th, 15th, 16th, 17th & 19th.*

GWOBR ESYLLT PRIZE 2018-20 Chwedl, a network of women storytellers in Wales, is looking for young talented women storytellers in Wales - and is inviting them to apply for a commission to create a new piece of performance storytelling. The commission will support the development of an emerging woman storyteller, born in Wales or currently living or working in Wales, aged 35 or under, who tells stories in English and Welsh, using song or music, as well as the spoken word. The prize is in honour of storyteller Esyllt Harker who died in 2014 and who played a vital role in storytelling in Wales. Send: CV, with 2 referees and any evidence of storytelling, i.e. photos, reviews, video, feedback, etc. More details & apply to: Fiona Collins: fionastory3@gmail.com or post to Esyllt Harker Commission, % Ty Cynnes, Carrog, Corwen LL21 9LA. **DEADLINE is 10th MAY.** *See Calendar 18th*

MAI68 Films shown in Pontio, Bangor to mark 50 years since the uprising of civil unrest in France which nearly brought the country to a halt. It lasted about 2 months.

During this time, filmmakers went amongst the students and strikers to highlight the cultural and social impact. Pontio, Bangor. *see Calendar + Festival in Chester - 19th*

CLIMATE CHANGE AND COASTAL HERITAGE 17th May. A seminar from CHERISH, a 5 year project funded through the Ireland-Wales Programme 2014-2020, part of the European Regional Development Fund, which focuses on seeking solutions to shared challenges on both sides of the Irish Sea. Held at Venue Cymru, Llandudno, *see Calendar* More info: cherishproject.eu/

MICROPLASTIC AND PLASTIC CLEAN-UPS *See Calendar* on 5th - NWWT on Ynys Mon; 9th - Friends of the Earth, Conwy & 18th - Plastic Free Anglesey to learn how to help remove plastic from our environment and lifestyle.

**The United Nations:
Working for Global Stewardship
United Nations Association - Menai**
A talk by Richard Shirres on the evolving significance of the United Nations since 1945 in safeguarding the planet from human impact. 11.45am. Quaker Meeting House, Dean Street, Bangor, LL57 1UR.
Richard 07722 337839,
richardshirres@gmail.com *See Calendar*



DRAIG BEATS 2018

**1 day music festival
Saturday 9th June
11 am - 8pm in
Treborth Botanic Garden**

It's a family friendly, fund raising event with plenty of live music across 3 stages, workshops, food & drink and lots of activities to keep the kids busy! 100% of the profits will go to support Sophie Williams, former Bangor University lecturer, who has returned to live in North Wales following years of intensive care after contracting Japanese Encephalitis.

TICKETS: Adult: Advance £20 - On the day £25
Child 12-17: Advance £10 - On the day £15
Children under 12 FREE
Family Ticket (2 adults, 2 children aged 12 - 17) £50 (advance only)

Facebook: Draig Beats 2018

Shamanic Lands - The Otherworld
Journey into the Inner Realms of Nature and The Heart of Annwn for Transformation and Harmony.
Held in Llandrindod Wells
19th & 20th May
www.theshamaniclands.com

Helena Hawley

Intuitive Vocal Sound Healer,
Channel, Speaker & Authoress



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

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

info@helenahawley.co.uk

www.helenahawley.co.uk

Monthly Vigil:

Stop UK Arms Sales
to Saudi Arabia!



illegally used to bomb Yemen

At The Cross, Chester City Centre
on the last Saturday of the month
from 12.30pm - 1.30pm.

Please wear black if possible.

chestercnd@gmail.com

Healing For Wellbeing

2nd Wed/month 6 - 9.30pm

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

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

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

House Dowser

Geopathic Stress Affects Everyone!

Could your home be responsible for your illness?
Is your relationship being stressed by your house?
Is the earth giving off rays that are affecting you?



Dowsing For Beginners

Workshops
Sun 13th May
in Flintshire



Does your house need healing?

You could be being affected by the earth's magnetic field. Fault lines and water veins deep under the ground concentrate this field, and they could very possibly be coming up through your house.



The Problem

The effect of Geopathic Stress is to depress the body's immune system, particularly when you are sleeping over a negative place, causing illness, depression and stress.

The Solution

- Your house is dowsed for all negative influences.
- A report is drawn up.
- The house is cleansed and all stress removed.
- House Dowsing brings back harmony, health and peace of mind.

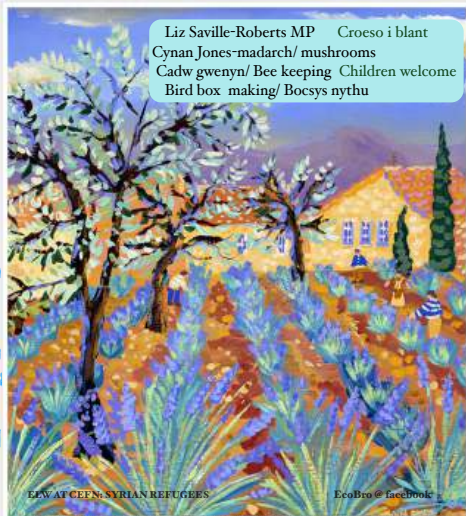
Could this be the answer you've been looking for?

Chris Quartermaine

01244 509933 or 07921 783184

chris@wisdom.me.uk www.house-dowser.co.uk

Liz Saville-Roberts MP Croeso i blant
Cynan Jones-madarch/ mushrooms
Cadw gwynn/ Bee keeping Children welcome
Bird box making/ Bocsys nythu



EW AT CEEN SYRIAN REFUGEES

EcoPro @ facebook

Ffair Egin Gwyrdd

Greenshoots Fair Plant and Seedling Swap
Hadau ac Egin Planhigion

Penrhyndeudraeth Neuadd Goffa

Saturday 5/5/18 10-3pm Dydd Sadwrn

May Calendar

30th April : Full Moon in Taurus 1.58am, Wesak Festival

1st TUESDAY

May Day ~ Calan Mai Marking the beginning of Summer. Decorate your home with hawthorn; dance, make a willow wand and decorate yourself with a garland of flowers.

Belly Dancing Taster Session Try a free taster session! No booking required - just turn up. 7.30 - 8.30pm, Parkfields Community Centre, Mold, CH7 1TB. rachelshellydancingclasses.wales *Weekly classes follow from 8th May.*

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

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

Mindfulness Drop-In 1st Tues/month. Everyone is welcome, whether new to mindfulness or wishing to keep their practice going. This session could be a helpful taster for someone thinking of signing up for an 8 week course. The drop in will be on a donation basis and will be held in the log cabin in the Hermitage garden. 6.30 - 7.30pm. The Hermitage, Ynys Graianog, Criccieth LL52 ONT. Contact: gwyneddmindfulness.co.uk

Cemlyn NWWT Nature Reserve: an illustrated talk Our seasonal Cemlyn wardens introduce our nature reserve on the north coast of Anglesey - home to terns, coastal flowers and more! 7 - 9pm, donations welcome. North Wales Wildlife Trust offices, Llys Garth, Garth Road, Bangor LL57 2RT. Anna Williams, Community and Education officer 01248 351541, 07917 455367, annawilliams@wildlifetrustswales.org

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

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

Charcoal Burning Learn how to use a ring kiln to make charcoal, find out about the economics of charcoal production, small-scale production using an oil-drum and you will take home a bag of charcoal. £50, deposit £25. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

1st TUESDAY - 5th SATURDAY

Turn of The Screw Theatre. A young governess looks after two orphaned children; a new adaption of a classic ghost story. 7.30pm, & 2.30pm. £10. Theatre Clwyd, Mold 01352 701521, theatrclywd.com

2nd WEDNESDAY

Sustainability Showcase 2018 by Public Health Network Cymru. This meeting will offer: update on developments; networking space and an opportunity for local projects to showcase their work; an opportunity to engage with the office of the Future Generations Commissioner. Includes: Play Wales, Welsh Cycling, Natural Resources Wales and more. 9.30am - 2pm. The Management Centre, College Rd, Bangor LL57 2DG. 01248 365900, info@themanagementcentre.co.uk

HopetechWomen A women's cycle ride around Llandegla Forest. 5.30pm, for 6pm ride for approx 1.5 hours. Suitable for beginners or a slower paced ride; another group is a fast pace group. 6 - 8pm, free. One Planet Adventure, Coed Llandegla Forest, Ruthin Rd LL11 3AA. Booking essential: eventbrite.co.uk

Cat's Cradle: A Scenic Tour of My Life's Work A slide-extravaganza of paintings made throughout Adrian Sumner's 50-year career, complimenting the Icon to Red Square Exhibition. 1.30 - 3.30pm. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

Social Business Wales Network Bringing Social Enterprises from your locality together to network, learn new skills and keep up to date with business news from across Wales. A light lunch and refreshments are provided. Free but booking essential via eventbrite.co.uk 9.30am - 1pm. Galeri, Caernarfon 01286 685222, galericaernarfon.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

Look Back In Anger (PG) Film. Classic epitome of the kitchen-sink drama from the swinging sixties. 8.15pm, £7.50, £6, £5.50 student, £5 children. Pontio, Bangor 01248 382828, pontio.co.uk

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

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

Lady Bird (15) Film. A coming of age film of a young woman. 5.30pm, £3, £2 children; 8pm, £4, £3.25 concs. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Vintage Matinee 1st Weds/month. Full details Denbigh Film Club, Theatr Twm o'r Nant, Denbigh LL16 3DA. Lillian Jones 01745 813426, denbighfilmclub.co.uk

2nd WEDNESDAY - 4th FRIDAY

Zero Carbon Britain Rethinking the future, Making it happen and tools, resources and practice, Neo-liberalism; talks, workshops, discussions and game show! Daily costs: £40 - 2nd, £30 - 3rd and £30 - 4th. Price includes lunch. CAT, Machynlleth, 01654 705959, cat.org.uk

3rd THURSDAY

Death Café 2 - 4pm, free. Hosted by Bangor University. Please check for venue. Contact b.m.turton@bangor.ac.uk

Pastel Drawing Workshop: Wild Garlic Led by Paul Pigram, for beginners and those more experienced. All materials provided. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 01492 650153, katepigram@aol.co.uk

Morning Gong Breathe and relax... Then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7.30pm, £12. Y Ffestri, Llanberis. Steph Healy 07534 118899, puresound.org.uk

Wellbeing Support Service For those living with cancer, their friends and family support. 1st & 3rd Thurs/month. 11am - 3.30pm. Every 1st Thursday there will be a specific session in the afternoon 2 - 3pm approx. Today: Relaxation and Visualisation with Sheila Smith. Organised with Clwb Seren Wen, Day Centre, Criccieth LL52 0RN. More information contact Sheila Smith 07851 792014, enquiries@northwalescancercare.org.uk

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

Dru Meditation 1st Thurs/month, 8.30-9pm, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda. Contact Christiane 01248 602900, christiane@druworldwide.com

Sully: Miracle on The Hudson (12A) Film night; a pilot lands a plane on the sea. 7.30pm, at Canolfan Beaumaris, Rating Row, Anglesey LL58 8AL. 01248 811200. canolfanbeaumaris.org.uk

Great Crested Newt Evening Come and learn about the ecology, conservation and legislation of this creature. Booking essential, 7pm. Pencychnant Conservation Centre, Conwy. Bookings: Snowdonia Society - Owain 01286 685498, owain@snowdonia-society.org.uk

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

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

ROH Ballet Live: Manon Live screening from Covent Garden. Manon struggles to escape poverty. 7.15pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **And** Storyhouse, Chester 01244 409113, storyhouse.com **And** Pontio, Bangor 01248 382828, pontio.co.uk

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

3rd THURSDAY - 5th SATURDAY

Blythe Spirit Madame Arcati holds a séance. 7.30pm, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

4th FRIDAY

Soup & Circus 1st Fri/month, 5 - 7pm in Rhiwlas Village Hall. Circus skills, music and soup to share - come and join. Donations. Lucy 07900 637333.

Pagan Study Group Fridays. Sessions on modern paganism ending with a Summer Solstice ritual. Today: The Wheel of the Year and celebrating the Sabbats. Other meetings include: Symbols, Talismans, creating sacred space, 4 elements. 6.30pm, £3 per session or £20 if paid at first session for all 8 meetings. Participants should bring a comfortable cushion to sit on. The meetings are held in the basement of the shop 'A Bit of This and That' and there is, unfortunately, no disabled access, 11 High St., Blaenau Ffestiniog. Bookings: yrhenysgol17@gmail.com *Each Friday until 22nd June*

Pastels Workshop: Dormice Learn to paint realistic wildlife art using pastel. 10am - 4pm, £30. Kaz Turner, 01978 363539, 07809 687740, kazturner.com

The Peace of Wild Things Poetry with Jill Teague. Jill is a Welsh poet and Poetry Therapy Practitioner based in Snowdonia. Here she founded "Out of the Blue Writing", where she facilitates writing groups, works with individuals and provides online courses. 1 - 3pm, £5, £4 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org ~ jill-teague.blogspot.com

Sounding Who You Are An evening of working with the voice using meditation, chants/mantra, toning and sound. 7.30pm, £20. Source Yoga, 294 Conway Rd., Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org

Black Panther (12A) Superhero movie, doors open 7 for 8pm start, £5. Neuadd Ogwen, Bethesda LL57 3AN, neauddogwen.com

Quiet Afternoon Aimed at those who enjoy a 'quieter' visit to the museum, including people living with autism and their families and carers. 3 - 4.30pm. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

Short Walk Leader Training 10am - 3pm, £10. Refreshments provided but please bring packed lunch. Short health walks (1 - 2 miles) are intended for people who are currently inactive. The pace and length of the walks are planned to suit the pace of the walkers, so that all walkers can walk at their own pace. Held in Llangollen. Organised by Ramblers Cymru - ramblers.org.uk

Lady Bird As 2nd, except at 6.30pm & 8pm.

Clwydian Arts Society Exhibition Private View 7 - 8.30pm, all welcome. The Carriageworks, Love Lane, Denbigh LL16 3LS, 01745 797647. *See Exhibitions*

MA168: Something in The Air Two great student rebellion films. Assayas' autobiographical film charts the decisions facing the brand new post '68 generation of French student libertines in the early 1970's, plus Lindsay Anderson's anarchic "IF..."; 5.30pm, £5; double bill £6.80; & 8.15pm. Pontio, Bangor 01248 382828, pontio.co.uk

4th FRIDAY & 5th SATURDAY

2 Day Inquiry Training The workshop will explore the theories and intentions of the inquiry process as a core element of MBSR & MBCT and offer opportunities to practice inquiry in small groups with fellow mindful teachers. Held in Chester. Bookings: Centre for Mindfulness, Research & Practice, Bangor University 01248 382498, bangor.ac.uk

I Ble Rwyf Ti'n Perthyn ~ Where Do You Belong Join Be Aware Productions in this weekend workshop, as they investigate ideas surrounding one's sense of belonging in relation to language. Trilingual Welsh, Turkish and English. 10am - 6pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

4th FRIDAY - 6th SUNDAY

Chamber Music Enjoy the opportunity for both practice and teaching sessions in the relaxed atmosphere of the Plas. Plas Tan Y Bwlch, Maentwrog, LL41 3YU, 01766 772600, eryri-npa.gov.uk For further information and to book, contact organiser Dr Julia Johnson. juliajohnson99@yahoo.co.uk

Post & Rung Stool Learn the basic techniques of green woodworking and use them to make a four-legged post and rung stool which you will seat with woven elm bark. £160, £80 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

4th FRIDAY - 7th MONDAY

Ayurvedic Massage Diploma Ayurveda massage is one of the many pillars of Ayurveda. It is designed to help restore and maintain balance in both body and mind. The Course consists of 3 residential modules and 3 assessments. Other dates are: 6-8 July; 9 July; 7-9 Sept. Dru Yoga, Snowdonia Lodge, Bethesda. 01248 602900, druyoga.com

4th FRIDAY - 22nd JUNE, FRIDAY

Pagan Study Group Fridays. Sessions on modern paganism ending with a Summer Solstice ritual. Today: Introduction to the Various Pagan Paths. Other meetings include: The Wheel of the Year, Symbols, Talismans, creating sacred space, 4 elements. 6.30pm, £3 per session or £20 if paid at first session for all 8 meetings. Participants should bring a comfortable cushion to sit on. The meetings are held in the basement of the shop 'A Bit of This and That', 11 High St., Blaenau Ffestiniog LL41 3BD. Bookings: yrhenysgol17@gmail.com

5th SATURDAY

24-hour Bird Race! Make / join a team and spot as many birds as you can on any / all NWWT reserves in your area. From top birders to absolute beginners, all are welcome. 12.01am - 11.59pm, free. Please register with Ben 01248 351541, northwaleswildlifetrust.org.uk/bird-race

NWWT: Mega Problem of Microplastics Let's celebrate the 6th Anniversary of the Wales Coast Path by helping clear one of its beaches of microplastic marine litter. We'll also do a Nurdle hunt - so tweezers at the ready! 10am - 12pm, free. Meet pay and display car park at Porth Treacastell (Cable Bay), Aberffraw, Ynys Mon. Dawn Thomas 01248 351541, dawnthomas@wildlifetrustswales.org

EcoBro Green Shoots Fair The annual sustainability fair from 10am - 3pm, Seedling Swaps, big plant stall, many stalls offering information on food, renewables, crafts, clothing and children's activities, raffle. An opportunity to swap seedlings & plants, to buy local produce, to learn about local eco-suppliers and other environment organisations, to enjoy tea & home-made cakes...and to make new friends! Liz Saville-Roberts to open. Penrhyndeudraeth Memorial Hall/ Neuadd Goffa. All proceeds go to CEFN - Syrian Refugees. Facebook: EcoBro Greenshoots Fair See page 10.

Yoga Day Expect a reasonably intense morning session followed by a more relaxing afternoon session with an hour break in between to eat delicious home made cake and enjoy the views or head out for a short lunchtime stroll. 11am - 4pm; bring yoga mat, light lunch; all welcome. £35. Coed Y Brenin, Dolgellau. Bookings: 07737 261614, mountainyogabreaks.co.uk

Essential Nature Make your own flower essence using Bach's Sun Method and infuse it with improvised sound with Jen and Kate. Includes light lunch and a 30ml bottle of the flower remedy made on the day. 10am - 4pm, £35. Booking is essential and payment is due at time of booking. Garth Hillside Organic Garden, Church Hill, Glyn Ceiriog LL20 7LY. Facebook: Essential Nature

Clean Up Cymru Conservation walk, 3 - 4.30pm. Help us remove as much rubbish from the landscape as possible. All rubbish collected will be processed safely and correctly by Gwynedd County Council. Snowdonia National Park, Nant Peris. Contact Summit to Savour, Beddgelert LL55 4UY, 07377 081829, summittosavour.co.uk

Chi Gung, Meditation and Gong Bath Relaxation and Meditation through Sound through powerful frequencies from gongs, singing bowls and other therapeutic instruments. 10am - 1pm, £30. Llanrhos Old School, Llandudno LL30 1RW. Steph Healy 07534 118899, puresound.org

Pastel Drawing Workshop: Spring Landscape Led by Paul Pigram, for beginners and those more experienced. All materials provided. 10.30am - 4pm, £55. Bodnant Art Studio, Conwy LL28 5RW. 01492 650153, katepigram@aol.co.uk

Meditation Workshop Learn simple techniques to cultivate awareness. 9 - 11am, £20, with Tino Faithfull, Beehive Healthcare, Northgate Ave, Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk

Footpath Maintenance: Glyder Fawr Spend the Bank Holiday working your way through Cwm Idwal, through the Devil's Kitchen up to Glyder Fawr while undertaking footpath maintenance and repair work along the way. 9am. Booking essential: Snowdonia Society - Dan 01286 685498, dan@snowdonia-society.org.uk

Book Signing ~ Karen Ankers Author Karen Ankers will be signing her new novel, *The Crossing Place*. The novel, which is currently receiving excellent reviews on Amazon ("people are telling me they can't put it down!") has quite a spiritual theme. 11.30am - 4.30pm Oriel Môn, Llangejni, Anglesey 01248 72444.

Big Rock Festival A full day of reggae, ska, 2 tone and 80's music with live bands and DJs. Bar open from 11am plus food stalls, indoor and outdoor arena. Promenade, Penmaenmawr, LL34 6NJ. u16s half price. Contact 07590 690041.

Meditation and Curry Night An opportunity to enjoy a taste of meditation, followed by a three course meal prepared in the World Peace Café. 6.30 - 10pm, £15. Khalpa Bhadra Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatenaorthwales.com

Young Flyers Vertical dance uses rock climbing equipment (ropes, harnesses, abseil devices) to suspend dancers off the ground on a range of vertical surfaces. This group is for young people aged 10 - 18. 10am - 4.30pm, Various costs. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Mindful Movement, Meditation and a Healing Gong Bath Join Lydia and Steph for three hours bathed in Love, Light and Sounds. Infinite Chi Gung movements to clear and replenish your energy fields and a Nurturing Healing Meditation; then sound waves that change your brain waves so that you can go from daily-thinking-mind to day-dreaming mind, to meditation to deep sleep. 10am - 1pm, £30, Llanrhos Old School, Llanrhos, Llandudno LL30 1RW. Lydia 07502 293114, lydia4020@yahoo.co.uk Facebook: Finding Your Anchor

Film Stars Don't Die in Liverpool (15) Film. a biographical drama in which the American actress Gloria Grahame falls in love with a young man from Liverpool. Open 7 for 7.30pm prompt start, £4, available from The Bluebell Inn. Held in Halkyn Parish Hall, info; mountaincinema.org.uk

Haydn: The Creation with Bangor University Symphony Orchestra and Chorus. 7.30pm, £12, £10 over 60s, £5 students and children. Pontio, Bangor 01248 382828, pontio.co.uk

MAI68: Sympathy For The Devil + Weekend (18) Two films from the Jean Luc Godard: 'Weekend' - the dark comic story of a couple who conspire to kill each other. Plus The Rolling Stones recording of 'Sympathy For The Devil' in London whilst Revolutionary Black Panther Party members prowl the London junkyards and students graffiti the capital with Chairman Maoist slogans. 2pm, £5, £6.80 double bill. Pontio, Bangor 01248 382828, pontio.co.uk

MAI68: The Battle of Algiers (15) Film portrait of the Algerian Independence Uprising against the occupying French in the 1950's and its journey around the cinemas of the world that showed the reality of revolt and the power of cinematic representation in a film that ranks as one of the most important political works of art ever made. 8.15pm, £5. Pontio, Bangor 01248 382828, pontio.co.uk

Practical Candle Making Create your very own, unique candles from a range of fragrances and dyes. 10.30am - 1pm. Booking essential. £55. LlanfairPG, LL61 6RP, 07770 894281, thecandlechemist.co.uk

North Wales Guitar Retreats ~ Introduction to Fingerpicking Guitar Course Ideal for existing players with a knowledge of open chords who are looking to add fingerpicking into their existing repertoire. Jim Bazley & Skeet Williams are both recognised Fingerstyle Guitarists and teachers. 4 'Masterclasses', 2 with each tutor. Lunch and home baked cakes for refreshments are included in the price. £80. 10am - 5pm. Strictly limited to 10 participants, so early booking is advised. Held at Watergate St., Chester. Contact Jim Bazley & Skeet Williams - northwalesguitarretreats.com

5th SATURDAY & 6th SUNDAY

Building with Rammed Earth This course is for anyone with an interest in natural building materials and methods. 9.30am - 3pm. £250 waged, £225 low waged/concs. CAT, Machynlleth, 01654 705959, cat.org.uk

Make a Traditional Long Bow Learn how to shape and manipulate coppice wood using Cumbrian Ash. Make the string and an arrow or two as well. £150, £75 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

A Jar Full of Buttons A practical drop-in workshop with ceramicist Ceri Wright. Free, no need to book, suitable for all ages. You'll discover various ceramic techniques, such as modelling, impressing, and stamping using moulds and found objects to create unique buttons, inspired by the wonderful exhibition 'The Button Project'. 10.30am - 12.30pm and 1.30 - 3.30pm. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk See Exhibitions

5th SATURDAY - 7th MONDAY

Locals Big Weekend / Penwythnos Mawr y Bobl Lleol Half price entry for those residents of Gwynedd and Anglesey - must bring proof. Solar powered water ride, people powered roller coaster, longest sledge run in Wales; plenty of children's fun. Forest Theatre, May Pole Dancing. 10am - 5.30pm. GreenWood, Bethel Rd LL56 4QN. 01248 671493, info@greenwoodfamilypark.co.uk

The Birds of Wales Art Fair Original work, prints and cards will be for sale, with all of the artists portraying the birds of Wales in their own unique way - silk, oil and watercolour painting, linocut prints and felt, willow and wood sculptures. Children can come and make Owl cards for free, and over the weekend there will be a chainsaw carving demonstration taking place. 10am - 4pm, free. RSPB Conwy nature reserve LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Llandudno Victorian Extravaganza Victorian street fair, old time fair rides, fun stalls, steam engines, Victorian costumes; family entertainment. 10am - 5pm, includes Llandudno Transport Festival. Llandudno city.

6th SUNDAY

Wake Up with the Dawn Chorus Discover the bird songs that make up the dawn chorus. Includes a hot drink and butty. 5.30 - 8.30am, booking essential, £10; non-RSPB member £12. RSPB Conwy nature reserve, LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Dawn Chorus With a Difference We'll be up before the lark on International Dawn Chorus Day! Join our 4km walk to hear the birds of the open moorland, including skylark, grouse and cuckoo – and return to the Llyn Brenig café for breakfast! 4.30am – 7.30am, free. Meet at top car park off Gors Maen Llwyd NWWT Nature Reserve. Grid reference SH 970 580. Mark Hughes 07800 771570, mjd Hughes 1108@gmail.com

Walk: The Magic of the Dawn Chorus Immerse yourself in the sights and sounds of early morning. Optional camping overnight on Saturday evening and breakfast together at Caffi Gwynant following the walk on Sunday morning. Family-friendly. 5.15am – 8am, Hafod y Llan campsite. Booking essential Claire: 01286 685498, claire@snowdonia-society.org.uk

Live on The Square Live music event featuring 50 Hertz, Josh Hall, Babylon Leaf, Sidewinder, Universal Exports, plus more. 12.30 – 21.30, £7. The Square, Daniel Owen Precinct, Mold. Facebook: of same name

Street Circle Training Meditation outdoors, bearing witness to the life of the city around us. Open to all, free of charge, 2 – 4.30pm. Bring simple food to share. Children (and dogs!) welcome too as long as parents stay responsible for them at all times. Chris Starbuck 07906 040159, greatheartchester@gmail.com

Butterfly Walk Join Butterfly Conservation to search for grizzled skippers and pearl-bordered fritillaries, led by Simon Spencer. May be cancelled if raining. 2 – 5pm, free. Meet at car park at end of Underhill Lane, Llanymynech Rocks Nature Reserve. Map reference SJ 270 219. Steve Palin 01248 471116, stevepalin@supanet.com

MA168: Daisies (15) Věra Chytilová's 60s masterpiece is a brilliantly surreal trip into an aesthetic paradise, and a utopia where women are liberated from stifling convention. The other is *The German Sisters* who both fight for women's rights. 2pm, £5; double bill £6.80. Pontio, Bangor 01248 382828, pontio.co.uk

Lady Bird As 2nd, except at 3.30pm only.

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 North Wales Free antenatal discussion sessions. The meets are facilitated by a group of local Mums, who also support parents and have specialist areas in all things pregnancy/postpartum related. Today: Jess - Physical Recovery Postpartum. No need to book, just turn up if you fancy it. 10am, Y Caban Café, Brynrefail. Facebook: of the same name

Green Woodworking Everyone welcome, from 10am – 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

Yoga Workshop ~ Relax and Restore Restorative yoga is all about learning to relax and rest deeply and completely. 2 – 4.30pm, please bring yoga mat, large towel, large blanket, water. Booking essential, £20. Llanfachraeth, Anglesey LL65 4YA. Contact Claire Mace 07970 409 724, inspiratrix.co.uk

Sacred Circle Dance 1st Sun/month, 2 – 4pm, £7. Rhosesmor Village Hall CH7 6WF. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

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

Benjamin Baker (violin) & **Daniel Lehardt** (piano) Music by Strauss and Beethoven. 7.30pm, £17, £15 concs., Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

6th SUNDAY - 11th FRIDAY

Society of Botanical Artists Residential workshop with the Society of Botanical Artists; tutors Billy Showell SBA, will demonstrate working on vellum and Simon Williams SBA will be using watercolour or gouache techniques on white watercolour paper. £575 – £622.50. Plas Tan Y Bwlch, Maentwrog, LL41 3YU, 01766 772600, eryri-npa.gov.uk

7th MONDAY

Gong Bath Breathe and relax... Then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Steph Healy 07534 118899, puresound.org.uk

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

Wildlife Gardening Whether you are new to gardening or have years of experience and can spare a single day or a day each week, we need you! 10am, Ty Hyll. Snowdonia Society - Dan 01286 685498, dan@snowdonia-society.org.uk

Ensemble Cymru Anniversary Finale Performing works by two living Welsh composers: Gareth Glyn and Rhian Samuel. Music by Debussy, Bax, Handel. 10.30am, £7.50, students/children £3. Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

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, nwcacpsg@gmail.com

7th MONDAY - 11th FRIDAY

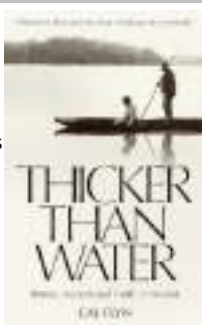
TLC Holistic Therapies Time to slow down and discover how to find your balance, access your inner confidence and nourish your mind, body and spirit leaving you rejuvenated – ready to take on the world! Contact Dee Cope for bookings 07707 651816, dsc-tlc@live.co.uk Held at Trigonos Environment Centre, Nantlle, LL54 6BW. 01286 882388, trigonos.org

Timber Frame Building During the week we will be covering many aspects of timber-frame building and you will get the chance to make and fit your own mortice and tenon joints, whittle pegs on the shave-horse, learn about draw bores, scribing, diminished haunch and scarf joints. £300, £150 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

8th TUESDAY

Making the Personal

Political An evening with Writer in Residence Cal Flynn, who considers how human stories can make the personal political. Cal's latest book, *Thicker than Water*, takes a creative approach to telling the story of the Highland Brigade, responsible for the massacre of hundreds of Indigenous Australians. The leader of the Brigade was Angus Macmillan: pioneer, pillar of settler society – and Cal's relative. 8pm, £15, includes a copy of *Thicker Than Water*. Gladstone's Library, Hawarden. 01244 532350, gladstoneslibrary.org



Footpath Maintenance 9am. Enjoy spectacular views of the Ogwen valley and learn about the importance of water management and landscaping as we maintain the footpath at Cwm Bochlwyd and Tryfan's North Ridge. Booking essential. Snowdonia Society - Owain 01286 685498, owain@snowdonia-society.org.uk

Pastels Workshop: Red Squirrel in its Environment Learn to paint realistic wildlife art using pastel. 10am - 5pm, £120. Kaz Turner, 01978 363539, 07809 687740, kazturner.com Also 15th & 22nd

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

Footpath Maintenance 10am. All welcome to help keep the paths clear. Snowdonia Society - Owain 01286 685498, owain@snowdonia-society.org.uk

Darkest Hour (PG) A thrilling and inspiring true story begins on the eve of World War II, Winston Churchill has just become Prime Minister. 7.30pm, £5.50, £4.50 U15s. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

Gong Bath Breathe and relax, then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7pm, £13. Penmorfa Memorial Hall, nr Porthmadog. Steph Healy 07534 118899, puresound.org.uk

Athena a Trystan Llyr Griffiths A programme of favourite classical music. 7.30pm, £12, £10 conchs., Galeri, Caernarfon 01286 685222, galericarnarfon.com

Truman (15) Film. A man comes to terms with his illness. Spanish, with subtitles. Chester Film Society, 7pm for 7.30pm start. Guests £5. Grosvenor Museum, Chester. Contact 01244 371750, chesterfilmfans.co.uk

8th TUESDAY - 12th SATURDAY

Brighton Rock Theatre performance. Noir thriller by Graham Greene. Fred is found dead; Rose is in love ... and in danger. 7.30pm, & 2.30pm, £10. Theatr Clwyd, Mold 01352 701521, theatrclywd.com

8th TUESDAY - 12th JUNE, TUESDAY

6 Week Staying Mindful A course for anyone who has completed an 8 week mindfulness course and who would like to support and develop mindfulness in their lives. We will explore in more detail issues that were touched upon in the 8 week course, such as self-compassion, non-judgement, and acceptance and learn how to cultivate these in order to further enrich our lives. 6.30 - 8.30pm. Bookings: Centre for Mindfulness, Research & Practice, Bangor University 01248 382498, bangor.ac.uk

8th TUESDAY - 19th JUNE, TUESDAY

Mindfulness Course This 6 week course will be mostly held outdoors giving us the opportunity to connect with and appreciate our natural environment. The course will be led by Tara Dew who is an associate teacher with the Centre for Mindfulness Research and Practice in Bangor. 6 - 8pm, Tuesdays. Plas Tan Y Bwlch, Maentwrog LL41 3YU. £57. Organised by Actif Woods Wales Coed Actif Cymru. coedlleol.org.uk

9th WEDNESDAY

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

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

Wellbeing Support Service Willow Wellbeing Group offers information, support and a sense of community for those affected by cancer. 10.30am - 3pm, March - October. Drop-in for a chat, refreshments and find out what's on offer. There is also a gardening project which welcomes all volunteers! Tŷ Newydd Farm & Caravan site, Uwchmynydd, LL53 8BY. More information contact Sheila Smith 07851 792014, enquiries@northwalescancer.org.uk

Healing for Wellbeing 2nd Weds/month, 6 - 9pm. Hands on healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more. No fee, donations welcome, could travel. Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlaryea2003@yahoo.co.uk

Redoubtable (15) Paris 1967. Jean-Luc Godard, leading filmmaker of his generation - this film is revolutionary, off-the-wall, destructive. 8.15pm, £7.50 standard, £6.50 over 60, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Hummingbirds Dementia friendly event for adults over 50. Come and sing with WNO and have a go at Pixel Stick Photography with Paul Sampson. 10.30am - 4.30pm. Held at Galeri, Caernarfon 01286 685222, galericarnarfon.com Bookings: 01492 879771, 07840 128100, dymphna.d'arcy@venuecymru.co.uk

Gong Bath Breathe and relax... Then observe the mind beginning to slow and the whole being gently returned to harmonic balance. 8pm, £13. Source Yoga Studio, Mochdre, Colwyn Bay. Steph Healy 07534 118899, puresound.org.uk

Snowdonia Slate Trail Maintenance 10am. The Snowdonia Slate Trail is an 85 mile circular trail which enables walkers to explore the industrial heritage of the slate villages scattered around the mountains of Snowdonia. Come and experience this great trail. Snowdonia Society - Owain 01286 685498, owain@snowdonia-society.org.uk

Clay Workshops Hand building clay using pinch pots, coils, or slab building and you will be able to make anything using these methods from something small, like coasters, to a large sculpture. These sessions are suitable for beginners to more experienced users of clay. It would be a good idea to bring a small sketch book to put your ideas in and make notes of methods if you wish. If you know what you want to make bring pictures of similar things to have a reference. Rhydymwyn Nature Reserve. Contact: judypemberton@uwclub.net *Also 23rd May*

Cycles of Eternity (2) A talk by Tim Wyatt, author of Cycles of Eternity. Sponsored by Leeds Lodge, with Chester Theosophical Society. 7 for 7.30pm, £5.50, £3.50 concs., Book & CD Sale, refreshments. Quaker Meeting House, Frodsham St., Chester CH1 3LF, 01244 370461, chestertheosophy.org

Black Panther (12A) Film. Superhero movie. 2pm & 7.30pm, £5.50, £4.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

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

Llandudno and District Writers Group This month: Dr Lois Blower - Settings in Short Stories. 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk

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

Tildon Krautz Fun songs with intelligent lyrics. Opens 7pm, gig 8pm, no food served, bar only. £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

9th WEDNESDAY - 13th SUNDAY

The Oracle of the Shapeshifter In this gathering we are guided via shamanic journeys and ecstatic dance to unveil our own shapeshifter, trusting in the art of presence, repetition and trance, we develop a stronger connection to our spirit guides where we may find wisdom never moved or been spoken before. You direct your own play of life, create theatre as ritual, make and embody your own medicine mask and cloak, be the holy actor & sacred clown of ceremony. You will learn traditional and ritual acting skills in order to enhance your ceremonial offerings, step more fully into your power and learn the presence needed for clear communicative direction, set boundaries and exorcise trauma. £225 deposit, £445, all inclusive. held at Cae Mabon, Fachwen, Llanberis LL55 3HB. 01286 871542, caemabon.co.uk Contact Kirsty 07876 342126.

10th THURSDAY

Pastel Drawing Workshop: Early Morning Sky Led by Paul Pigram, for beginners and those more experienced. All materials provided. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 01492 650153, katepigram@aol.co.uk

The Other Evolution A talk by Robert Wooley. Robert will be speaking about Devas, Nature Spirits and Angels. Also meditation and sacred gardens which inspire us and enrich our spiritual journey. Presented by Colwyn Bay Theosophical Society. This talk is sponsored by The Foundation for Theosophical Studies Reg. Charity No 101 4648 ~ Admission £5 members of the TS £3. New enquirers are always welcome. To be held at Parkway Community Centre, off Rhos Rd., Rhos-on-sea. LL28 4SE. Enquiries: Pauline 0161 980 4942, theosophywales@yahoo.co.uk

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

f2n Business Network Meeting Whether you are a professional working for a company, looking to start up your own business, already started a business and looking for some help to take it to the next level you are welcome to join us. 10am - 11.30am. Free for first timers; £25 others. Online booking only: eventbrite.co.uk held at Frongoch Garden Centre, Llanfaglan, nr Caernarfon LL54 5RL.

NT Live: Macbeth Live screening from London. The Macbeths are propelled towards the crown by forces of elemental darkness. 7pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **And** Storyhouse, Chester 01244 409113, storyhouse.com **And** Neuadd Buddug, Bala 01678 520800, gwynedd.gov.uk/neuadd-buddug **And** Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk **And** Pontio, Bangor 01248 382828, pontio.co.uk **And** Galeri, Caernarfon 01286 685222, galericaernarfon.com **And** Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Drawing School An exciting opportunity to work with artists Jeremy Yates PRCa and Jonathan Brier. 11am - 4pm. Royal Cambrian Academy, Conwy 01492 593413, rcaconwy.org

Pattern Creation and Juggling to Music A unique opportunity to take part in an interactive workshop with the Gandini Juggling company the evening before the performance. Only 20 spaces available so book early to avoid disappointment! Fun exercises to practice and learn systems and develop ideas to make patterns in juggling. Some experience required. 6.30 - 8.30pm, £13, £10 concs., Pontio, Bangor 01248 382828, pontio.co.uk See 11th/ Gandini Juggling

10th THURSDAY - 12th SATURDAY

Ensemble Cymru Morning Coffee Concert The 15th Anniversary Tour. Performing works by two Welsh composers Gareth Glyn and Rhian Samuel. 10am, £12, £5 children/students. Venue Cymru, Llandudno 01492 872000, venuecymru.com

FOCUS Wales 2018 200 bands + including acts from USA, Canada, Estonia, Germany, Australia, Ireland, Korea, Sweden and the Netherlands. Plus Tudur Owen's Comedy Marathon on 11th; Yucatan on 12th. Wrexham. Full programme of artists, timings and tickets: focuswales.com/music

11th FRIDAY

Creative Crochet Revamp or repurpose your knitwear with creative crochet: garment remodelling, crochet buttons, flowers, motifs and much more! £50 per day including lunch, refreshments and materials. 9am - 6pm, with Sophia 07391 930 719 or email phiaeco@gmail.com Held at Trigonos Environment Centre, Nantlle, LL54 6BW. 01286 882388, trigonos.org

Spring with Gandini Juggling A cross art form production, Spring challenges impressions of movement and physicality, embracing deconstructed rhythms and jubilant patterning. Featuring virtuoso jugglers and contemporary dancers, Spring takes these tangible and visceral art forms into new territories - and further establishes the relationships between them. Music by Prokoviev. 7.30pm, £15, £13; £25/£20 workshop on 10th. Pontio, Bangor 01248 382828, pontio.co.uk

Bangor Students Media Showcase Bangor University Film Society and The School of Creative Studies and Media are proud to showcase work produced in creative writing, journalism, animation, games design and of course a plethora of original new films. 8.15pm, £3. Pontio, Bangor 01248 382828, pontio.co.uk

Pagan Study Group See 4th

ArtlySparklyDesigns A display and sale of nature photography, sea glass jewellery and felt animals. 10am - 4pm, free to exhibition, normal charges to go around trails. RSPB Conwy nature reserve, LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Gong Bath Breathe and relax... Then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7pm, £13. Rhuddlan Community Centre. Steph Healy 07534 118899, puresound.org.uk

Do Not Bend: The Photographic Life of Bill Jay (15). Film. Magazine editor, writer, lecturer, photographer, evangelist, mercurial force, Bill Jay was all of these and more; film at 9pm. Following the film screening, co-producers Grant Scott and Tim Pellatt will host a discussion on Bill Jay's impact on the world of photography and share their experience of producing the film with limited budget and resources from 9.30 - 10.30pm. At 6.30 - 7.30pm there is an Exhibition Opening of Bill Jay's Photographs. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

The Movable Feast Organised by the newly formed North West Wales Food Group, The Movable Feast is the brainchild of some of the region's leading food businesses to give a platform to present the very best of local produce, arts and craft. Music and entertainment included! 12 - 10pm, £3.50, £2.50 concs., U12s free. Tickets must be printed/downloaded. Town Hall car park, Llangefni, Anglesey. themovablefeast.org

Huw Warren ~ Do Not Go Gentle Tour 2018 Jazz suite: the work is the result of Warren's lifelong interest in Dylan Thomas' poetry and reflects the inherent musicality of the words. Supported by the Royal Welsh College jazz musicians. 7.30pm, £8, £7, £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

11th FRIDAY & 12th SATURDAY

Brecshit Theatre. Following the Brexit referendum, Doris has had to find alternative means of making ends meet. Welsh language. 7.30pm, £10, with Clwb Bara Caws. Neuadd Ogwen, Bethesda LL57 3AN. neuaddogwen.com

Lady Bird (15) Film. An artistically inclined seventeen-year-old girl comes of age in Sacramento. 7.30pm, £6, £5. Neuadd Buddug, Bala 01678 520800, gwynedd.gov.uk/neuadd-buddug

11th FRIDAY - 13th SUNDAY

Yoga Rocks: Yoga & Hiking Hiking, yoga sessions, vegetarian food, relaxation and massage. £405 - £545. Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

Taming Shakespeare Whether you already love Shakespeare's plays, or whether they're a source of frustration to you, this course will enrich your understanding and enjoyment of them. It will be a weekend of Shakespeare without fear, focussing on just one play - The Taming of the Shrew (c. 1594) - to read or watch in advance, and with all other materials provided for you. Residential £230, non-residential £160. Gladstone's Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

Wildlife Photography Weekend A beginner's course in wildlife photography. You will learn how to get the best out of your camera, tips and tricks for nature photography and hear from wildlife experts too. A good quality hybrid style camera is recommended as a minimum to get the best from the course. £229 - £248. Plas Tan Y Bwlch, Maentwrog, LL41 3YU, 01766 772600, eryri-npa.gov.uk

Storytelling from the Start The folktales, fairy tales and myths of our ancestors are the building blocks for every story that has been told since, and in many ways, for our identities and our understanding of the world and one another. This storytelling course for beginners - and those returning to the craft - is a chance to learn how to prepare and perform traditional stories in the company of two of Britain's leading exponents of the artform. £220, Daniel Morden & Hugh Lupton. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

11th FRIDAY - 17th THURSDAY

Redoubtable See 9th

11th FRIDAY - 20th SUNDAY

Radical Emptiness Retreat During the retreat we will retrace Bahiya's footsteps. Through meditation and dialogue, we'll see just how prepared he was to hear the Buddha's teaching and - most important - what we can learn from this so we too can create the conditions to see what Bahiya saw. £360, £324 concs., Vajraloka Retreat Centre, Corwen LL21 0EN. 01490 460406, vajraloka.org

12th SATURDAY

The United Nations: Working for Global

Stewardship United Nations Association - Menai A talk by Richard Shirres on the evolving significance of the United Nations since 1945 in safeguarding the planet from human impact. A CCU Menai UNA Group meeting. All welcome to pre-meeting and talk.

Meeting at 10.30am, followed by talk at 11.45am. If attending talk only, please be early for 11.45am, free event. Held at Quaker Meeting House, Dean Street, Bangor, LL57 1UR. Richard 07722 337839, richardshirres@gmail.com

Gong Bath Breathe and relax... Then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7pm, £10. Neuadd Goffa, Mynydd Llandegai. Steph Healy 07534 118899, puresound.org.uk

Navigation for Runners A practical navigation course that will cover the basics in a day and give you the skills to go out and practice your navigation. 9.30am - 4.30pm, Coed y Brenin Forest Park, Dolgellau LL40 2HZ. Booking: eventbrite.co.uk

Lead Stained Glass With Sue Grundy. 10am - 12pm, £8 FVACN member, £16 non-members. Flintshire Visual Arts & Craft Network. Rhydymwyn Nature Reserve. Bookings Carol Udale 01352 219028, chair@fvacn.org.u

PromXtra Annual family event based along Colwyn Bay's promenade. Children's activities, food and family entertainment. 10am - 6pm. Colwyn Bay Promenade

Caernarfon Food Festival 10am - 5pm. Local food producers and a live music stage. Demonstrations, freshly cooked food, refreshments; all the family welcome. In locations around Caernarfon. gwylfwyddaernarfon.cymru

Crystal Grid Workshop This workshop will focus on: Cleansing and caring for your crystals; Particular crystals, their metaphysical properties and how placing these crystals in different combinations alters the way in which they work for you and with you; How to charge and activate your crystal grid; Explore various grid patterns, practical activity. 11am - 1.30pm, £15. Namaste Wales Holistics, Unit 3, Castle Street, High Street, Llangollen LL20 8NY, 01978 860564, namaste-wales.co.uk

The Grand Plant Sale Colwyn Bay Horticultural Society extends a warm welcome for you to come gardening with us. A massive sale of plants grown by our members that raises money to run our shows. Plenty of quality and bargains to be had. 10am - 12pm, £1, Members free. Methodist Church Hall, St George's Rd, Rhos on Sea LL28 4RS, 01492 544635.

Photography Workshop 16+. get to know your camera and learn to use manual settings to bring your photographs to life in a photography workshop run by professional photographer, Kristina Banholzer. Booking essential, from 9am, £30. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Earth Oven Building This one day course will cover the materials and techniques you need to know in order to build your own earth oven using cob. 9.30am - 4.30pm, course only £60. CAT, Machynlleth, 01654 705959, cat.org.uk

Meditation and Nonviolent Communication How to learn ways to support making a change in your views about a conflict. Workshop with Rik Midgley, 10am - 5pm, booking essential, £10 - £60 sliding scale, you choose. Please bring vegetarian pot lunch, please arrive promptly. Held at Ty Lorne, 82 High St., Bethesda. Contact Rik: rik@livenonviolence.uk See *Rik's article on page 37*

Meditation & Teaching Day 10am start with meditation; all welcome. Vegetarian lunch, Dharma teaching from Lama Shenpen at 2.30pm. You are welcome for some or all of the day. It is possible to stay overnight. Day course - £20 - £40. For online attendance you can join in on our sessions using Zoom Conferencing. Please contact us for this. Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk

Ensemble Cymru: Anniversary Finale Performing works by two living Welsh composers: a brand new commission from Gareth Glyn as well as Emerging (Lightly) by Aberdyfi-based Rhian Samuel. Plus work by Debussy, Arnold Bax and Handel. Tea & coffee during interval, 7.30pm, £8, £3 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Half Breed Theatre performance about Jazmin, a mixed race young woman; semi-autobiographical dark comedy about finding your voice. 8pm, £12, £10 concs., Pontio, Bangor 01248 382828, pontio.co.uk

Redoubtable See 9th

12th SATURDAY & 13th SUNDAY

Exploring Slate Day 1: Explore some of the amazing remnants of the once mighty Welsh slate industry on a guided walk around a local slate quarry and other sites. Day 2: Learn traditional hand working techniques to create your own unique object in Welsh Slate. 10am - 4pm, £100. IARD, Parc Glynllifon, nr Caernarfon 01286 672472, iard.co.uk

Beginning Pastel Tutor Paul Pigram will guide you through all the techniques required to master the wonderful art of pastel painting. You will complete many small studies leading to a complete landscape painting by the end of the weekend. £125, including a copy of Paul's book. Bodnant Art Studio, Conwy LL28 5RW. 01492 650153, katepigram@aol.co.uk

Willow Animal Sculpture Artist Caroline Gregson will guide you through the steps required to make your own animal sculpture using prepared non-living willow. No previous experience required. £140, £70 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Bushcraft Cooking Includes making a campfire, baking a variety of bread, making pothangers. £140, £70 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

13th SUNDAY

Bluebells and Birds Bluebells are at their peak in our newest nature reserve! Simon Mills will help us find them, together with many other spring flowers and birds. 2 - 5pm, free. Meet at end of Maesyffynnon Road, Miner Quarry NWWT Nature Reserve, LL11 3DE. Steve Palin 01248 471116, stevepalin@supanet.com

Snowdon Sunrise Fundraiser for St David's Hospice Led by qualified and experienced mountain leaders from Breese Adventures up Llanberis Path. 1am - 10am. Registration: £25 + sponsorship; refreshments/breakfast; info/support pack. Padarn Hotel, Llanberis. Contact 01492 873664.

Dowsing for Beginners Workshop Does your house need healing? Learn techniques to bring harmony into your home environment. Flintshire. Chris Quartermaine 01244 509933, house-dowser.co.uk See *ad on page 10*.

Gong Bath Breathe and relax then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7pm, £14. Bodhi Movement, The Stables, Betws y Coed. Steph Healy 07534 118899, puresound.org.uk

Tempera Painting and Guilding This evolves from ancient times and offers a container through which the participant can embark on an inner journey - from the creation of the image, to the application of the many painted layers which bring the work to its completion. 10am - 1pm & 2 - 5pm. Advance booking essential. Bishop Lloyd's Palace, 51/53 Watergate Row, Chester CH1 2LF. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk Also 20th & 27th May.

Garden Party This event is set in the idyllic gardens of the home of Lady Langford, President of St Kentigern Hospice. Afternoon tea in a marquee with live music. 12 - 2pm with Holywell Town Band; 3 - 5pm Colwyn Bay Ukelele Group; £22. Tickets from fundraising team 01745 536022, via the Chapel on Mount Road, or online: stkentigernhospice.org.uk Held at Bodrhyddan Hall, Rhuddlan, Denbighshire LL18 5SB.

Rowen Village Gardens Open Day About 20 lovely gardens open for one day only, full of ideas to take home, in award-winning village in Snowdonia. Refreshment stops and plant stalls. Proceeds in aid of Rowen Memorial Hall. Follow signs to car parking fields. 10am - 5pm, £6, children free. Rowen Village, Conwy LL32 8YA.

Composer's Spotlight - the Music of Guto Pryderi Pwll A performance of A Gwaedd y Bechgyn for flute, clarinet and harp, introduced by the composer. 2pm, free but ticket required. Pontio, Bangor 01248 382828, pontio.co.uk

Cynnal y Fflam The concert will feature songs from "Y Mab Darogan", "Heledd", "Pum Diwrnod o Ryddid" and "Anni". 7.30pm, £8. Galeri, Caernarfon 01286 685222, galericaernarfon.com

14th MONDAY

International Dylan Thomas Day An international day to celebrate the life and work of Welsh poet Dylan Thomas, held each year on 14th May, the anniversary of the date when Under Milk Wood was first read on stage at 92Y The Poetry Center, New York in 1953. There's an event on at Chirk Castle: 11.30am - 12.30pm, Drop-in open workshop. 12.45pm reading with National Poet of Wales Ifor ap Gyn. Chirk Castle 01691 777701, chirkcastle@nationaltrust.org.uk

Submergence (15) Film, followed by Q&A with actor Celyn Jones. 7pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Wellbeing Support Service For those living with cancer, their friends and family support. 2nd Mon/month. A Wellbeing Clinic from 2 - 3pm to help reduce stress and fatigue will take place. Held at Natural Therapy Centre, 73A High St., Porthmadog, (above Brower's Bokshop). More information contact Sheila Smith 07851 792014, enquiries@northwalescancer.org.uk

Josie Duncan & Pablo Lafuente 2017 BBC Radio 2 Young Folk Award Winners. Guitar playing and vocals. A fine blend of Scotland's traditions plus influence from Spain and Gaelic songs from the mines and cotton mills. Doors open 7.30pm, £4 members, £6 guests. Conwy Folk Club, Conwy Comrades Social Club, 8 Church St., LL32 8AF. conwyfolkclub.org.uk

Elfin Bow Making memories with music with Elfin Bow as part of Dying Matters awareness week's events. "... a fairy tale experience; inspiring songs that bring life to stories". 7pm, Refreshments during the interval. During an interval, there will be an opportunity to enjoy some cakes, tea and coffee, and an optional tour of the facilities at the crematorium and what services are on offer. Denbigh Memorial Parc and Crematorium. £5 donation welcome. Part of Dying Matters Awareness week, see *Noiceboard*

Disability of Arts Wales Writing Group Do you write non-fiction, poetry, drama, or novels....in the Welsh language? Do you self-identify as a disabled person and/or have a long-term physical mental health condition? Come and participate in a monthly group. 4.30 - 6.30pm, free. Caernarfon Library LL55 1AS. Contact post@dacymru.com / 029 2055 1040.

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

14th MONDAY & 15th TUESDAY

Learning to use the MBI: Teaching Assessment Criteria This workshop aims to develop participants familiarity with and skills in using the MBI:TAC. It will include presentations on the background and context for the development of the tool, on its structure and on how to use it to: bring objectivity and rigor into our personal development, Mindfulness Supervision, assess teaching competency. Led by Rebecca Crane. Held in Chester. Centre for Mindfulness, Research & Practice, Bangor University 01248 382498, bangor.ac.uk

14th MONDAY - 17th THURSDAY

Karma Yoga Retreat Karma Yoga is the Yoga of Action. The kind of action that is focused on giving back to the community and each other in the best possible way. Karma Yoga is often understood and translated as the yoga of selfless service, or as the means of achieving freedom through action. It purifies the heart and mind by inviting you to act selflessly, without thought of gain or reward. There will be meditation, yoga, walks, mantra chanting and Satsang on Bhavagad Gita amongst daily work activities around the centre. Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com

14th MONDAY - 18th FRIDAY

Springtime in the Gardens of Snowdonia A fascinating springtime course on the gardens of Snowdonia and North Wales led by gardens expert Tony Russell. Gardens visited will be chosen from the following, dependent on season, flowering and weather conditions. Aber Arthro, Bodnant, Nanhoron, Plas Brondanw, Plas Cadnant, Plas Tan y Bwlch, Plas Yn Rhiw and Portmeirion'. £416 - £454. Plas Tan Y Bwlch, Maentwrog, LL41 3YU. 01766 772600, eryrnpa.gov.uk

May Retreat A creative refuge; feel free to explore the peaceful area. Everyone will have a room of their own, and homemade meals, made with local ingredients, will be prepared for you. £300 - £450; bilingual. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynwydd.wales

14th MONDAY - 19th SATURDAY

Sustainable Building Materials Covering availability, cost, physical properties, ecosystem enhancement, construction methods, ease of use, mainstream acceptance, design limitations and logistical considerations, the course provides in-depth knowledge of building for comfort, practicality and sustainability. £700, £625 low waged, concs. CAT, Machynlleth, 01654 705959, cat.org.uk

15th TUESDAY

New Moon in Taurus 12.47am

Only Connect Taking a traditional story from India as our starting point, we will explore finding ways to express the things that we find difficult to say to loved ones. We will think about the Korean custom of creating paper models of things that were important to a dead relative and placing them on the graves. What models would you make for those lost ones who are dear to you? A workshop by Fiona Collins, part of Dying Matters Awareness Week. 2 - 4pm, free but donations welcome for refreshments and cake! 12 places. Ruthin Craft Centre LL15 1BB. Vita Zilite 01824 704774, vita.zilite@stkentighospice.org.uk ~ stkentighospice.org.uk

Rhododendron Workday 10am. Rhododendron is one of the top 3 invasive species to the Snowdonia National Park and it is easy to see the damage that it has done to our native countryside. Bow saws and loppers at the ready! Booking essential, free transport available from Bangor and Caernarfon. Snowdonia Society - Owain 01286 685498, owain@snowdonia-society.org.uk

Pastels Workshop: Red Squirrel in its Environment Learn to paint realistic wildlife art using pastel. 10am - 5pm, £120. Kaz Turner, 01978 363539, 07809 687740, kazturner.com Also 22nd

Charcoal Burning See 1st.

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

Meditation Practice Group 3 meditations including a body scan, mindfulness practice and meditation. 7.30 - 9pm, drop-in, no need to book, £6 includes refreshments. Quaker Meeting House, Holt Rd., Wrexham LL13 8HN. NE Wales Mindfulness 07816 988124, newmindfulness.net

Chester Humanists 3rd Tues/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7.30pm, Custom House, Watergate St., Chester. Stuart 07954 166 567, Richard 07530 225268, chester.humanist.org.uk

Daoiri Farrell Singer and bouzouki player from Ireland. BBC 2 Folk Award Winner 2017. Caernarfon singer-songwriter Elidyr Glyn will be the support act for the concert. 7.30pm, £12, £10 concs., Galeri, Caernarfon 01286 685222, galericaernarfon.com

15th TUESDAY - 17th JULY, TUESDAY

Ashtanga Yoga Course This course runs every Tuesday and will cover Hatha Yoga, Pranayama, Kriya Yoga and Mantra. Ideal class for all, but particularly if you think you cannot 'do' Yoga. Bring a Yoga mat, bottle of water and a blanket for relaxation. 7 - 8.30pm, £55 payable in advance. Held at Deganwy Play and Learning Centre, Park Drive, Deganwy, LL31 9YB. Peter Moorhouse 07788 543 631, peter.rishiyoga@gmail.com

16th WEDNESDAY

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

NWWT Conwy Valley Branch ~ Little Orme Flora and Fauna Explore this limestone headland to see spring flowers, butterflies and bees; looking out for fulmars and cormorants overhead. Paths can be steep in places and uneven, with unprotected cliff edges. 1.30 - 4.30pm. Rhiwledyn NWWT Nature Reserve, Llandudno. Meet at entrance by the information board (GR: SH 814 821). To book contact: John Underwood 01492 533459/ john.underwood100@gmail.com

Dying Matters Awareness Week Graham Harthill - Workshop For Carers in Rhyl (venue TBC). Talk 1pm Dying for a Chat, with hospice social worker Vita Zilite held at Caffi Cwtch, Dewi Sant Centre, Abergele. 7pm Film Screening (TBC title) Theatr Twm o'r Nant, Denbigh. More details: Vita Zilite, 01745 585221, stkentighospice.org.uk

Lady Bird (15) Film. 7.30pm, £6, £5. Neuadd Buddug, Bala 01678 520800, gwynedd.gov.uk/neuadd-buddug

Reptile Survey 10am. Come and learn about these fascinating creatures and help the Trust with their species records. Booking essential, free transport to Gwaith Powdwr available from Bangor and Caernarfon. Snowdonia Society - Owain 01286 685498, owain@snowdonia-society.org.uk

NWWT: Training for Swift Survey Volunteers Learn how to survey swifts and contribute to wildlife conservation in your local patch. Please register with Ben. 7 - 9pm, free. NWWT Head Office, Llys Garth, Garth Road, Bangor LL57 2RT. Ben Stammers 01248 351541, benstammers@wildlifetrustswales.org

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

An American in Paris Film. Classic musical, 7pm, Full £19.50; U26 £14.50. Storyhouse, Chester 01244 409113, storyhouse.com

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

An American in Paris - The Musical Broadway musical inspired by the Oscar winning film. 7pm, Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

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

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

16th WEDNESDAY - 20th SUNDAY

Curid Bangor Pulse Festival Live music, comedy night, dancing and ceiliidh. Events will run in town at various venues throughout the festival. Facebook: of same name

17th THURSDAY

Pastel Drawing Workshop: Laburnum Led by Paul Pigram, for beginners and those more experienced. All materials provided. 10.30am - 1pm, £30. Bodnant Art Studio, Conwy LL28 5RW. 01492 650153, katepigram@aol.co.uk

Dying Matters Awareness Week: Graham Harthill - Creative Writing Workshop, 10.30am, Tannery Court, Abergele. More details: Vita Zilite, 01745 585221, stkentignhospice.org.uk

Climate Change and Coastal Heritage Organised by The CHERISH Professional Seminar. The free one day seminar will have three sessions focussing on 'Strategies for our Changing Coasts - Regional and National Perspectives', 'Meeting the challenge: CHERISH Project Update' and 'Engaging Coastal Communities'. Refreshments are provided and there will be plenty of opportunity for networking. 9.30am - 4.30pm. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Woman in a Dressing Gown with Ucheldre Rep. This gritty and emotionally driven play deals with a real and raw truth that eventually surfaces in this long established marriage, set in the 1960s on a council estate. 7.30pm, £6, £5 concs., £3 young people. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Catrin Finch and Seckou Keita with Gwyneth Glyn Critically acclaimed and multi award-winning collaboration between two adventurous virtuoso musicians - Welsh harpist Catrin Finch and Senegalese Kora player Seckou Keita. 7.30pm, £20, £18 concs., Pontio, Bangor 01248 382828, pontio.co.uk

Journey's End (12A) Film Club/Clwb Ffilm, 7.30pm, £7, £5. Neuadd Buddug, Bala 01678 520800, gwynedd.gov.uk/neuadd-buddug

Wellbeing Support Service For those living with cancer, their friends and family support. 1st & 3rd Thurs/month. 11am - 3.30pm. Organised with Clwb Seren Wen, Day Centre, Criccieth LL52 0RN. More information contact Sheila Smith 07851 792014, enquiries@northwalescancer.org.uk

Gilmore and Roberts Contemporary folk/acoustic duo. Open 7pm, gig 8pm, no food served, bar only, £10. Blue Sky Café, Bangor 01248 355444, blueskybangor.co.uk

A Clockwork Orange (18) Kubrick's legendary dystopian classic. 8.15pm, + Q & A. £7.50 standard, £6.50 over 60, £6 student. Pontio, Bangor 01248 382828, pontio.co.uk

17th THURSDAY & 18th FRIDAY

Mary Magdalene (12A) Film. An authentic and humanistic portrait of one of the most enigmatic and misunderstood spiritual figures in history. 7.30pm, £5.50, £4.40 U15s. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk And

18th FRIDAY

Plastic Free Anglesey - Surfers Against Sewage

Join Surfers Against Sewage & Save Our Rivers for the 2nd series of Plastic Free Anglesey. The evening is full of inspiring films and talks, to help educate and raise awareness of single use plastic. So come along to see how your business or organisation can get involved with Plastic Free Anglesey and learn how to reduce single use plastics in your day to day operations. 6 - 9.30pm, free, please register. Canolfan Thomas Telford, Menai Bridge LL55 5EA.

Kyffin Williams - Y Porteadau / The Portraits A talk by Peter Lord, writer and broadcaster about the visual culture of Wales, in connection with The Sir Kyffin Williams Trust. A Centenary Lecture held in English. 7pm, £6. Oriol Kyffin Williams, Oriol Môn, Llangefni, 01248 724444, oriel@ynysmon.gov.uk

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. This month's Caffi is a fundraiser for Gwobr Eysyllt Prize 2018, a bursary for a young Welsh woman storyteller/singer. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bawb! A warm welcome to all! Held in the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Suzi 01490 460563. See Noticeboard

The Charlatans A screening of the band live all over the world, plus a live set from Yucatan. 7.30pm, £5. Neuadd Ogwen, Bethesda LL57 3AN. neuaddogwen.com

Spring Yoga & Gong Bath Workshop We will start with an hour's yoga practise with Kate and then Steph Healy joins us for the Gong Bath and Sound Healing experience, this time focussing on the element of water as Winter melts into Spring. 6 - 9pm, £25. Mochdre Village Hall, Mochdre, Colwyn Bay, LL28 5HU. Bookings: katehamiltohunter.com ~ Steph Healy 07534 118999, puresound.org.uk

God's Own Country (15) Film. A Romanian migrant worker comes to Johnny's family farm and change's Johnny's life forever. 7 for 7.30pm. Denbigh Film Club, Theatr Twm o'r Nant, Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

Pagan Study Group Fridays. Sessions on modern paganism ending with a Summer Solstice ritual. Today: The Sacred Circle and the 4 elements. Other meetings include: Symbols, Talismans, creating sacred space, Working Magick. 6.30pm, £3 per session or £20 if paid at first session for all 8 meetings. Participants should bring a comfortable cushion to sit on. The meetings are held in the basement of the shop 'A Bit of This and That' and there is, unfortunately, no disabled access, 11 High St., Blaenau Ffestiniog. Bookings: yrhenysgol17@gmail.com *Until 22nd June*

I, Tonya (15) Film based on real life story of Tonya Harding, Ice Skating Championships. 7.30pm, £6, £5, Neuadd Buddug, Bala 01678 520800, gwynedd.gov.uk/neuadd-buddug

18th FRIDAY & 19th SATURDAY

Brêchit Theatre. Following the Brexit referendum, Doris has had to find alternative means of making ends meet. Welsh language. 7.30pm, £12. Neuadd Dwyfor, Pwllheli 01758 704088, neuaddwyfor.com

18th FRIDAY - 20th SUNDAY

The Llangollen Red Dragon Music Festival Blues,

Prog Rock, Opera, Drumming, Garage and Grunge.

Includes the Apocalypse

Motorcycle Show on

19th. Full weekend:

£40, free camping.

£12 day only, night

only £15, free

parking. Saturday

combined night and day £20, free parking. Llangollen

Pavilion, Abbey Rd, LL20 8SW. Facebook: of same

name *See ad on Page 42*



Yoga & Stand Up Paddling Weekend Walk, swim, paddleboard, relaxation, yoga sessions, vegetarian food. £445 - £585. Plas Cadnant, Menai Bridge LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

Yoga Weekend Retreat Yoga sessions including relaxation and meditation; 'Yoga Nidra' - a 30 minute deep relaxation session. Philippa Wade 07584 597621, plwade@virginmedia.com - philippawadeyoga.co.uk Held at Trigonos, Nantlle, LL54 6BW. 01286 882388, trigonos.org

Trefriw Walking Festival A selection of walks over 3 days, ranging from easy strolls to more challenging routes which celebrate the wonderful scenery, wildlife and history of this part of Snowdonia. This year there will be several walks to celebrate Wales' Year of the Sea, and we finish on Sunday with our famous Cakefest! 8am - 6pm. Trefriw Village hall, Main Rd., Conwy LL27 0JH, 07800 771450, trefriwwalkingfestival.co.uk

Make Your Own Coracle You will make your own unique boat from a design based on the Irish Boyne coracle; a frame from willow poles, covered with calico, paint and bitumastic paint; make a paddle. No previous experience necessary. £240, £120 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Translating Literature: Poetry & Prose This course will discuss the various ways in which poetry and prose can be translated. £220 - £295. Tŷ Newydd, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

19th SATURDAY

RSPB: NW Local Group ~ Dawn Chorus Meet in the car park at 5.30am, at Pencychnant Conservation Centre, Sychnant Pass Road, Conwy, LL32 8BJ. OS Ref. SH115 758771. Leader: Julian Thompson. There is a small charge for tea or coffee and baps after walk. Norman Marshall 01492 592247.

Exploring Moel y Ci Susan Andrew will lead us through a farm managed for conservation. The 3-mile walk is mostly on good paths - bring lunch, or try the local café (if open). Booking essential so directions can be provided. Dogs on leads, please. 10am - 4pm, free, suitable for 11+ yrs. Tai Isaf, Pentir, Bangor LL57 4YA. Grid reference SH 581 667. Sue Carter 01248 371769, sue@gorad.co.uk

The Movable Feast Organised by the newly formed North West Wales Food Group, The Movable Feast is the brainchild of some of the region's leading food businesses to give a platform to present the very best of local produce, arts and craft. Music and entertainment included! 12 - 10pm, £3.50, £2.50 concs., U12s free. Tickets must be printed/downloaded. The Slateman, Llanberis. themovablefeast.org

Royal Bedding Day Gigs Musicians Against Homelessness launch #RoyalBeddingDay - fundraising gigs to coincide with the Royal Wedding Day. Curiad Bangor Pulse and a host of North Wales musicians have come together to put on two gigs in Bangor, to raise awareness for Musicians Against Homelessness and funds for homeless charities. 6pm - 12am. Plus in The Kerries Bangor - an evening of live music. Facebook: Royal Bedding Day

Voice Workshop with Marian Bryffdir and Kiefer Jones. A workshop aimed at developing your voice whether your interest lies in jazz, folk, opera or choral. All are welcome. 10am - 4pm, £12, £6 students. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

The Spirit of Mai 68 Festival Inspired by the incendiary events that took place in Paris '68, it will be a day of music, arts and activism in association with musicians against homelessness in the splendour of St Mary's Creative Space. We have assembled a bill of like minded souls from across the North West and beyond. Including headline performances from The Longcut and The Tea Street Band alongside art installations, independent boutiques and speakers from the causes that matter. 3 - 11pm. St Mary's Creative Space, St Mary's Hill, Chester, CH1 2DW. Tickets: seetickets.com

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

Reiki 1 Healing: A Spiritual Journey Pt 1 11am-4pm, £45. Attunements Certificate and Manual incl. Note: pt1 of 2. The Laser Beauty and Therapy Centre, Telford Road, Menai Bridge. Claire 07838 469 174, energyteacher111@gmail.com Pt 2 is 2nd June

Be The Calm in The Storm Learn how to stop stress getting the better of you and how to keep a calm & clear mind all the time. 2 - 4.45pm, £15 with high tea. Kalpa Bhadra Buddhist Centre, Llandudno, 01492 878778, meditatenthwales.com

Ty Mewn Trefn Part of Dying Matters in Wales. An afternoon to discuss various aspects of death, grief and end of life in an afternoon of inclusive activities. The events are part of 'Live Now's Raising Awareness Week' and the Hospice UK coalition. 1pm, free but ticket required. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Forgetting and Remembering Ourselves

Documentary of workshop and performance curated by Cai Tomos as part of the Prototipoak Festival in Bilbao. 5.15pm, £2. Galeri, Caernarfon 01286 685222, galericarnarfon.com

WSO Mahler Charitable Concert Raising funds for Alzheimer's and Dementia conditions. 7.30 - 10pm, £20 - £2, William Aston Hall, Mold Rd, Wrexham, LL11 2AW. Contact 07889 379591.

Woman in a Dressing Gown See 17th

19th SATURDAY & 20th SUNDAY

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

20th SUNDAY

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

Breathing for a Flexible Chest & Spine ~

Feldenkrais Method Breathing affects our well-being in so many ways. Discover how your ribs can become softer, your spine more supple. 10am - 1pm, £30. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Contact Veronica Rock 07990 825783, vhrack@feldenkrais.co.uk

Open Garden Visit a 1-acre wildlife-friendly garden with a variety of trees and shrubs, large pond and fruit trees (courtesy of Keith and Jean Whitehead) – and bring & buy plant stall! This sloping site, with some steps, adjoins Mariandryrs NWWT Nature Reserve. 2 - 5pm, £6, £3 children, includes refreshments and cake. Park on field as directed, 2 Fron Heulog, Llangoed, Anglesey LL58 8PH. Grid reference SH 603 811. Penny Radford 01248 713022, radfords713@btinternet.com

Snowdonia Half Marathon A scenic Half Marathon, starting and finishing in the village of Llanrwst. 10am - 2pm, Gwydir Park, Llanrwst LL26 0PL, 07590 690041.

Welsh National Opera Music from Prokofiev's ballet score for Cinderella, Mendelssohn's Violin Concerto and Beethoven's 7th Symphony. 4pm, £23. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Plant Sale The Hardy Plant Society Clwyd Group invites you to a Plant Sale by Society Members and Invited Nurseries. Rare and familiar plants, tombola, refreshments and homemade cakes. 10.30am - 1.30pm, free. Holywell Community Centre (by Leisure Centre and Library), North Road, Holywell CH8 7TQ. Contact 07768 423965, hardy-plant.org.uk/clwyd

Tempera Painting and Guilding See 13th

Birds of Estuary, Heathland and Coast A day tour with wildlife guides from the RSPB and Great Orme Country Park. Booking essential, 10am to approx 4pm, RSPB member £5.50, non-members £7. You will need to arrange your own food and transport between reserves. RSPB Conwy Nature Reserve, LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Family Crafts Make a pinecone bird. 10.30 - 11.30am and 2 - 3pm. All welcome. Oriol Môn, Llangefni 01248 72444, orielynysmon.gov.uk

Meditation Workshop The benefits of a regular meditation practise are well researched and documented. But it is not easy! So, in this workshop, we will find out the components to a successful practise and little tricks of the trade to train the Monkey Mind! We will start with some yoga to settle and strengthen the muscles to be able to sit comfortably. We will explore different sitting positions and then move from pranayama into meditation, trying different approaches and techniques. 2 - 5pm, £20. Mochdre Village Hall, Colwyn Bay LL28 5HU. Kate Hamilton Hunter 07778 134846, katehamiltonhunter.com

Clai-Pobl-Dawnsio Ceramic Masterclass with Pea Restall - The Figure and Movement. Experiment with movement in clay to create dancing clay figures. This could be realistic or abstracted. Wear comfortable old clothing, 18+; light refreshments available but please bring your own lunch. 10am - 3pm, £20 includes all materials and firing of clay. NW Potters members, students, unemployed concessions: £15. Held at Haus, 26 Augusta St, Llandudno LL30 2AE. Further information: cultureactionllandudno.co.uk

Corn Dollies Learn about the history and traditions of corn dollies, understand the varieties of wheat suitable for corn dollies and how it is grown and harvested. We will make 3 types of corn dollies. £55, £30 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Classical Concert Series Pre-concert talk, moderated by Bangor University's School of Music, in conversation with Tomas Hanus from WNO Orchestra. 3pm, £2, Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. 1.30 - 3.30pm, Galeri, Caernarfon 01286 685222, galericarnarfon.com

Cain Galeri's dance performance group - open to those over the age of 60. The sessions are held by professional dancer/choreographer/tutor - Cai Tomos. 3pm, £7. Followed by a special session by the Cain dance group to close a new project that has combined words and movements, dance and poetry. 4pm. Galeri, Caernarfon 01286 685222, galericarnarfon.com

20th SUNDAY - 24th THURSDAY

Mindfulness & Wellbeing Retreat This retreat is about shedding the many roles women have and taking some well-earned time out to centre and return to self. It's a chance to nurture self in the company of other women, share stories and challenges and benefit from each other's wise counsel and support. Bookings: Heather Prince heather@heatherprince.co.uk Held at Cae Mabon, Fachwen, Llanberis LL55 3HB. 01286 871542, caemabon.co.uk

Connected Drawing A mindfulness approach to drawing with local artist Dr Maria Hayes. On this course you will be led through a series of exercises designed to retrain your eye and hand to work together in a new, connected way. Trigonos, Nantlle 01286 882388, trigonos.org

21st MONDAY

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

The Science of Chocolate: Foods of the Gods A talk with Dr Diana Leitch and the Society of Thirteen. This lecture - with some tasting experiences - explains the history of chocolate back in Central America, its coming to Europe with the Spanish and the way it changed to the products we know and love today. £3/ £10 annual sub fee; non-members £6. Grosvenor Museum, Chester. Contact: societyofthirteen.org.uk

Dementia Awareness Week Activities aimed at older visitors and people living with dementia and their families and carers, including a memories trail and art and craft workshops. 3 - 4.30pm, £1.50, drop-in. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

Walk: The Mystery of the Ugly House Many a



mystery surrounds the origins of our much-loved character cottage on the Llugwy river, Snowdonia. Come and join us for this springtime woodland walk, ending with an obligatory stop in the tearoom where Snowdonia Society members get 20% off! 2 - 4.30pm. Donations welcome. Tŷ Hyll 'Ugly House'. Advance booking essential: 01286 685498, claire@snowdonia-society.org.uk

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

Mark Felt (12A) Based on a true story of the most famous anonymous man in American history: Mark Felt, the FBI second-in-command who was the 'Deep Throat' whistle blower in the 1970s Watergate scandal. 7.30pm, £5.50, U15s £4.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

21st MONDAY - 24th THURSDAY

Mark Felt (12A) *Details on 21st.* 7.30pm, £5. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

21st MONDAY - 25th FRIDAY

Wythnos Busnes Gwynedd Business Week Join us for the launch of Gwynedd Business Week 2018 at The Management Centre, Bangor University. This free breakfast launch event will include breakfast, keynote speech, and an opportunity to network. 8 - 10am. The Management Centre, College Rd, Bangor LL57 2DG. 01248 365900, info@themanagementcentre.co.uk

21st MONDAY - 27th SUNDAY

Dementia Awareness Week Resources and ideas from website: share your dementia story, host a coffee morning, donate, request a collection box. Go to: alzheimers.org.uk for more info/ free fundraising kit

22nd TUESDAY

A Swift Stroll A swift-themed talk by Rob Booth, NWWT's Reserves Officer for the area, followed by a short walk around Dolgellau to see the birds in action. 7 - 9pm, free. Dolgellau Free Library, Eldon Square. Janet Baker 07812 659593, jemmole@hotmail.com

Sweet Bean (PG) Film, Japanese with subtitles. Cooking and love at a dorayaki pancake stall. Chester Film Society, 7pm for 7.30pm start. Guests £5. Grosvenor Museum, Chester. Contact 01244 371750, chesterfilmfans.co.uk

Pastels Workshop: Red Squirrel in its Environment Learn to paint realistic wildlife art using pastel. 10am - 5pm, £120. Kaz Turner, 01978 363539, 07809 687740, kazturner.com Also 22nd

22nd TUESDAY & 23rd WEDNESDAY

Designing Sustainable Start-ups The focus of this introductory course is to provide the solid foundations for growing an innovative new service or product (whether for profit or not). The emphasis is on new innovation rather than replicating an existing proven business. It covers techniques for getting solid evidence of unmet needs from users or customers and for user-focused development which lead on to branding, marketing and willingness to pay (if relevant). Fee & accommodation £260, course only £200. CAT, Machynlleth, 01654 705959, cat.org.uk

22nd TUESDAY - 28th MONDAY

Gŵyl Beaumaris Festival Music and song from Tea and Symphony; a talk on the "Evolution of the Female Opera Singer in America"; Young Artist's Recital, String Quartet, Piano Recital; celebrating a Century of Women's Music; Poetry and Art in Partnership, Musical Night, Choral Concert, Festival Lunch, Cabaret, Composer in Conversation and Bank Holiday Concert. Full details/costs/timings: beaumarisfestival.org and eventbrite.co.uk

23rd WEDNESDAY

Dangos A Dweud / Show and Tell Promoting creative work and projects by individuals and art companies in Gwynedd to the wider arts community. Arts practitioners and companies are invited to give a short talk, up to 10 mins long. Those participating would need to bring with them an object of interest to share and discuss such as a picture, prop, costume, instrument, photograph, book, poster. Organised by Creative Gwynedd. 3.30 - 5.30pm, free. Held at Ty Newydd, Llanystumdwy LL52 0LW. More info: 01286 679721, gwyneddgreedigol.com

Footpath Maintenance: Pyg Track, Snowdon 9.15am. The importance of the role of volunteers in maintaining the footpaths on our mountains has never been so great, with more people than ever choosing to put on their shoes and head for the hills. Booking essential. Snowdonia Society - Dan 01286 685498, dan@snowdonia-society.org.uk

Meditation Workshop Learn simple techniques to cultivate awareness. 6.30 - 8.30pm, £20, with Tino Faithfull, Beehive Healthcare, Northgate Ave, Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk

Clay Workshops As 9th

Evening Orchids Join Simon Mills and Wrexham and Clwydian Branch members to visit one of the best sites for green-winged orchids in North Wales. 5 - 9.30pm, free. Park considerably on verges, Parc Linden, Rhes y Cae, Flintshire CH8 8JT. Grid reference SJ 181 716. Steve Palin 01248 471116, stevepalin@supanet.com

Gong Bath Breathe and relax... Then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7pm, £13. Canolfan Beaumaris, Rating Row. Steph Healy 07534 118899, puresound.org.uk

Swan Lake With Vienna Festival Ballet. Live screening; lavish costumes, stunning scenery, international stars, and music from Tchaikovsky. 7.30pm, £21, £20 concs., £15 children. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk *Also* Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Timeless Truths of The Secret Doctrine A talk by Fiona Ogdren, sponsored by the Foundation for Theosophical Studies, with Chester Theosophical Society. 7 for 7.30pm, £5.50, £3.50 concs., Book & CD Sale, refreshments. Quaker Meeting House, Frodsham St., Chester CH1 3LF, 01244 370461, chestertheosophy.org

I, Tonya (15) Film based on real life story of Tonya Harding, Ice Skating Championships 7.30pm, £6, £5, Neuadd Buddug, Bala 01678 520800, gwynedd.gov.uk/neuadd-buddug

24th THURSDAY

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

Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 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

Gong Bath Breathe and relax then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7pm, £13. Menorial Hall, Harlech. Steph Healy 07534 118899, puresound.org.uk

Mark Felt As 21st

Suspiria (18) Film; Forty years on the film is justly recognised as the most beautiful horror film ever made and the greatest horror from the 70's. 8.15pm, £7.50 standard, £6.50 over 60, £6 student. Pontio, Bangor 01248 382828, pontio.co.uk

24th THURSDAY - 27th SUNDAY

ReWilding the Mind This retreat will take participants on both inner and outer journeys that explore – through the practice of mindfulness and meditation – the inner quiet that allows us to perceive and appreciate the natural world more fully. £340 includes accommodation. Residential and non-residential places available. Co-led by Claire Thompson and Jonathan Stacey. Trigonos, Nantlle, LL54 6BW. 01286 882388, trigonos.org

Weaving with Colours Create a beautiful wall hanging using Eta's stunning styles and techniques. Colourful woollen yarns and unspun fleeces and other materials will be available for use in your freeform weaving, working on an upright loom. Residential and non-residential places. With Eta Ingham Lawrie. Prices: £410 - £190, £50 deposit. Held at Trigonos Environment Centre, Nantlle, LL54 6BW. 01286 882388, trigonos.org

25th FRIDAY

Alpine Flowers This course will help you to recognise and identify mountain and alpine flowers. Bring along a notebook, pencil and camera to help you remember the plants you discover once you've returned home. £45. Nature's Work, Snowdonia 01248 361142, natureswork.co.uk

An Introduction to Spring Wildflower ID Following a practical indoor session, Joe Phillips will lead us around Coed Cilygroeslwyd NWWT Nature Reserve in search of spring flowers. Bring a picnic! Booking essential. 10am - 3pm, free. Meet at Pwllglas Village Hall, Coed Cilygroeslwyd NWWT Nature Reserve, near Ruthin, LL15 2PB. Mike Klymko 07880 033562, mikeklymko@wildlifetrustswales.org

Self - Empowerment Workshop During this series of workshops we will use Emotional Freedom Technique (EFT)/Tapping techniques to release the stress response from our body, do some group tapping exercise and finish with a Tapping Meditation and ideas on ways to use Tapping in our everyday lives until our next meet up. 11 - 12.30pm, Beehive Healthcare, Northgate Ave, Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk

Pagan Study Group Fridays. Sessions on modern paganism ending with a Summer Solstice ritual. Today: Polarity of gender and its significance to pagan worship. Other meetings include: Symbols, Talismans, creating sacred space, Working Magick. 6.30pm, £3 per session or £20 if paid at first session for all 8 meetings. Participants should bring a comfortable cushion to sit on. The meetings are held in the basement of the shop 'A Bit of This and That' and there is, unfortunately, no disabled access, 11 High St., Blaenau Ffestiniog, Bookings: yrhenysgol17@gmail.com *Until 22nd June* **Short Walk Leader Training** 10am - 3pm, £10. Refreshments provided but please bring packed lunch. Short health walks (1 - 2 miles) are intended for people who are currently inactive. The pace and length of the walks are planned to suit their own pace of the walkers, so that all walkers can walk at their own pace. Held in Bangor. Organised by Ramblers Cymru - ramblers.org.uk

Fleur de Lys and Ffracas Live music, 7.30pm, £6, Saith Seren, 18 Chester St., Wrexham LL12 8BG

Menai Bridge Swift Evening Come and learn about Swifts, how NWWT and others are helping them, and how you can get involved. The event will include a short walk around the town to see Swift sites and nest-boxes. Dogs on leads, please. 7.30 - 9.30pm, donations welcome. Menai Bridge Scout Hut, Ffordd Cambria, Menai Bridge LL59 5DU. Penny Radford 01248 713022, radfords713@btinternet.com

The Movable Feast Organised by the newly formed North West Wales Food Group, The Movable Feast is the brainchild of some of the region's leading food businesses to give a platform to present the very best of local produce, arts and craft. Music and entertainment included! 5 - 10pm, Bangor Pier LL57 2SW. themovablefeast.org

25th FRIDAY - 27th SUNDAY

Sangha Celebration Our annual celebration of our commitment to the Buddha, Dharma and specifically the Awakened Heart Sangha. A weekend of vows, feasting, teachings and entertainment. This is a joyful weekend of connection and fun! Teachings from Lama Shenpen, meditation, vegetarian food and non-alcoholic refreshments. If you are happy to help please come early - extra pairs of helping hands are always good! We have camping space, as well as a number of B&Bs in the neighbourhood. The Hermitage of the Awakened Heart, Ynys Graianiog, nr Crccieth LL52 0NT, 01766 530839, hermitage@ahs.org.uk

Ayurveda Health Coach Diploma Course 1 yr course/starts May. Learn how to deeply relax and nurture others. Ayurveda massage is designed to help restore and maintain balance in both body and mind. Held at Dru Yoga, Snowdonia Mountain Lodge, Bethesda, nr Bangor LL57 3LX. Bookings: Sandra 01248 351 562 or 07580 775458, sandra@druworldwide.com

44th Annual Barbershop Convention SING 2018 Evening Concerts. 3 top quality Barbershop acts to celebrate the Convention. Friday - Harmony in Harrogate; Saturday - Central Standard Chorus + support; Sunday - Show of Champions. 8.30pm, £5 - £20. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Slates to the Sea Come and tread the ancient pathways from the Ffestiniog slate mines down to the sea at Porthmadog, from where slates were transported all over the world. £219 - £238. Plas Tan Y Bwlch, Maentwrog, LL41 3YU, 01766 772600, eryri-npa.gov.uk

25th FRIDAY - 28th MONDAY

Yoga and Walking Retreat This yoga holiday will include mornings of Dru Yoga and Dru Meditation, followed by a delicious lunch, then afternoon guided walks in the beautiful Snowdonia National Park or along the coastal paths of Anglesey. £515 shared or £619 single. Dru Yoga, Snowdonia Lodge, Bethesda. Enquiries 01248 602900, druyoga.com

Forest Church Eco-Retreat A weekend of Forest Church is an exploration of what it means to be connected to the whole of nature. Incorporating sessions on How to Run Forest Church. £120 accommodation and food. Contributions from Bruce Stanley, Stuart Elliott, Wild Elements. Music from Cass Meurig, physical theatre from Jane Sutcliffe. Held at Cae Mabon, Fachwen, Llanberis LL55 3HB. Bookings 01690 710313, brogwydry.cymru *See ad page 32*

Spring Weekend Retreat Through teaching and workshops, we will explore how to enjoy and deepen the main Triratna Community practices - mindfulness of breathing and metta bhavana, together with just sitting and reflection on the Dharma. Suitable for people who have experience of Triratna meditation practices. £120, £108 concs., £70 deposit. Vajraloka Buddhist Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org

Picture Making for Beginners Join us on daily excursions which can bring variety and opportunities to use skills to differing surroundings. £313.50 - £342. Plas Tan Y Bwlch, Maentwrog, LL41 3YU, 01766 772600, eryri-npa.gov.uk

25th FRIDAY - 3rd JUNE, SUNDAY

Gŵyl Gelf Llŷn Arts Festival Open Studios, Exhibitions, Workshops and Events taking place on the Llŷn Peninsula - Pen Llŷn - lots to see and do! Potter and ceramicist Annie Horsley will be having an Open Studio during the Festival open daily 11am - 5pm at Tyn Y Parc, Llangwnnadi, Pwllheli, LL53 8NY. There will be Workshops on Mon 28th and Wed 30th 10.30am - 12pm, £9; children £6. Contact Annie: 01758 770492. On Tues May 29th there will be a day of workshops and events in the Eternal Forest, Boduan - worth a visit! Contact Bella 01758 770492, eternalforest.org. For more information about the Festival check out Facebook: Gŵyl Gelf Llŷn Arts Festival.

26th SATURDAY

Stop UK Arms Sales CND Vigil Last Sat/month. 12.30 - 1.30pm, The Cross, Chester City Centre. Please wear black if possible. Contact: chestercnd@gmail.com. *See ad on page 10.*

Fencing Workday 10am. We have been asked to help the Pensychnant Centre by improving their stock fencing. New and experienced fence builders welcome. 10am, Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Practical Candle Making Workshop, *see 5th*

The Mountain Environment We take a look at the mountain environment from its geological history to its vegetation and human influences upon the landscape. We will identify general characteristics of rock types, habitats and take a closer look at the wildlife which inhabit this environment. A notebook, pencil and camera would be useful to bring along. £45. Nature's Work, Snowdonia 01248 361142, natureswork.co.uk

Monthly Mindfulness - Tips & Techniques for Anxiety Monthly. Time-out and stillness to move beyond the choppy waves to the calmness underneath the surface. £10, 11 - 12.30pm. Beehive Healthcare, Northgate Ave, Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk

Food and Craft Festival Something for all the family with 150+ stalls, a fun dog show starting at 12pm and children's attractions. 11am - 4pm, set in the grounds of Pentre Mawr Park, Abergele. Pentre Mawr Park, Abergele LL22 7SP, 01745 341001.

Photo + Optic Show and Outside - Thomas Heaton Thomas candidly talks about his photographic journey over the past 10 years, from having to sell his camera to pay rent to being paid to photograph some of the most beautiful places in the world. Thomas also touches on the business side of landscape photography and how he is able to make a living from his passion. 10 - 11am, £9.99. Cambrian Photography Ltd., 87-89 Abergele Rd., Conwy LL29 7SA. Organised by Cambrian Photography as part of their **Photo + Optic Show**: 10am - 5pm, try the latest gear, speak to experts about all areas of photography and equipment, along with speakers. 01492 532510, cambrianphoto.co.uk ~ thomasheaton.co.uk

Drawing Have some fun drawing with a difference! No experience needed, 10am - 12pm, Bethesda Hall, Mold. Bookings: Carol Udale 01352 219028, chair@fvacn.org.uk

Bee Keeping Swarm Control Time to ask the questions with Seasonal Bee Inspector, Jonathan Garratt. £60, £30 deposit. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

Lady Bird (15) Film, 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

26th SATURDAY & 27th SUNDAY

Installing Stoves in tiny homes and temporary buildings Your tutor will be Finn Finlay. He has a wealth of sustainable heating industry knowledge to share as well as an obsession with healthy house design that incorporates simple but effective heating systems that really work. All inclusive £250. CAT, Machynlleth, 01654 705959, cat.org.uk

Tempera Painting and Guiding See 13th

Indian Head Massage Diploma Ruabon, Wrexham LL14 6AA. Contact 01978 810300, johnbridgeangeloffice.co.uk

Small Glories Live music from Canadian Neo-Bluegrass players. 7.30pm, £12. The Vic, Menai Bridge 01248 712309, vicmenai.com

Mary Magdalene (12A) Film. 6.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Nature of Snowdonia - plus Birds in the Mountains by Julian Hughes of the Welsh Ornithological Society for this workshop. Primarily aimed at Mountain Leaders and Instructors or trainees. 10am - 4pm, £45. Moel Siabod Café, Capel Curig, LL24 0EL. Book via eventbrite.co.uk

RhuddFest 2018 Live bands: Newton Faulkner, Blue Nation, Goat Roper Rodeo Band, Sanwise, and more! A family friendly music festival showcasing singer songwriters and gifted musicians. Sat: 11am - 11.45pm; Sun: 12 - 6pm. Tickets: Camping £25; Saturday only £15, Sunday only £5. U14s free with paying adult. Morfa Lodge Farm, Abergele Road, Rhuddlan, Denbighshire, LL18 5UZ, 07789 996505, rhuddfest.co.uk

27th SUNDAY - 3rd JUNE, SUNDAY

Practical Industrial Archaeology £654.50 - £721, more details from Plas Tan Y Bwlch, Maentwrog 01766 770274, snowdonia.gov.wales

28th MONDAY

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Entertainment, guest speakers and activities such as bingo. Refreshments provided. Donations welcome, 2 - 4pm. Kinnel Bay Community Library, Kendal Road, Kinnel Bay, Denbighshire LL18 5BT, 01745 772150.

Gong Bath Breathe and relax... Then observe the mind beginning to slow and the whole being is gently returned to harmonic balance. 7pm, £13. Llanfairfechan Town Hall, upstairs. Steph Healy 07534 118899, puresound.org.uk

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

Glaciation of Snowdonia This workshop is an introduction to regional glaciation of North Wales. £45, Snowdonia. Nature's Work, Snowdonia 01248 361142, natureswork.co.uk

28th MONDAY - 2nd JUNE, WEDNESDAY

Poetry at the Start Aimed at beginner poets - and those returning to the craft - this course will stimulate fresh work and encourage you to share it. Bring your notebooks and writing tools to explore the many ways poetry brings ideas, stories and emotions to life. £495 - £625. Tŷ Newydd Writing Centre, Llanystumdwy, Criccieth LL52 0LW. 01766 522811, tynewydd.wales

29th TUESDAY

Full Moon in Gemini 3.19pm

Three Billboards Outside Ebbing, Missouri (15) A mother paints 3 boards to highlight her daughter's murder; and challenge the police who seem to be doing little to find her killer. 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Woodland Workday 10am. Join us to tackle this month's woodland tasks! Booking essential. Snowdonia Society - Owain 01286 685498, owain@snowdonia-society.org.uk

Steampunk Jewellery Be inspired by Michael Sandle's metallic masterpieces and make a unique piece of steampunk style jewellery to take home. 2 - 4pm, £1.50, drop-in. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

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

30th WEDNESDAY

History of the Language Day

David Crystal talks on the English Language. Introduction to the history of the English language; Old English, Middle English, Early Modern English; change in pronunciation, grammar, and vocabulary; change and variation today. 9.30am - 4pm, £150 per day, includes lunch and refreshments. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org



Summer Stories at Conwy Castle A celebration of Wales' oral traditions, held across several Cadw sites. Drop in to listen to a story based on Welsh culture and heritage. 30 minutes approx. 11am - 4pm. Conwy Castle LL32 8AY, 01492 592358.

Water Vole Survey 10am. An ideal day for volunteers who have little or no experience of water vole surveying; experienced people welcome too! Booking essential, free transport available from Bangor and Caernarfon. Snowdonia Society - Dan 01286 685498, dan@snowdonia-society.org.uk

John Etheridge and Vimala Rowe Concert Outdoor Jazz Concert, 7.30pm, £15, £12. Oriol Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriol.org.uk

Clai-Pobl-Dawnsio/ Drop-in Ceramic Workshop

The Figure and Movement. Experiment with movement in clay to create dancing clay figures. This could be realistic or abstracted. Wear comfortable old clothing, 18+; light refreshments available but please bring your own lunch. Session 1: 11am - 1pm, and Session 2: 2 - 4pm, free. Held at Haus, 26 Augusta St, Llandudno LL30 2AE. Further info: cultureactionllandudno.co.uk

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

I, Tonya (15) Film based on real life story of Tonya Harding, Ice Skating Championships 7.30pm, £6.50 £5.50, Galeri, Caernarfon 01286 685222, galericaernarfon.com

30th WEDNESDAY & 31st THURSDAY

Holiday Club Takes place in Warren Woods; make shelters and fire circles; explore the woods and learn about trees and plants. Indoor workshops if inclement weather. 10am - 4pm, £20 per day, £35 for 2 days. 2 children from same family £35 per day. For 6 - 13 year olds. Woodland Skills Centre, Bodfari, Denbigh LL16 4DT. 01745 710626, woodlandskillscentre.co.uk

30th WEDNESDAY - 3rd JUNE, SUNDAY

Doula Retreat 2018 For doulas and midwives and their friends. Women and children only. Workshops include: Sacred Song with Ella Speirs, Natural Voice Practitioner (singdancelove.co.uk). Henna with Catherine Hinton (hennacat.com). Storytelling with Rachel, fully catered vegetarian meals. Info & Bookings: Selina on selinawallis@hotmail.com Held at Cae Mabon, Fachwen, Llanberis LL55 3HB. 01286 871542, caemabon.co.uk

31st THURSDAY

Full Moon Sound Healing We start with a mantra - Om or Aum; this frequency of 432Hz is what is found in all of nature and is why it can have a healing effect. Singing bowls and other instruments have also been used for healing purposes, moving energy around and stabilising, cleansing. 7.30 - 8.30pm, Oddfellows Hall, Saltney, Chester. 07421 996393, inspireandrewire.com

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

End of Year Gala Join Bangor University's Symphony Orchestra, Chamber Choir, Music Society, Concert Band, String Orchestra, Jazz Band and Brass Band. 7.30pm, £12, £10 over 60s, £5 students & U18s. Pontio, Bangor 01248 382828, pontio.co.uk

The Leisure Seeker (15) Film. Dementia begins to take over a couple's life. 2pm & 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Giant Paper Flowers It's very nearly summer, so make a huge, scented paper flower to celebrate! 2 - 4pm, Drop-in, £1.50. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

Copydate for June issue:

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Exhibitions



Jenny Murray

NW Potters Gallery ~ May Maker of the month is ceramacist Jenny Murray. 1 High St., Conwy LL32 8DB. 01492 593590, pottersgallery.co.uk

Josie Russell ~ New Work 28th April - 10th June. Views and vistas from all over Wales, famous landmarks, traditional images and flora made by sewing, embroidery and stitching. Open daily 10am - 5pm, free admission. Oriol Mon Llangefni, Anglesey LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk josierussell.com

Right Here, Right Now: 21st Century Art Until 8th May. Arranged around the themes of people and animals, landscapes and buildings, still life, faith and abstraction, the exhibition celebrates the quality and diversity of art made since the year 2000. Grosvenor Museum, Chester CH1 2DD, 01244 972197, grosvenormuseum.westcheshiremuseums.co.uk

Unexpected Elegance: Female Fashion From the 70s Until 1st July 2019. From 1970s minis to midis and maxis, in fabrics ranging from cotton and corduroy to polyester and fake leopard-skin, with designs by Ossie Clark, Givenchy and Zandra Rhodes, we celebrate some of the more subtle pleasures of 1970s fashion. Grosvenor Museum, Chester 01244 972197.

Andrew Logan ~ Cornucopia Until 15th July. 10 years ago, as part of the re-launch of the Craft Centre, there was a celebration and retrospective exhibition of Andrew's work: An Artistic Adventure. This new exhibition – or as Andrew names it 'a creative cornucopia' – is a selection of new work; here to celebrate 'an abundant supply of good things' as well as our 10 year anniversary. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Patchwork and Quilts Until 3rd June. A display of patchwork and quilts made by members of the WEA classes held in the Centre which Eunice Lord has been tutoring for the past 19 years. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Gallery Artists Group Show Until 14th May. A large changing exhibition by our gallery artists with a wide range of styles and subject matter and prices ranging from £50 - £15,000. The exhibition includes work by Wales' leading artists, past and present, and as work is sold it is replaced immediately. Oriol Tegfryn, Menai Bridge LL59 5EW, 01248 715128, artwales.com

Poor Taff - Golwg Llundain ar y Cymry / A London View of the Welsh People 26th May - 4th November. This exhibition will show how the Welsh people were portrayed in the popular press in the 17th & 18th centuries. Some Welsh people adopted the images as acceptable representations of national identity. The exhibition explores how stereotypes of Welshness and Welsh identity evolved over time. Oriol Môn, Llangefni 01248 724444, orielynysmon.gov.uk

Welsh Mountain Goats of Dinorwig Quarry ~ Photographs by Stuart Hill Until 28th May. A familiar sight to walkers and climbers it is thought these goats have been in the Snowdonia mountain range since at least 4500BC. A chance encounter over two years ago has led North West photographer Stuart Hill to start a photographic project which has turned into a quest to try and get these magnificent animals some form of protection from being hunted as we do not know how many are left in the wild. Stuart began photographing and observing these amazing animals. Compelled to do more, the idea for an exhibition showcasing the goats was conceived in December 2017. Electric Mountain, Llanberis LL55 4UR, 01286 870636, electricmountain.co.uk

Justine Allison ~ The Language of Clay: Shifting

Lines Until 15th July.

Justine has her own language of clay. Balanced between functional and sculptural, her ceramic practice is rich and original. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



David Lloyd Griffith RCA and Mary Lloyd Jones

RCA 5th May - 30th June. Lower Gallery - Kyffin Williams PPRCA - Centenary Celebration. Royal Cambrian Academy, Conwy 01492 593413, rcaconwy.org

Shezad Dawood ~ Leviathan Until 1st July. In dialogue with a wide range of marine biologists, oceanographers, political scientists, neurologists and trauma specialists, Leviathan explores interconnections between these fields of work which will be presented through sculpture, textiles, museum specimens, films, conversations and online resource material. Dawood will also work with community groups based on the coastal location asking questions about how these issues might come to evolve in a future 20 to 50 years from now, and what that future might look like. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Gareth Owen Until 18th June. Gareth's artwork from his book Rhyw LUN o Hunangofiant. Long Gallery, Oriol Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

Clwydian Art Society 30th April - 4th June. Open Mondays, Fridays and Saturdays, 11am - 4pm; Sundays 11am - 3pm. Private view on 4th May 7 - 8.30pm, with light refreshments. The Carriageworks, Love Lane Denbigh LL16 3LS, 01745 797647.

Angus Suttie 1946 - 1993 Until 15th July. Angus Suttie's allusive, energetic, hand-built ceramics were powerful contributors to the postmodern art of the 1980s. He said that he wanted to make pots 'that shock us, console us, that are life-affirming or that haunt us'. He was a visionary for ceramic art. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk



Different Horizons 26th May - 5th June. An exhibition of paintings by North Wales 5, a group of talented artists creating work influenced by the land, sea or sky. Launch on 26th, 6 - 8.30pm. Chester Arts Centre. fvacn.org.uk

Mike Perry ~ Land/Sea Until 1st July. The work engages with significant and pressing environmental issues, in particular the tension between human activity and interventions in the natural environment, and the fragility of the planet's ecosystems. Free entry. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Estella Scholes ~ Circles, Stones and Fragments from the Shore Until 3rd June. Many of Estella's references are gathered from direct observation whilst wandering along the shorelines of North Wales, in particular the Llyn Peninsula, where evidence of an almost vanished industrial past can be found. Mostyn, Vaughan St., Llandudno LL30 1AB, 01492 879201, mostyn.org

Kyffin Williams: Celebrating a Centenary Until 1st July. In honour of Sir Kyffin, this exhibition will provide a glimpse into his life and work; to his foreign travels, portraits and well-known landscapes. Oriol Ynys Mon, Llangefni 01248 724444, kyffinwilliams.info

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

Rhian Davies Black 24th April - 12th May. Canolfan Beaumaris, Anglesey, 01248 811200, canolfanbeaumaris.org

Red Square: Paintings by Adrian Sumner ~ Inspired by the Art of Russia Until 7th May. This exhibition explores the ideas, innovations and styles of The Russian Avant-Garde ground-breaking work, filtered through Adrian's unique way of contrasting and complimenting cultural references old and new. Looking at the Great War, the October Revolution and Suprematism, among other themes. Grosvenor Museum, Chester CH1 2DD, 01244 972197.

Andreas Ruthi - Plus Artists Until 20th May. *A Place on the Table* - work by Andreas Ruthi based on the Nantgarw Porcelain collection; and *Still Life Settings* - Work by Andreas Ruthi and other artists. Plas Glyn Y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

Colin See-Paynton and Carl Chapple 27th May - 20th June. Ffin y Parc Gallery, Llanrwrst LL26 0PT, 01492 642070, welshart.net

Aled Pritchard Jones ~ Snowdonia Scenes Until 20th May. Includes a wide selection of dramatic lakes, rivers and mountains in oils on canvas contrasting with some gentle flower pastels. Plas Glyn Y Weddw, Llanbedrog, Pwllheli LL53 7TT, 01758 740763, oriel.org.uk

Peter Welford 28th April - 9th June. These paintings are not comforting salon pictures, but rather meant as a form of journalism. Their themes are provocative and sometimes political, not soliloquies but dialogues with the viewer. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

The Button Project Until 3rd June. It began when writer and curator Jo Dahn sent a message to ceramics practitioners, asking them to make a button and post it to her; you can now see about 700+ here. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Sarah Carvell - Exhibition and Book Launch 29th April - 23rd May. Ffin y Parc Gallery, Llanrwrst LL26 0PT, 01492 642070, welshart.net

Pensychnant Wildlife Art Until 30th September. Originals, prints and photographs in various styles and media. (*Do you want to exhibit with us?!*) Pensychnant, Conwy LL32. 01492 592595, pensychnant.co.uk

Karl Davies - the Welsh Landscape and Us Until 20th May. Oil and ink wash paintings inspired by the characters and landscapes of South Wales. Oriol Plas Glyn Y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Michael Sandle: Monumental Rage 19th May - 7th October. In direct response to the horrors of our age, his work presents a passionate critique of the abuse of power in global conflict, politics and culture, and the accompanying cynicism and hypocrisy. Grosvenor Museum, Chester CH1 2DD. 01244 972197.

ART FOR SALE/DISPLAY VENUES

Castle Gallery Various artists, media; most are for sale. Open 9am - 5pm, Mon - Sat. 1 Castle Square, Criccieth LL52 0D, 01766 522803.

Galeri Betws Y Coed Ever-changing selection of paintings, prints, drawings and mixed media by well known and emerging artists from Wales. Open weekdays 10am - 4.30pm, Sat & Sun 10am - 5pm. Holyhead Rd., Betws Y Coed LL24 0BW, 01690 710432, info@galeribetwsycoed.co.uk

Illuminarté Stained Glass - Photography - Mosaic. Designers and creators of beautiful traditional and contemporary handmade stained glass and mosaics for all your living spaces. Ysgubor Isaf, Bala LL23 7NW, 01678 520256, illuminarte.co.uk

Oriol Bangor Arts Initiative Art Gallery Paintings, Sculptures, Prints, Photographs by local artists. Open 11am - 4pm, Tuesday - Saturday. All are welcome, Deiniol Centre in Bangor; bangor.arts.initiative@outlook.com or see www.facebook.com/bangorartsinitiative

Storial Art from community groups, voluntary organisations and learning groups. Open Tues - Sat 11am - 5pm. Fford Gwynedd, Bangor LL57 1DT. 01248 353368, storial.org

Agora Follow the online Gwynedd Arts thread in general to keep networking for artists alive. Facebook: Agora

theatre walks
liturgies music church
storytelling creating
forest scattering
gathering
art sharing

**Contributors: Bruce Stanley,
Stuart Elliott, Wild Elements
Music from Cass Meurig
Physical Theatre from Jane Sutcliffe**

**bookings/ info: 01690 710313
www.brogwydyr.cymru**

A weekend of Forest Church is an exploration of what it means to be connected to the whole of nature. Incorporating sessions on How to run Forest Church, the weekend will provide time to connect intentionally and playfully with the spirit of God that is present within all things, that is the Eternal Christ, first born of all creation, 'the first thought in the mind of God.'



Esgobaeth
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The Diocese
of Bangor

Forest Church Eco-Retreat

£120 with accommodation and food
25th - 28th May

Cae Mabon Fachwen, Llanberis

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coedwig cerdd
teithiau celf
eglwys ymgynnull straeon
litwrgiau gwasgaru
crea rhannu

**Cyfranwyr: Bruce Stanley,
Stuart Elliott, Elfennau Gwyllt
Cerddoriaeth o Cass Meurig
Theatr Gorfforol o Jane Sutcliffe**

**Manylion/ archebu: 01690 710313
www.brogwydyr.cymru**

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25ain - 28ain Mai

Cae Mabon Fachwen, Llanberis

Workshops in June & July

JUNE

- 1 - 8 **Meditation and Mindfulness Teacher Training Module 1** with ZenWays. Noddfa, Penmaenmawr. Contact zenways.org
- 1 - 3 **Ayurveda Introduction** Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com
- 2 **Anahata Chakra Workshop** Denbigh. Laura Bell, 07989 512859, thezestlife.co.uk
- 2 **Reiki 1 Healing: A Spiritual Journey Pt 2** The Laser Beauty and Therapy Centre, Menai Bridge. Claire 07838 469 174, energyteacher111@gmail.com
- 2 **Weight Loss: A Mindset Approach** Menai Bridge. Claire Wiggins, 07838 469 174 or email relax@northwaleshypnotherapy.co.uk *See page 36*
- 3, 10 & 24 **Tempera Painting and Gilding** Chester. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk
- 6 **Clay Workshops** Rhydymwyn Nature Reserve. Contact: judypemberton@uwclub.net
- 8 - 10 **Dharma Art Weekend** Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk
- 9 **Energy Workshop: Qi Gong** Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk
- 9 **Felting** Bethesda Hall, Mold. Bookings Carol Udale 01352 219028, chair@fvacn.org.uk
- 9 **Freeform Weaving and Needle Felting** Pensychnant Centre, Conwy. Bookings: 07391 930719, phiaeco@gmail.com
- 9 & 10 **Reiki 1** The Healing Centre, Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 10 **Healing With Crystals** Chester. Bookings: hope-college.co.uk
- 13 **Meditation Workshop** Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk
- 17 **Chakra Workshop** Mochdre Village Hall, Colwyn Bay LL28 5HU. Kate Hamilton Hunter 07778 134846, katehamiltonhunter.com
- 22 **Self Empowerment Workshop** Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk
- 22 - 24 **Yoga & Wild Swimming** Menai Bridge. Laura Bell, 07989 512859, thezestlife.co.uk
- 23 **Meditation & Teaching Day** Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk
- 24 **Balance: Stable & Mobile ~ Feldenkrais Method** Llangollen. Contact Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk
- 30 **Honouring Anger Workshop** Llanfachraeth, Anglesey LL65 4YA. Contact Claire Mace inspiratrix.co.uk
- 30 **Pastels** Bethesda Hall, Mold. Bookings: Carol Udale 01352 219028, chair@fvacn.org.uk
- 30 June - 7 Jul **Formless Meditation Retreat** Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk

JULY

- 1, 15 & 29 **Tempera Painting and Gilding** Chester. Lynette Howells-Moore 01244 313910 or 07742 365 623, lynettehowellsmore.co.uk *(also 5th August)*
- 7 **Yoga Day** Dolgellau. Bookings: 07737 261614, mountainyogabreaks.co.uk
- 14 **Ajna/Sahasrara/Vishudi Chakra Workshop** Denbigh. Laura Bell, 07989 512859, thezestlife.co.uk
- 14 & 15 **Reiki 1** Tregarth, Bangor LL57 4NP. Viv 01248 601388, vivreiki@hotmail.com
- 20 - 23 **Yoga and Walking Retreat** Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com
- 21 **Meditation & Teaching Day** Hermitage, Criccieth LL52 0NT, 01766 530839, ahs.org.uk
- 21 & 22 **Drawing From the Eye of the Heart** with Lynette Howells-Moore, Gladstone's Library, Church Lane, Harwarden CH5 3DF. 01244 313910, lynettehowellsmoore.co.uk
- 22 **Self Empowerment Workshop** Chester CH2 2DX. 01244 915603, beehivehealthcare.co.uk
- 27 - 30 **Yoga and Walking Retreat** Dru Yoga, Bethesda. Enquiries 01248 602900, druyoga.com
- 28 & 29 **Shakespeare's Language with David Crystal** Holyhead 01407 763361, ucheldre.org

Centres in North Wales: Workshops in June & July

Cae Mabon Eco Retreat Centre

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

JUNE

- 7 - 10 **Healing Weekend**
15 - 22 **Divinicus Activation**
22 - 24 **Liberating Sexuality for Women**

JULY

- 16 - 22 **Listening to the Land: A Nature Based Retreat**

Centre for Mindfulness, Research & Practice (CMRP)

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

JUNE

- 1 **Masterclass: Attaching or non-attaching**
3 **All Day for 8 Week Course Graduates**
9 **All Day for 8 Week Course Graduates**
9 - 13 **Specialist 5 Day MBSR Training** *Held at Trigonos (Waiting list only)*
16 - 20 **Advanced Teacher Development Retreat** *Held at Trigonos*
25 - 30 **5 Day Silent Mindfulness & Self Compassion Retreat** *Held at Trigonos*

JULY

- 3 - 7 **Specialist Teacher Training in MBCT in Cancer**

Centre for Alternative Technology (CAT)

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

JUNE

- 1 - 3 **Nature in Stone - Carving Workshop**
1 - 4 **Eco ~Refurbishment**
2 & 3 **Creative Writing**
5 - 6 **Self-build Management**
18 - 21 **Installation of Dry Appliances & System Chimneys**
18 - 23 **Biomass for Installers & System Chimneys**
22 - 24 **Entomology : The Larger Insects of Wales**
22 - 25 **One Planet Living**
23 **Herbal Medicine - Nature's First Aid**
23 - 25 **Rewilding Ourselves: Deepening our Nature Connection**
26 & 27 **Stove Installers Course**
30 **DIY Furniture/ Upcycling with Pallets**

JULY

- 2 - 7 **The Science of Sustainable Food Production**
13 - 15 **Wildlife Gardening**
14 & 15 **Designing Sustainable Start-Ups**
20 - 22 **Identifying Flowering Plants**
20 - 23 **A Way of Building: Using locally sourced materials**
23 - 25 **Identification of Grasses, Sedges and Rushes**
28 **Flat-bottomed Willow Basket Making**

Bodnant Art Studio

Conwy LL28 5RW.
07909 333929, katepigram@aol.co.uk

JUNE

- 7 **Pastel Drawing: Summer Subject**
9 **Pastel Drawing: Learn to Paint Rivers**
21 **Pastel Drawing: Summer Subject**
22 **Learn to Paint Watercolour**
23 & 24 **Pastel Drawing: Painting Plein Air**
28 **Pastel Drawing: Summer Subject**
29 **Learn to Paint Watercolour**

Gladstone's Library

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

JUNE

- 8 - 10 **Alibis in the Archive**
24 - 26 **The Prophets: A different perspective**

JULY

- 13 - 15 **The Gladstone Umbrella**
27 - 29 **Seeing Christ in Human Rights**
30 Jul - 5 Aug **Greek in a Week**

Plas Tan Y Bwlch

Maentwrog LL41 3YU,
01766 772600, eryri-npa.gov.uk

JUNE

- 1 - 3 **Supported Spindling for Beginners**
8 - 10 **Maritime History & Slate Industry**
8 - 10 **Building & Gardens in Pen and Wash**
15 - 17 **About Welsh**
29 Jun - 1 Jul **Botanical Art in Coloured Pencil**

JULY

- 20 - 22 **Stash Busting Combo Spin**
20 - 22 **Pen & Ink and Pen & Wash Weekend**
22 - 27 **Botanical Painting**
23 - 27 **Butterflies and Moths**
27 - 29 **Rambling for Welsh Learners**
29 Jul -
3 Aug **Challenging Reality - Expressive
Imaginative Painting**

Trigonos Environment Centre

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

JUNE

- 1 - 3 **Soul Clothing - ReWild Your
Wardrobe/Natural Fabric
Dyeing**
21 - 24 **Shine Your Light: A Forrest Yoga
Retreat**
22 - 24 **Summer Solstice Celebration -
Yoga & Sound**
30 Jun -
3 Jul **World Dance Group & Yoga for
Everyone**

JULY

- 7 - 14 **Get Away to Write**
21 - 26 **Drawing on The Right Side of the
Brain**
27 Jul -
1 Aug **Training Retreat to Teach the
Present**
28 Jul -
1 Aug **Mindful Solutions: Movement
and Meditation in the Mountains
Retreat**

Tŷ Newydd Writing Centre

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

JUNE

- 4 - 9 **Emerging Writers: Writing, Editing &
Publishing Prose**
18 - 23 **Writing Radio Drama**

JULY

- 13 - 15 **Journeys with Haiku into Verse and
Prose**
16 - 20 **Summer Retreat with Yoga**
20 - 22 **(Re)Telling Traditional Narratives**
23 - 28 **Writing Short Stories**
28 & 29 **Fiction For Young Adults (Welsh)**

Vajraloka Buddhist Retreat Centre

Corwen LL21 0EN
01490 460406,
vajraloka.org

JUNE

- 8 - 15 **Radical Embrace**

JULY

- 6 - 13 **Reflection - illuminating the 3
wisdoms**
20 - 29 **Satipatthana - the Buddha's
teaching on mindfulness**

Woodland Skills Centre

Bodfari, Denbigh LL16 4DT
01745 710626,
woodlandskillscentre.co.uk

JUNE

- 1 **Holiday Club**
2 & 3 **Bushcraft for Forest Leaders**
5 - 8 **Social Forestry**
16 **Know Your Trees**
17 **Timber Processing**
23 **Sharpening Edge Tools**
23 & 24 **Basket 2; and Introduction to
Bushcraft**
26 - 29 **Mindfulness in a Woodland Setting**

JULY

- 14 & 15 **Bushcraft Carving**
25 - 27 **Holiday Club**



Weight Loss: A Mindset Approach

North Wales Hypnotherapy: Rediscover Yourself

Many people have tried slimming clubs, calorie counting and various diets which appear successful for a while, only to find that the weight creeps back on over time. Diets have been shown not to work in the long term. We all know that surplus weight can have serious health consequences and we are aware of the damage that sugar and junk food can do to us. Maintaining a healthy weight can become a lifelong battle. Whatever triggers your bad eating habits, you can change the way you think about food, but still enjoy it. No more battling with temptation.

Weight Loss: A Mindset Approach *is a completely different way of tackling your weight problem!*

Claire Wiggins of North Wales Hypnotherapy is running 3-session courses **on the 1st and 3rd Saturdays of the month** in The Laser Beauty and Therapy Centre, Telford Road Menai Bridge, starting in **June**. There will be a choice of morning or evening sessions. Classes last for 1½ hours and are limited to 6 participants.

Sessions 1 and 2 will be on fixed dates. You will be given a choice of dates for Session 3, enabling you to save it for a later time if you wish to do so.

Claire says...

- I use a Power Point presentation and give handouts in each session. The presentation is interactive, relaxed and informative. We have some fun!
- We finish at least one of the sessions with a guided hypnosis relaxation. You will be provided with a link to a sound track to download.
- A few simple self-awareness exercises will be provided to keep you focused and make you aware of how your mindset is changing.
- There will be no weigh-ins or asking you to account for your eating.
- You are free to ask questions or tell us how you are progressing if you would like to.
- This is about mindset. It is NOT about food and calories.
- Workshops are open to men, women and teenagers aged 18 +.

Please note: If you are very stressed or anxious, I strongly recommend a couple of private hypnotherapy sessions with me, in order to maximise the benefits of the course. Please phone me to discuss.

I do not advise you to attend these courses if you have a history of a diagnosed eating disorder (e.g. Anorexia).

The scheduling of the workshops allows you time to put what you learn into practice. If you would like to enrol, please phone me on **07838 469 174** or email me on **relax@northwaleshypnotherapy.co.uk** so I can send you a booking form and hold a place for you; payment can be made in advance online, details will be provided.

Fee for the complete course is £95, payable in advance. Your payment secures your place on the course.

Next course starts on June 2nd morning and evening sessions (10am & 6pm)



Meditation and Nonviolent Communication (NVC)

Rik Midgley



Meditation is a process in which help is offered to support people change their views about a conflict, to look beyond it, to see its potential for development

and to reach agreement in how they want to relate in the future. A mediator can help all involved to gain a more humane view of each other, to 'see our-selves' in the other, and thus to awaken our common sense of compassion. This creates more ease around the process of working towards enabling everyone to have their needs met and experiencing mutual trust.

With Nonviolent Communication (NVC) we are not only open to conflict, but actively walk towards it. We recognise the value of the quality of connection between people, and that this relates to the level of mutual respect and freedom of choice amongst all parties involved. Conflict acts to flag up what is of value, it holds information on what a group or community require to improve connection. People in conflict are considered to be yearning for mutual understanding, wanting clarity for what is of value to each other. It naturally arises from our differences, as we are all individuals wanting our unique thing at any time. It is about actively listening for conflict, encouraging the free and authentic expression of everyone, and to



do so in a safe and contained manner. This valuing of everyone's needs is at the heart of a healthy community. The application of

Nonviolent Communication to conflict offers a simple and effective, yet unconventional approach to mediation. Rather than looking for solutions, in which all parties may experience compromise, the focus is upon building connection. Holding conflict is about supporting those involved to be clear about what is of value to them and to distinguish this from the strategy by which they may seek to fulfil this. The process of mediation is about supporting parties to hear the needs of others. The trust that develops as the connection deepens enhances hope and leads to greater creativity in finding ways forward.



Rik Midgley is an internationally certified trainer in Nonviolent Communication, and offer workshops, one to one support sessions and mediations in North Wales.

I am offering a series of workshops in which I intend to both introduce the techniques used within NVC and to give opportunity to practice how to bring them into your life. They are open to both people new to NVC and to those wishing to deepen through practice. My next workshop will focus upon growing meditation skills, and be at 'Ty Lorne', 82 High St, Bethesda, Saturday 12th May in Bethesda, 10am – 5pm.

Numbers are limited to maximise the level of participation, so booking is essential. To book, please email. While wanting to make this work accessible to all as well as sustainable for me to offer, I hold a sliding scale of payment on the day of between £10-£60. You are invited to bring a contribution to a vegetarian pot luck lunch. Please arrive before 10am so that we can start promptly. For more details:

Rik@LiveNonviolence.uk
www.LiveNonviolence.uk

Faking It For War

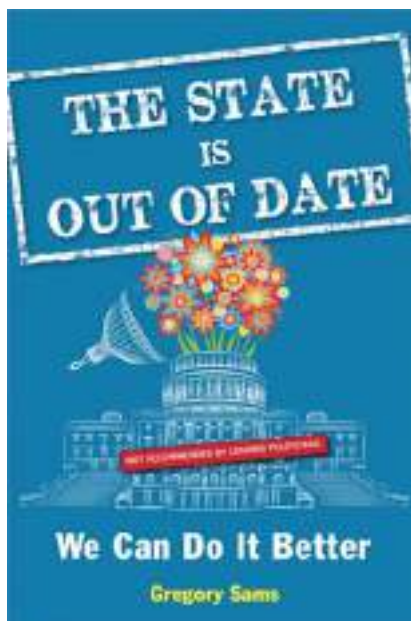
Gregory Sams

Fake WMD took us to war in Iraq and disastrous conflicts throughout the Middle East, none of them justified. It was looking like we were about to see these conflicts finally come to a end.

Now, alleged chemical attacks on the last active terrorists in Syria are being used to justify Western intervention that prolongs a vicious campaign aimed at making Syria an Islamic state. The last remaining militants in Douma, Eastern Ghouta, are the Army of Islam (Jaysh al-Islam), supplied and funded by Saudi Arabia. The Saudis are great friends with America and Britain, and their largest customer for military equipment.

The voracious war machines of America and Britain are threatened not by any enemy, but by the absence of one. This conflict is good news for the military and arms industries. Israel hates Syria and Iran, and would like to see those strong nations collapsed and fragmented. The media has leapt onto the bandwagon, laying blame for this "alleged" attack on Syria and, ominously, Russia and Iran. Their crime is to support the Syrian government in its fight against an array of Islamic fighters who would stop at nothing to impose their version of Islam on that secular nation. Israel has already attacked an unrelated Syrian airfield, in response to this unfounded allegation.

Not for a moment could the Trumps, Theresa Mays, and Macrons of this world believe that Assad launched this attack. It is as clearly fake as the WMD for which there was never evidence. For the legitimate Syrian government the battle for Damascus was virtually over, with 90% of Eastern Ghouta recaptured, with the militants and their families safely evacuated to Idlib Province, allowed to keep their belongings, including their personal handgun or AK-47. Only Douma was still controlled by the Army of Islam, who held 3,500 hostages prisoner, mostly Syrian military, their family, or sympathisers. They rained shells upon Damascus daily, and received return bombardment, but had



no chance of military victory, none whatsoever. There was only one strategy that could prolong the struggle – to bring in Western military support. Their only way to prompt this was a staged chemical weapons attack, choreographed by the infamous White Helmets, who have form on this. It is alleged that real victims were taken from their hostage stock. The White Helmets were extensively trained by their Western backers in the arts of propaganda, and make great use of children.

After their final fling, even the Army of Islam now appears to be leaving Douma

under safe conduct. With no rational reason whatsoever to rain rockets on Syria, some emotional video provides the excuse for our macho leaders to make war on that ancient cradle of civilization. President Trump's reputation is on the line, with May and Macron wanting in on the act. This is more like flirting than war, unless Russia becomes engaged, in which case the military will have their hot war, may the gods help us.

Our ruling elite want Russia back as a fearful enemy and magnifies or fabricates whatever it can to foster this unfounded paranoia. Back when Russia threatened to spread communism across the free West, Americans understandably built bomb shelters and proudly proclaimed that they'd rather be dead than red. The US kept a fleet of nuclear laden B-52 bombers in the air 24/7, just in case. It was an ideological clash that ended in 1991 with the dissolution of communism and the Soviet Union. But Russia was the best enemy the West ever had, and we witness a monumental effort to re-instate it as a fearful threat to our democracy, way of life, and cyber security. Hogwash.

They just keep faking news to make war! The first Gulf War was fuelled by an emotional report of babies being taken out of incubators by Iraqi forces. A public relations firm created that story, using the Kuwaiti ambassador's daughter as the video "witness." The second Iraq war was based on fake WMD. Destruction of Libya based on a phoney attempt to protect the people of Libya from their evil ruler. Ditto Syria, a successful secular nation with a strong army having no mission other than to protect its homeland.

All this calculated conflict is funded by our hard-earned taxes, and sadly, this is

what ruling elites do and have done for a millennia or two. Without our fear of the enemy, we might start questioning the need to be owned by a big shepherd and directed by their sheepdogs – dogs well trained to do whatever they are told. We might stop worrying about what we would do without the state and start wondering about what we could do in a state of connection and freedom.

PS: I wrote a book that takes this further - "The State Is Out Of Date" - so if you wonder whether we could live successfully in a state of freedom, without the protection of men in uniforms, then do check it out. It's as fresh today as the day it was written, and even more relevant. For a 2 minute condensation, go to the **BBC Newtopias** page...

Gregory Sams invented the vegeburger, then discovered fractals and now has a vision of a stateless world!

gregorysamsblog.com



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

Serving Humanity

Djwhal Khul ~ "The Tibetan"

When a man literally walks in the light of his soul and the clear light of the sun pours through him—revealing the Path,—it reveals at the same time the Plan. Simultaneously however, he becomes aware of the fact that the Plan is very far as yet from consummation.

The dark becomes more truly apparent; the chaos and misery and failure of the world groups stand revealed; the filth and dust of the warring forces are noted, and the whole sorrow of the world bears down upon the astounded, yet illuminated, aspirant.

Can he stand this pressure? Can he become indeed acquainted with grief and yet rejoice forever in the divine consciousness? Has he the ability to face what the light reveals and still go his way with serenity, sure of the ultimate triumph of good? Will he be overwhelmed by the surface evil and forget the heart of Love which beats behind all outer seeming?

This situation should ever be remembered by the disciple, or he will be shattered by that which he has discovered. But with the advent of the light, he becomes aware of a new (for him) form of energy. He learns to work in a new field of opportunity. The realm of the mind opens up before him, and he discovers that he can differentiate between the emotional nature and the mental. He discovers also that the mind can be made to assume the position of the controller, and that the sentient forces respond with obedience to mental energies. "The light of reason" brings this about—light that is always

present in man but which only becomes significant and potent when seen and known, either phenomenally or intuitively.

The concrete mind is the form building faculty. Thoughts are things. The abstract mind is the pattern building faculty, or the

mind which works with the blue prints upon which the forms are modelled. The intuition or pure reason is the faculty which enables man to enter into contact with the Universal Mind and grasp the plan synthetically, to seize upon divine Ideas or isolate some fundamental and pure truth.

The goal of all the work of an aspirant is to understand those aspects of the mind

with which he has to learn to work. His work therefore might be summed up as follows:

1. He has to learn to think; to discover that he has an apparatus which is called the mind and to uncover its faculties and powers. These have been well analysed for us in the first two books of the *Yoga Sutras of Patanjali*.

2. He has to learn next to get back of his thought processes and form building propensities and discover the ideas which underlie the divine thought-form, the world process, and so learn to work in collaboration with the plan and subordinate his own thought-form building to these ideas. He has to learn to penetrate into the world of these divine ideas and to study the "pattern of things in the Heavens" as it is called in the Bible. He must begin to work with the blue prints upon which all that is, is modelled and moulded. He becomes then a student-symbolist, and from being an idolater he becomes a divine idealist. I



use these words in their true sense and connotation.

3. From that developed idealism, he must progress even deeper still, until he enters the realm of pure intuition. He can then tap truth at its source. He enters into the mind of God Himself. He intuits as well as idealises and is sensitive to divine thoughts. They fertilise his mind. He calls these intuitions later, as he works them out, ideas or ideals, and bases all his work and conduct of affairs upon them.

4. Then follows the work of conscious thought-form building, based upon these divine ideas, emanating as intuitions from the Universal Mind. This goes forward through meditation.

Every true student knows that this involves concentration in order to focus or orient the lower mind to the higher. Temporarily the normal thought-form building tendencies are inhibited. Through meditation which is the mind's power to hold itself in the light, and in that light become aware of the plan, he learns to "bring through" the needed ideas. Through contemplation he finds himself able to enter into that silence which will enable him to tap the divine mind, wrest God's thought out of the divine consciousness and to know. This is the work before each aspirant and hence the necessity of his understanding the nature of his mental problem, the tools with which he must perforce work, and the use he must make of what he learns and gains through right use of the mental apparatus.

I close with an appeal to all who read these instructions to rally their forces, to renew their vows of dedication to the service of humanity, to subordinate their own ideas and wishes to the group goals, to take their eyes off themselves and fix them anew upon the vision, to guard their tongues from idle speech and criticism, from gossip and innuendo, and to read

and study, so that the work may go intelligently forward.

Let all students make up their minds in this day of emergency and of rapid unfolding opportunity, to sacrifice all they have to the helping of humanity. Now is the need and the demand. The urgency of the hour is upon us, and I call upon all of you whom I am seeking to help, to join the strenuous effort of the Great Ones. They are working day and night in an effort to relieve humanity and to offset those evils and disasters which are immanent in the present situation.

I offer to you opportunity, and I tell you that you are needed - even the very least of you. I assure you that groups of students, working in unison and with deep and unfaltering love for each other, can achieve significant results. That each of you may so work, and that each of you may lose sight of self in realisation of world need, is the earnest prayer and deepest aspiration of your brother, THE TIBETAN."

Extracted from "A Treatise On White Magic" by Alice A Bailey (Lucis Press).

www.lucistrust.org

Full Moon Meditation Network

Gemini: May 21st ~June 21st

Full Moons: April 30th at 1:58am (Wesak) &
May 29th at 3:19pm (World Invocation Day)

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 LLANGOLLEN RED DRAGON MUSIC FESTIVAL



18TH-20TH MAY 2018

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Bad Dog * The Endings * Aces High
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Anonymous * Cowboys Celtaid * Morgan Darcy
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The Time Stealers * Stevie O'Connor

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SATURDAY COMBINED DAY AND NIGHT £20 (FREE parking)

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A Network of Goodwill

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

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

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

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

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

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

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

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

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

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