



Gwydyr Grapevine

Creating a Healthy and Strong Community in the Conwy Valley

Issue 21 ~ November 2025

Best Wishes for Rosie's Happy Retirement!

After 21 years of dedicated service, Rosie retired from Golygfa Gwydyr in April 2025.

Her energy, kindness and commitment have left a lasting legacy in the community. Rosie's contributions have truly shaped the heart of Golygfa Gwydyr. We thank Rosie for her remarkable work and wish her every happiness in retirement. Congratulations, Rosie - your impact will be cherished for years to come!



Autumn Fayre - Celebrating Community & Creativity

On 27th September, Golygfa Gwydyr staged our annual Autumn Fayre! The Craft Group created a stunning range of handmade gifts for sale and Feronia sold native wildflower plants. Guests arrived to the sounds of the CG Band, setting the perfect tone for the day.

Visitors explored a range of displays showcasing what Golygfa Gwydyr has accomplished over the past year, including our Wellbeing Sessions, Forest Restoration, and Social Activities. It was a fantastic opportunity to share our journey and to hear from you. We asked for your thoughts on what you know about Golygfa Gwydyr and what you'd love to see from us in the future. Your feedback is incredibly valuable and will help shape our vision and support a major Lottery funding application for 2026.

A huge thanks to everyone involved.

Ongoing Forest Work

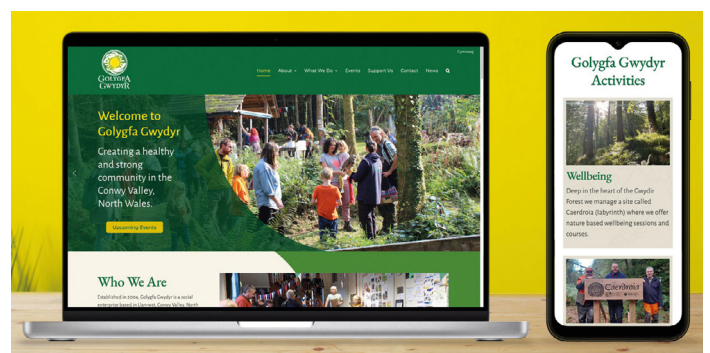
It's been a year since Storm Darrah, and we're still hard at work restoring and improving the Caerdroia forest site in Gwydir Forest. Recently, more fallen trees have been cleared, opening up space and light for replanting. We've also laid new paths through the most frequently used areas, using six tonnes of gravel to create safer, mud-free walkways for everyone to enjoy.

In the Forest Garden, we've established a micro-nursery to grow our own saplings of native deciduous trees including oak, hazel, and sweet chestnut. The nursery beds are raised off the ground to make them easier to work with and to 'air prune' tap roots as they develop, helping produce strong saplings for replanting on site. This season the Forest Garden gave us a bumper crop of rhubarb and raspberries! These have supported our on-site sessions and will be turned into delicious jam for our community building.



New Golygfa Gwydyr Website

Our website has been completely redesigned to make it easier than ever to explore our upcoming events. You'll also find a wealth of information about our projects, activities, and ways to get involved. Take a look around and let us know what you think, we'd love your feedback! golygfa.gwydyr.org





Discover the Night Sky 2025

August 2025 saw the return of the *Discover the Night Sky* event, with over 400 people of all ages attending across two venues in Llanrwst. St. Grwst Church hosted the pop-up planetarium, with two free shows an hour. The library buzzed with hands-on activities, from science experiments and creative crafts to virtual reality headsets. Dani Robertson, Dark Sky Officer for Snowdonia National Park, shared insights on stargazing and light pollution.

A big thank you to our fantastic volunteers and to the support from the Carneddau Landscape Partnership and Conwy Libraries. ✉ sarahs@golygfagwydyr.org

What's Available

- Toilet, WiFi, Tea & Coffee
- Wellbeing Activities & Courses
- Counselling Opportunities
- Woodland Management
- Community Woodfuel Co-operative
- Working Parties
- Massage Therapy
- Volunteering Opportunities

Mondays

Craft Group: 10:30 - 12:00

Tuesdays

Music Sessions: 10:00 - 12:00

Thursdays

Men's Sheds: 10:30 - 12:30

Fridays

Friendship Group: 13:30 - 15:00

Wellbeing in Nature Courses Support Local Residents and NHS Staff



This Autumn we held two much needed, 6-week, Wellbeing in Nature Courses at Caerdroia. One was open to the community and the other to NHS Practitioners. Both courses were fully subscribed with a number of people on the waiting lists.

Our Wellbeing Officer along with a local Counsellor developed the courses to support mental and physical health, where stress and anxiety, to name a few issues, affect peoples' lives. Participants were given time for self-care, nature connection and mindfulness. The courses have enabled participants to get back to work and improve their quality of life. For more information:

✉ sianw@golygfagwydyr.org

▶ golygfagwydyr.org/what-we-do/wellbeing

Craft Group

Every Monday morning, local crafters gather to create, share skills, and learn new techniques from Christine, our talented Craft Group leader who has a wealth of skills from paper quilling to pyrography. There's time for tea, chat, and quiet focus as projects take shape.



This year, the group has hosted activities at Glasdir for the *Discover the Night Sky* Event and at our Autumn Fayre. They were also invited by Pig Town Theatre Company to contribute to a tapestry collage portraying the route of the River Conwy from its source to the sea.

Music Sessions

Every Tuesday our friendly acoustic music session welcomes all ages and abilities. Whether it's with an instrument, your voice (or just to listen), there's space to join in and enjoy the music with a cuppa.

Volunteer with Us!

We are always looking for new volunteers to join our growing community, whether that's helping in the forest or our community hub.

▶ golygfagwydyr.org/support-us



Established in 2004, Golygfa Gwydyr is a social enterprise based in Llanrwst, North Wales. We are a non-profit, community led organisation. Our values are based on community participation, anti-discriminatory and person-centred practice. We generate income from room hire, ticketed events, courses and fundraising but are largely dependent on grant aid.

Roger Davies

Company Secretary & General Manager

☎ +44 (0) 1492 642110

✉ rogerd@golygfagwydyr.org

Golygfa Gwydyr

Plough Street

Llanrwst

LL26 0AG

☎ +44 (0) 1492 642110

✉ info@golygfagwydyr.org

▶ golygfagwydyr.org

Follow Us on Social Media:

Facebook: [/GolygfaGwydyrLlanrwst](https://www.facebook.com/GolygfaGwydyrLlanrwst)

Instagram: [/golygfagwydyr_official](https://www.instagram.com/golygfagwydyr_official)

