



PENDARREN HOUSE NEWSLETTER

www.pendarren.org

No. 32 Spring 2019

NEWS

We survived the snow in February and spring is finally here! A new minibus has joined our fleet as the oldest one has been retired, so we again have four minibuses to use for taking our groups out to enjoy all the activities here in South Wales.



Thanks to a grant from the **Tottenham Grammar School Foundation**, the **Friends of Pendarren** have been able to fund a **new low ropes course** for all of our visitors to enjoy. It's already proved to be very popular and all of our groups spend a lot of time playing on it.

Looking to the future, the Friends have invested in a selection of ten **saplings**, baby trees to grow up for future generations at Pendarren to enjoy. We have many new species including hornbeam, red oak, white oak, eucalyptus and others. They will also be replacing the **carpets** in many of the dormitories.

The Friends have also purchased a new 500 litre state of the art **marine fish tank** which is in pride of place in the hallway. It currently holds anemones, blennies, shrimp, a starfish, several varieties of crab and many types of sea snails. Everyone is fascinated by it, even the postman, and our staff can regularly be found talking to the creatures..!



VISITORS

We had a surprise visit from Daryl D'Entrecasteaux who was in the area on holiday. He grew up in Haringey and came to Pendarren in 1975 with his class from Stationers' Company's Grammar School - now Stationers Park near to Weston Park Primary School. He said "It was one of the most memorable experiences of my life". It cost his parents £19 which was a huge amount of money then and he remembers them arguing about whether they could afford it. Quick fact: in 1975, a 7 day visit to Pendarren cost £19 which was approximately 40% of an average weekly wage, compared to £250 now for 5 days which is approximately 47% of an average weekly wage.

Thank you for coming to see us, Daryl, and for sharing your stories! If anyone else has memories of Pendarren to share with us, we really enjoy hearing them.

OUR SCHOOLS

St Mary's CE Primary School

14th-18th January 2019, 21st-25th January 2019



My favourite thing about Pendarren was everything because I've made new friends, tried new things and loved every moment of it, challenging myself, stepping out of my comfort zone and having fun.

Pendarren has helped me improve my resilience by making me try stuff I didn't really want to which made me stronger and less scared - Hannah

I faced my fears and understood everything is worth a shot. Pendarren has helped me take risks because if you don't do something you won't know how it would have turned out - Georgia

Pendarren has helped me because I had many responsibilities because I was away from my parents. I did new thing in all the activities and I have achieved to know more about my friends - Sadie

Pendarren has helped me understand other peoples' needs because I slept in the same dorm as them and I learnt alot about these people. I faced all of my fears of rock climbing and going through the dark cave and also learnt to be more independent - Vidiya

I have made new friends and have faced my fears and also done new thing. I have become independent and let me take responsibility - Angelos

St Mary's Priory RC School

28th January-1st February 2019

I love how independent Pendarren has made me feel and how everyone has to work together and help each other in day to day life here. Everyone depends on each other so you really need to consider everyone's feelings just to get by. It's been great sharing time and memories with my firends, as well as making new ones - Alexa



My favourite thing in Pendarren was canoeing because to canoe better, you should be quiet and listen for any silence. I achieved my aims by staying positive, helping each other in different activities and facing my fears (wall climbing) - Norbert

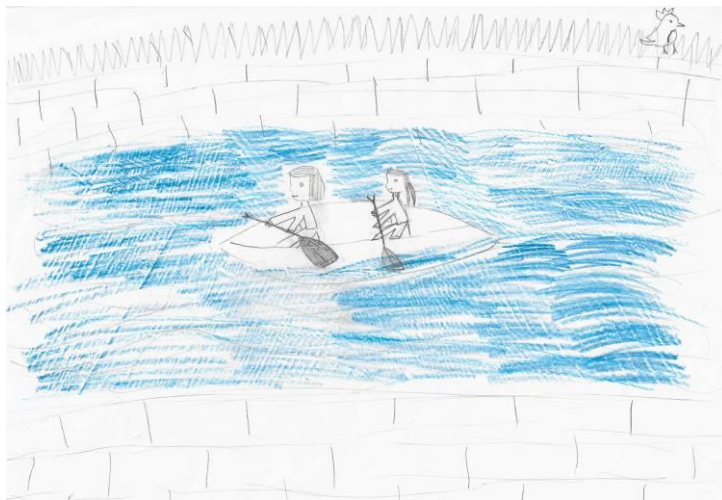
In Pendarren, my experience here has been great. I have enjoyed my activities and it has helped me grow independence in myself - David B

My favourite thing about Pendarren is working with many people I don't usually work with. This helped me because I get to learn more about people and know them; it's also good to work in a team - Marianne

In Pendarren I have learnt to fight my fears, I have grown to be more mature and have had a great experience. I have started to know people better and when they need help, I help them. My favourite part was the teamwork and problem solving - Malachy

I enjoyed climbing Skirrid (a mountain) because although I didn't receive anything, I felt like I had gotten 1 million pounds - Kacper

St Gildas' Catholic Junior School **4th-8th February 2019**



Thank you for teaching us loads of amazing new facts without us being in a classroom - Maggie

We are really very grateful for giving us power and encouragement in things we have done. We had an amazing time. We became friends with more people and some people became more open and out of their shell - Casey

My Pendarren experience has taught me teamwork, working with new people and how to work with nature - Sarah

Being in Pendarren taught me I could do a lot more than I thought I could, it taught me anything is possible if you put your mind to it. You can't achieve if you don't believe! - Isabel

I really liked the way you gave everyone a chance to lead us through the cave. I learnt lots of life skills like being able to read a map, knowing how to identify sea creatures. I also learnt how to work as a team and how to be a good leader - Paddy

In Pendarren you opened my eyes and returned my body from unconsciousness. I learnt that I had unknown skills and my instructor helped me express them - Leo

Holy Trinity CE Primary School **11th-15th February 2019**

Pendarren is such a magical place. I have learnt lots of things there. The one thing it has taught me was responsibility. I have had a great experience - Bryan

Pendarren was fun! I loved the adventure. It was challenging. I learnt teamwork and respect. This should help me in my learning - David

Pendarren has made me more independent and responsible. Also I have shown a lot of resilience during my 4 day visit - Rachael

Pendarren has made me more confident and independent. It has taught me to be more organised and responsible. I've also learnt new life skills like climbing steep mountains and lighting a fire - Malaijka

Pendarren is amazing because of all the new opportunities it has given me like horse riding. The most challenging thing about Pendarren was caving because we got wet, dirty and the letterbox was very tight but I succeeded and overcame the challenge. I felt proud - Jayden



Pendarren is such an amazing adventure because I am not scared of most stuff that I was before and I have become way more independent - Nikitas

Pendarren has made me be much more independent and to face my fears and to try new challenges - Stella

I've learnt that my teachers are fantastic and all I have to do is show them that I am kind and to behave responsibly in all areas of my life and my actions. Pendarren is an amazing opportunity where I have faced my fears and understood the importance of teamwork and resilience - Uriah

St Michael's CE Primary School 25th February-1st March 2019

The children from St Michael's had an action packed week here at Pendarren, including mountain walks, caving, canoeing and bushcraft

Risley Avenue Primary School 4th-8th March 2019



My Pendarren experience was exciting scary amazing and fun. We learnt about responsibility and independence which can help us when we are adults - Niah

I have really enjoyed Pendarren House, the fun and the teachers were so good, the Pendarren House teachers were so kind and all the time with smiling face. It was so good time and exciting - Elayra

I have enjoyed Pendarren. I loved canoeing and mountain walk, I was tired but I made it. Pendarren is the best - Francesco

My Pendarren experience was fun and unexpected because I had a great time. I went rock climbing, I think that was the best out of all things - Trinity

Pendarren is such an amazing experience because not only is it fun, you get to learn and try new things. The experience helps us learn how to be independent and responsible (which will help us mature and be like adults) - Clara

St Martin of Porres Primary School
11th-14th March 2019



I have learnt that I can do more than I ever thought I could - Alex

Pendarren helped me become more independent and less reliant on my parents. I also learnt how to work in a team - Maria

In Pendarren I learnt how to be responsible, kind and helpful. I thought I couldn't do the activities but I didn't know if I didn't try! I thought it was amazing and breathtaking - Piper

Picture by Celeste

In Pendarren I became more responsible and tried new things. I loved rockpooling, I overcame my fear of caves. Serving food was fun, I loved doing table duty. I love Pendarren! - Amélie

Earslmead Primary School
18th-22nd March 2019

"It was as if I were to fall down.
The steep rocky road as well as mud on my shoes.
I was petrified.
It was as if the water had clogged up my oesophagus
as I walked at a slow pace up the steep hill.
Everyone were above me,
As I stood below them I felt like I had to give up
But luckily by some unseen magic I made it to the top
- NEVER GIVE UP"

Poem by Cyril



Picture by Sibel

Before I never realised that others have multiple different opinions on different stuff - Gabriel

Pendarren was the best experience of my life. When I was at Pendarren it made me feel like I was in another world - Ayanna

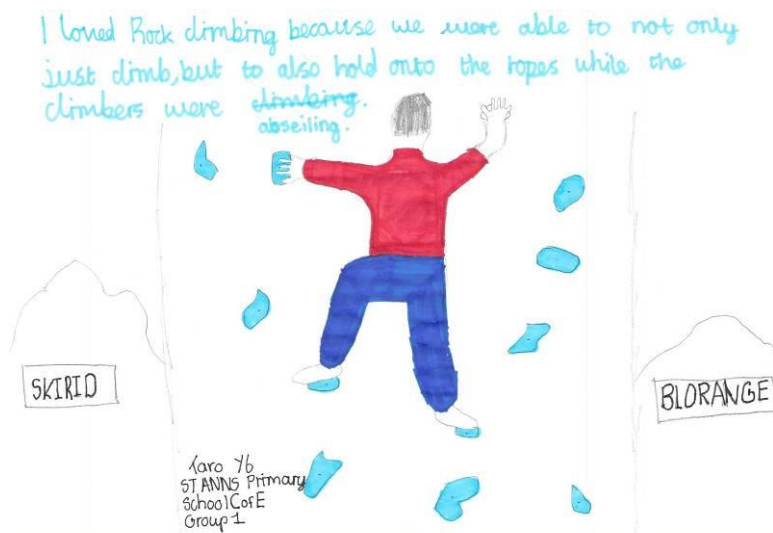
The best thing about Pendarren is that they teach you new things and give you lots of cool experiences like canoeing, mountain walking, coastal walk and Big Pit - Ilana

My fav activity was the mountain climb because everyone helped everyone and pushed through to the end. It was hard but felt amazing completing the mountain - Mantas

St Ann's CE Primary School
25th-29th March 2019

When I came to Pendarren I didn't know what would be there, I didn't know what I was in for and was not ready for anything. I transformed from a nervous weakling to a bright warrior. I overcame my fears like dominating countrys and I am proud of myself. I canoed as if I was sailing the open seas, climbed Mount Everest and crawled in the deepest caves - Leela

The best part was canoeing in the canal. It was hard to come in at first but we kept on trying until it worked. I saw ducks swimming in the canal. It was so much fun - Evelyn



Picture by Taro

My experience in Pendarren was amazing. They helped me overcome my fear of heights and now I can climb the tallest mountain and not be afraid - Holly

I had a great time at Pendarren. While climbing on the mountain I have got over my fear of dogs. I also learnt lots of new things. I really liked the activities like climbing and going in the waterfall because at first I was really scared but my friends helped me - Blessing

St Ignatius RC Primary School 1st-5th April 2019

I think that my experience at Pendarren has been great. It has helped me improve my self confidence and conquer my fears. I have also seen other friends enjoy their time at Pendarren - Cordell

I really enjoyed the Adventure Journey especially clambering over the rocks in the stream. It was wonderful and I have never experienced that before - Oscar

I had a great time when we were rock climbing. It called for teamwork because we had to all help each other to climb up the tower - Evelyn



Lancasterian Primary School 8th-12th April 2019



I have enjoyed the rock climbing because it was fun and I have learned that it is not all about technology - Tia

I enjoyed the Sugar Loaf, that is the first time I have ever climbed a mountain. Thank you - Charmaine (learning mentor)

It's been a truly brilliant week! We've had mysterious misty walks in the hills, climbing in the brilliant sunshine and truly engaging water-based activities. Thanks to the staff for supporting the children so well and supporting us staff to survive! - Rob (teacher)

I really enjoyed the activity, my favourite activity was rock climbing. I

loved going to the top. Thank you Pendarren for letting us come here - Tianna

I enjoyed the abseiling because I got to climb up high and see all below! - Jessica