



## PENDARREN HOUSE NEWSLETTER

[www.pendarren.org](http://www.pendarren.org)

No. 24 August 2016

### NEWS

Another busy summer term with some great comments (and artwork) from our visitors. The courses that ran during the summer holiday will be in the next Newsletter.

### FRIENDS of PENDARREN

The Friends have assisted Pendarren by funding some extra resources for this term. We now have an outdoor table football table, which will join the outdoor table tennis table in the garden. The new garden floodlight will extend our use of the garden in the evenings. And for the indoors we are replenishing our supplies of games and creating some more activities. One of the activities will be based on bingo using our electronic bingo machine.

For details of the evening options see

<http://pendarren.org/courses/primary-school/primary-evening-activity-options/>



### Big Pit

Following their industrial dispute Big Pit is open again for the Underground Tours.

### Thanks to ....

our visitors for the feedback and letters, and to the pupils of Rhodes Avenue for lots of drawings.

### Pendarren's wildlife



The green woodpeckers have done well this year. They share the field (where their food, the yellow ants, live), with the sheep who arrived late this year, maybe the woodpeckers enjoyed the extra few months of peace.



The Tawny owls have been a bit quieter this year but are still around, probably nesting/roosting a bit further from the house.



The lesser horseshoe bats in the Usk valley continue to thrive. The Vincent Wildlife Trust does a lot of work to protect them and the cavers check up on them in winter when they hibernate in the huge caves across the valley from Pendarren.

Occasionally we see a fox crossing the field but the foxes round here are far more wary of people than those in London. In the countryside they are blamed for taking chickens, lambs etc and they have developed a distrust of people.

### BOOKINGS

Haringey will be making a decision regarding the tender process for Pendarren House in October.

Currently we can offer prices for courses until December 2016. From January to August 2017 we have provisional bookings and will release a price when we are able to.

Please see the availability calendar on the Pendarren website if you are interested in a week. And don't forget we are open to schools from outside Haringey including our neighbours Redbridge, Barnet, Islington, Hackney .....

## OUR VISITORS

### Rhodes Avenue Primary School - Part 2 11 to 13 May 2016

The canal boats, which we were in, were very wobbly so as our boat hit the edge, I fell in. I hauled myself back in when I noticed my paddle was still in the water. Caving ....at first I was a bit scared of going through the deep, dark, twisting cave filled with freezing cold water but it turned out as my favourite activity. The letter box was a tight, thin space where we crawled through on our front. My favourite bit was the next bit as we were walking through a river with extremely strong currents. Mia



*Lancasterian Primary pupil*

Pendarren ... I will NEVER forget it! I am still trying really hard to get my parents to go! Crate stacking ... dangling like spider on a thread felt like I was flying. I also enjoyed zooming down a waterfall and getting a big splash at the bottom. Sharing a room with people I don't know that well was great! I think I chat and play with them more now. Anna

When we arrived I saw some of the staff waiting for us and waving (they gave us a really good welcome) and we forgot about being homesick. Our dormitory was called Pen y Fan and it was the biggest room, we had a lovely view. You could see lots of green fields with the occasional pony or horse. Emma

I am writing to inform you that my stay at Pendarren was great. Great food, great place, great activities, great rooms, great days, great time and great garden. Arrival .... the moment we were in the common room I felt a little nervous because we were so far from proper British civilisation. I got used to it. The pasta on the first night was worthy of professional Master Chef. The apple pie I thought I wouldn't like but it was crumbly on the top, sweet with a little bit of tang on the side, in the middle. Just like apple pie should be. The garden was huge and

exciting, not just some grass and a few plants. NO - it was a proper tree infested, challenge riddled maze breathing with fun. Jack

Caving ... then we turned the lights on our helmets off and everything went pitch black. Then we saw lots of super stalactites and stalagmites. When we came back out into the daylight I had to cover my eyes it felt so bright. Sophie

It was spooky when we turned off our torches and tried to see our hands. Serene

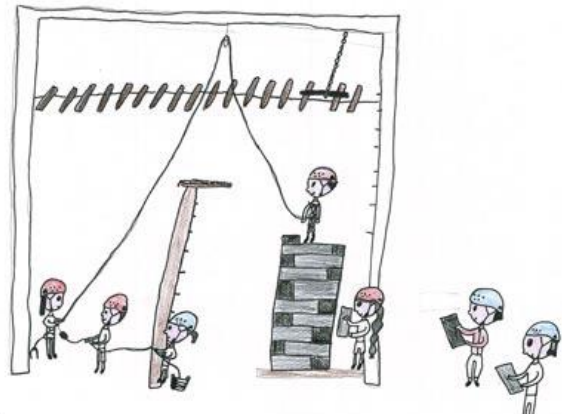
... we were sorted out into rooms; it seemed like everyone got what they wanted which I couldn't believe (our year is really, really picky). In my room everyone was really kind even though I barely knew them. It was mainly a mess with clothes strewn everywhere, but luckily everyone had the sense to tidy up for room inspection. After buying from tuck shop I ate half my sweets and had a massive sugar rush; worth every penny! Finley

My favourite activity was caving. I loved crawling along the wet ground, popping in and out of holes and wading through freezing, knee deep murky water, sliding down shiny, slippery black rocks and seeing fossils before emerging out into the warm sunlight. There were bright blue shiny dung beetles scattered over the ground and when we picked them up they walked across our hands tickling our fingers. Anya

The zip line was also fun and it felt like we were going at 100 kmh. It felt nice having the soft breeze in my face. Ahhh! Diolch yn fawr!! Louis

... the crate stack was intense because you don't know when it will fall. Ali

Alice



*Alice*

My favourite was caving even when I got neck ache and stuck in the letter box. Salomon



It was the first time ever doing my hair, as it's not easy to look after. Lucas

Caving ... the experience in pure darkness was just thrilling, I couldn't see a thing! The dark frogs and fish were cool but we accidentally scared them away. The rooms looked really nice and I met a lot of other people from the other class I hardly ever talked to. Nikitha

Everyone forgot about being homesick, we might as well put the medicine in the bin. The annexe and the house looked so spacious and a bit old, so I guess someone from my grandma's age group must have built it. I especially liked the canoeing when I accidentally stuck my head in the water (but luckily not my whole body). We felt really free and loved every second. Zak



Sophie

### St Martin of Porres RC Primary School 6-10 June 2016

The students from St Martin of Porres spent more time outside than in, staying out in the garden until nine o'clock each night happily playing with the students from Bruce Grove. Although cold, the swimming pool was great fun; I think more water ended up out of the pool than in by the end of the sessions. Ice creams were eaten down at the beach after a dip in the sea. The cave was busy and not one person came back from the waterfalls dry!



Amanda

### Bruce Grove Primary School 6-10 June 2016

The thing I love about Pendarren is that it feels kind of relaxing and I kind of feel parent free but I still miss my family. As well as that, it was fun to experience - like when you go climbing and abseiling you have a massive blood rush and are scared to the bone. In fact, it feels like you are college students in your dorm and some rooms. It feels like you are going to secondary school so be prepared. Shafikh

I enjoyed Pendarren because it gives children the chance to have a break and spend lots of time with your friends. All the activities are extremely amazing and all of them are time consuming. I really enjoyed Pendarren and I would love to come again. Caliyah

I enjoyed Pendarren because of the lovely friends I've made and I had a wonderful experience to socialize with other people I hadn't met before which is quite enjoyable. The thing I'm mostly proud about myself is that I was able to conquer my fear. I really loved the delicious food. Tamara

Pendarren was an experience that I could never forget. Luckily, there was another school and they were really nice because if you go up to them and ask what their name is, they'd smile and tell you their names. The staff can be really funny at times, there are lots of activities like canoeing. Rock climbing was fun I went up two times and one time I wanted to get down. This is a trip I will treasure. Sienna



St Michael's CE N22 pupil

I had fun at Pendarren because we did lots of activities and I had thought that I couldn't have completed all of the activities, but I did. Impressively, I feel proud of myself and I now feel confident at conquering the most frightening and dangerous and maybe 'scared to death' events. Thanks to this trip I feel brave and now feel ready and strong for secondary.

Alicia

I enjoyed Pendarren because it's fun to experience and you won't ever see something like this ever again in your life. If you experience it you're lucky especially as you'll enjoy yourself and always have fun activities and have fun!

Ahmad

I enjoyed Pendarren because I got to socialise with other children from a different school, which I don't do very often. I loved going into the cave but I was a bit scared to do it, I am so happy I did it and I conquered my fears on this once in a lifetime experience. I really loved Pendarren and I recommend children to come and try everything, especially the food it is wonderful.

D'Shanae



*Lancasterian Primary pupil*

### **The Brook Special Primary School 7-10 June 2016**

The Brook Special Primary School provides for pupils with a range of complex special educational needs, including severe learning difficulties, profound and multiple learning difficulties, speech, language and

communication difficulties, and autism. A small group visited us and stayed in the Firs bungalow.

The best bit was the zip line because it was too fun. I learnt how to climb, cave and plant names as well as a way to shoot a catapult and I built a den.

Adam



*Elliott*

I had the best time and I love my new bottle.

Joshua

My best bit was high ropes and swimming because I felt it was going to be scary but it was fun. I WANT TO COME BACK. I learnt how to swim.

Ephraim

I loved to slide and waterfall and splashing you.

Maddy

I like the swimming in the waterfalls. Rory

'Pendarren is a fantastic place for our children to visit. It's such a relaxing, spacious environment for our children to enjoy. The countryside is amazing and is novel for our children to experience, they learn so much from each activity, be it team building, social skills, and much of our curriculum. The flexible attitude is perfect for our children who need lots of time to adjust'.

### **Haringey Tuition Service 13 -15 June 2016**

This is the first time a group from the Haringey Tuition Service has visited Pendarren. A small group stayed in the Firs and were a great group who threw themselves into the challenges given to them.

Haringey Tuition Service is a Medical Needs Pupil Referral Unit based in Tottenham. It provides an interim service for students aged 5-16 who, for a variety of reasons, are not able to attend school.

I liked seeing people I know, who are usually anxious, enjoying new experiences and thriving.



This experience took me away from the everyday stresses of city life and calmed my anxiety.  
Lucy

Gaining trust in my peers, working together as a team are the things I will take away with me from this trip.  
Julia

I love climbing and when I got to jump off of high things. Pendarren is very fun.  
Max

The thing I would take home is that I can have fun and I loved the waterfall.  
Cyan

I enjoyed working with people and face my fear of heights.  
Wilf

The waterfalls were great. Working as a team and helping others to take part are the things I will be able to use back in London.  
Alfie



J'Ci

### St Ignatius RC Primary School 13 -17 June 2016

I learnt new things about my friends this week. Like some of them get tired at midday.  
Shizelle

I never met more nice people.  
Dan

Coming to Pendarren taught me a lot of things such as responsibility, caring and to have respect for people around me even in public. The meetings in the house taught us to get together as a community. Staying with my friends was a good experience and it helped us to be confident away from home. Pendarren also helped me to face challenges and acquire perseverance. So now if we did something as a team I think we would have more perseverance than we had from the beginning.  
Jahmai

The sunshine provided a great view of nature but the clouds were moody. I loved seeing the furry rabbits in the morning jumping over to

the fresh grass and I liked the walks through the mountains. It was really good at Pendarren because I was able to improve my teamwork. When I was canoeing I had to make sure the canoe did not tip over.  
Lyan



Ben

My stay at Pendarren has taught me to never give up when I am on my own and not to be afraid at any time. I learned how to save somebody's life by doing the CPR session.  
Wayne

The staff at Pendarren were helpful and they taught us about plants, teamwork and a bit of climbing. They took us to lots of different places as well.  
Piotr

I enjoyed my stay at Pendarren and learned how to read a map properly. It was good to work with someone that I had not worked with before. In our rooms we had bunk beds and the bedrooms were named after mountains. I have learned about myself that if I couldn't do something, I just had to believe in myself. This week helped me to work as a team.  
Dragan



Rhodes Avenue Primary pupil

My favourite activity at Pendarren was the high ropes especially when we were climbing the crates. I was a little nervous at the start but after a while I wanted to be there all of the time. I really enjoyed the zipwire as well. I learned that cleaning is hard so I will help my family at home in our house. Karol

The low clouds were amazing and the pheasants that I saw were stunning. I enjoyed hearing about the history of the local village it was fascinating. There was excitement and anticipation when we were waiting for the room inspector to come in. Daniel

I loved learning about trees and how they got their names. In the wild there were many amazing things like the hazel tree, it was my instructor's favourite tree. Angel

Pendarren House is very organised and so are the rooms, the beds were very comfy. I liked room inspections and how they were rated by giving us points. We had fun activities in the wild woods and even had a campfire in a tepee. John

My visit to Pendarren has taught me many things but waking up in the morning was the hardest part. As the clock turned to 7.30 a loud school bell rang to tell us it was time to wash and brush our teeth. We had morning duties after breakfast and mine was to tidy the Common Room. I have learnt that I can converse with others and I don't have to be shy when I meet new people. At Pendarren we were taught to work as a team and not have arguments. I feel we bonded as a group and I will remember this experience for the rest of my life. Sienna



Anabella

## Lancasterian Primary School 13 -17 June 2016

Great fun and I really enjoyed myself. Lyle

It was really fun and it was a great experience. Norbert

It was really fun and we did loads of different and eventful activities. Tyler

It was fun and we did loads of different and eventful activities and we have a lot of different memories. Jamie

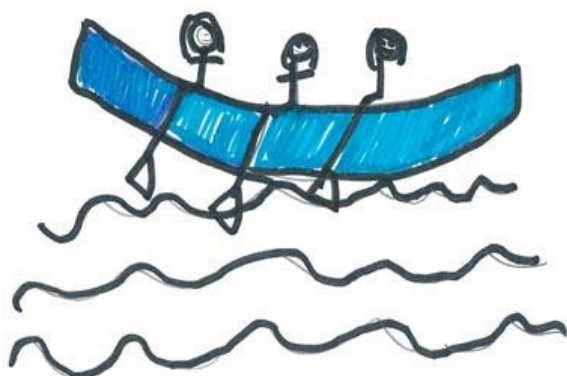
Pendarren was a fun and educational trip but I suggest that you don't wear the water-proof gear so it's more enjoyable for the pupils. Kameren

I had a great time in Pendarren. My favourite things were the high ropes and caving because I came over my fears. I want to have a great time at Pendarren again. Natalia

In Pendarren I had lots of fun and a lot of memories. Hannah

I enjoyed my nights and days at Pendarren it was a fun experience. Bianca

I have enjoyed my experience in Pendarren. It has helped me get over my fears and if I had the chance to stay more I would but I sadly can't. I think it was worth going Pendarren. Zilan



Berfin

**Risley Avenue Primary School**  
**20 - 24 June 2016**

Pendarren was a really good opportunity to know how it is to survive on my own and develop the life skills that I need in the outside world. Pendarren is important to me because I learnt to understand how people do things and that people have different ways of living so not everyone is perfect. Kzha

I think Pendarren is a really good experience of learning how to handle and look after yourselves. If you are an adventurous person you will rate Pendarren 10/10 because you'll be going, each day, on different activities like: Bushcraft, Canoeing, Abseil, Climbing, Crickhowell Walk, Swimming, River and Stream Studying. YOU'LL LOVE IT!! Rhianna

Pendarren is probably the best experience ever. I have achieved things and learnt many things that I could not do. Overall it was a really fun experience. Rodney

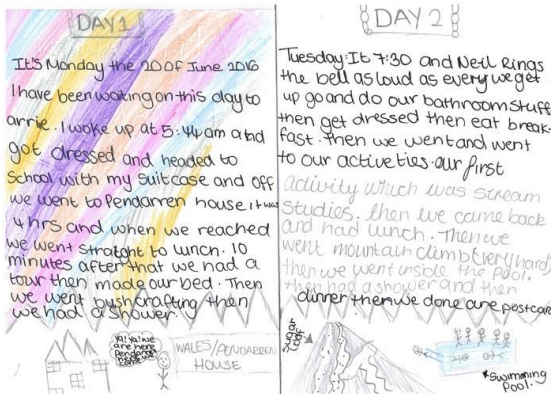
I learnt a lot of things, I learnt how to live on my own and I had to tidy up. Pendarren is the most great experience I have ever been on and I had to eat a lot of delicious food! Shay

I had delicious food. I learned a lot new activities that I have never tried. I had the best time in my life. Gelila

Pendarren is like my home because I can stay safe and I know how to face my fears. Toni

I think that Pendarren is a great place for people who are really shy, they can come out their shell. You learn a lot. You learn things you don't learn in the classroom: ~canoeing ~rock climbing ~how to identify different rocks ~how rocks are made. You also learn things about rivers: ~how they start -how they end. Zunara

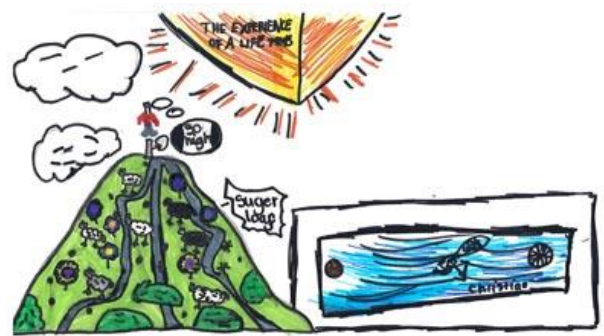
Here in Pendarren I learnt a lot of things and got to know some other people better. After Pendarren, I would say I am confident around other people! Kaira



Laschae

Pendarren helps children in my year to understand that doing things always on your own doesn't quite work out and you can always do with a helping hand. Also at Pendarren I have learnt that saying you can't isn't the thing, when I was going into the cave there was a letter box and I thought I couldn't fit but when I went inside the hole I was astonished, and we have a privilege to do swimming, bushcraft, mountain walk, abseiling, canoeing, river & stream studying. Also it is a privilege because in London you can't do these activities and it's a privilege because you can learn outside of school and not always in the classroom. Laschae

I had an unforgettable experience, learning more and more about myself like I had never done before. I loved The Pendarren Experience, especially because of how fun, organised and fascinating the lessons were. I felt happy and encouraged when my teachers would say to carry on, even if I felt nervous or I felt close to give up. Anabela



Christian

**The Vale Primary School**  
**20 -24 June 2016**

The Vale brought a primary group for the annual Pendarren visit. During their week they explored the local hills, streams, woodland and met the local wildlife. They visited Caswell Bay on Gower, hunted for creatures in rock pools, dipped their toes in the sea, ate some ice cream, paddled canoes, climbed, abseiled and visited the Welsh folk museum.



Raymond



## St Ann's CE Primary School

27 June – 1 July 2016

The food here is really nice. The teachers supported us and helped us. I have done a lot of different things I didn't know before.

Shanon

The food was nice and I had a fun time and learned a lot of new things.

Ellie

The food was delicious and I really enjoyed myself. If I could come again I would.

Malachi

I spent some amazing time in Pendarren and I am sure that others felt like that too.

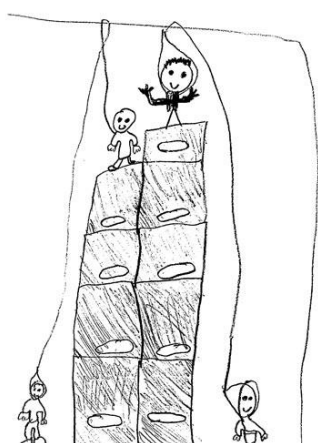
Sebastian

It is a great place to bond with others and it was a good experience.

Divine

It was a good experience and I learned how to do things I've never done before.

Cumaali



Sam

## St Michael's CE Primary School

27 June – 1 July 2016

I really enjoyed Pendarren. It was a great experience and helped me to be more independent and look after myself.

Jayne

I really liked Pendarren and found out that I could do lots of things and how not to give up.

Rosely

I loved Pendarren. I said I can't do it 2 times, today I done it 0 times.

J'ci



Harry

I enjoyed Pendarren a lot because I got to interact with my friends and have lots of fun.

Vikram

I really liked Pendarren because I now have had loads of experience and best of all I have had lots of fun.

I loved Pendarren because I got to do things I couldn't do before.

Shonnay

I loved Pendarren because they took me to places and do things I've never done.

## Bancroft's School - DofE

1-4 July 2016

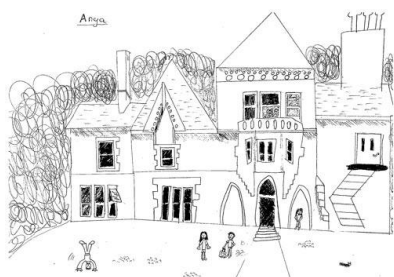
Bancroft's School is a co-educational independent school located in Woodford Green, Essex who brought 82 Year 11 students for their Duke of Edinburgh Silver Expedition walking assessments. It was a very successful 4 days with the students experiencing all types of weather the Black Mountains could throw at them over the first day; this was followed by 3 days of very fine weather.

81 out of the 82 students successfully completed their expedition covering over 15 km per day for 3 days and 2 nights.

- Kanish found the expedition challenging physically but enjoyed the success found on the peaks.
- Meraaj enjoyed his time along the route and enjoyed the challenge of ascending the mountainous terrain which gave him a great sense of achievement.



- Abdullah enjoyed lying down on the ground up on the Beacons Way with the peace and solitude.
- Anna loved the challenges that the mountains gave the team as well as the unexpected ones from livestock.
- Elise liked the social interaction at the campsite as well as the incredible views that she saw.
- Mala found many different ways of lifting the teams and her sprits when things got tough, but really enjoyed the accomplishment of finishing the challenging climbs.
- Ria showed great character and perseverance to complete her challenge. Food was a highlight and boosted morale. She enjoyed meeting people out on the hills and the friendliness of people.
- Elle openly commented that she felt her resilience and confidence had grown throughout the past few days.
- Max felt that the worst bit was the steepness and length of the hills. However he agreed that the conversation and banter was the best bit and recognised how this made the difficult bits fly by i.e. team support.
- Tamika felt that the worst part was the uphill but the team morale pulled her through. However she loved being at the top and enjoyed working as a team to overcome these objectives.
- Aleyna was a very confident person who had no issues questioning people. Indeed she stood out as the communicator in this group and it was she who asked why they felt tired after large lunches.



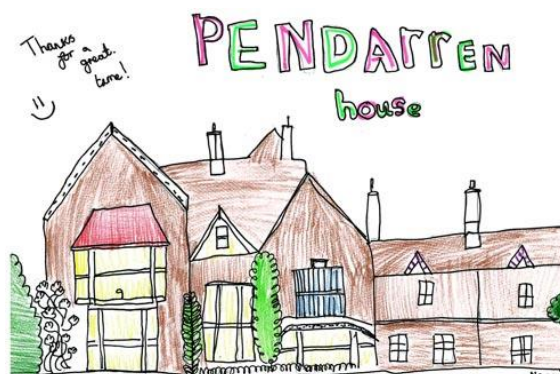
Anya

## St Paul's and All Hallows CE Primary School 4 -8 July 2016

I learned to appreciate nature more and be respectable and look after myself without my parents help. I also learned to believe in myself more.  
Chiamaka

I learned that caves are extremely dark, when you put your finger close to your eyes you still cannot see it.  
Jeffrey

Pendarren is a great place to be - the activities get better and better each day. The teachers encourage people and make us believe in ourselves.  
Abradu



Naomi

I loved Pendarren because the instructor helped our group a lot and encouraged us to try new things and not doubt ourselves. The people working in my team also worked together quite well and helped all of us to stay together no matter what. This will help me in September because it will inspire me to talk to more people and face my fears.  
Taliyah

I loved Pendarren because I did things that I thought I could not do before. I learnt that I can do more things by myself.  
Rhian

I loved Pendarren because it was fun! I really learnt to never give up! Before I was a very shy, quiet girl. Thanks to Pendarren, I am very confident! I have always said "Don't do it, you can't!" for 100 times! But now with my new self I am very proud.  
Hayley

I learned that I was more confident here than at school. I love Pendarren because they help you overcome your fears.  
Skye

I love how the staff encouraged me here in Pendarren.  
Veronica

I enjoyed my stay here at Pendarren it was amazing. I managed to canoe and go on high ropes, it was fun. I'm going to take all these

lessons from the teachers and use them in the future days.  
Nicholas

I liked the way the staff members spoke to us which was in a calm collected manner. Their food was outstanding and how the environment was child friendly. They cared for the children as if it was like it was their child. I loved all the tension they provided and how they would say instructions in the simplest of ways. Ezekiel

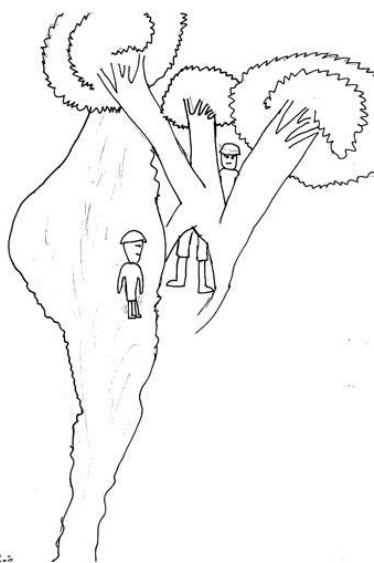
I liked the way the instructors took time to explain things in the simplest way so we could understand. I really liked the food. Keelan

I learnt how to be confident in myself when we were doing caving and climbing mountains. I liked the staff who pushed me to keep going on. I also learnt how to work as a team. Pendarren is amazing. Byron

I love Pendarren because being with people is going to help on my teamwork at secondary school and it is easier. I learnt that I can reach over my potential and that I like all the staff. Godwin

I loved my stay here at Pendarren, because I got to know other people and what they like I also learnt about nature, streams, rivers, caves and rock climbing. I also loved the food and the people I have come to know. Natalie

I loved Pendarren because I have done things I wouldn't think I could do. I learnt that I can be more organised with my stuff and I can be respectful at all times and this will help me in September because I may have a similar trip with my secondary school. Glory



*Rhodes Avenue Primary pupil*

I love Pendarren because I've done things I wouldn't have thought of doing in a long time. I learnt that I can maintain my life by myself from serving food to cleaning. This will help me show

confidence in myself when I think I can't achieve. Micah

I loved Pendarren because I got to know other people better. I learnt that I can do different things and this will help me in September because I will face lots of scary tasks and I can be brave when facing them. Abigail

I loved Pendarren because you never know what challenges are going to be here and what you can actually achieve. I learned that I can do anything if I put my mind to it and this will help me in September because if you put your mind to anything you are focused on you can achieve it. Elizabeth

I loved Pendarren because there have been a variety of amazing activities we were able to participate in such as high ropes and canoeing. I learnt that I can undercover many different activities and challenges if you try hard and put your mind to it and this will help me in September to achieve many things in life. If at first you don't, succeed you should keep trying. Fiona

I loved Pendarren because I found out that I can push myself further than I ever thought I could go such as high ropes and canoeing its also helped us be so much closer to all my friends even teachers! Anna-Louise



*St Michael's CE N22 pupil*

### **Highgate Wood School 4-8 July 2016**

I had a very nice time- even if the teachers pushed us we tried to carry on and I'm sure it's not just me when I say I thought I could never do the things I did this week! Daisy

The activities were really fun and I did lots of things that I thought I would never do. The people who work here are very nice as well. But I don't think that we should be woken up by a bell because it really hurts my ears. But apart from that I liked Pendarren a lot and it helped me make lots of new friends. Flo

I think that Pendarren House helped me and other people become independent as well as learn how to work in a group. It also helps you make new friends and have fun in the nights (stay up late) Another thing is you do things that you haven't done before; also you face your fears. Ainoa

### **Blanche Nevile School**

**4-8 July 2016**

'Instructor was pure gold, we did everything we wanted and more. Excellent with our students -calm and encouraging, totally unflappable even when we got a bit out of hand. Put herself out to provide us with extra exciting experiences which was really appreciated.'



*Finley*

### **South Haringey Junior School**

**12-16 July 2016**

I supported my group in a nice way and my team supported me nicely as well. Mustafa

Communication has been helpful in many ways, as when we were in our activities it helped us to move further on help other people understand and encourage our team mates to succeed and achieve their goal. Leon

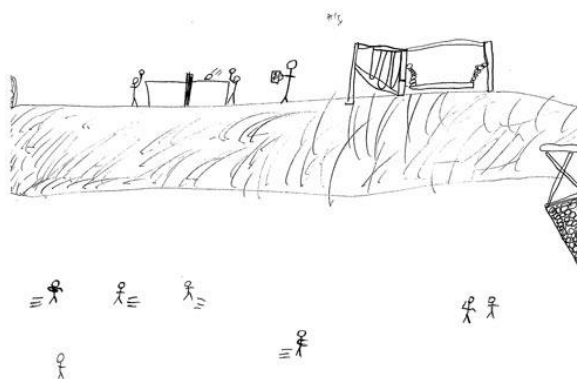
In and out of activities communication is essential (especially in caving) you have to make sure that all your friends are alright and issue instructions clearly. Noah

I supported my team by using lots of communication and helped people when they couldn't do something and communication when I and Miss Rogers were canoeing and the way we used communication was like how when we had to turn the boat or paddle at the same time or get out of some nasty bushes. Ivan

Yes communication has been helpful for me because when I was going through the letter box I had to follow instructions and communicated with people. Zafar

I liked how the staff were strict but were also funny and helped us enjoy ourselves. Yasmin

I learned I can fit through tight places even though I am bigger than 2 of the instructors. Victor



*Rhodes Avenue Primary pupil*

### **Fortismere School**

**18-22 July 2016**

I have learnt how to trust people in hard times, I have learnt how to army crawl into a cave and not mind getting wet. I found out who I was and it will help next year to act more like myself - it was really fun and exciting but a bit scary at times. Finnbar

I have learnt that sometimes you should challenge yourself because it makes you work hard and you can discover things you never thought you could do. Eva



I had a great time at Pendarren showing myself I could do things I thought I couldn't do like caving. I like the amount of freedom here at Pendarren and the responsibility we have to help us in general.

Luke

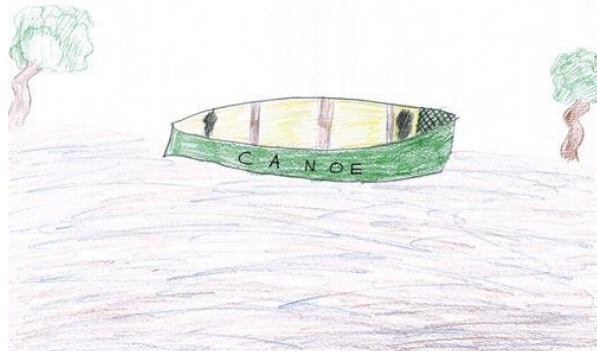
I enjoyed so much whilst I was at Pendarren. The teachers helped me have confidence when I went caving, I was afraid that I would have got stuck in the tight spaces. But they taught us how to work as a team and the encouragement made me move on.

Katie-Jean

I loved ice cream it was the most amazing thing in my life and I think we should keep away from the rocks.

Nelly

(11) LOUIS PRICE  
"Pendarren, an  
amazing  
time at Pendarren!"



Louis

I have learnt that if you don't think you can do something you have to try anyway because conquering your fears is so important because it can help me in so many situations in life. Also Pendarren has majorly built up my self esteem in many ways, Pendarren is also awesome.

Asher

I think Pendarren gives you time to reflect on yourself and shows you things that you can't normally do.

Angelina

I think that Pendarren is a great environment for making new friends and having lots of fun in your surroundings. Overall I thought Pendarren was a blast and would definitely come back next year.

Joshua

In Pendarren I've learned that I can be more independent and do more stuff for myself and help out around the house more, I'm not incapable of making my bed. This experience has meant a lot to me because I've made new friends that I never knew before. I've also tried lots of exciting new stuff.

Anon

I came to Pendarren in Year 6 but I preferred this year because the activities were more challenging and I was given more freedom.

Oscar

Really liked the staff they were welcoming and friendly. I think the experience was really great and adventurous and I really enjoyed it. I met lots of new people so I will be able to chat to them in year eight.

Lilli

Pendarren have taught me tons of things and have showed me things I never thought I could do because normally I wouldn't think that going deep into a cave and crawling through small holes was possible, but after doing so I found out that it was really fun. I found out that people I didn't think were that nice were actually really nice. I think the things that involved the most teamwork will really help in year 8 because before Pendarren I wouldn't normally be the leader and helping everybody I would be the one getting the help. I would recommend Pendarren to absolutely anyone because everyone will enjoy it here.

Joshua

The Pendarren experience has showed me that motivation is key, and that doing things you didn't do at the time could lead to regret. It also shows other sides to people that you may have not already seen or expected.

I loved the experience of Pendarren. The staff here are really lovely and they help you all the way. The activities are amazing and I loved everything. It's way better than school but make sure my head teacher doesn't know!

Fredric

I found out that I could do a lot more when I put my mind to it and it meant that I could understand what other people were trying to say.

Emma

I have learnt to work in a team because I am very independent I thought that Pendarren was very exciting, and I have taken away things that I could use in year 8. Such as team work, responsibility and making people more welcome in games that I play with my friends.

Keown



Felix

I have learnt that you should never give up as you will regret it afterwards. I also learnt that teamwork is key as your friends will know things that you don't know so they can improve your idea. I would suggest buying football goals as the game was played frequently. Robin

I have learnt how to trust your instincts, help other people, have fun and squish yourself into the smallest hole you can find. It was great fun and I would to come here again. The thing that will help me in year 8 is to be more confident and help others when they are stuck on something. Persia



Shackera

## OTHER

A little piece of history ....

In the grounds of Pendarren there is an ancient well, Ffynnon Cenau, and nearby there was an oratory from where St. Cenau used to preach. Records suggest there was also a chapel in the grounds of Pen y daren farm (one of the farms on the Pendarren House estate) which was demolished around 1790.

*'The situation of the original chapel or oratory....is marked by the finding of a small bell.... It was dug up some years back on a farm eastward of the old church, called Pen y daren, upon the summit of a rocky knoll....No vestige of the walls appears, but there was a considerable heap of rubbish where the bell was found, which was cleared away by the farmer'. Pendarren House is now owned by Haringey Council and run as an adventure centre, but the former landowner has mentioned that there was formerly a large yew (said to be 6 feet thick) on the site and that there were traces of walling*

*visible in the late 1950s.'* There is a small spring at the site and nearby lies this kettle, maybe it belonged to the Saint!



St Cenau's kettle

## Events:

Recently described on the Radio 2 Simon Mayo Drive Time show as "the Glastonbury of Food Festivals", Abergavenny Food Festival takes place again this year over the weekend of 17 and 18 September. Visiting celebrities include Monica Galetti and Cyrus Todiwala talking about their latest books, with tickets starting at just £12.00. The festival takes place at various venues across the ancient market town and is well worth a visit.



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