

Saturday 7th November 2026 at 10.30am
In the Reardon Smith Lecture Theatre, NMW, Cathays Park, Cardiff

Annual General Meeting followed by a talk
We are delighted to welcome our guest speaker for this occasion:

Leslie John Griffiths, Baron Griffiths of Burry Port
will give a talk entitled

SPOTS of TIME

William Wordsworth, in his long autobiographical poem "The Prelude" highlighted what he called "spots of time" - special, vivid memories from earlier in one's life that have a healing power to repair the mind. They are significant moments, moments of intense perception or experience with a transformative power that 'retains' a renovating virtue, such that we are 'nourished', and 'invisibly' repaired. They become embedded in memory and continue to provide nourishment and insight throughout life. I'll endeavour to identify and analyse some such moments from my own life which have informed, coloured, stimulated, strengthened and developed my own mind in an unusual, long, and varied time on planet earth.



**Leslie John Griffiths describes
Some of the roles that he has undertaken
which have made him the
man he is today:**

Ragamuffin, scholar, teacher, journalist, grandfather, author, broadcaster, church leader, director of social work, endless baubles, parliamentarian (in Westminster and Strasbourg), friend, mentor, human rights advocate, educationalist, national youth leader, a happy bunny. I've been, done, or known them all. And a few other roles too.

Email: John Wilkins j.wilkins846@btinternet.com to tell us you will be attending the AGM and the talk afterwards.

We cannot charge for attendance at the AGM. If however you would like to make a donation to Friends Museum Wales either before the meeting or at the meeting it would be gratefully received by cheque, cash or bank transfer: Account name: Friends Museum Wales Account no. 83447260 Sort code 30-96-26. **Use ref: LJGriff** and your forename and surname. **You are welcome to join us for tea/coffee in the Oriel Suite after the talk.**