

A few highlights from last session's programme

Note: Additional photographs can be found on our Facebook page



Nan Marsh gave us a very interesting talk on Wales Air Ambulance.



Esther & Steve Cadogan from Physio Mon inspired us with their presentation on 'Age Well Move Well'



Dr. Gareth Huws dedicated his talk to Rob Phillips, a fellow Holyhead lad. He enthralled us with his talk on Cwrw/Beer - St. Ffraid and its strange effect in Wales, including both drunkenness and temperance.



Les Ankers practicing with Ann Williams before his talk on Sequence Dancing.



It was good to see our MP, Llinos Medi, who told us her life story.



Our own Tony Porter stood in at the last minute to transport us back to the 1940's with his memories and anecdotes.



Hannah Moore inspired us with her talk on the Charity Mary's Meals - delivering meals to children in Africa for 10p per meal.