

What can I do next?

Outdoor Activities

- Did you enjoy the activities that you tried at Pendarren House?
- Would you like to get involved in some of the outdoor activities closer to where you live when you return to Haringey?
- Here is a list of websites for activity clubs, centres, and national organisations that can help you gain further experience or try other activities that may interest you.

Outdoor Activities

<p>Climbing The Castle Climbing Centre www.castle-climbing.co.uk</p> <p>Westway Development Trust www.westway.org/sports/wsc/climbing</p> <p>Hendon Youth Sports Centre http://www.hysc.co.uk/</p> <p>Mile End Wall http://www.mileendwall.org.uk/</p> <p>National Governing Body - The British Mountaineering Council www.thebmc.co.uk/</p>	<p>Canoeing and Kayaking The Pirate Club www.thepiratecastle.org</p> <p>The West Reservoir Centre</p> <p>National Governing Body – The British Canoe union www.bcu.org.uk</p>
<p>Orienteering London Orienteering Klub www.londonorienteering.co.uk</p> <p>National Governing Body - British Orienteering Federation www.britishorienteering.org.uk</p>	<p>Sailing Castle Sailing Cub www.????????????</p> <p>National Governing Body - Royal Yachting Association www.rya.org.uk</p>

Word Bank

interested

impatient

worried

tired

challenged

pleased

uncomfortable

safe

happy

in control

surprised

embarrassed

powerful

under pressure

eager

resentful

cheerful

out of control

excited

uncertain

annoyed

frightened

satisfied

on edge

enthusiastic

disappointed

miserable

unappreciated

out of my depth

trusting

energetic

insecure

intrigued

isolated

amused

terrified

nervous

frustrated

entertained

curious

confused

bored

determined

confident

self-conscious

sympathetic

irritated

grateful

exasperated

upset

triumphant

trusted

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