



PENDARREN HOUSE NEWSLETTER

No. 19

May 2015

www.pendarren.org

Friends of Pendarren - Open Day 4th July 2015



The Official Opening of Pendarren House Outdoor Education Centre by Haringey Council took place 40 years ago. In celebration of this the Friends of Pendarren are organising an Open Day on Saturday 4th July 2015 at Pendarren House. It would be great to see you there – bring your nephews, daughters, granddads, mums, aunts etc all welcome. It would be nice to see people who visited years ago even if you just want to come and have a nose about!!

The Friends of Pendarren are organising a coach for the day to bring visitors from Haringey. If you wish to book a seat, please do so through Pendarren House - call on 01873 810694 or email office@pendarren.org



The coach will leave The Civic Centre on the High Road, Wood Green at 8.30 am on the morning of Saturday 4th July. Please ensure you arrive early in time to find a seat. It is anticipated that the coach will arrive at Pendarren House between 12.30 and 1.00 pm, ready for the opening time of 1.00 pm.

The coach will leave Pendarren at 5.30 pm to arrive back in Haringey at about 9.30 pm.

There may be a limited amount of accommodation available – please contact Pendarren.

During the afternoon there will be a range of activities on offer including:

- Climbing tower
- High ropes
- Zip line (new)
- Geo caching (new)
- Storyteller session with Daniel Morden at 3.00 pm



Refreshments will be available to purchase.

Raffle – buy a raffle ticket for 20p on arrival and get free entry!




Education centre officially opens

THE PENDARREN centre parties are divided into small working groups of eight to 10 and under the guidance of the staff participate in various activities including map and compass work, pony trekking, hill climbing, walking, camping, canoeing, sailing and project work.

The centre's staff consists of the warden, Mr John Harris, a deputy warden and two permanent instructors although the visiting teachers are encouraged to participate in the various activities.

The groups which are usually about 20 strong are at the centre in Llangenny for a week. They are drawn from schools all over Haringey and it is up to the various schools who they choose to join the group," said Mr Harris.

On a typical course at the

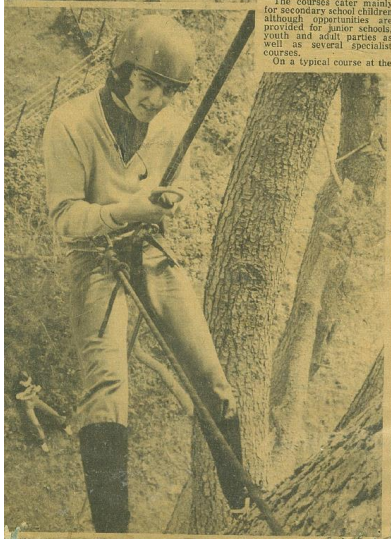
"The funny thing is we still get people ringing up and turning up on our doorstep expecting to see the old Pendarren Club although we have been here for the past three years," said Mr Harris.

Mandy Frost one of the group at the centre receives instruction in the best way to climb up a ladder, in our top picture.

And left are the centre warden, Mr John Harris, and his wife.

Our photographer, Ray Lloyd, risked life and limb climbing 45 feet onto a platform in a tree just outside the centre to take this picture of John Wilson.

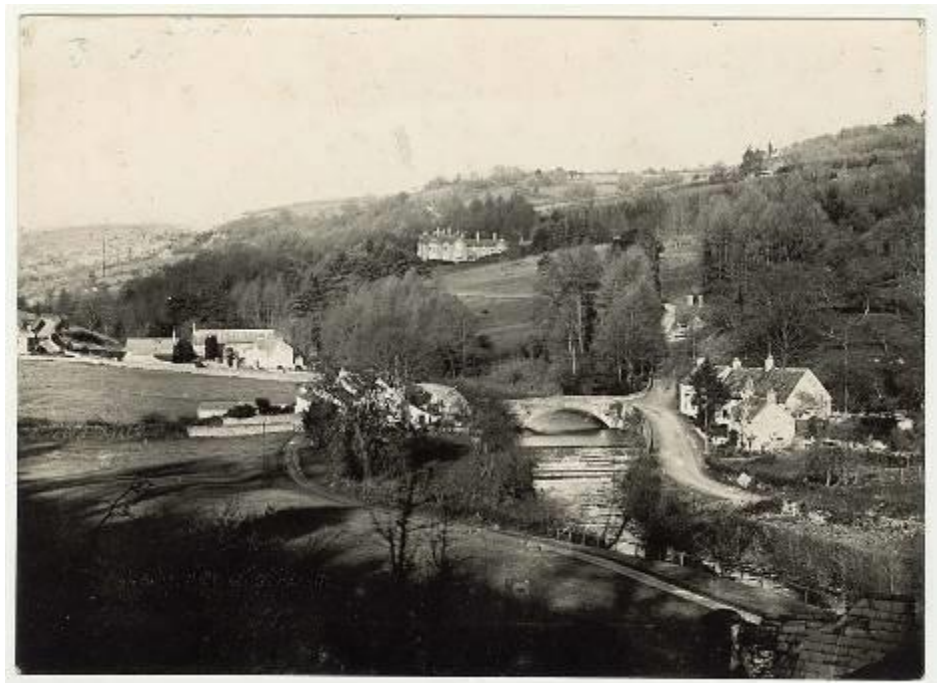
The groups climb the tree under instruction to give them some idea of rock climbing techniques.



Haringey Council bought Pendarren House in the early 1970s and took several years preparing it for use as an outdoor education centre. The official opening took place in 1975, when students had already been visiting for some time. The article to the left was in the Abergavenny Chronicle, the paper local to Pendarren.

Pendarren was originally built in the late 1800s as a "country residence" for leisure pursuits, such as hunting, fishing and riding.

The picture below shows the village of Llangenny in 1885, around 9 years after Pendarren House was built - you can see Pendarren at the back of the picture.



And to the left is Pendarren as you will see it today.

The park was planted with specimen trees after it was built, so the park, as well as the surrounding area, has far more trees nowadays. We have planted more in recent years.

News

Lots of works have been taking place at Pendarren this winter and spring. If you have not been for a few years, these are some of the changes we have made in the last 4 years:



- New curtains in all dormitories (blackout so the students don't wake up at 4 am in the summer!)
- New carpets
- New shower cubicles for students in the House and Annexe – no more shower curtains!
- Heating that works
- Showers that work, plenty of hot water
- Double glazed windows for Annexe staff bedrooms – no more cold draughts
- New mains water supply to Annexe – no more waiting for the shower
- Firs – now all the showers can be used at the same time
- Repainted the external woodwork on the House and Annexe
- Repainting programme for House, Annexe and Firs
- New and replacement fencing around grounds
- More trees planted in grounds
- New menus
- New zip line
- New camp store
- New challenges on the high and low ropes courses
- Smartboards with projectors in House and Annexe
- Upgrades to drying room so it will dry clothes overnight
- More equipment, waterproofs, boots etc to cope with larger groups
- New canoes and trailers
- New kayaks
- New activities such as zip line and geo caching
- Evening activity options e.g. Heartstart and night sky
- Small library for students' use
- WiFi for staff
- New on-line facility for students to leave feedback after their visit
- Feedback from students – we do read all feedback from both group leaders and students and take note to continue to improve the service. Many of the changes above have come from comments on feedback sheets.

Admin

New bookings for Pendarren are now handled via Haringey Council's Traded Services portal:
www.tradedservices.haringey.gov.uk

Please note that any remaining availability will soon be offered to other schools, including out-of-borough schools, so if you have a provisional booking that you have not confirmed you need to confirm the booking on the portal.

The procedure for booking The Firs is as before, details on **www.pendarren.org**



The Tottenham Grammar School Foundation have kindly offered to assist Haringey schools with the cost of coach transport to and from Pendarren. Schools need to send any requests directly to the Tottenham Grammar School Foundation - see **www.tgsf.info** for details on how to do this.

Website

The information on the website is continually being updated. The **evening activity** options for primary and secondary schools are now on the website.

DofE

Open DofE Gold Training and Practice Expedition 27 July – 1 August 2015.

In the summer holidays we are running a DofE Open Gold Training and Practice Expedition. If you know of any students who may be interested please let them know. There is a reduced price for Haringey residents.

Details are on our website **www.pendarren.org/courses/dofe/**



Work Experience

We have had work experience students from both St Thomas More Catholic School and Highgate Wood School. The students stayed at Pendarren from Monday to Friday and worked with the visiting schools. Here are some comments from the students:

St Thomas More Catholic School

I definitely can say that doing our work experience in Pendarren was practically the best decision we made for our work placement. Zoe and I think that work experience in Pendarren was a great opportunity in the fact that we exercised our geographical understanding of things which will help us later on in GCSE Geography. We have learnt to be more independent and think ahead of things. They [*other work placement opportunities*] don't offer outdoor experiences that involve using skills like teamwork or coordination.

Zoe and Shivone

Highgate Wood School

Teaching was always an option for me later in life ...being able to help [them] on activities gave me a sense of fulfilment as well as testing my leadership skills. The skills and self reliance I have learnt will definitely help me back home in life and my experience won't be forgotten.

Lui

I am doing GCSE Geography and the activities we did were all relevant to the topics I am studying, like the river study which linked to the hydrological cycle. I also liked the fact that it helped me train my leadership skills. During caving I helped students through some tight spots and the feeling of achievement after they had all got through safely was very rewarding.

Nikolaj

Our visitors:

St Paul's Catholic Primary School 9 to 13 February 2015

I really enjoyed Pendarren. I learned new things and I never thought I could climb high on the climbing wall. I wish I could live in Pendarren.
Bianca

At Pendarren, I learnt lots of things that I never did before. I mostly enjoyed the activities we did as a team. The teachers in Pendarren taught us how important teamwork is and that we must never give up, even if it's hard and that we should always try. Finally, the dinner ladies make the greatest food I've ever tasted
Lyudmil

During the week I have adored most of the things we have done. I learnt that you will not succeed at some things first time, I learnt that when I was leaping from rock to rock on the scary climbing wall.
Kian

I had a fantastic time here in Pendarren. I found out that life does not give opportunities like this. I learnt that experiences like this don't come suddenly. During our circle times I remembered a phrase my mum told me. "It is best to face the challenges here than to go saying I should have done that challenge." This saying will be used everywhere I go [like Pendarren]
Yohanna



I enjoyed my stay at Pendarren because of what I have learned to do in some situations and how to push myself past my comfort zone to achieve higher. Also the staff are so kind and make Pendarren so much better.
Adam

People should come to Pendarren because it's a place that you express your feelings about other people. Also you could do things that you never knew you could achieve.
Marcel

This week I had a great time. I learned all about caves, rivers and so much more. Pendarren is great place to come. You will learn all about nature and get to do things you have never done before.
Jayden

Pendarren was FANTASTIC. The teachers always listened carefully and were very kind. I felt very happy and not many fantastic opportunities come into your life like Pendarren.
Kacper

So far it has been the best experience in my life.
Gabriela



St Francis de Sales Junior School 23 to 27 February 2015

I learnt about myself that I can do things I never ever thought I would do. I enjoyed my time here and got more confident and learnt that when you think about it not every thing is hard as you think it is. I'm impressed that with the help of the staff I grew more and more confident doing things.
Somto

The experience was fun and I learned a lot of things there. The time flies by so fast and it's my final night here too. Wish I could stay though...
Titi

I learned and enjoyed river study because it was really fun and it educated me a lot. I learnt to work well with people and to trust my friends and I listen well because my instructor was really good with us and he was very nice and understanding.
Dejainie

I learnt that I could do anything I want to and I can trust some people Also I was proud that whenever I didn't want to do any activity because I was scared but ended up doing it.
Zakiya



Stroud Green Primary School 2 to 6 March 2015

Staff and pupils from Stroud Green had a great time at Pendarren. The weather was good to them with some bright sunny days and still snow on the mountain tops.

The house and the rooms at Pendarren are really big and beautiful. It's so peaceful here. The activities are fun and exciting.

Sammine

It was a really fun experience at Pendarren. To work as part of a team and put your trust in those you don't play with much in school has been good. It's been great making new friends, being my own person and becoming more independent. I've loved it here.

Sedanur

The bunkbeds are very creaky which always kept me awake! Pendarren has lots of positive activities and feel to the house. The Pendarren staff are really caring, welcoming, and friendly. They always encourage you to eat healthily and try to mature as young children to appreciate nature and humans surrounding us. My overall opinion is it's great the view and the experience for children to explore the world.

Denis



St Michael's CE Primary School and St Ann's CE Primary School 9 to 13 March 2015

Both schools are part of the London Diocesan Board for School Academies Trust, as such the two campuses came together to undertake their Year Six residential experience at Pendarren House. The children from both schools were mixed in their activity groups and their accommodation to allow them to develop skills that will be so vital when they move on to secondary education. Some of

the children have written a summary of how they felt about mixing with children they didn't know.

"WOW was the first word I said when I walked in. It took a long time to get there but it was ok. When I knew I was staying in the Annexe I was a bit speechless about it because I only had three friends with me but Miss Manley made me feel equally special being in the Annexe. By the third day we all had nick names such as; Breath, Tamzam, Nae-Nae, Danie, Melon, Shani and Suds... I really enjoyed my stay with the girls from St Michaels at Pendarren."

"When I first realised I was going to bunk with the St. Michael's girls I was kinda nervous but by the first night I knew that the dormitory I was staying in would hold some great memories. Each girl has their own special, unique personality that was brought out when we bunked together. Sure, they had some negatives but altogether they were fun people."



Risley Avenue Primary School 16 to 20 March 2015

Risley Avenue Primary School arrived with 25 students and 3 members of staff; everyone was ready for action and wanted to get out and about in the countryside as soon as possible. Once lunch was eaten and waterproofs and wellies issued everyone went to explore the grounds of Pendarren. The house was a great hit.

"A time when I was brave was when I did the high ropes. Initially I got scared because I couldn't abseil down but my friends and Mr May encouraged me then I did it."

"When I leave Pendarren I hope people will remember me as a determined person who never

gives up. Although I cried a little I carried on and if it wasn't for my friends I would have failed."

Rachel

"I found this experience so much fun and exciting. I learnt how to get along with people."

Rachael

"It was AAA-MAZING, so COOOLLL but I still missed everyone back at school and home."

Natalie

"Pendarren has been good. I have tackled my fears and tried new types of food, especially on Thursday."

Archie



Councillors Visit - 21 March 2015

Some of the Haringey Councillors visited for the weekend. The staff at Pendarren were keen to show them around, to show them all the options that are available to visitors and the care that goes into looking after Pendarren for the young people of Haringey. The locals also gave them a warm welcome, something which they have done ever since Haringey purchased Pendarren House in the early 1970s. Pendarren has a foot in two communities – proud to be part of Haringey, and of the much smaller rural community of Llangenny.



St Ignatius Catholic Primary School 23 to 27 March 2015

"This week in Pendarren has been unforgettable, a time spent with your friends, a time to be away from home without your family. Coming here you will do all this and it will add up to fun. The whole point was to have fun. This is something you would never forget.



Gloria

My week at Pendarren.

Monday: Today we visited the tremendous sights of Pendarren followed by a tour to the beautiful sights of the Annexe!

Tuesday: Today we discovered a lovely depositional unique in the Mumbles beach. After that we found many different animals and habitats.

Wednesday: Today was Nathan's birthday and no birthday is complete without cake.

Thursday: Today we went to the high ropes and canoeing.

Friday: Last day feeling nervous but excited."

Anon

"We went to Pendarren..

And we even brought Aaron..

The next day we went to the beach...

We got some cookies, we all got one each...

Then Wednesday Big Pit....

I did learn a big bit....." *Benedicte*

This place is wonderful, I would recommend this to anyone you learn things about yourself and to be independent. *Ethan*

THIS PLACE IS SICK not like sick sick but GREAT SICK!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Benedicte

I WAS SO HAPPPEE

Ridz

My favourite day at Pendarren was Daniel Morden and canoeing with high ropes. It was really fun because I thought that Daniel Morden wasn't going to be that fun but it was one of my favourite days there. This is because Daniel Morden had great facial expressions and enthusiastic reactions. For example, he shouted with shock to make us scared. Even though we couldn't see photos, it was easy to imagine it in our heads and understand a little bit more. *Tobi*

My days in Pendarren have been unforgettable and a year you could never forget, a time away from home, a week to spend with friends and fun. *Anon*

My week in Pendarren was unforgettable and a dream come true, a day I could never forget a week with friends and away from home. It would be better if we could stay for a month.

Gloria



Lea Valley Primary School
13 to 17 April 2015

Am I scared now? I'm falling. Oh no! Fear. One feeling I carried with me to the high ropes. Tuesday was the day I came face to face with my own fear, height. For some reason I choose the harder level! Considering I'm scared, I choose that!? Don't know why but I just did. However, above all that I felt safe as I peeked (which makes you more scared) I could see my team holding the ropes and even gave me more strength to carry on. When I got down I was proud of myself. Who would have guessed a small girl, scared of heights did the highest level of all the obstacles. Well, I did.

Patricia

Pendarren was so extremely fun. I had missed my mum so much that now I found Pendarren more fun. I enjoyed the rock climbing and bed giggles.

Santini

It was really fun. I am going to miss here, it was amazing. I just love here.

AA

I really enjoyed myself because I learned lots of new things and I learnt that I am braver than I think I am. I am so happy to be here I wish I could come again.

Dicle

In my opinion, Pendarren has been the best experience EVER in my WHOLE LIFE!!! I loved the fact that I could do things I never done before. Also, the fact that I could learn a little more about other people and myself. I suggest that next time there should be a few more showers in the shower room so we don't take too long there and we don't miss important things.

Niniola

In my opinion I loved the food here at Pendarren. I would rate it 10 out of 10. Also I would suggest a little bit of free time to talk to our friends and learn more about them in

addition I love the playground outside there is soo much free space.

Nathaniel

My best memory is putting your leg in the water in the beach. I got really wet but it was so fun.

Helin

The thing that made me overcome my fear was when I went in the cave and it was very dark in there. As well I became a very good geologist for rocks and loved it.

Azra



Stamford Hill Primary School
20 to 24 April 2015

I learned that I wasn't pushing myself. But in Pendarren I have pushed myself and I am very proud that I can say I climbed Sugar Loaf mountain.

Sara

My favourite moment was when I rode a horse because at the beginning I was scared I was going to fall off. But 5 minutes later I got used to riding.

Doralys

My achievement this week was canoeing because there was a lot of teamwork and we almost fell in.

Savanna

Do you want to experience the best time of your life? Well come to Pendarren and find out what you can do ... I experienced the time of my life I would recommend anybody to come.

Zoe

Canoeing, horse riding and rock climbing, taking a trip down a mine.

Slipping and sliding, that's not climbing!

Aching knees and Mother Nature's trees.

Eating and sleeping,

Roaming and snoring, it wasn't boring.

Children's laughs, climbing a mountain fast.

It was fun and exiting! But nail biting

Funner that fun. Greater than great!

That's the end goodbye my friend!

Mia

Riding a horse. Wow! My horse's name was Jewel she was very nice to me and canoeing was very fun - funner than I thought it was going to be. Rock climbing was overwhelming for me because at the bottom it doesn't look that high at all but then when I got up there it was like 50m [to me] above the ground but it was so fun. *Rochelle*

Wow! I still don't believe that I'm here. I thought that it was going to be boring, but I was definitely wrong. Pendarren actually helped me learn a lot of things about myself that I didn't know (that's what I liked the best). Other than that I liked riding Google (as well as it hugging me) but I loved all of it. *Zoe*

The staff members were really kind and I really enjoyed doing new activities. I really wish I could come back I will miss you all. *Ishaq*

THE PENDARREN EXPERIENCE WAS AMAZING. It was fun we learned to work with friends and to do things on my own and the staff helped a lot. *Sheldon*

I loved it at Pendarren because people interact with people, my class mates cheered me on when I was afraid. *Savanna*

I learned I could climb all of the walls, because I believed in myself and also because my team mates encouraged me. *Victory*

I liked it when I was horse riding because when I went on my granddad's horse, I didn't even stay 1 min because I was scared, but when I went on now, I believed in myself and I was on the horse like 2 hours. *Rozer*

My friends helped me when I struggled. In canoeing at first I did not trust my friends holding the boat but when I realised they could hold me and they won't drop me I trust them and I did it ☺ *Nazar*

This week in Pendarren my scariest moment was when I was walking down the wall when we did rock climbing. At the moment when I was going to walk down the wall I thought I took my last breath on planet earth but thankfully it wasn't. I stood on the rocks shaking in fear. I looked at Rozer (braver than me) climb down the wall and my courage and strength started to overpower my fear. I thought "This doesn't look scary at all, Sheldon did it so I can do it. I walked down feeling the opposite of what I felt at the beginning, I limbed down the wall and ...Yes Yes YES" I reached the ground *Abdul*



St Ignatius Catholic Primary School 27 April to 1 May 2015

I loved to do everything because it let me know how my parents feel and how tired they are of doing everything for me and at work. Now I know what to do and how to help my parents, and also how to work as a team. *Jogoda*

Being in Pendarren has been a great experience for all of us as students and I learnt loads of things I didn't know, and faced my fears. *Stephanie*

Pendarren was a brilliant experience which taught me things I never knew. It is a time to bond with classmates that you may not have been fond of at all before, but after Pendarren your previous enemies may be your bestest of friends. It is a great experience for everyone. *Carney*

I really liked the staff at Pendarren. The activities were BRILLIANT they were really FUN. The house is huge. Me and my friends really had fun. *David*

I got to know my classmates and worked with people I didn't before, now I'm friends with everyone in my class. *Megan*

Everyone agreed that Pendarren was a once in a lifetime opportunity with lots of super memories to keep!



Rhodes Avenue Primary School
6 to 10 May 2015

I really enjoyed the activities we did and I loved the meals and garden outside. The instructors were really funny and made it much more fun. They also taught us about the environment in a fun way and we hardly had time to sit down! I'm really happy we went to Pendarren and would LOVE to go again!!!
Olivia

I thought Pendarren changed my life for the better. I learned to look after myself. *Freddie*

Better quality food, thank you again brilliant activities BEST STAY EVER!
Finn

You really helped me accomplish what I found hard. You picked me up when I was down. I would prefer a few more showers and free time. Pendarren really changed my confidence. I will not forget my stay.
William

I did quite a lot of things I did not know I could do. I was pushed to my limits and beyond. Loved it and would go again if possible. If you like adventure it is for. Definitely recommended.
Luka

I loved Pendarren but I think on the day of the river walk and caving you should be able to get wet on both morning and at noon. But Thanks.
Jacob

I loved my stay here and I would love to come again but the only thing that I did not like was the showers - their shower curtains did not close and everyone could see you.
Olivia

Pendarren was amazing. The house was beautiful. The only thing I would change is to have doors in the shower instead of curtains. My favourite activity was caving as I overcame my fears.
Freya

(In response to feedback from students like Olivia, Tamara and Freya, Pendarren has now replaced all the curtains with cubicles).



Adventure Activities Licensing Authority

Pendarren House must hold a licence to practice as a provider of adventurous activities to young people and this licence must be renewed every two years. Our inspection took place in February and was successfully passed. Did you know that we can offer:

- Kayaking
- Open canoeing
- Paddle surfing
- Improvised rafting
- Rock climbing
- Ice climbing
- Abseiling
- Sea level traversing
- Gorge scrambling
- Coasteering
- Hill walking and mountaineering
- Caving
- Mine exploration

Other outdoor courses we are approved to deliver are:

- DofE Approved Activity Provider
- Mountain Training Board:
ML, HMLW, LLA, CWA, SPA
- British Caving Association
LCL1 and 2
- British Canoe Union
Star tests, foundation safety rescue,
OF&P 1 and 2
- RLS Module1 and 2

Also:

- EVC
EVC Training
- OEAP
Visit Emergency Training
Visit Leader Training



Food Safety Inspection

The Environmental Health Officer recently visited Pendarren to carry out a Food Safety Inspection. After a thorough inspection of the catering arrangements, we were awarded a Food Hygiene rating of 5.



Honey Bees

We recently had a swarm of honey bees in the Pendarren grounds. They settled, after a couple of days, in one of the bushes in the back garden. The swarm was collected by a member of the local beekeepers society and was taken to be located in a hive. The swarm, which was as large as a rugby ball, contained around 20 000 bees and the Queen Bee was worth £150!



And finally

There are several festivals taking place in the area over the next few months. Below are details of a few:

Hay Literary Festival

This event took place recently between 21 and 31 May 2015. Every year the event hosts world famous speakers and tickets are sold at very reasonable prices. The festival takes place in the picturesque town of Hay on Wye, on the Wales/England border, which is just 20 miles from Pendarren House. Why not plan ahead for 2016?

For details, visit: www.hayfestival.com

Reebok Spartan Race

This "mudstacle" event takes place on Saturday 20 June at the Glanusk Estate, just a few miles from Pendarren. It features either a 5km or 13 km "mudstacle" course.

For more information, see: www.spartanraceuk.uk

Brecon Jazz

Brecon Jazz takes place in venues around the market town of Brecon over the weekend of 7, 8 and 9 August 2015. This year the event is in partnership with Grolsch, so a good time is to be had by all! Head liners include Dr John and Robert Glasper with special appearances by Courtney Pine, among others.

For more details, visit: www.breconjazz.com

Abergavenny Festival of Cycling

This annual event is on Pendarren's doorstep and takes place 3rd-9th August. It features a wealth of on and off road cycling including:

Hill Climb (Abergavenny to Becky James's house!)

Cyclocross
Youth races
Iron man Sportif
100 mile elite road

If you are interested in cycling, take a look at the festival website:
www.abergavennyfestivalofcycling.co.uk

Green Man Festival

The Green Man music festival takes place between 20 and 23 August 2015 on the Glanusk Estate. Established over the last few years, the festival is growing annually. This year the line up includes Super Furry Animals, Hot Chip and Slow Dive. The festival hosts many events and crafts, as well as music, so if you are interested, look at the website:

www.greenman.net

Abergavenny Food Festival

The Food Festival takes place over the weekend of 18, 19 and 20 September 2015. This event grows each year, with more internationally renowned chefs making guest appearances, as well as quality locally produced foods.

For more details, visit: **www.abergavennyfoodfestival.com**


And of course the town of Llanwyrtyd Wells has its collection of wacky events and festivals. These include:

Man vs Horse	13 June 2015
Cider Cycle	7 to 9 August 2015
Mountain Bike Bogsnorkelling	29 August 2015


Details of these events, and others which are run in the town, can be found on the website:

www.green-events.co.uk

If there is anything you would like to see included in the newsletter, please let us know.

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