

AR Y DIBYN

Online taster sessions: Writing for individuals affected by addiction.

Description

A series of four online taster workshops, each lasting an hour and a half, which uses creative writing as a way of reflection and self-expression.

The workshops are open to participants old and new who have been affected by addiction of any kind, and offers an opportunity to connect with others in a safe and inclusive environment without judgement.

Each session will be led by a different Welsh writer, exploring a specific theme and a unique writing genre, with Check-in and Check-out's with a member of the core team from the project to create consistency and a secure connection for the participants.

No one has to share or contribute if they don't want to - everyone is welcome to participate as much or as little as is comfortable for them.

It is also possible to join face-to-face workshops if you live in an area where a group already exists, or if there is enough interest in a specific area or online to create a new group.

Session themes and contributors:

1. 27 JANUARY 2026. 12:30-14:00

Relaxing / reflective writing

Led by Bethan Marlow

Reflecting on change, new beginnings - Light relaxing exercises

Bethan is an experienced playwright from North Wales, who has won awards and is well-known for working closely with communities across Wales. Tickets were sold out for her verbatim play *Nyrsys* (Theatr Cymru), and her musical *Feral Monster* (National Theatre Wales) was praised for breaking several records in attracting young and working-class audiences to the theatre. She has also written *Pigeon/Pijin* (Theatr Cymru), *Mold Riots* (Theatr Clwyd), and *Sgint* (Sherman).

Currently, Bethan is writing the films *Madison* (Lushkin productions/BFI) and *Queer As Folk Dancing* (Ffilm Cymru, co-written with Daf James). She also writes for the ongoing drama *Pobol y Cwm* and has various television projects in development.

Recently, Bethan co-founded a company called *Queertawe*, creating safe and sober spaces for Swansea's queer community to take part in free creative workshops.

2. 25 FEBRUARY 2026. 12:30-14:00

Poetry and words

Led by - clare e. potter

Clare loves poetry in the woods and facilitates creative wellbeing workshops about connecting with nature. She is a radio presenter, a director, and a translator for *Bardd Cenedlaethol Cymru*. She has also *been* an Author for Gŵyl y Gelli Wyddon. Her English collection *Healing The Pack* was published in 2024, and Cyhoeddiadau'r Stamp has now published her first Welsh pamphlet *Nôl laith*. Clare is this year's winner of the RSL Jerwood Poetry Prize for Wales and will take part in the European languages retreat *Llif* as an ambassador for the Welsh language. Clare has recently been appointed Rhondda Cynon Taf's Resident Artist and is a trainee poetry therapy practitioner.

3. 24 MARCH 2026. 12:30-14:00

Imagining Dialogue

Led by Mared Llywelyn

Mared comes from Morfa Nefyn and works as Education and Volunteering Officer at Plas Carmel heritage centre, Anelog at the tip of Llŷn. A playwright, writer and actor, she also leads creative sessions for children and adults.

There's nothing she loves more than walking the Llŷn coastline with Lleu the dog, going to the theatre and reading.

Her recent work includes *Croendena* (Frân Wen), *Taigh/Tŷ/Teach* (Bara Caws/Fishamble/Theatre Gu Léor), *Dal Gafael/Hold On* (Theatr Genedlaethol Ieuencid Cymru, Theatr Cymru and Fio) as a playwright and *Parti Priodas* (Theatr Cymru) as an actor.

Mared has had great experiences collaborating on *Ar y Dibyn* sessions in the past, in Pwllheli, Maesgeirchen, and Llangefni. During these sessions, she enjoys making sense of things through words – through a shell someone picks up on the seashore, through people and through emotions.

4. 21 APRIL 2026. 12:30-14:00

Giving your identity a voice

Led by Gareth Evans-Jones

Writing that reflects our personal experiences, and the things that make us unique.

Gareth Evans-Jones is a lecturer of Philosophy, Ethics and Religion at Bangor University and a litterateur. He's published two novels for adults; *Eira Llwyd* and *Y Cylch*, a volume of literature and photographs, *Cylchu Cymru: Llun a Llên Wrth Gerdded* (Creative Fiction Book of the Year 2023) and a collection of short stories for children, *Llanddafad* (Reader's Choice tir na-nOg 2025). Gareth was also the editor of *Curiadau*, the first ever anthology of LGBTQ+ literature in the Welsh language, and he's been fortunate to work with many different organisations including GISDA and many schools to lead creative writing and devising workshops.

Workshop objectives

1. Supporting well-being and recovery through creativity.
2. Develop confidence and self-expression through words and writing.
3. Connecting communities online and locally throughout Wales.
4. Offer a safe and inspiring tasting experience with no prior requirements.