

## Unlocking Potential: The Transformative Power of Outdoor Education at Action4Youth's The Caldecotte Xperience

The Caldecotte Xperience is dedicated to empowering young people through outdoor adventure.



As a leading centre of fully inclusive activities, Action4Youth is focused on improving young people's lives.

At The Caldecotte Xperience, the great outdoors becomes a classroom where young people of all abilities discover adventure, resilience, and teamwork.

Focussing on what young people can achieve rather than their limitations, to fully embrace and promote the huge benefits of outdoor education for children with

Special Educational Needs (SEND) and other complex needs. From Paddle Boarding, Zorbing, to Bushcraft, climbing and more, new opportunities are opened up for young people.

Parents and educators can be concerned about children spending too much time indoors, and on screens. This is especially true in the school holidays when it can be a challenge to find activities to entertain children. The Caldecotte Xperience offers Adventure Clubs so young people can have fun, make friends and learn new skills.

The Caldecotte Xperience has some of the best facilities in the region and provides an enormous variety of outdoor learning activities that are accessible and adaptable for all abilities and needs.



Throughout the summer, The Caldecotte Xperience have supported over 3,500 young people from Milton Keynes and surrounding areas including providing NCS and HAF programmes.

## The Transformative Power of Outdoor Education

### Enhancing Mental Health and Wellbeing:

Engaging with nature and outdoor activities has been scientifically proven to have positive effects on mental health. The Caldecotte Xperience provides time away from screens, promoting mental wellbeing and emotional resilience.

### Building Confidence and Self-Belief:

Overcoming challenges and accomplishing outdoor activities young people may have never done before, nurtures a profound sense of accomplishment, boosting self-esteem and self-belief.



Young people gain the confidence to tackle obstacles and this can provide a takeaway of how to manage their uncertainties in other aspects of their lives from home, at school and even their social interactions.

#### Fostering Resilience:

Outdoor education encourages young people to step out of their comfort zones. This resilience equips them with valuable life skills to navigate challenges as they progress through.

#### Promoting Social Interaction and Teamwork:

Collaborative activities in the outdoors teaches young people the importance of communication, cooperation, and teamwork. The bonds forged through shared experiences contribute to healthier social interactions and relationships.

#### Cultivating a Lifelong Love for Learning:

The hands-on, experiential approach of outdoor education sparks a love for learning outside of the traditional classroom setting. Young people develop a genuine curiosity and appetite for exploration.

The Caldecotte Xperience Centre Manager, Rich Wyatt, stated,



*"The Caldecotte Xperience is a beacon of empowerment, embracing diversity and championing the potential within every young person. We firmly believe that outdoor education is a powerful tool supporting all young people regardless of their ability and needs, it nurtures well-rounded individuals who are prepared to embrace life's challenges with resilience and enthusiasm."*

The Caldecotte Xperience is open all year with activities and Adventure Clubs on every school holiday.

You can book here: [Holiday & After School Clubs | Outdoor Learning Activities \(action4youth.org\)](https://www.action4youth.org/activities)

For more information about Action4Youth and The Caldecotte Xperience, or to book your visit please go to: [Outdoor Learning Activities and Programmes for Young People \(action4youth.org\)](https://www.action4youth.org/activities) .

**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.

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More information about the Action4Youth visit [www.action4youth.org](http://www.action4youth.org)

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