



PENDARREN HOUSE NEWSLETTER

www.pendarren.org

No. 27 Summer Term 2017

NEWS

Friends of Pendarren

The Friends have been supporting a number of projects at Pendarren.

Greenhouse: The vine that used to take over the renovated section of greenhouse has been forced to share the space with a variety of salads - cucumber, rocket, tomato, lettuce, cress and mustard. Visiting pupils have assisted in looking after the crop and then testing it in their meals.



Renovation has now been started on the remaining section to complete the project. The glass in the roof has been removed, repairs are being undertaken to replace the door glass and broken panes. We hope to have it painted and roofed by the autumn term. As far as possible we have retained the original features including the ironmongery and the tiled floor.

Sensory garden: In the sensory garden a few plants have been moved around to make maintenance easier. The plants have also been labelled to help identification.

Games for autumn term: Variations on Top Trumps have been added to the games collection for the evenings.





Other Projects

The electrical works that have been carried out recently include the installation of movement sensors and LED bulbs to some areas to help reduce the electricity bill.

The Firs

The Firs has a new fridge, fridge freezer and LED lighting. The window blind that kept falling off in Douglas bedroom has been replaced by opaque film in the lower half which makes it look a lot smarter.

Storyteller

At the Hay on Wye Literature Festival this year HRH the Duchess of Cornwall presented the Hay Festival Medal for Storytelling to the Pendarren Storyteller and Welsh writer Daniel Morden. Awarded every year since the 2012 Olympic Games, Hay Festival medals are given for exceptional work in literature. Each sterling silver medal is made using traditional methods by Hay-on-Wye resident Christopher Hamilton. Local resident Daniel has been enthraling his audiences at Pendarren since 2005.

Dormitories

Some mattresses have been replaced and we are looking to replace some bunk beds. Picture frames have been purchased (with support from the Friends) to decorate the Annexe and to replace some of those in the house.

Admin

Haringey is now using EVOLVE for managing school trips including Pendarren.

Bookings are currently being taken up to 31st August 2018. The house is fairly full and there is some space in the Annexe. Check on www.pendarren.org for availability if you are interested in booking a course. Bookings are now available to out-of-borough schools so if you have not confirmed your visit on the portal you may find another school takes your booking.



The Tottenham Grammar School Foundation continue to support Pendarren House and an email has recently been sent to all schools explaining how to go about requesting financial support for your visit. Please contact Pendarren if you require a copy.



Lowland Leader Award

Training 14/15 October 2017

The Lowland Leader Award has been designed for people who wish to lead groups on day walks in lowland countryside and woodland in summer conditions. This is a 2 day training course followed by a 2 day assessment, for adults such as teachers, who wish to take groups out into the countryside on trips. It is a nationally recognised award administered by Mountain Training. For full details of the award, registration etc see

<http://www.mountain-training.org/walking/skills-and-awards/lowland-leader>

The training course at Pendarren is on the weekend 14/15 October 201, see <http://pendarren.org/courses/ngb/> for details.

Thanks to

Rhodes Avenue Primary School pupils for all the letters and pictures, many of which are illustrating this newsletter.

VISITORS

St John's School, Chigwell

2 - 5 May 2017



I am attaching some of the pupil comments for your next newsletter. They all had a really great time and haven't stopped talking about it.

The most amazing "Pendarren effect" was from Bethany (who usually only eats white bread and certain chips). Whilst at Pendarren she tried (and enjoyed!) three different things – but since then, has gone on to try a number of different foods at home. We're amazed!

Janis

I liked the caving because it was dark and I like the dark. I liked going through all the gaps.

Rhys

I liked going in the kayak and trying my best not to fall into the water.

Nabil

I liked everything!!

Bilal

My favourite activity was the High Ropes. I also liked the Adventure Journey. I enjoyed kayaking best but I fell in and got soaked right through! I liked all the breakfasts, lunch and dinners we had there.

Nathan

We went on these huge towers (high ropes course). Our partners had to help us. It was great and amazing!

Reece

I enjoyed everything about Pendarren. I had been there before so I knew what to expect. I liked it also the last time I was there. I will always remember my trips to Pendarren! **Louis**

On Wednesday we did the River Study. We did caving. I went through the Letter Box. I was a bit scared but I did it. **Jay**

I really enjoyed driving through the countryside and watching all the big tall trees and mountains. I liked hearing the waterfalls crashing into the water but overall I really enjoyed walking up the mountains with my friends. **Dave**

Thanks for a nice stay. I liked playing football in the garden with my friends. I liked the food it was very nice. I liked the water rocks. I liked caving. We had to wear waterproof clothes, a hard hat and a light. Kayaking was the best. I pushed my friend in the water. He got soaked. **Kara**

My favourite activity was canoeing. We made a good team and we were able to keep a steady pace. The instructors were very good and encouraged us to keep going. **Isobel**

We did a range of different activities. My favourite activity was caving. I found it challenging but worthwhile. I would love to do it again. **Paul**

"I was a brave girl"

Emma

I liked exploring the caves. I also enjoyed the great views at Pendarren. **Reece**

I loved the breakfasts! I liked Big Pit, but it was very dark. **Dana**

The staff were very helpful and showed us everything once we arrived. The best part was on the last day when we climbed Sugarloaf Mountain. It was a bit windy but we carried on and we had great views. We met some sheep along the way. **Josh R**

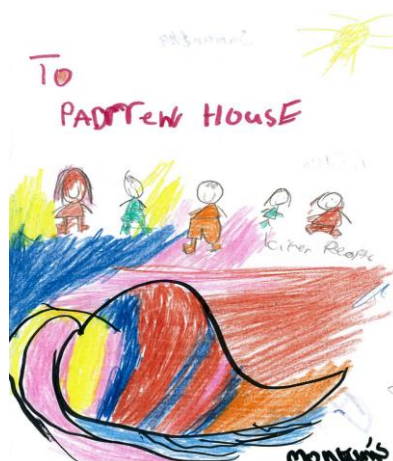
Pendarren was great. I enjoyed all the activities in particular the Jacobs Ladder. I climbed to the top and had to jump to the pole. The only thing I missed was not having wi-fi. I liked caving. We had to crawl through tunnels. It was dark but exciting. **Terrence**

I liked the bread. I also ate yoghurt, cake and custard and a banana for the first time ever! **Bethany**

I liked the adventure journey. We had to slide down rocks and got wet! **Matthew**

I enjoyed being away with my mates and sharing a room and I liked the activities where you got wet! **Brian**

I had a really good time. I particularly enjoyed the food: pizza and bacon, cake, biscuits and fish and chips. Thank you for a lovely stay. **Alfie**



Rhodes Avenue Primary School
8 -10 and 10-12 May 2017

I also used more empathy when I helped people who were nervous. As I took my last steps out of the cave I had gained confidence and I could do anything! **Ella**

We also had to make our own beds. It was quite hard and difficult but it was not so hard because I had help from Delfin. **Max**

Beautiful yet rough and minute, the cave filled me to the brim with confidence. I crept through the cave , terrified and exhilarated, my self esteem and passion growing with every step I took. **Gregor**

Swimming like a shark in the sea, I swam through all the activities. The rocks were as slippery as jelly. Squeezing through like a dormouse in a mousehole. I am now going to ask my parents to walk more in water and go caving because it is so much fun. **Eve**

Before I came I was white as a sheet, afraid of being away from home and partly afraid of the caving and zip wire. By telling me I could do it, I accomplished things I thought I would never do. Everyone helped me overcome my fears so in future I can do more. **Ella**

The minute after we got off the coach I felt so welcome. It was as if I've been here a week. **Sundus**

We stayed in Table Mountain. I loved the view, it was beautiful. Caving ... At the end I was leading and Zac was behind so he could make sure everyone was there. I had to find a way out and I managed only to take 5 minutes. **Charlotte**

I enjoyed staying in a room with people I would never dreamed about sharing with. **Casper**

Canoeing was really good because I got to meet new people and it was to do with team work. **Devon**

I was partners with Zac and he was a brilliant partner as he always told me what to do when I got mixed up. **Bektas**

Canoeing – we were shown some moves then me, Otto and Daniel went. We were pretty rubbish but then we got the hang of it and before you know we were amazing. **Jenson**



North Harringay Primary School
15 - 19 May 2017

This was a very good trip. **Anas**

Simply amazing. I've done things I thought I could never do. **Ahmed**

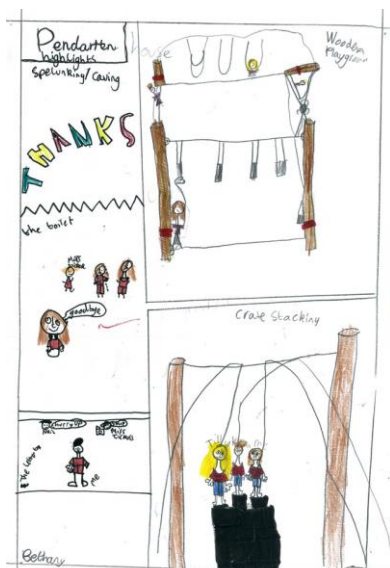
I like Pendarren because what ever sports or things that you never know could be really fascinating and fun. **Mohamed**

The house is great for just chilling with your mates and they have a really big garden to have fun with. **Dennis**

I think that Pendarren House is so fun and the food is very nice. Also I liked having fun with my friends and I got to know what both my sisters did when they came here. It is also a life time experience because I wouldn't get

Cara

Mekhi



Bruce Grove Primary School
5 - 9 June 2017

Nazli

Alex

Sevim

Karyl

Kayla

Kylah



St Michael's CE Primary School
5 - 9 June 2017

Pendarren was a great success for me I enjoyed it and figured out things that I never knew. All the social events that took place were fantastic they were fun and I wish I could come back here. **Dzhan**

I loved Pendarren a lot because we got to know more about Wales and know the secrets in Pendarren. **Mike**



The Brook Special School
5 - 9 June 2017

Quote from child "I loved Pendarren - it was so fun!"

We love going to Pendarren with our year 6 pupils. They get to learn in a new environment, completely different to their home setting in a safe and secure way. They get to achieve new things and really get to challenge themselves with new activities and experiences. Using the Firs accommodation is perfect for us as we can include our pupils as much as they can cope with but then have the privacy and quiet space for our learners to feel safe in. Roll on next year!! **Ed**



St Francis de Sales RC Junior School
12 - 16 June 2017

My time at Pendarren has been a wonderful time. My favourite part was riding the horse's, my one was called Hollywood. I also got to do things I thought I could never do before. I am ecstatic my mum and dad paid me to come here. THANKS MOM AND DAD! All the activities were so fun and my friends and I got closer and stronger together as we ever have before! **Diana**

In Pendarren, I learned how to fight my fears and heights. I had done a lot of things that I thought I would never been able to do. I am now proud of myself that I went on every activity and wasn't scared at all. Pendarren gave me a lot of good experience and I had spent a wonderful time here. **Oliwia**

I really enjoyed my time at Pendarren because I learnt I could do things without my parents and I could really trust my friends not only could I do this but I loved canoeing and high ropes because it I conquered my fears. **Justin**

Pendarren taught me many things about science and normal subjects from school but a lot more fun. Pendarren revealed things about myself especially the fact that I am brave. I would recommend this to everyone because it's the most fun I've had in my life so far. **Nathan**

I have learned how to trust my friends and also I have learned that I am capable of doing anything. **Ryan**

This week I have learnt that if you put your head to something and dream it, you will succeed it and accomplish it. **Lord**

I have done things I couldn't imagined without going on a mobile device. **Alanna**

I have come out of my fear whilst doing all activities with my friends. I have enjoyed doing them outside also I have been able to do things in Pendarren without being worried and scared. **Victoria**

I had the time of my life because I learnt that I could overcome my fear of heights. I also learnt that trust is important because in certain moments my friends had my life in their hands. **Mario**

What I liked about Pendarren was the evening activities and how I got to communicate with people. **Olivia**

During Pendarren, I have learnt how to survive in the wild and to listen to others. **Petitboni**

That getting wet and soaked isn't a problem but the main reason is to have fun. **Shamah**

I learned to never give up. Even when the going gets tough, it's important to try the best that you can. **Ashling**

On some of the activities we did I was scared but I had resilience in me and that is how I got through. **Scarlett**



Throughout Pendarren, I have learnt that no matter what takes to do something, you should always do it. **Divine**

I learned lots of new things about nature e.g. you can make a fire with birch wood. **Joshua**

During Pendarren I've learnt many things about myself that I've never knew about. I conquered my fears and released my inner spirit, I learned how to clean the dining room and that could help me helping my mother when she cleans! This is an incredible experience, it's worth it! **Lawrence**

I really enjoyed Pendarren. I discovered new things and learnt how to do things I had no idea that I could do. As I am a city girl getting close to nature was hard to do but I enjoyed every second of it. **Blen**

This trip has definitely aided me in overcoming many fears I had beforehand. Furthermore,

my fear of horses has changed dramatically thanks to the day when my group and I went horseriding in Wales. This trip is just amazing and you should try to really enjoy it because it is unlikely for it to happen again. **Mandy**

I learnt how to be more independent and also how to look after other as well as myself. I now know that there is no such thing as can't and if I put my mind to it then without doubt I could do it. **Rebecca**

The horse riding was amazing, it lets you interact with the horses in a way you never thought you would. **Jamellah**

I really liked doing things I had never done before like canoeing for example because you had to trust your partners so the canoe wouldn't tip over. Another topic I liked was high ropes since you had to trust your partners to hold the ropes tight and they had to trust you. I really enjoyed my stay at Pendarren because I conquered my fears of heights and so on. **Cleopatra**

I really liked going in the cave. It taught me how to be resilient. **Lucy**

Pendarren was a better experience than I thought. I learnt that sometimes you have to speak up instead of living in a bubble with no one to talk to. I did things I never thought I could do and of course, this was the best trip I could ever go to. **Joceline**

What I liked about Pendarren is that I was able to experience horse riding that I have never done before. It was quite scary at first but then I got to trust my horse Dissy. **Benjamin**

I liked that we all worked as a team and when things got hard we worked as a team and got through. **Babette**

In Pendarren I learnt how to be resilient and coming in this place has help me to overcome my fears about things I thought I could never do. **David**



I liked how we worked in a team to fit in the tiniest of places.

Yafet

This has been the best experience I have had so far. I have learnt to ride a horse and climb a mountain; things I can't really do in LONDON. I will definitely recommend PENDARREN HOUSE to people that like adventures or are yet to experience one.

Aaron

What I learnt at Pendarren is that you don't have to be brave to do something and sometimes nerves kick in, but just getting it over and done with makes you feel very proud and makes you conquer your fear. You don't have to have a reward like certificates but just knowing you did it, is a big reward to yourself.

Karen



**St. Paul's and All Hallows CE School
19 - 23 June 2017**

I liked the experiences and I figured out that that I am good at climbing.

Simone

I achieved things I never thought I would and communicated with my friends well.

Makaya

I love spending time at Pendarren, I wish I could live here forever.

Abigail

Pendarren was fun I conquered one of my fears and I tried things I had never done and I thought I couldn't have done.

Tracy

When you come to Pendarren you learn to become independent.

Corey

I enjoyed being at Pendarren because I learnt how to do things I thought I could not do and because it helped me gain more confidence.

Obed

Going to Pendarren will teach you things that you might have not done before. Pendarren will help face your fear with fun and other wonderful things.

Isaac

Life is a wonderful thing, remember that.

Tyler

No matter how shy or quiet you are Pendarren will build your confidence.

Rhian

In Pendarren I learnt that you're always going to feel better and have more fun outside with others.

I learned that I can never succeed unless I believe.

Ashleigh

Pendarren is a wonderful place to discover new things.

Seeiah

Pendarren was fantastic and I enjoyed all the activities.

Lloyd

I loved it so much!

Tola



**St Ignatius Catholic Primary School
19 - 23 June 2017**

Our visit to Pendarren must go on record for us as the hottest days for many a year. It did mean lots of sun protection cream and an increased daily input of water but the enjoyment of the children was still full of exciting experiences.

When we arrived we had Croeso which means welcome and it was interesting to find out all the different things about Pendarren. We also went down the fields to feed the horses and that was great fun.

Jesse

I enjoyed going to the seaside and seeing all the different sea creatures in the rock pools. After lunch we had a brilliant time playing games on the beach.

Soliana

For me going on the zip wire was very exciting but it was hard work bringing the person back to the starting point. I really liked the Adventure Journey especially the trees and the mountain stream. **Plevinas**

The high ropes was the best activity, I felt like I was flying. **Godwin**

I really liked the high ropes some of us had to face our fears. **Rodrigo**

Canoeing was a high point for me at Pendarren. It meant we had to communicate with each other in the canoe and work as a team. **Francisco**

At Big Pit we learned all about what it must have been like to work underground in the mine. Our beds at Pendarren were very comfy to sleep in. **Melanie**

The mountains around Pendarren reminded me that they were just like a fairytale. **Maya**

I enjoyed working in the greenhouse and feeding the plants. I found out information about the marigolds that were growing there. Pendarren uses some of the vegetables for the meals. **Christopher**

When we went to feed the horses they nearly ate my jumper! **Patience**

Thanks to all the Pendarren staff from Year 5L



St Paul's RC Primary School 26 - 30 June 2017

I learned to conquer my fear of tight spaces and I learned a lot more about my friends. **Daniella**

I learnt how to look after myself because in year 7 nobody will be chasing you doing what you do right. **David**

I have learnt to be independent and to face my fears. We have gone to amazing trips in Wales and I learnt how to savour the time that I have got and I hope other people enjoy it too! **Phillip**



I learnt that I could get dirty in caves without being really angry. **Tochi**

Pendarren was a very good experience. I learnt that you should never give up no matter what. The staff were quite friendly and taught us lots. I also learnt much more about myself and other people. This trip made me a lot more independent and I enjoyed the trip. **A.Nguyen**

I learnt to be more independent. I also learnt a lot of science. **Luna**

I did things that I would never do. Like going in water and rolling down or going through a dark cave. **Oscar**

I faced my fears for example going through a deep, dark cave. And it was fun because we got to communicate with our teachers without them shouting. **Nicola**

In Pendarren it was a great experience. Coming to Pendarren is all about facing some fears, listening skills, independence, learn new things but most of all about having fun. **Kirubel**

Pendarren was a great experience and it was unbelievably astonishing to see how much that a child could when they are put to the test. I learned things about my friends and teachers that weren't obvious at school. **Trey**

Staying in Pendarren has let me face my fears in many different ways, and it has also taught me many skills I will need to know in life. **Jenica**

I really liked staying in the Pendarren House because it helped me communicate with people I have never really talked too. This helped me to be more independent as in staying a few days without my parents and this will prepare me for secondary school. Going inside the cave helped me to face my fears when it comes to going in small and tight spaces so overall I loved it.

Chancelia



The Vale Primary School 26 - 30 June 2017

I thought the canoeing was cool. I liked going to the farm at the St. Fagan's museum and seeing chickens. **Niamh**

I thought Pendarren was fun. I want to do it again. **Murat Can**

At the beginning I was sad because I missed my mum but after a couple of days I loved being with my friends and doing fun things with them. **Gabriella**



Bancroft's School Silver DofE Expedition

On Friday 30th July, after a tiring 5 hour journey from East London, Bancroft's School was warmly greeted by the very friendly and welcoming staff of Pendarren House. Looking out into the distance and breathing the crisp, fresh air, I immediately sensed the contrast between the serene Welsh countryside and the hectic streets of London. Though exhausted, the boys were still eager to play a game of football in the scenic gardens of Pendarren. We were also kept entertained by various activities which included table football, table tennis and an obstacle course. It would have been too much of a waste not to enjoy the natural beauty of the area!

That evening, we were briefed by our DofE assessors, all of whom were extremely easy to talk to and had expert knowledge of the local area. They were so helpful, sharing with us their personal experiences and tips, and offering invaluable advice regarding our expedition path and our expedition aim.

Over the course of our journey, our assessor regularly checked in on our group to see how we were progressing. Our assessor was most supportive! He offered us words of encouragement at all the times when we were exhausted and the morale was low. Helping us to get up off our feet and persevere with our trek in high spirits.

The hike was a gruelling test of our physical and mental endurance, especially when making our way up the towering steep inclines of the Black Mountains. Sugar Loaf Mountain is definitely more challenging than its rather harmless name suggests! However, the strong team-spirit within our group played a key part in our successful completion of the three day and three night excursion. This element of communication was mentioned in the post-expedition evaluation which involved our assessor writing a report about our group's reflection of the Silver expedition. We also thought about future improvements in our navigation skills. We contemplated that a greater utilisation of our compasses and the

markings on our maps would create greater efficiency in determining the right direction of travel. Overall, with the help of our assessor and the unique skills of each individual within the group, we were able to develop into a strong and successful team.



St. Mary's Priory **3 - 7 July 2017**

In Pendarren I learned about caves my favourite thing was when we did caving because we had to crawl into the little holes.

Nicole

In Pendarren you can learn new things that might be needed to survive in the forest. You get to talk to your friends and you do sports that you have never done before. Pendarren is a wonderful experience that I will never forget.

Dominika

My stay at Pendarren was amazing. Overall I had an amazing experience and if I had the opportunity to go again I would do it over and over..... But I wish we had more time ..

Erin



Highgate Wood School **3 - 7 July 2017**

The aim of the visit was to develop the year 7 and 8 students ability to work with and support one another, build the students' self-esteem and confidence, and to allow the students to have a positive experience away from the classroom.

Over the duration of the week, the students participated in a wide variety of outdoor activities including canoeing, caving, rock climbing, gorge walking and trekking, which enabled the students to collaborate and support one-another to overcome a number of difficult obstacles.



Although the week did have its fair share of challenges, it was a pleasure to see the students involve themselves in activities which were unfamiliar, and a number were incredibly anxious about. With the help and support of the Pendarren staff, the students placed themselves outside of their comfort zone, allowing them to feel a sense of achievement when completing different challenges.

Since returning to School, we have continued to see positive, respectful interactions between the boys which were fostered during their week in Pendarren. We would highly recommend this experience for a similar group of students.

Joe and Liz
Highgate Wood School

Lea Valley Primary School
10 - 14 July 2017

Coming here helped me a lot because you learn to stand on your own two feet. **Sheila**

I might stay here for ever, but I miss my parents. **Jessye**

During my stay at Pendarren I learnt a lot about myself. For example I am not scared of spiders and cold water. **Hussein**

I learned that every black hole has a way out and that I can attack my fears and that every fear has a way in and out. So just remember.....every fear has a way in and a way out! **Mahmoud**

I had a great time at Pendarren. Being here has taught me to be confident in myself and that trying and failing is much better than not trying at all. **Josnet**

My suggestion to other people is to be brave and aim high. **Hazal**

In Pendarren I learned more about myself and I have become more active also I learned how to look after myself and work as a team. **Asmaa**

I like it when I did high ropes because I was the group that went the highest and I liked rock pooling because I found lots of starfish and crabs but the thing I mostly liked the most was sleeping in a room with my friends.

Zuri



Pendarren taught me how to climb better in tougher places such as climbing mountains. I have learned so much about rock, also I am now very confident at staying away from home. **Fjornest**

I learnt to trust other people and a more friendly person. **Khalid**

I had a wonderful time at Pendarren! This being here made me more braver than I used to be. With my true friends around this has been a great time! Also I have learnt that trying but failing can be as fun as just winning. **Elisa**

I really enjoyed Pendarren because now I always try to aim the highest. My suggestion and tip to other people is to always believe in yourself because you CAN do it. **Sila**

I liked Pendarren a lot I've learned a lot of things I'm so happy that I came. My favourite activity was caving with small holes first I didn't wanna do it but my friends encouraged me. **Mustafa**

At Pendarren I learnt that I am not scared of heights and canoeing its soooo fun here and I don't want to go back home. I learnt to trust my friends and I loved helping out my friends here, I just love this place a lot. **Damla**

Pendarren has been the best experience of my life. It has taught me how to do many things (make my bed, crawl through a cave and many more). I love Pendarren and I feel

everyone should have a chance to have an experience like mine! **Jamie**

Pendarren was amazing. why? Because I did things that I had never done before. We did canoeing, caving, mountain walk, high ropes and river study. BYE #Pendarren.

M Ali Amjad

I have learnt lots things about my self in Pendarren. I loved it so much. I have allowed myself to try things I have never done before. I will never give up in what I am doing I believe in my self. **Hatice**

I have enjoyed Pendarren quite a lot it has prepared me for secondary and taught me to be independent and it's a lot cooler than you think and time flies when your 're having fun.

Ella

At Pendarren I learnt that you can't achieve everything on your own, but as a team you can achieve anything. **Jeilani**



Blanche Nevile School
10 - 14 July 2017

I liked doing outdoor activities. **Sindeed**

I enjoyed here because all things I done here I have never done in my life. **Faiza**

Everything here first time, apart from swimming. I enjoyed myself, not give up.

Hadiqa

Fantastic time at the centre, tried different things.

Latia

I like doing canoe.

Mekhi

I have enjoyed here, I have been here before.

Kimberly

South Harringay Junior School
17 - 21 July 2017

I learned to be more confident and I really enjoyed being the last days with everyone. All of the people treated me really nice specially Min, Carlos, Sebastian. I will never forget what I did in primary and I will never forget this lovely moment.

Cristian

I wish I could stay longer):

Nilsu

I liked it and learned to do things that I had never done.

Joe

I learnt stuff that I'd never done before like High Ropes.

Sumai

Pendarren has been an amazing experience, where I have discovered many things I can now do. I will hope to come back someday.

Sylvia

It was really enjoyable and nice to talk with my room mates and other people. I also learnt to trust my friends a lot as on Thursday night we played hide and seek in the garden and it was getting dark. Furthermore Pendarren house is the most exciting thing I have done in my life so far!

Essence

