## Programme of Talks and Workshops Llandovery Sheep Festival 16<sup>th</sup> – 17<sup>th</sup> September 2023

## Saturday 16th September

11am-1pm 'Sustainability Forum'

The Castle Hotel Free Entry

An open discussion about how sheep farming can be part of the solution to climate change, hosted by the Llandovery Climate Change Group and a panel of speakers with an opportunity for questions and comments from the audience.

**11am-2pm** 'Rigid Heddle Workshop' Bowls Clubhouse £35pp

Members of the Tawe Guild of Spinners will teach you how to use texture and colour in a plain weave to produce a small sampler/table centre. Suitable for beginners.

11am-1pm 'Foraging Course' Meet in Market Square £25pp

Jade Mellor of Wild Pickings will take a slow wander around the wilder side of the festival.

You will identify and gather a selection of seasonal edible and medicinal wild plants, discuss their uses and use them to make an autumnal preserve. The session will end with a cup of wild herb tea and an opportunity to chat and ask questions.

**2pm-4pm** 'Wire Wrapped Pendant Workshop' Bowls Clubhouse £35pp

Jane Price of Wired Wicked and Welsh will teach you how to make a cord strung pendant to take home with you. All materials are supplied; both the Cabochon and the wire you will use are ethically sourced. Suitable for beginners and children aged 8years and older.

**2.30-3.30pm** 'Kill or Cure: From Poison to Treatment' The Castle Hotel Free Entry Sheikh Ahmed is an active member on 'The Physicians of Myddfai Society'. He will present a very entertaining and informative talk of the enormous diversity of toxic substances produced in nature, that we have only just started to study, to find out how best to use them for the good of mankind.

## 3pm-5pm 'Guided Walk'

Llandovery Station £5pp

Enjoy a leisurely, guided 6km walk through fields, woods and the town with local walking guide, Lisa from 'Quiet Walks'. This scenic route is mostly flat and includes a a stretch of the River Towy, Dolauhirion Bridge, St Michael's (Llanfair) Church, and crosses over the Heart of Wales Railway Line. Suitable for anyone who can walk for two hours and climb over several stiles. Children (over 12 only) must be accompanied by a parent/guardian. Well-behaved dogs on leads are welcome if they can manage stiles and are calm around livestock and other dogs.

## **Sunday 17<sup>th</sup> September**

10am-11.45am 'Guided Walk' Llandovery Castle £5pp

Join Lisa from 'Quiet Walks' on a leisurely guided 5km walk through fields and woodlands above Llandovery; a route which offers far-reaching views over the town and the Towy Valley. The walk involves a moderate climb up to 163m so is suitable for anyone who can manage a hill and walk for approx. 2 hours. There are no stiles on this route. Children (over 12 only)

must be accompanied by a parent/guardian. Well-behaved dogs on leads are welcome if they are calm around livestock and other dogs.

**11am-12.30pm 'Enamel Workshop' Bowls Clubhouse £35pp**Rachel Evans of 2 Inspire You will introduce you to the exciting world of enamelling, using colours and patterns to create two unique pendants to take away with you. Suitable for beginners and 12 years and older (12-16 years of age must be accompanied by an adult).

**2pm-4.30pm 'Coiled Basket Workshop' Bowls Clubhouse £25pp**Each year we send tons of old clothing to landfill. In this workshop, textile artist Jane Evans will show you how to start, shape and finish a coil pot from upcycled textile waste — the size is up to you! Suitable for beginners (you will need to bring material/old clothing and a long needle such as a darning needle with you. The core starting circle and strong thread will be provided).

Please email us and let us know which course you would like to attend: info@llandoverysheepfestival.co.uk