



Who Cares ... We Do

IPCA Europe Quinquennial Conference Llandudno 2023, North Wales

11th – 15th June 2023

Registration from 14:00 on 11th June 2023

Closing event finishes 11:00 on 15th June 2023

Please either bring along a digital version of this guide that you can use during the conference, or print out in advance as **copies will not be generally available at reception**. If you are unable to do either of these, then please contact bob.wilson@freechurches.org.uk and I will get a copy to you.

Dress code is smart casual; smart jeans are acceptable 😊

If you have any questions during the conference, please call Deseta Davis on **07980 341219** and she will either be able to help or get in touch with one of the committee for you



“Who Cares ... We Do”

In 2 Corinthians 12, the apostle Paul says that he delights in his trials, indeed in his weaknesses. However there are times for many of us where we are so very weak that we are unable to experience that which we know to be true, that when it seems as though no-one cares, God does. During Llandudno 2023, we will explore the reality of this in our own situations. The importance of dependence on God can never be overstated, however the similar importance on doing all that we can to ensure that we look after each other is just as important. God cares ... we all know this; but so do we.

This year, the IPCA Europe Quinquennial Conference will be focussing on getting back some spiritual resilience in our lives which repeated strain almost inevitably degrades. Per Isdal of the Alternatives to Violence project in Norway will be our keynote speaker, guiding us carefully through his experience of working with those who care to the very limit. The programme is fairly full, but we have combined both lecture-style input with workshops, retreat activities, and even a bus trip! However for all of us on the committee, we wanted to emphasise above all that this conference is a time to recharge spiritually in a way that is appropriate to you. Therefore if you need time to step out and simply enjoy the wonderful scenery around Llandudno, then please always feel free to do that

It is now 6 years since our last IPCA Europe in-person event. Our hope and prayer is that this one will be a positive time to renew friendships, relax in fellowship, and learn from and with one another

Revd Bob Wilson

Vice Chair

IPCA Europe Steering Committee



Joining Instructions

Registration

Registration for the conference will begin at the Loreto Spirituality Centre, starting at 14:00 on Sunday 11th June. All delegates are requested to register, whether residential or non-residential. Those staying in the Loreto centre will be issued with their room keys, and those who are staying at Trinity House will be given directions to their accommodation. Trinity House room keys will be issued at the property. The staff at Trinity House have asked that keys are not removed from the property.

All keys to be returned by 10am on Thursday 15th June

Conference administration will be from the Loreto Centre in Llandudno. All registrations will be handled from here during the conference. The address of the Loreto Centre is

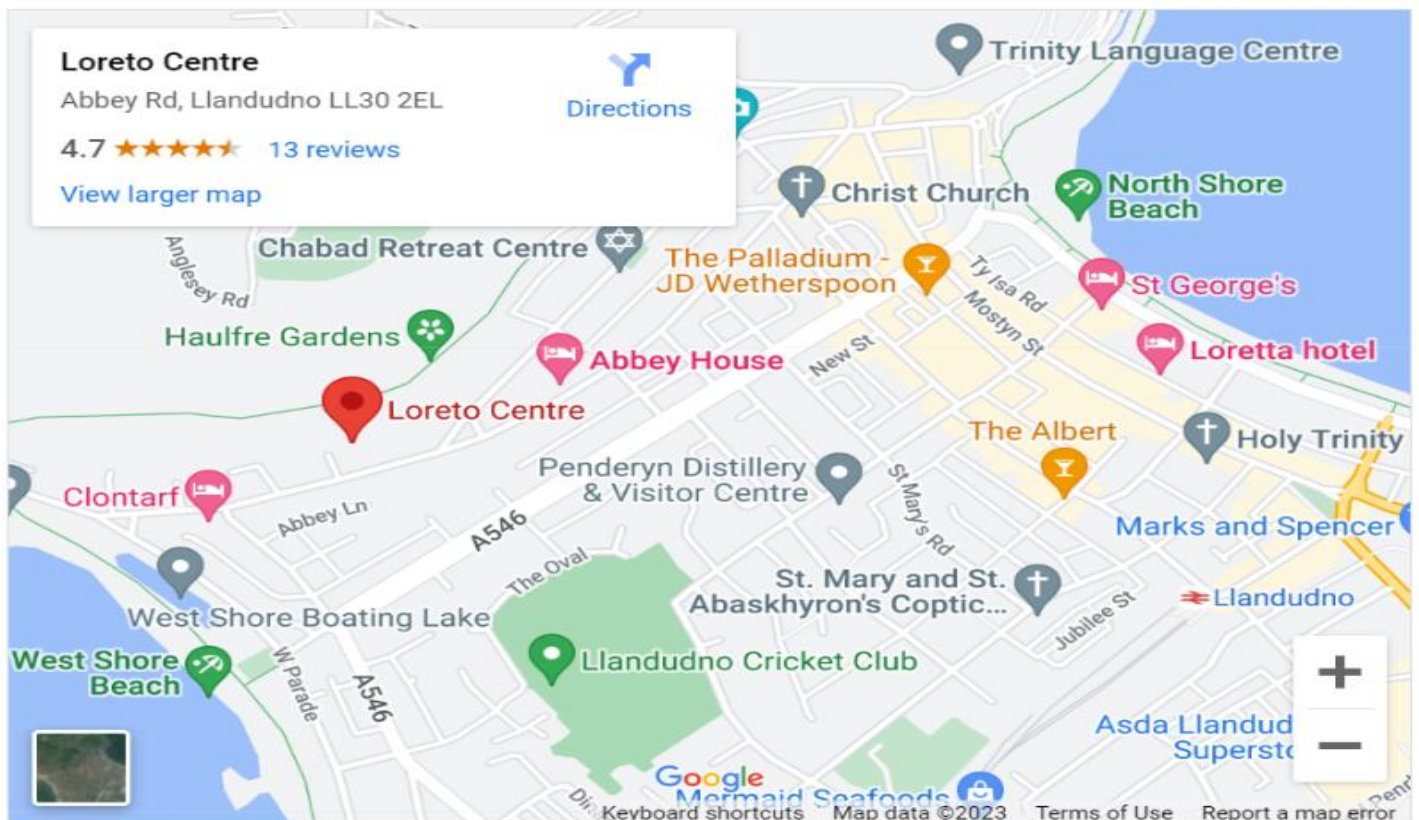
Loreto Spirituality Centre, Abbey Road, Llandudno. North Wales

Postcode:- LL30 2EL

<https://goo.gl/maps/3iafWM71qk2765gp6>

Taxis in Llandudno

- ABC Taxis 01492 871111
- Llandudno Taxis 01492 878156
- Cooper Cabs 01492 878156



Travel Instructions¹

By Car

Llandudno is 4 miles away from the A55 and takes approximately 8 minutes from Junction 19. From Junction 19 of the A55, follow signs for Llandudno and take the A470 (Royal Welsh Way) into Llandudno. Loreto Centre postcode is LL30 2EL in the shadow of the Great Orme.

By Train

See directions from Manchester Airport to Llandudno Junction

<https://goo.gl/maps/2reuQ5T13eVdj7KV6>

Trains from Manchester airport to Llandudno Junction

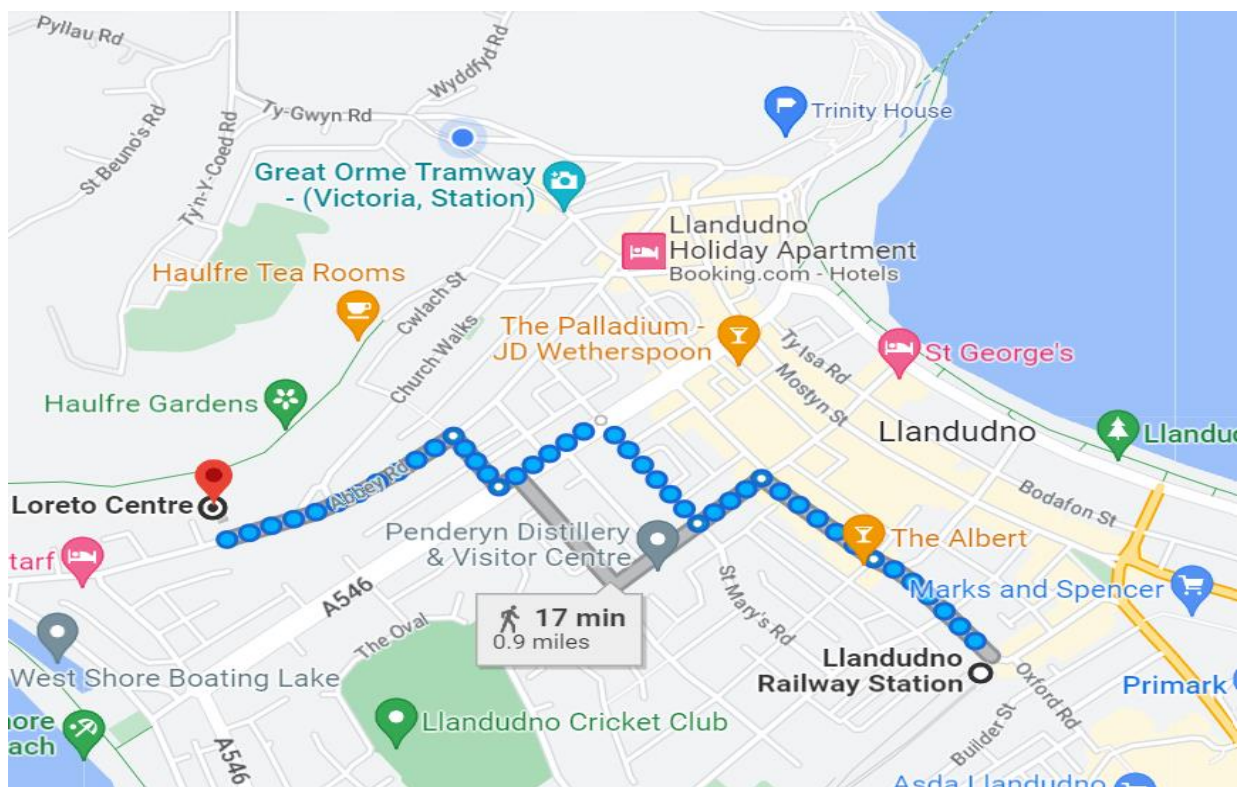
- via Manchester (2 Hrs 22mins)
- via Altrincham (2 Hrs 46mins)
- via Crewe (2 Hrs 10mins)

From Llandudno Junction a regular branch line runs to Llandudno central (9 minutes). Some slower trains do run directly from Manchester Airport to Llandudno town station

From Llandudno Railway Station

1.4Km through the town ... approx. 20 minute walk

<https://goo.gl/maps/qDsm8aDUfubHL5Gp6>



¹ From <https://www.ipcaeuropa.org/travel.php>

Walking between venues

It is approximately 1km from **Loreto Spirituality Centre to Gloddaeth Church** and can be walked briskly in 9 minutes. I would allow 15minutes!

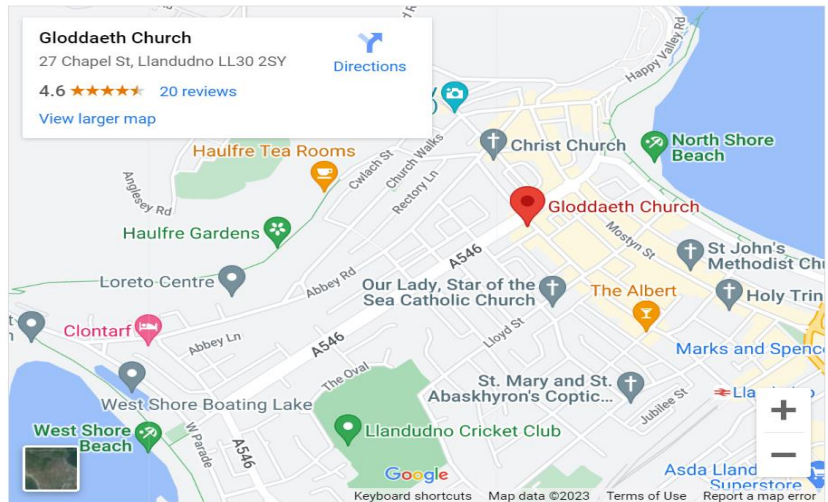
Loreto Centre

Abbey Rd, Llandudno LL30 2EL

- ↑ Walk east on Abbey Rd towards Church Walks
350 m
- ↘ Turn right onto Salisbury Rd
100 m
- ↙ Turn left onto Gloddaeth Ave/A546
280 m
- ↻ At the roundabout, take the 2nd exit onto Chapel St
i Destination will be on the right
36 m

Gloddaeth Church

27 Chapel St, Llandudno LL30 2SY



It is approximately 500m from **Trinity House (6 Hill Terrace) to Gloddaeth Church** and can be walked briskly in 6 minutes. I would allow 10minutes!

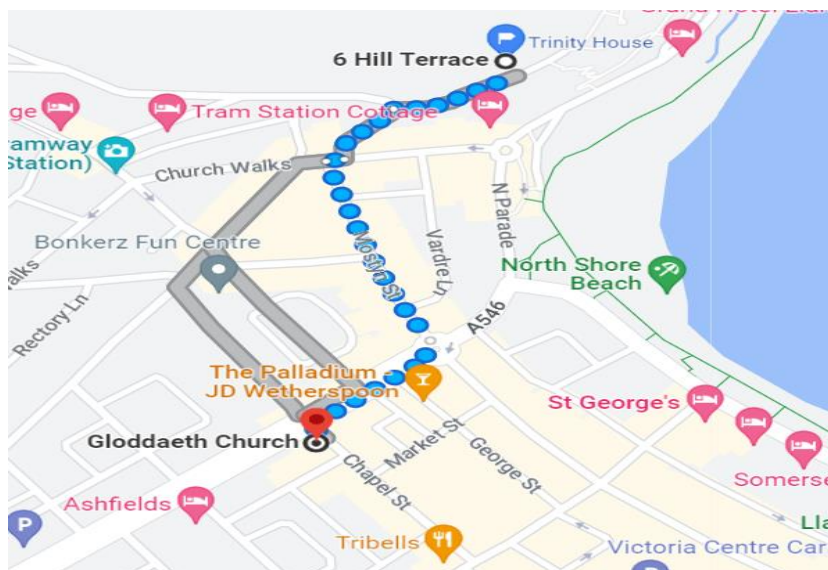
6 Hill Terrace

Llandudno LL30 2LS

- ↑ Walk south-west on Hill Terrace towards Ty-Gwyn Rd
100 m
- ↙ Turn left onto Ty-Gwyn Rd
70 m
- ↘ Turn right onto Church Walks
14 m
- ↙ Turn left onto Mostyn St
210 m
- ↻ At the roundabout, take the 2nd exit onto Gloddaeth St/A546
140 m
- ↻ At the roundabout, take the 1st exit onto Chapel St
i Destination will be on the right
21 m

Gloddaeth Church

27 Chapel St, Llandudno LL30 2SY



It is approximately 1Km from the **Loreto Centre to Trinity House (6 Hill Terrace)** and can be walked briskly in 10 minutes. I would allow 15 minutes!

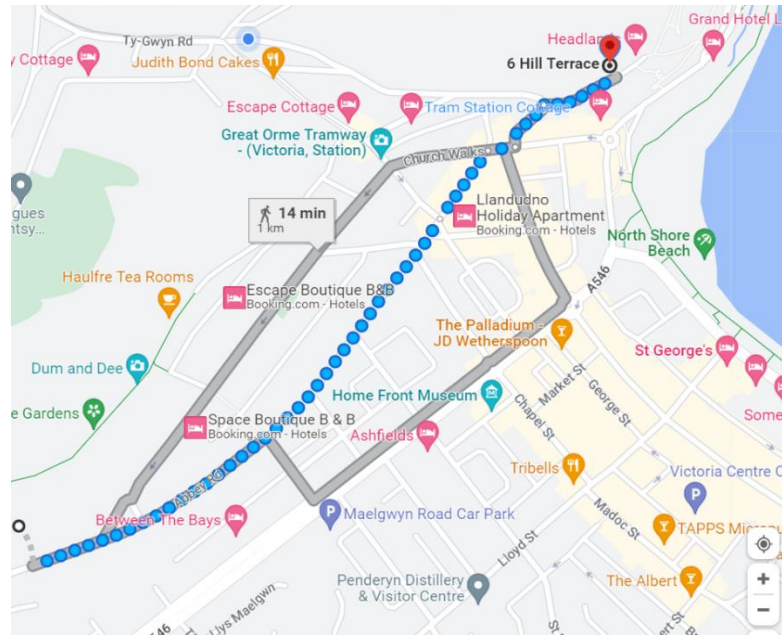
Loreto Centre

Abbey Rd, Llandudno LL30 2EL

- ↑ Walk east on Abbey Rd towards Church Walks
0.4 mi
 - ↑ Continue onto Tudno St
354 ft
 - ↪ Turn right onto Church Walks
118 ft
 - ↶ Turn left onto Ty-Gwyn Rd
230 ft
 - ↪ Turn right onto Hill Terrace
338 ft
- i** Destination will be on the left

6 Hill Terrace

Llandudno LL30 2LS

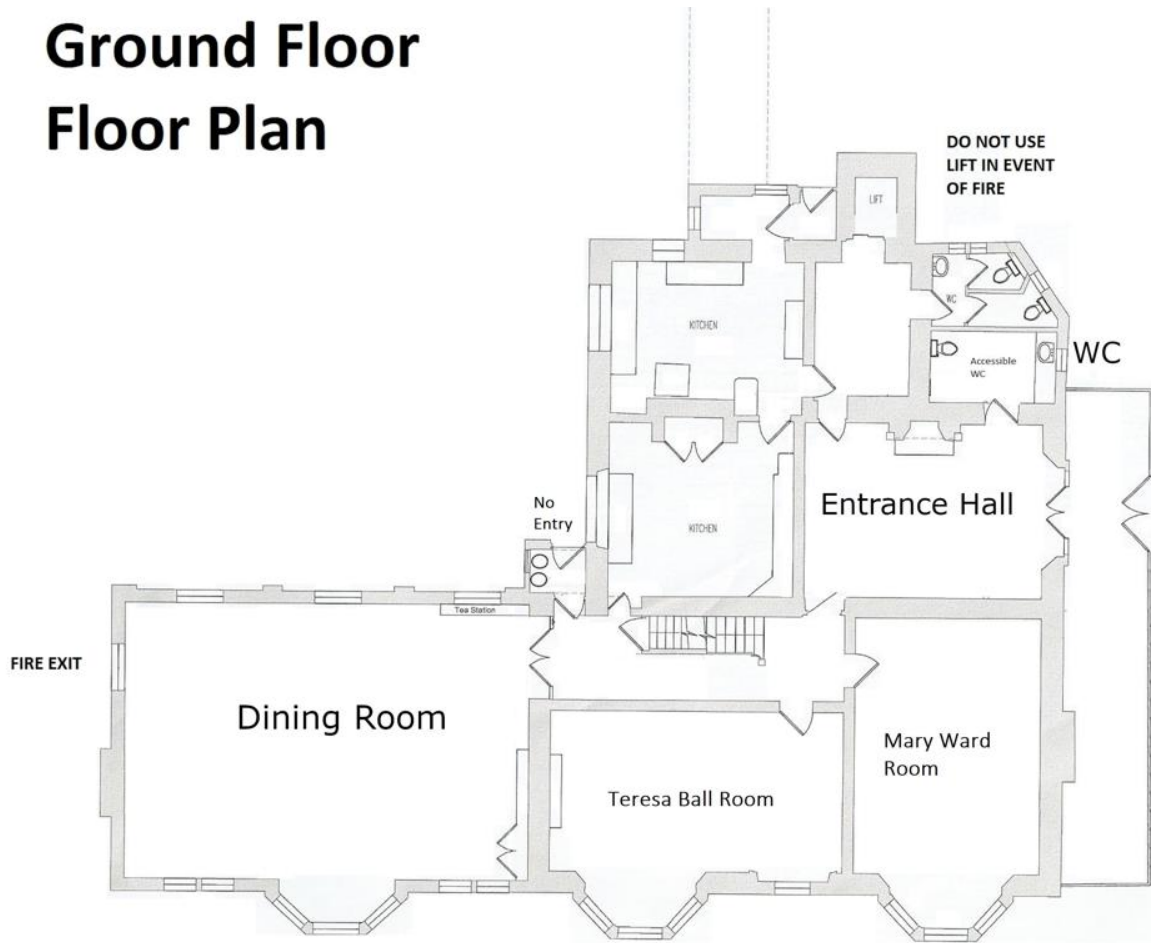


Please note that if walking is difficult for you, we have a minibus available throughout the conference that can be used. Simply contact **Deseta on 07980 341219** and she will get in touch with the driver (Bob or David)

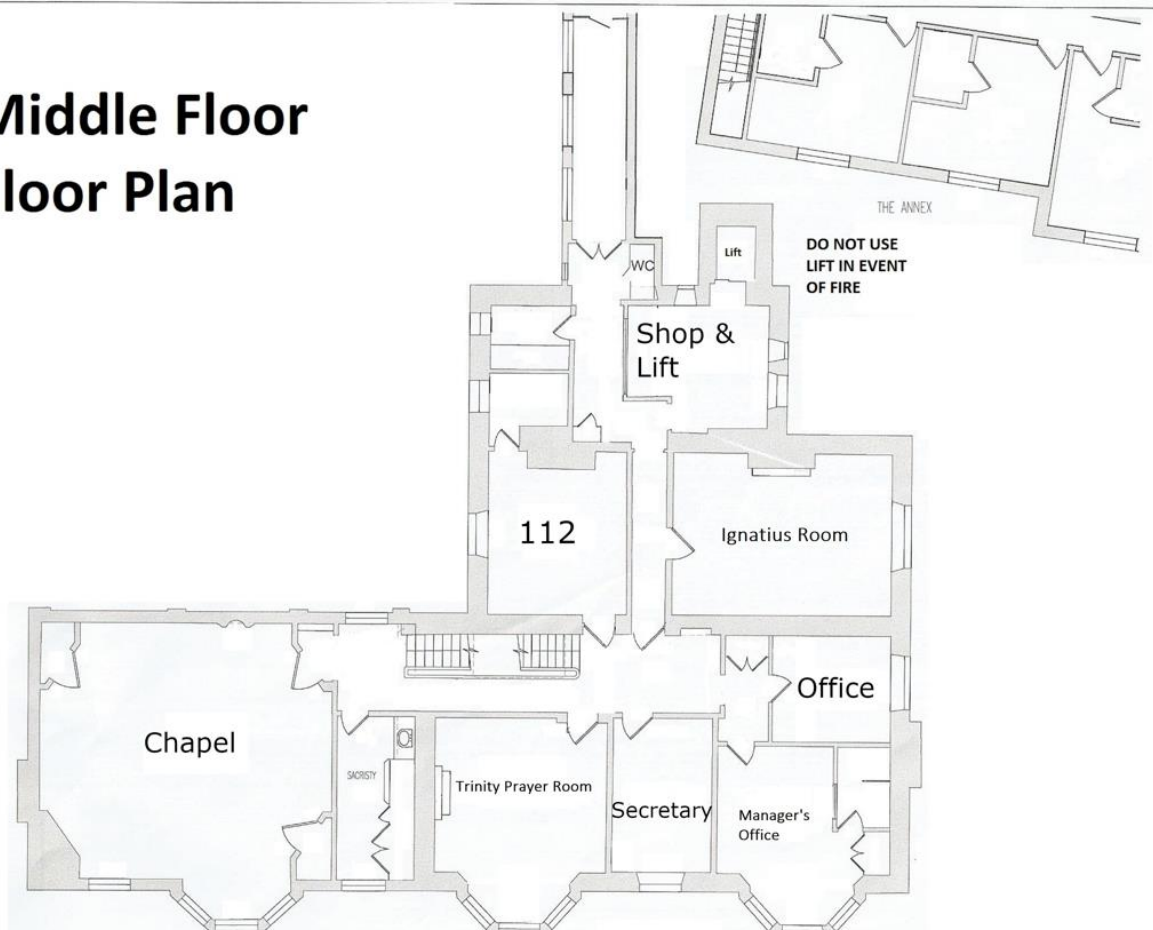


Loreto Centre Floor Plan

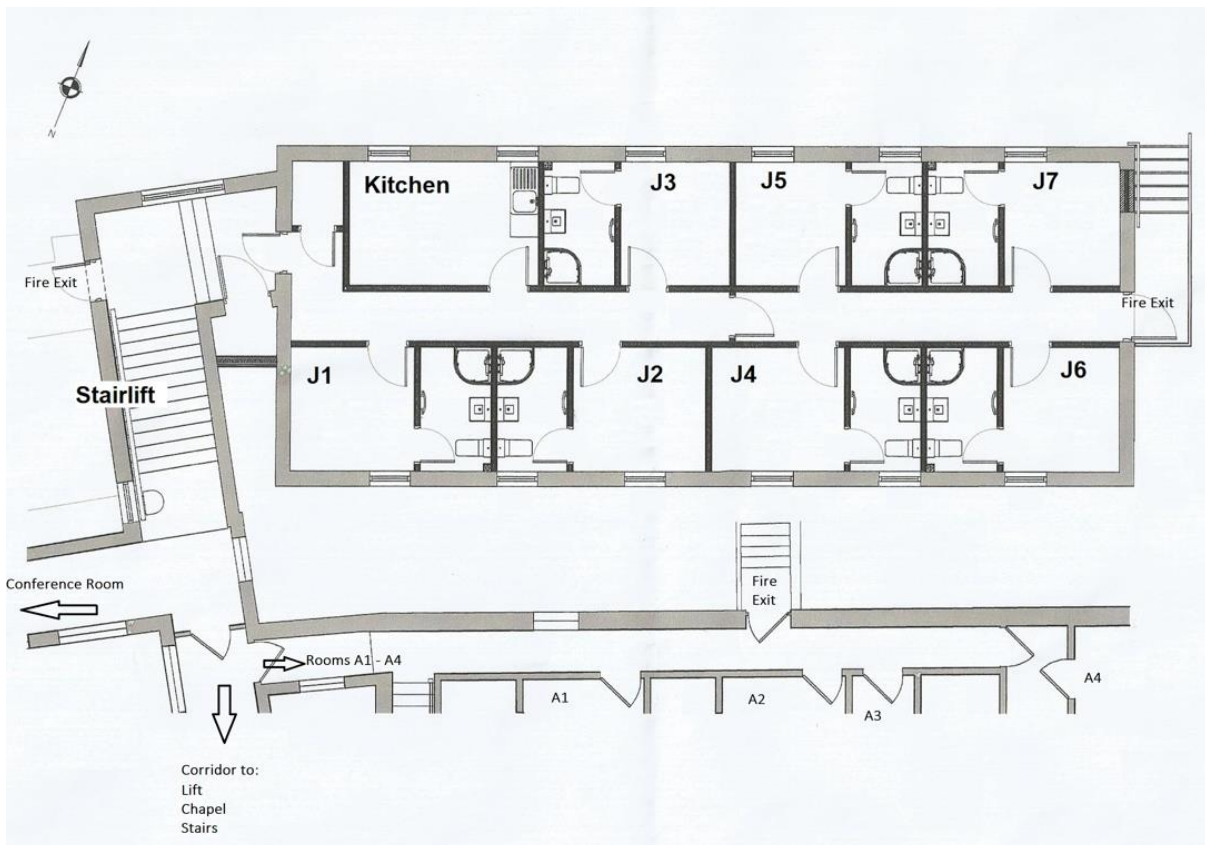
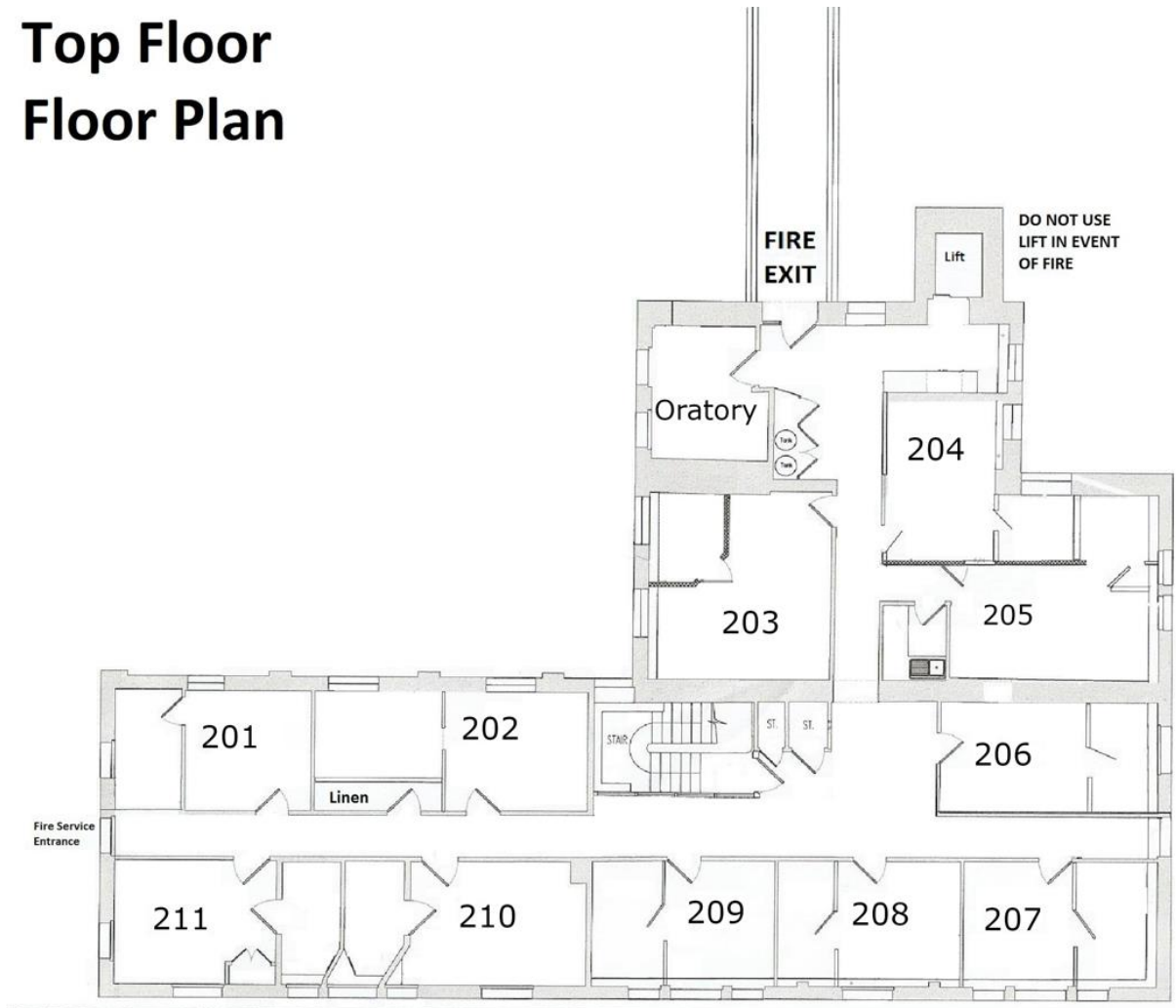
Ground Floor Floor Plan



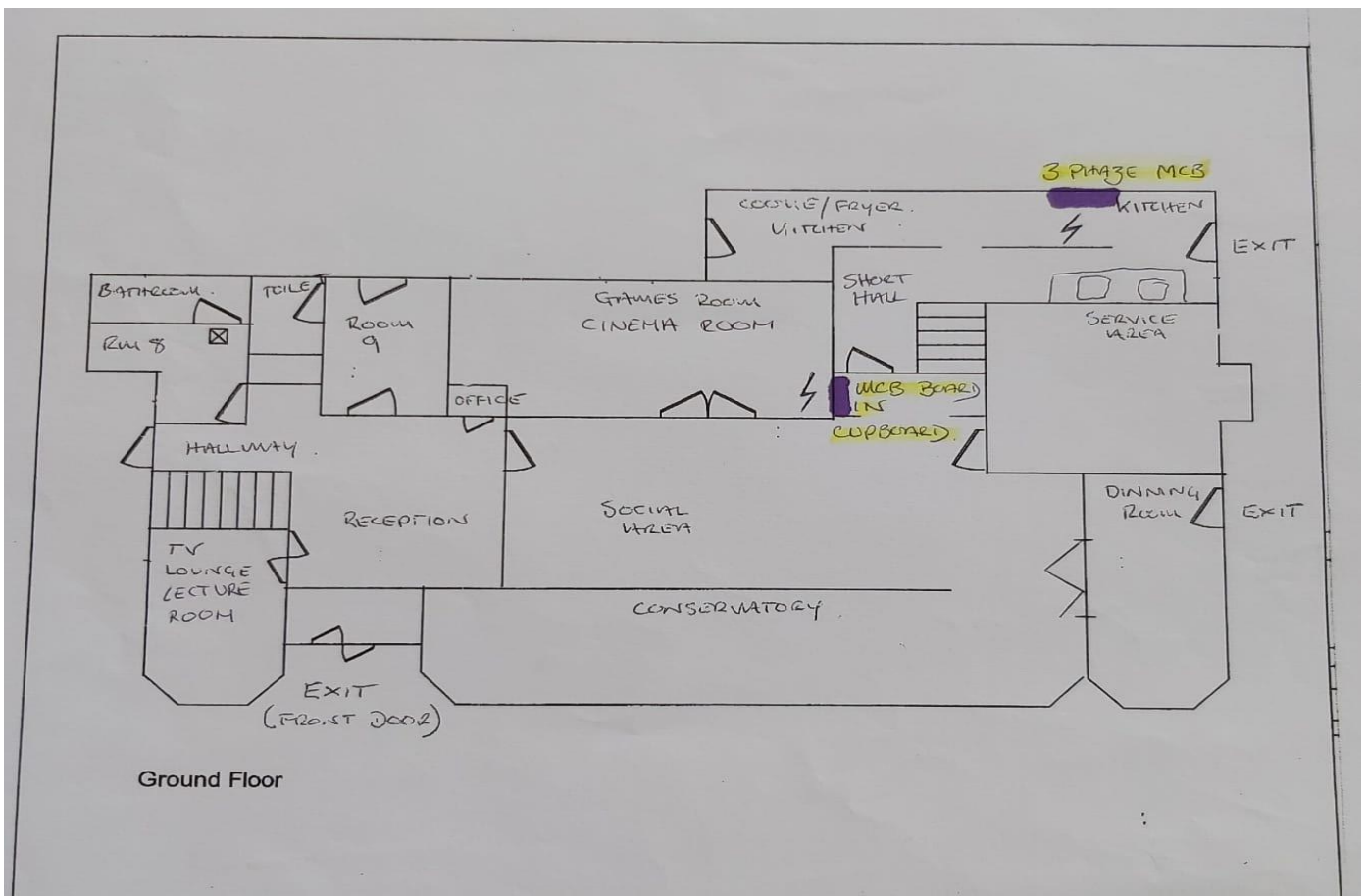
Middle Floor Floor Plan

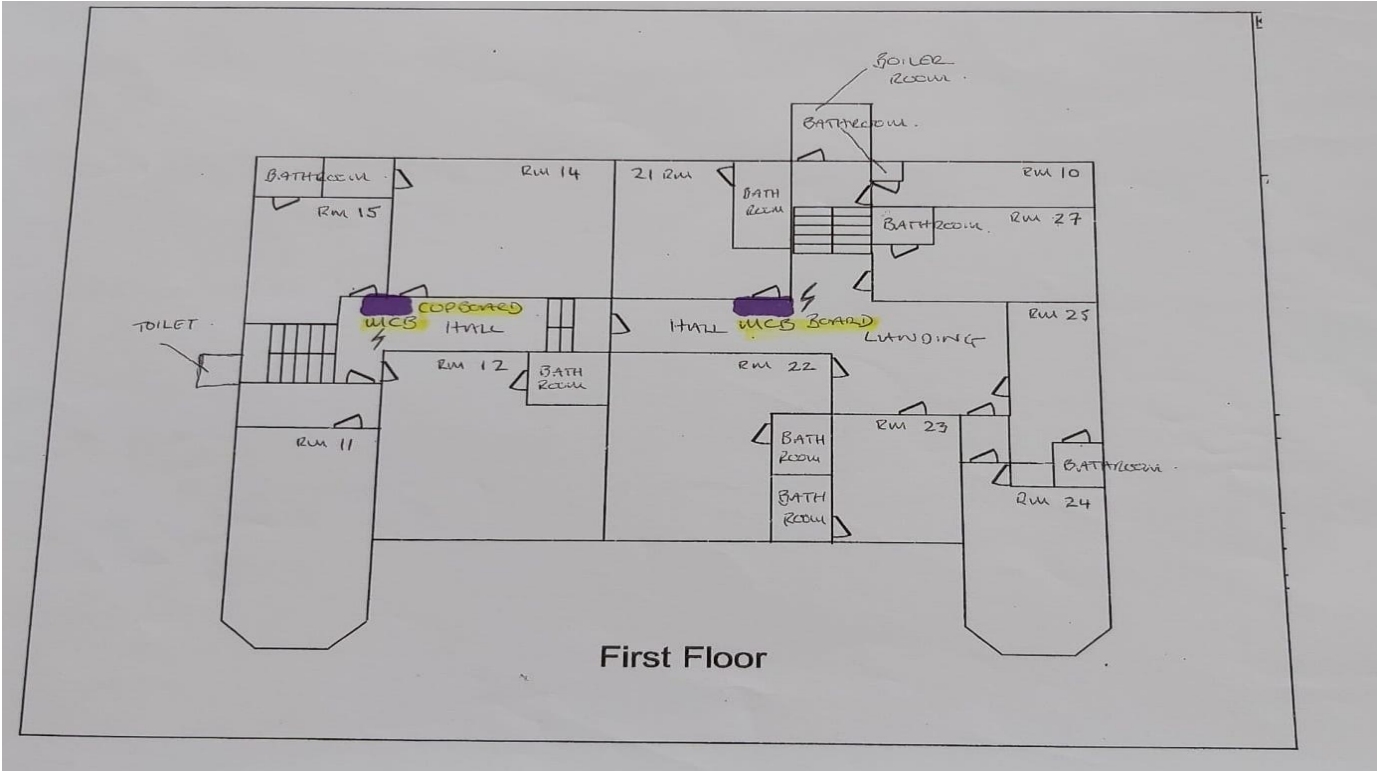


Top Floor Floor Plan

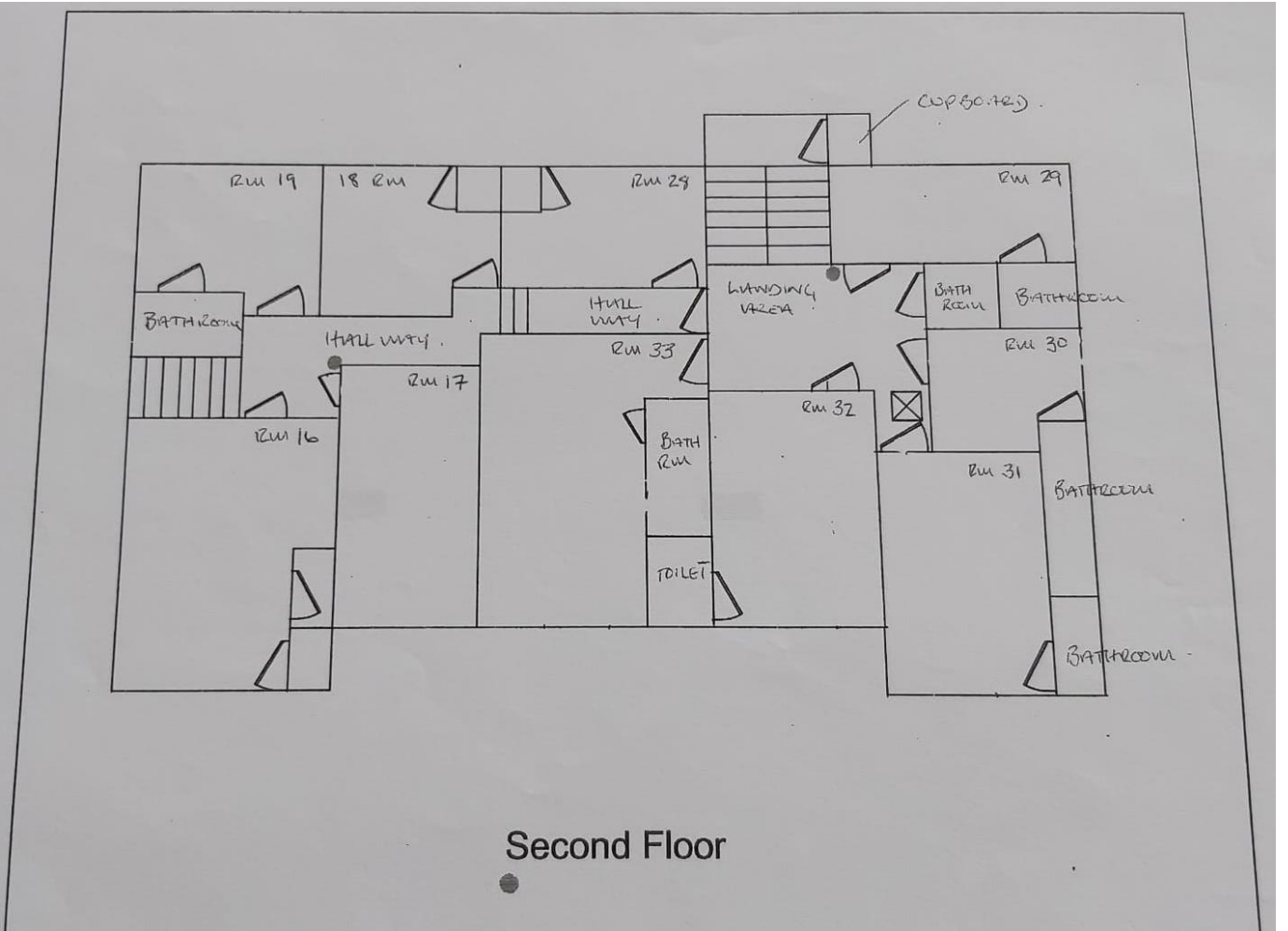


Trinity House Floor Plan






First Floor



Second Floor

Who Cares ... We Do!

	Sunday 11th June 2023 Day 1 - Arrival	Monday 12th June 2023 Day 2 -	Tuesday 13th June 2023 Day 3	Wednesday 14th June 2023 Day 4	Thursday 15th June 2023 Day 5 - Depart	
07:00						07:00
07:30						07:30
08:00		Breakfast - 08:00	Breakfast - 08:00	Breakfast - 08:00	Breakfast - 08:00	08:00
08:30				Retreat Activity - historical walk to summit of Great Orme and back - depart Loreto 07:00 (drink and croissant for breakfast!)		08:30
09:00						09:00
09:30	 IPCA EUROPE Llandudno 2023 European Quinquennial Meeting Arrive / Registration Opens - 14:00	Morning Devotions (Gloddaeth Church) - 09:30; Red Marit Skartveit	Morning Devotions (Gloddaeth Church) - 09:30; Black Marit Skartveit	Morning Devotions (Loreto Centre, Conference Hall) - 09:30; White Marit Skartveit	Morning Devotions (Loreto Centre, Conference Hall) - 09:30; Blue Marit Skartveit	09:30
10:00		Per Isdal (Gloddaeth Church) -10:00 - The Cost of Care	Per Isdal (Gloddaeth Church) -10:00 - Secondary Trauma; How to avoid losing your soul	Retreat Activities (Sandwich Lunches will be available at 10am from the Loreto Centre)	... followed after a brief break by - handover to new Committee, Prayers - final act of worship	10:00
10:30						10:30
11:00		Break - 11:00	Break - 11:00	Please book your retreat activities in advance as numbers to the prison and on the mountain walks are limited https://forms.office.com/e/awk2euGhn7	Conference Close / Depart - 11:00	11:00
11:30		Philip Messner - UNPRCP (Gloddaeth Church) - 11:30 - International Concerns Doris Schäfer - introducing and welcoming ICCPPC	Fr Viktor Iatsenko (Gloddaeth Church) - 11:30 - Reflections from Ukraine	- Hillwalking in Snowdonia's Mountains (max 16) (minibus to depart Loreto 10:30)	11:30	
12:00		Lunch Break - 12:30 (Sandwich Lunches will be available)	Lunch Break - 12:30 (Sandwich Lunches will be available)	- Visit to HMP Berwyn (max 40) (coach to depart Loreto 10:15)	12:30	
12:30		The Venerable James Ridge (Gloddaeth Church) - 14:00 - Chaplain General and Head of Faith Services (E&W)	Workshops - (Loreto Centre) - 14:00	- Remain in Llandudno - Take Time Meditation 10:30; Loreto Chapel Led by Clive McKie	13:00	
13:00		Break - 15:30	Break - 15:30	- Group Reflections 14:00; Loreto Prayer Room Led by Fr Bob Payne	13:30	
13:30		David Buick (Gloddaeth Church) - 16:00 - President IPCA Worldwide	Business Meeting 2 (Loreto Centre) - 16:30	- Imaginative Contemplations 16:30 ; Loreto Chapel Led by Sister Ewa of Loreto Centre	14:00	
14:00		Welcome (Gloddaeth Church) - 16:30 - Introductions - Chair's opening address - Opening Worship	... followed by Dr Tim Dixon Pastoral Care in a custodial pre-trial setting	- Free Time to walk / explore the area	14:30	
14:30	Break - 17:30	Break - 17:30		15:00		
15:00	17:45 ... Orientation meeting at Trinity House for those staying there	18:00 ... Evening Meal	18:00 ... Evening Meal	15:30		
15:30	18:00 ... Evening Meal	18:00 ... Evening Meal	18:00 ... Evening Meal	16:00		
16:00			Retreat Activities (from 19:00) (Loreto Centre)	16:30		
16:30	Business Meeting 1 (Gloddaeth Church) - 19:30	Per Isdal (Gloddaeth Church) - 19:30 - Detoxing the Carer	Cultural Evening (Gloddaeth Church) - 19:30 - Cor Colwyn Male Voice Choir - followed by your national contributions	17:00		
17:00	Evening Devotions (Gloddaeth Church) - 20:30 Tim Dixon	Evening Devotions (Gloddaeth Church) - 20:30 Marit Skartveit	Evening Devotions (Loreto Centre, Conference Hall) - 20:30 Marit Skartveit	17:30		
17:30				18:00		
18:00				18:30		
18:30				19:00		
19:00				19:30		
19:30				20:00		
20:00				20:30		
20:30				21:00		
21:00	Day 1 - Arrival	Day 2	Day 3	Day 4	Day 5 - Depart	21:00



IPCA EUROPE
Llandudno 2023

European Quinquennial Meeting

Timetable

Time	Event	Available online? ²	Speaker / Lead	Venue	
Sunday 11th June					
from 14:00	Arrive / Registration			Loreto Centre	ALL REGISTRATIONS
16:30	Welcome / Opening Worship	Yes	Committee	Gloddaeth Church	
17:30	Break				
17:45	Orientation Talk		(staff from Trinity House)	Trinity House Lounge	(for those staying at Trinity House only)
18:00	Eve Meal				
19:30	Business Meeting #1	Yes (members)	Chair	Gloddaeth Church	Members only event
20:30	Evening Devotions	Yes	Tim Dixon	Gloddaeth Church	
21:00					End of day's events
Monday 12th June					
08:00	Breakfast				
09:30	Morning Devotions	Yes	Marit Skartveit	Gloddaeth Church	
10:00	The Cost of Care	Yes	Per Isdal	Gloddaeth Church	
11:00	Break				
11:30	International Concerns	Yes	Philipp Meissner (UN) Doris Schaefer (ICPPC)	Gloddaeth Church	Hosted by David Buick Philip Meissner by Video connection
12:30	Lunch				Sandwich lunch provided
14:00	Caring for prisoners in England and Wales	Yes	James Ridge	Gloddaeth Church	
15:30	Break				
16:00	IPCA WW ... followed by Pastoral Care in a pre-trial setting	Yes	David Buick and Tim Dixon	Gloddaeth Church	
17:30	Break				
18:00	Eve Meal				
19:30	Detoxing the Carer	Yes	Per Isdal	Gloddaeth Church	

² Please note that all sessions marked as being available online will be recorded and made available publicly after the conference is completed

Time	Event	Available online? ²	Speaker / Lead	Venue	
20:30	Evening Devotions	Yes	Marit Skartveit	Gloddaeth Church	
21:00					End of day's events
Tuesday 13th June					
08:00	Breakfast				
09:30	Morning Devotions	Yes	Marit Skartveit	Gloddaeth Church	
10:00	Secondary Trauma; How to avoid losing your soul	Yes	Per Isdal	Gloddaeth Church	
11:00	Break				
11:30	Reflections from Ukraine	Yes	Fr Viktor Iatsenko	Gloddaeth Church	
12:30	Lunch				Sandwich lunch provided
14:00	Workshops			Loreto Centre	(see separate listing)
15:30	Break				
16:30	Business Meeting #2	Yes (members)	Chair	Loreto Centre, Conference Hall	Members only event. Followed by voting for new committee
17:30	Break				
18:00	Evening Meal				
From 19:00	Retreat Activities			At / from Loreto Centre	(see separate listing)
20:30	Evening Devotions	Yes	Marit Skartveit	Loreto Centre, Conference Hall	
21:00					End of day's events
Wed 14th June					
07:00 – 09:30	Historical Walk		Mandy Wilson	Leave from Trinity House	drink and croissant for breakfast
08:00	Breakfast				(but not if you chose the walk!)
09:30	Morning Devotions	Yes	Marit Skartveit	Loreto Centre, Conference Hall	
10:15	HMP Berwyn Visit		Bernt Olaf Orsenes	Leave from Loreto	Must be pre-booked (max 40) ³
10:15	Walk in the mountains		Bob Wilson	Leave from Loreto	Must be pre-booked (max 16)
10:30	Take Time Meditations		Clive McKie	Loreto Centre Chapel	
14:00	Small Group Reflections		Fr Bob Payne	Loreto Prayer Room	

³ <https://forms.office.com/e/awK2euGhn7>

Time	Event	Available online? ²	Speaker / Lead	Venue	
16:30	Imaginative Contemplation		Sister Ewa	Loreto Centre Chapel	
18:00	Evening Meal				
19:30	Cultural Evening		Bob Wilson	Gloddaeth Church	With Cor Colwyn Welsh Male Voice Choir, and (hopefully) your national contributions
21:00					End of day's events
Thurs 15th June					
08:00	Breakfast				
09:30	Morning Devotions	Yes	Marit Skartveit	Loreto Centre, Conference Hall	
10:00	Closing Session	Yes		Loreto Centre, Conference Hall	Handover to new committee and closing worship
11:00					End of Conference



Principle Speaker

Per Isdal

- The Cost of Care
- Detoxing the Carer
- Secondary Trauma; How to avoid losing your soul



Per Isdal is a Norwegian psychologist and psychotherapist. He was the founder of “Alternative to Violence” in 1987. Europe’s first treatment centre for men who use violence against their spouse. For 35 years he has worked as a therapist for wife abusers, rapists and child sexual abusers. He has initiated several big projects within the Norwegian prison system. He has written several books both on the psychology of violence and on how professional helpers might be influenced by this kind of work.

In 2017 he was knighted by the Norwegian king (order of St.Olav)

Books by Per Isdal

“*Smittet av Vold*”. Fagbokforlaget (Norge) 2017

«*Medkänslans Pris*». Gothia Förlag (Sverige) 2018

”*Medfølelsens Pris*”. Akademisk Forlag (Danmark). 2018

Advised Preparatory Reading

Francoise Mattieu: *The Compassion Fatigue Workbook*

Saxo, 2011

Devotions

Marit Skartveit

Four Colours of Retreat



- Red for creation, goodness and love
- Black for pain, sin, guilt and shame
- White for forgiveness, feelings and human growth,
- Blue for hope, choices and a good future.



Marit Skartveit, born 1963, married to Emil, mother, and grandmother. She is an officer in the Salvation Army and has a Master's degree in theology. Since the eighties she has worked many years as a Salvation Army corps officer, has been teaching in the Norwegian training college and been working towards her PhD in systematic theology. Marit was a core part of the team responsible for starting the Retreats in Halden prison in 2013, and is now leading the program. The retreat program offers ten retreats per year for inmates coming from all prisons in Norway. They accept all kind of people, if they are motivated to work with their life. The retreat offers the possibility to stop for a while, rest and draw closer to themselves, to life and to God.

The devotions Marit will offer in Llandudno are inspired by the four colors of the Halden retreat. Together with the learning and activities over the conference, these will tie our time together nicely and lead us through a process of homecoming.

Workshops ... Tuesday 13th June 14:00 – 15:30

Workshop	Venue		Hosted by
CAMEO Project	Conference Room, Loreto Centre	CAMEO ... Come and Meet Each Other; a project that cares for elderly prisoners established by the Salvation Army in the UK	Rik Pears, Salvation Army, UK
The Welcome Directory	Dining Room, Loreto Centre	A Multi-Faith project that is developing a register of churches, mosques, gurdwara's etc.. in England and Wales especially welcoming to people leaving prison.	Emily Green, The Welcome Directory Project Manager, UK
Take Time Meditations	The Chapel, Loreto Centre	Take Time Meditations: empowering people to encounter Jesus through accessible meditations	Clive McKie, Prison Chaplain, England
EPAFRAS	Mary Ward Room, Loreto Centre	The importance of mail correspondence alongside personal visits in the approach of EPAFRAS – A Dutch NGO that supports Dutch prisoners overseas	Kees van Dam, Epafras Coordinator for Africa and the Middle East, Pastor/Coach/Trainer, Netherlands
Inter-Faith Prayer Rope	Teresa Ball Room, Loreto Center	An innovative means to engage either in a single, multi, or inter faith way with meditation.	Anna Rosengren, Prison Chaplain, Sweden
Prison Ministry in Poland	Ignatias Room, Loreto Centre	Sharing about Prison Ministry in Poland	Piotr Wiselka, Prison Chaplain, Poland

Election of IPCA Europe Steering Committee

The election of a new Steering Committee will take place at the Conference in Llandudno.

The first Business meeting is on Sunday evening and in that meeting you will be informed about the procedure and those candidates already known. On Tuesday we'll have a second Business meeting and in that meeting all the candidates; both those who have been nominated during the conference and those whose names were presented at the Sunday meeting, will offer more information about themselves, and the election will be completed.

In order to be elected, you must:

- Be a member of IPCA
- Be a Prison Chaplain in Europe or the Middle East
- Be able to fund for your costs connected to meeting with the Steering committee and any other meetings that will be necessary, such as travel and accommodation. IPCA Europe will not give you any financial support. The Steering Committee has had several online-meetings in past years and some face to face- meetings. The new committee will decide how they will proceed, but it is important that you have resources, both financial and in terms of time, to attend face-to-face meetings.

The Steering Committee (SC) should consist of 5 persons, and the positions of chairman, vice chairman, secretary and treasurer are elected within the committee following election.

The two European representatives of the IPCA Worldwide (IPCA WW) Steering Committee are co-opted to the IPCA Europe SC and they shouldn't be nominated for IPCA Europe SC. Currently the European representatives on the IPCA WW Steering Committee are Mischi Philippi and Tim Dixon.

We are delighted that Fr Victor Iatsenko from Ukraine will be standing for re-election. All other members of the current committee are stepping down and the current Vice Chair has agreed to remain on hand in a co-opted temporary role to the new committee until June 2024 to facilitate a smooth handover should they request this.

If you would like to nominate someone for election to the IPCA Europe SC, either yourself or someone else, then please do so using the form at <https://forms.office.com/e/WgHWwQh3HB>

If you have any questions about the process or what may be required of members of the Steering Committee, then please either reply to this email, or contact susanne.rodmar@skr.org.

It will be important to represent chaplaincy across Europe in as diverse a manner as possible on the new SC. Therefore please do consider issues of Gender, Nationality, Ethnicity and Denomination in your nominations.

If it should be the case that we have very many persons nominated the Election committee reserves the right to decrease the group of candidates, or close nominations before the **deadline of 23:45 12th June 2023**

The election committee consists of

- Bernt-Olaf Oersnes, Norway, elected for the IPCA Europe SC in Cambridge 2017, has been the secretary in the SC.
- Susanne Rodmar, Sweden, European representative in the IPCA Worldwide SC 2015-2020, during that time and until now co-opted to the IPCA Europe SC

Deadline for nominations

12th June 2023, 23:45

[Nominate Here](#)

Retreat Activities – Tuesday 13th June 19:00 – 20:30

Please use this time as seems best to you, however the following have been arranged

Activity		Notes	Hosted by
Mini-bus tour of the Great Orme	Depart Loreto Centre, 19:15	Max 16	Bob Wilson
Lectio Divina Meditation	Loreto Centre Ignatius Room, 19:00		Marit Skartveit
Small Group Reflections	Loreto Centre , Trinity Prayer Room, 19:00	In French	David / Naomi Buick
Small Group Reflections	Loreto Centre, Mary Ward Room, 19:00	In English	Deseta Davis

Retreat Activities – Wednesday 14th June

Early Morning Walk 07:00 – 09:30. Trinity House to Loreto Centre, via Great Orme Summit



An historical walk, led by Mandy Wilson will leave from Trinity House at 07:00, returning to Loreto in good time for morning devotions at Loreto Centre for 09:30. This walk will take place over the time when you would normally have your breakfast, **so you will need to tell the catering staff** at your accommodation if you intend to join it that you will not require breakfast that day.

This walk will take in a number of the historical sights on the Great Orme, and ascend all the way (over 200m in height) to the summit. We will have drinks and croissants together on the summit of the Great Orme. The total distance covered will be approximately 9km, with much of this being on paths or over rough ground and so you should have suitable footwear and clothing for this sort of walking.

Daytime Retreat Activities

Many of you indicated the type of retreat activities you would appreciate when you originally registered. By far the most popular choices were visiting a prison, meditations, and walking in the Welsh Mountains.

We have therefore put together a "choose your retreat" form for you to select which option you would prefer. Please note that there are limits on the number of spaces available for each type of retreat activity. Activities will be allocated on a first-come first-served basis, and I'm afraid that once maximum numbers are reached, we will not be able to register you for that activity.

- **Visiting HMP Berwyn (Prison).**

Coach Departing from the Loreto Centre at 10:15, return 17:15.

You will need your passport (if from outside the UK), HMPPS ID (if an HMPPS Chaplain), or European Photo Driving license (if from inside the UK, without a passport, but not HMPPS!). **You need to book this option in advance using the link below** prior to the end of May 2023 as numbers are limited to 40.

<https://forms.office.com/e/awK2euGhn7>

There is a £5 charge for this retreat option to help cover the cost of the coach.

Please contact Bernt Olaf Orsenes for help with this retreat option (+47 909 57 565)

- **Walking in the Welsh Mountains.**

Mini-bus departing from the Loreto Centre at 10:30, return 17:30.

We will drive together to the Snowdonia National park for a walk together in the mountains. The goal for the day will be a significant mountain peak with (weather permitting!) views across the National Park. Be prepared with clothing, footwear, and food, and especially drink to walk on rough mountain paths up to around 1000m above sea level for approximately 5 hours (including breaks!)

You need to book this option in advance using the link below as numbers are limited to 16 by the minibus.

<https://forms.office.com/e/awK2euGhn7>

There is a £5 charge for this retreat option to help cover the cost of the mini-bus.

Please contact Bob Wilson for help with this retreat option (+44 7881 845449)

- **Staying in Llandudno.**

Please use this time as seems best to you, however the following have been arranged

Activity		Time	Hosted by
Take Time Meditations	Loreto Centre Chapel	10:30	Clive McKie
Small Group Reflections	Loreto Centre , Trinity Prayer Room	14:00	Bob Payne
Imaginative Contemplations	Loreto Centre Chapel	16:30	Sister Ewa of Loreto

Please contact Mandy Wilson for help with these retreat options (+44 7789 074816)

Ideas for Walking

There are so many options for walking in and around Llandudno and the Great Orme that limiting this to three has been a real challenge! However the following are three of my favourites, and are varied in style and distance.

1. Walk around the Great Orme (Moderate)



This walk is on pavements and will take you all the way around the Great Orme promontory. Generally considered a moderately challenging route, it takes an average of 3Hrs to complete. This is a very popular area for hiking, running, and walking, so you'll likely encounter other people while exploring.

Starting at Loreto

- ✚ Turn left out of Loreto and then left again onto Church Walks. Carry on past the tram station until you come to a roundabout near the pier at North Parade. At the roundabout turn left and walk along North Parade which becomes Happy Valley Road. Follow the coast road past the pier.
- ✚ Follow Happy Valley Road along the coast through a car toll gate after which it becomes Marine Drive. Shortly after, there are some former mine works on the left-hand side. This road gradually ascends to the Rest and Be Thankful Café. (about 4km)
- ✚ After the café, the road descends back into Llandudno and past the remains of a coastal artillery school (concrete bases). Continue down to the point where Marine Drive becomes Abbey Road and look out for a castellated house. Take the next left and follow Abbey Road round back to Loreto

(if starting at Trinity, simply walk down to the pier and then behind the “Grand Hotel” to join the instructions above at “follow Happy Valley Road”)

Total Distance, approximately 9km

2. Walk along the promenade (Easy)



A straightforward walk which you can make as long (up to 6km) or as short as you like. This is a lovely walk any time of day ... but my favourite time is in the early evening.

Starting at Loreto

- ✚ Turn left out of Loreto and then left again onto Church Walks. Carry on past the tram station until you come to a roundabout near the pier at North Parade. At the roundabout turn right and walk past (maybe along too!) the pier and onto the

promenade. This extends for around 2.5km to the Lightboat Station at the far south of Llandudno.

Time ... take your time, but allowing at least 1.5 Hrs will help you to get the most out of this gentle walk. You can extend this walk by taking in the little Orme too if you are feeling a bit more adventurous!

3. Walk around Conwy and then return to Llandudno (Medium - Hard)

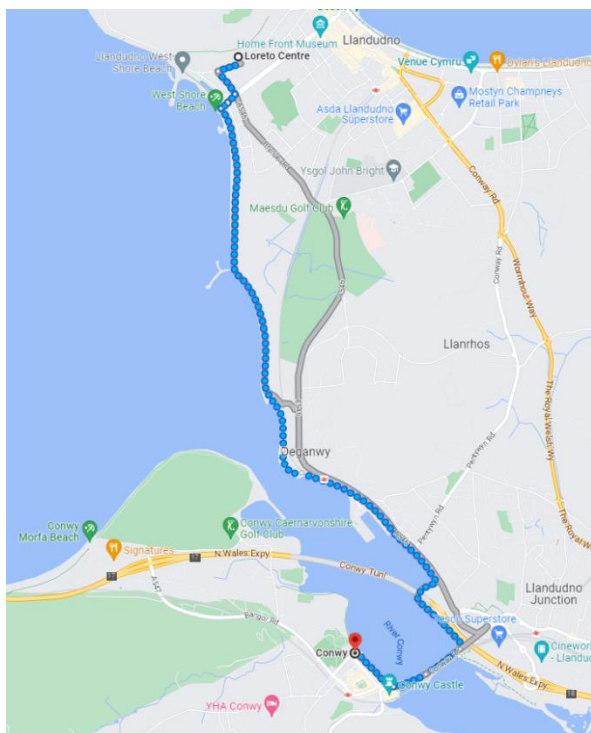


This walk will involve you for most of the day, but I am sure that it will be well worth the effort! It will take you right around the historic town of Conwy, followed by a gorgeous long walk along the estuary to Llandudno on the Welsh Coast Path; the only waymarked coast path in Europe that takes in an entire country!

✚ Start this walk by making your way by bus or train to Conwy. I would suggest Bus # 5/5D from opposite the Victoria Shopping Centre on Mostyn

Street. This bus runs every 20 minutes. Alternatively Bus # 14 goes along Gloddaeth Street. You can pick this up on the same side of the road as Gloddaeth Church. Again this runs every 20 minutes.

✚ Once in Conwy, find your way up onto the town walls (you might want to start behind the railway station, or near the Quay). This is a strenuous walk and the path along the top of the wall is both steep and sometimes uneven. However it is well worth the effort. Part of the UNESCO World Heritage Site that includes spectacular castles at Beaumaris, Harlech and here in Conwy, these town walls are among the finest and most complete in Europe. Stretching almost uninterrupted around Conwy's medieval heart, they run for a Kilometre, with 21 towers and three original gateways along their length. But remember ... you will need a bit of a head for heights as you loop around Conwy's cramped medieval streets.



✚ To return to Conwy, follow the Welsh Coast path across the estuary, and back along through Deganwy, past the golf course, across the sand dunes, and down the West Shore of Llandudno. (about 6.5km). If you keep following the Welsh Coast Path signs you can't go far wrong. 😊



Cultural Evening ... Wednesday 14th June

Gloddaeth Church 19:30

Wednesday evening will see us gather once again at Gloddaeth Church, Gloddaeth Street at 19:30 for our IPCA Europe cultural evening. This will present us with an opportunity to appreciate more of the culture of our host nation, Wales, whilst also affording the opportunity for us to share from our own diverse cultures. Our cultural evening will begin with a short concert by the Côr Meibion Colwyn (Colwyn Male Voice Choir), and then it will be **over to you!!!**



Côr Meibion Colwyn (Colwyn Male Voice Choir)

Côr Meibion Colwyn is proud of its long history recognising that there has been a choir in its home village of Colwyn since the 1890's. Welsh is its first language however its rehearsals are held in both the medium of English with a good content of Welsh conversation. This is so as not to exclude our non Welsh speaking members but to also give them the 'Welshness' of the choir and opportunity to get to learn the language at the same time. They will be singing to us in Welsh.

(from [The Origin of Male Voice Choirs](#))

There are many things you can say about a Welshman,' wrote the critic Milton Shulman reviewing the film Valley of Song in 1953, 'but never be rude about his larynx.' The male voice choir or 'côr meibion' is one of the distinctive emblems of Welsh identity, often cartoonishly depicted as elderly men in blazers, pale, male and stale. There are over eighty male choirs in Wales today and they are not going gentle into anyone's good night; they are here to stay.



Choir on stage in Llangollen International Eisteddfod 2015

A male voice choir is divided into four parts: two tenor sections and two lower, baritones and basses. It is claimed that to sing tenor you need a falsetto voice, to sing bass a false set o' teeth. Either way, male choirs at full throttle or in purring pianissimos, with wide dynamic contrasts in rousing operatic choruses interspersed with numbers from musical theatre, robust arrangements of national airs, plaintive love songs like the immortal 'Myfanwy', and inspiring hymns with their thrilling 'Amen' climaxes which are embedded in the Welsh cultural tradition - these never fail to engage the emotions of even the most dispassionate listener

... over to you

An opportunity for you to bring some cultural input from your own country. Please let bob.wilson@freechurches.org know in advance if you can if you are intending to offer something to add to the evening as I will try and (somehow

😊😊😊) hold the evening together!

Name	Country	Accommodation
Elnur Afandiyev	Azerbaijan Republic	Non-Res
Nasir Ahmad Arif	Sweden	Trinity
Nenna Åström	Sverige	Trinity
Elly Bakker	The Netherlands	Trinity
Luc Bernouin	France	Loreto
David Buick	France	Trinity
Naomi Buick	France	Trinity
Rodney Cameron	United Kingdom	Trinity
Richard Carling	England and Wales - Chaplaincy HQ	Non-Res
Rob Charlton	England	Trinity
Ulla Christensson	Sweden	Loreto
Eva-Maria Corbeau	France	Loreto
Calum Crombie	United Kingdom	Trinity
Nahomie DAUBE	France	Loreto
Deseta Davis	United Kingdom	Trinity
Tim Dixon	United Kingdom	Non-Res
Frédérique Dugas	France	Trinity
BENGT EKELUND	Sweden	Loreto
Paul Enlund	Sverige	Trinity
Gustav Ericsson	Sweden	Non-Res
MIANGU Félicien Mas	Paris/France	Trinity
LUC GERBORE	Bordeaux Gradignan France	Trinity
Jean-François Gressier	France	Loreto
Juha Haapaniemi	Finland	Non-Res
Valdek Hang	Estonia	Non-Res
Elise Hasanen	Finland	Non-Res
Cecilia Hellström	Sweden	Loreto
Pascal HICKEL	FRANCE	Loreto
Maria Hilariusson	Sverige	Loreto
Miika Hynninen	Finland	Non-Res
Olli Hyvärinen	Finland	Non-Res
Per Isdal	Norway - Speaker	Loreto
Ruben Johansson	Sverige	Loreto
Niina Kaijanniemi	Finland	Non-Res
Pasi Karjalainen	Finland	Non-Res
Per Kjellberg	Sverige	Trinity
Ranfar Kouwijzer	The Netherlands	Non-Res
jocelyne le bivic	France. I am not a chaplain	Loreto
Joakim Lindahl	Sverige	Loreto
Carl Lindahl	Sverige	Non-Res
Tarmo Linnas	Estonia	Non-Res
Louise Lysholm	Danmark	Trinity
Gligorije Markovic	Serbia	Trinity
ERIC MATHEY	France	Trinity
Angela Tena Mensah	Ghana	Non-Res
Esther Maame Esi Mensah	Ghana	Non-Res
Margit Nærdal	Sverige	Trinity
Harold (Hal) Nesbitt	Belgium	Trinity

Name	Country	Accommodation
Eva Nocquet	FRANCE	Non-Res
Marie-Louise Norozi	Sweden	Loreto
Luc Oechsner de Coninck	France Nantes Centre de détention	Loreto
Johannes Olenius	Sweden	Non-Res
Bernt Olaf Ørsnes	Norge	Loreto
Christina Ostrick	Germany	Trinity
Tapio Pastila	Finland	Non-Res
Robert Payne	United Kingdom [now retired]	Non-Res
Daniel Peyret	France	Loreto
KABONGO MBAYA Philippe	Paris/France	Trinity
Alan Pierce-Jones	United Kingdom	Non-Res
Tuomas Pitkänen	Finland	Non-Res
Matthias Pommeranz	Deutschland	Non-Res
Sami Puumala	Finland	Non-Res
Daniel REUTENAUER	France	Loreto
James Ridge	England and Wales	Non-Res
Susanne Rodmar	Sweden	Trinity
Thomas Munk Roenberg	Denmark	Non-Res
ANNA ROSENGREN	Sweden	Loreto
Katariina Saks	Finland	Non-Res
Doris Schäfer	Germany	Non-Res
Moa Sjögren	Sweden	Loreto
Marit Skartveit	Norge	Trinity
Kath Sneade	United Kingdom	Non-Res
Joop Spoor	The Netherlands	Trinity
Graham Stockdale	United Kingdom	Trinity
Doris Suedile	France	Trinity
jeanne Sylvestre	Paris	Loreto
Nigel Thomas	Britain	Non-Res
Satu Tsharkov	Finland	Non-Res
Kees van Dam	Middle East/Africa NGO 'Epafra', NL	Trinity
Machteld van Dam	Netherlands as homebase	Trinity
Benjamin van den Akker	Belgium	Trinity
Jukka Vänskä	Finland	Non-Res
Hanna Vettenniemi	Finland	Non-Res
Markku Virta	Finland	Non-Res
Tobias Westh	Sweden	Loreto
Bob Wilson	United Kingdom	Non-Res
Piotr Wiselka	Poland	Loreto
Viktor Yatsenko	Ukraine	Trinity
Leroy ZUMACK	France	Loreto

Conference Evaluation

We do hope that you have found the conference and retreat helpful this year, and that you will return to your country and your prisons revived and renewed. However, so that the incoming committee can make the next Quinquennial even more effective

please complete the evaluation survey in as much detail as possible

The survey⁴ can be found at

<https://forms.office.com/e/PKYxwZedKW>



⁴ The survey will be available from 00:00 on 15th June 2023 and you can fill it in at any time from then until 23:45 on 14th July 2023