



Calon

Autumn 2026

Calon

Calon is University of Wales Press' non-fiction imprint that brings the many varied and fascinating stories of Wales to readers across the world. Our books cover a vast range of subjects; whether you're interested in food or folklore, music or Memoir, travel or nature writing, then Calon's books are for you.

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HOW AN EGG CHANGED MY LIFE

A Memoir

Mikey Bell

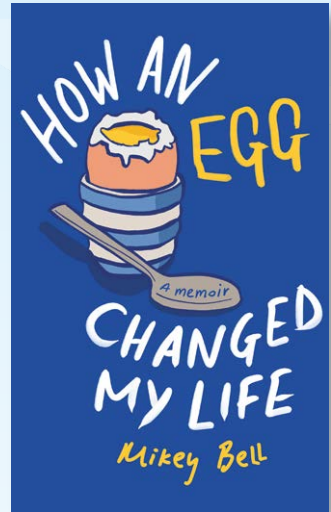
2 July

£18.99

HB | 9781837600748

216x135mm | 272pp

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The story of trying to get life right even when things feels a little bit wrong, *How an Egg Changed My Life* is a tender, funny blend of memoir, cookbook and nostalgic observation on what it takes to feel fulfilled.

From growing up as a gay teenager in the Welsh valleys to trying to find his own space in the city, Mikey Bell builds a life that looks good on paper – but a curious sense of dissatisfaction lingers, which makes even the best achievement feel incomplete. With honesty and wit, Mikey’s story captures the disappointment and struggle of discovering that life rarely unfolds as you expected.

During an existential panic, Mikey takes a trip to Italy, cooking and eating his way toward clarity – and along the way examines identity, expectations, success and what it means to find fulfilment. With reaffirming recipes that turn everyday food into a lens for joy, *How an Egg Changed My Life* reminds us that we can always find a new appetite for life, but only when we learn to define what truly keeps us full.

Mikey Bell is a writer and former food columnist for *Voice* and *Buzz* magazines. His writing and recipes have been featured widely, including the *Western Mail*, *Vegan Food & Living*, *Blasus*, *Halen Môn*, *Eating Out Wales*, and as Nigella Lawson’s Post of the Week. A fluent Welsh speaker, Mikey lives in Cardiff with his partner and their two French Bulldogs, Waffle and Rico. *How an Egg Changed My Life* is his first book.

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GATHERING DAYS

A collection of things foraged
and found

Ellie Evelyn Orrell

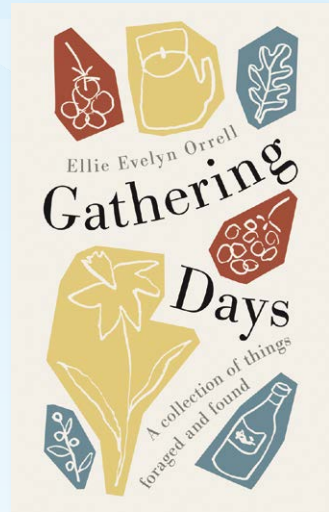
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I follow the patterns in ever-widening circles. Gathering dust in the heat of summer. Rainwater in all seasons. Occasional snow, glimpsed in the kernel of a persimmon seed. Bramble, acorn, hawthorn and cherry. Tracing the lines of a landscape and the patterns of a year. Towards a greater appreciation of what was there all along.

Along the seasons of a year, *Gathering Days* recalls the ways in which the act of collecting might offer a sense of purpose in times of uncertainty. Walks across the fields and coasts of Wales bring encounters with stories from elsewhere – a quiet garden in Kyoto or a lamplit street in Seville.

Woven together, these contemplations of land, self and place form a memoir that celebrates the small yet miraculous moments of everyday life, while asking the question of how we might steady ourselves against a landscape.

Ellie Evelyn Orrell is an artist and writer who spent her childhood in a small village set between two hills in north Wales. She has written for *Selvedge*, *Our Isles* and *Wales Arts Review* among other publications. Her first book, *An Indigo Summer*, was published by Calon in 2022.

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ROGUES, RAKES AND ROBBERS

A True Crime History of Georgian Britain

Angela Muir

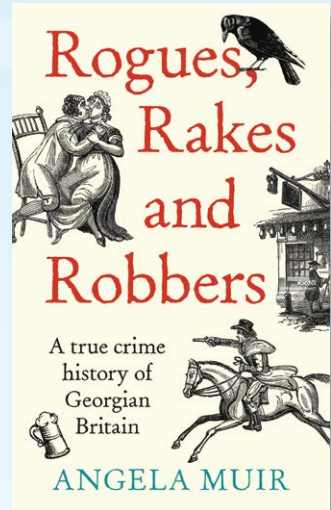
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‘Exploring detailed accounts of historic crime is one of the best ways to catch a glimpse of a society and its culture decades and centuries later. Of course, stories of crime and deviance are intriguing in their own right; but through understanding the context in which they were committed, how they were made sense of, and how communities and officials responded to them, we can gain incredible insight into life at that time and place.’

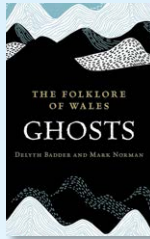
On 20 October 1799 at Penseri in Anglesey, a fire breaks out, destroying cart house, corn, haystacks and timber. A young woman is seen running from the scene – but what secrets drove her to set the fire?

Uncover the tales of real-life murders, manslaughters, assaults and arson that took place in Georgian Wales and the borders, which together give us a window onto life for ordinary, common people – whose lives would otherwise be lost from the historical record.

From courtship rituals to the value of horses, Georgian attitudes to sex work and insanity, vulnerable adults and fraud, each chapter uses documents from Wales’s Court of Great Sessions to illuminate the past.

Dr Angela Muir is a historian and lecturer specialising in gender, crime and deviance in Wales and England during the long eighteenth century (roughly 1680 to 1830) and its parallels with today. *Rogues, Rakes and Robbers* is her first work of narrative non-fiction for a popular audience.

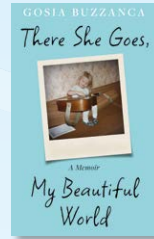
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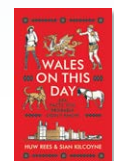
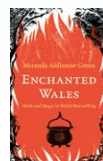
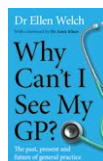
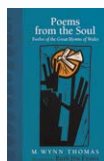
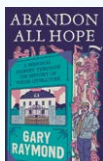
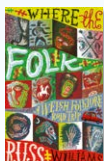
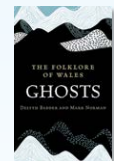
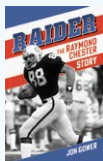
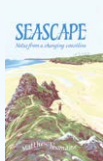
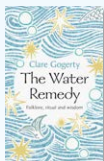
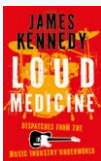
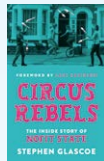
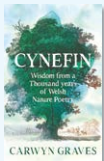


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