

## FOR IMMEDIATE RELEASE

# Local charity Action4Youth opens their doors to businesses for a unique team building opportunity.



## Create legends in the office!

Action4Youth is thrilled to announce the Caldecotte Xtreme Challenge, a one-of-a-kind team event taking place at the outdoor education centre, The Caldecotte Xperience in Milton Keynes.

A4Y knows how fun and beneficial outdoor adventure can be for all ages. This autumn the charity is opening its doors to let businesses experience the benefits too.

## Xtremely good fun for an Xtremely good cause!

Taking place on Thursday 26th October 2023, the Caldecotte Xtreme Challenge promises fun and something a little different.

Participants navigate a thrilling obstacle course across land and water. Designed to build teamwork, the course provides exhilarating challenges from climbing, abseiling, caving, striking arrows, canoeing, running, and wading. There's no event like it.

## Together we can change lives for the better

By taking part, teams will be helping create life-enhancing experiences for all young people, especially for those with disabilities and complex needs.

The Caldecotte Xperience offers a unique safe place where children and young people of all ages and all abilities have freedom, fun and feel exhilarated. Outdoor adventure supports mental health and wellbeing which is much needed with the pandemic shock waves still rippling.

Often it will be the first-time away from home which brings an incredible opportunity to learn about themselves, test their limits, discover what they can do rather than what they can't. This is particularly treasured by those with disabilities and their families – yes they can go up a climbing wall! yes they can go on the water! – all things typically not possible or accessible. A4Y celebrates ability and see thousands of smiles every year.

## Creating memories that last a life time

Some young people are denied self-esteem boosting adventurous opportunities especially if they have complex needs. Businesses taking part will help ensure fully-inclusive adventures can be enjoyed by thousands more young people and for generations to come.



Access to life changing experiences should be enjoyed by everyone, whatever their ability. A sustainable fully accessible outdoor centre means more young people with SEND and complex needs can experience the long term positive change in their self-belief and future aspirations.

### Book your team's place:

- Have a fantastic team experience.
- Go home with an event t-shirt to wear with pride.
- Cross the finish line and celebrate with some hard-earned refreshments.
- Bag a medal and bragging rights!
- Make a difference.

## Join us in making a difference

"Access to outdoor education is essential for all young people, especially those with disabilities and complex needs. We are asking businesses to join us in securing life-changing experiences for all young people both now and in the future." said **charity Chief Executive, Jenifer Cameron**. "This unusual event is perfect for team building. Have some fun and together we make a difference to thousands of young lives.

## Secure your teams place

To secure a place in this unique and thrilling challenge visit [www.action4youth.org/the-caldecotte-xtreme-2023](http://www.action4youth.org/the-caldecotte-xtreme-2023).

Registration is £300, each team member needs to raise a minimum of £200 in sponsorship or alternatively simply pay a team donation at the time of booking. All funds raised will help create opportunities, especially those with disabilities and complex needs, to access all the physical and mental health benefits of outdoor adventure.

## Note to Editors

Claire Hawkes, Development Director is available for interviews

Action4Youth is a local charity dedicated to transforming young lives and providing life-enhancing experiences for young people. With over 70 years of experience, Action4Youth's programmes and services aim to inspire, challenge, and equip young individuals to reach their full potential.

Action4Youth's The Caldecotte Xperience is the leading centre for fully inclusive activities for young people who have SEND and other complex needs. The centre supports over 6,000 young people from Milton Keynes every year. Activities and time outdoors help young people of all abilities learn to challenge themselves, have fun and work together to discover what they can achieve rather than what they can't. It supports mental health and well-being, fosters resilience, confidence, and self-belief.

Charity Number: 1033626

Tel: 0300 003 2334

More information about the Capital appeal can be found here

[www.action4youth.org/appeal](http://www.action4youth.org/appeal)

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