



FUN 4 YOUNG PEOPLE



Our Mission

At Fun 4 Young People (F4YP), our mission is to provide empowering and vibrant support services for young people and their families across Bedfordshire.

We are committed to creating safe, inclusive, and nurturing environments where young people can thrive. Working in partnership with families, schools, and support agencies, we provide early intervention and tailored support to meet the individual needs of each child.

F4YP exists to empower young people, strengthen families, and build stronger, healthier communities.





2005

2005 F4YP was Founded by **Ann Hadfield MBE** to support Bedfordshire's most vulnerable children.

2017

2017 Sarah Collins Head of Operations joined F4YP team and helped expand our support programmes.



2021

1st November 2021 F4YP celebrated becoming an independent charity.

Our Story so far...

2015

In early 2015, Sophie Stock CEO joined F4YP, supporting the merger with a larger charity & helping us reach **100+ young people annually**.

2018

From 2018-2021 F4YP supported **500 young people per year** and added our vital therapeutic support just when young people needed it most.

Present

F4YP continues to provide wrap around pastoral support and activities for **600 vulnerable children** and families across Bedfordshire.

Our Support



Child Support

At Fun 4 Young People our primary focus for young people is to support their wellbeing, confidence, and personal development through safe, creative, and inclusive opportunities. Through dedicated pastoral care and meaningful, face-to-face engagement, we take the time to listen, understand, and respond to each individual's needs.

Adverse Childhood Experiences

Through our pastoral care, we provide compassionate support to help young people feel safe, build positive relationships, and develop healthy ways to support wellbeing and cope with life challenges.

We understand that Adverse Childhood Experiences (ACEs) — such as abuse, neglect, or challenges at home like domestic violence, parental separation, substance misuse or mental illness— can have a lasting impact on a young person's health, development, and wellbeing.



F4YP works in partnership with other local agencies, including 50+ schools, children's services and specialist organisations, supporting young people and their families to identify unmet needs and ensure consistent support is being given.

At F4YP, our pastoral support lies at the heart of everything we do. We believe that every young person deserves to feel valued, listened to, and supported.

Listening and caring: Providing a safe, non-judgmental space where young people can talk about what's on their mind.

Emotional guidance: Helping them manage feelings, build confidence, and develop coping strategies for life's challenges. Including our REACH Wellbeing Programme.

Personal development: Supporting them to build resilience, self-esteem, and positive relationships.

Practical help: Offering advice, signposting to other services, or supporting them through difficult situations (like family issues, mental health, or school pressures).

Essentially, pastoral support is about looking after the whole person — ensuring they feel valued, understood, and supported so they can thrive both emotionally and socially.



Family Support

F4YP believe that helping a young person thrive has a positive impact on the whole family — when a young person feels supported, confident, and understood, that wellbeing naturally flows through the home.

We support families to help them understand their YP needs as well as help them with issues that may impact their young person as well as the whole family unit.

At F4YP, we understand that every family looks different — and we celebrate that. Families aren't always made up of parents and children living together; they can include grandparents, carers, foster families, special guardians (SGOs), adoptive parents, and wider support networks who play a vital role in a young person's life.



Wellbeing Support

Early intervention is key to supporting wellbeing. Our pastoral team supports YP through our REACH wellbeing programme offering 1:1 and group support. For higher level intervention, we work alongside a child & adolescent psychotherapist who offers 1:1 therapy to young people identified by our team as most in need. Our therapist specialises in trauma, anxiety, emotional difficulties, family conflict, and self-esteem.

Our team **provides guidance and reassurance** for families across a variety of needs. This can include support in receiving new diagnoses, such as ASD or ADHD, helping them navigate services, access resources, and adjust positively.

We offer **practical and emotional support** during times of change or challenge, ensuring families feel listened to, respected, and included.

We attend and **support families in TAF, CIN, and CPP meetings**, acting as a trusted voice and advocate for the young person and their family.

Through **signposting and multi-agency working**, we connect families with the right professionals and community services for additional help when needed.

We offer 75% of our places across our service free of charge to the family, through bursaries, with the remaining 25% being heavily subsidised.

Face to Face Delivery

By taking part in our face-to-face sessions, young people and their families gain access to meaningful pastoral support. Regular attendance enables us to build strong, trusting relationships and understand each young person as an individual, allowing us to offer the guidance, care, and ongoing support that best meets their needs.

Places on our residential trips are offered to those who have been involved for a sustained period, as these experiences provide an excellent opportunity to deepen relationships with trusted adults and further strengthen their personal growth.



Jack was referred to F4YP by their school SENCO following a recent neurodivergence diagnosis. This was a year full of new experiences, including starting secondary school and learning to understand his needs.



Jack attended our REACH Wellbeing Programme. At the beginning, he struggled to reflect on personal strengths and lacked confidence, but over the course of the programme, he made notable progress.

A Young Persons Journey with F4YP

Every young person and family we support follows a different path. Jack's story is one example of this (name changed for confidentiality).



After completing the programme, Jack continued his journey with F4YP by attending our after school clubs, where he met peers from other schools.



Due to the new diagnosis, Jack's family were offered our free 12 week parent/carer work shop with our psychotherapist, which focuses on managing behaviours in young people with SEND and mental health challenges.

A significant milestone for Jack's development was attending a funded four-night residential trip with the F4YP pastoral team, the first time he had ever been away from home.



Jack now attends our after-school clubs regularly, where he receives consistent pastoral support from the team. Our pastoral lead keeps school and home updated with any positive steps or concerns, working together to provide wraparound care that helps Jack feel supported and understood.

Our Impact Stories



Rhys was part of F4YP for seven years, and during that time we had the privilege of watching him grow into a confident, capable, and inspiring young person. Now 16, he has graduated from F4YP and moved on to further education. We are incredibly proud of everything he has achieved and excited to see where his journey takes him next.



Isaiah has been part of F4YP for several years, regularly taking part in our holiday clubs. This year, he joined us on our four-night residential trip — a brilliant opportunity filled with fun, new challenges, and personal growth, all of which he embraced with enthusiasm.



We first met Sophie when she was 5. Over the years she has accessed a wide range of support across our programmes. She has moved on to further education and continues to give back by volunteering her time to support our younger age groups during holiday clubs — a brilliant reflection of the growth and aspiration we aim to nurture.





Artwork by one of our talented young people

“I have come to F4YP since I was 8 years old. I have made lifelong friends and have also just met people along the way. Every single time I have come to holiday club, trips and volunteered with minis I have enjoyed and had fun each time.

I will always remember the staff and people that have helped me when I have not been as happy or upset. Overall, my experience has been rewarding and helped me grow in multiple ways, Thank you F4YP.”

Ella* Aged 16

*Names have been changed for anonymity.

Yearly Impact



We helped **654** unique young people

39 After School Clubs

352 hours of face to face delivery

30 days of Holiday Clubs

5296 hours of Pastoral support for children, young people, and their families

119 hours of 1:1 Therapy sessions

700 hours of 1-2-1 Reading support increasing the literacy skills and confidence of our young people

30 weeks of parents/carer workshops

43 School Partnerships

94% of booked bursary places attended

Working together with more than **28** support services

3 years is the average time a young person engages with F4YP

How We Operate

Our Pastoral Team

Our team is made up of a dedicated mix of specialist practitioners, including a rural family support worker, pastoral wellbeing champion, pastoral engagement champion, youth workers, and outreach workers. Operating year-round, the team delivers all aspects of the charity's work, from child and family support and to wellbeing and pastoral interventions. Working closely with schools and partner agencies, attending multi-agency meetings and maintaining strong professional relationships to ensure every young person benefits from a joined-up, responsive support network.

Our extended team



Our Young People

A F4YP young peoples journey don't end at 16. we offer volunteering opportunities that could lead to a course tutor role.

Course Tutors

A F4YP family, our 20+ tutors return every year to run the delivery of our holiday clubs. Our tutors are made up of individuals passionate about child development, including teachers, educators and coaches.

Volunteers

We also welcome new volunteers to our service. During our holiday clubs we have 12 reading volunteers daily to read with the children and support our reading scheme.





GO THE DISTANCE!



GO THE DISTANCE!

A vibrant community FUN-Raiser event, supporting
FUN 4 YOUNG PEOPLE

12 HOUR OPEN WATER SWIMATHON- BOAT LAKE



EVENT HUB



COLOUR RUNS AND 10K RUN TO CIRCLE BACK AROUND THE WILDLIFE PATHS



FOOD & REFRESHMENTS

CAMPING AVAILABLE THROUGH BOX END

BOX END PARK
KEMPSTON



Event Break Down

We are pleased to announce an exclusive event at Box End Park.

Open water swimming will run from 6am to 6pm, featuring endurance challenges for individuals and teams.

With a Duathlon ticket you can participate in both swimming and running events.

In the centre of the area, there will be a community space hosting other support agencies, music, and entertainment, providing a welcoming environment for families to enjoy throughout the day.

We will have provided running group warm ups before the events start.

The Colour Runs will be held in a relaxed, non-competitive format with no individual timing.

Colour Run Sponsors will be able to host a colour station.



Swimathon

“Join us from "Sunrise-Sunset" – a 12-hour swim challenge like no other! From first light at dawn to the final splash at dusk, swimmers of all levels will take to the water to raise funds for F4YP. Whether you’re swimming solo or as part of a team, every stroke brings us closer to our goal. Your support helps”



Colour Runs & 10k Challenge

“Get ready for a day full of energy, colour, and community spirit! Help to raise funds that will help bring more fun, creative and positive experiences to young people and their families in Bedfordshire”

1k- Family Colour Run

2k- Kids Colour Run (8-14yrs)

5k- Colour Run (14+ only)

10k- Fun Run (16+ only)

Sponsorship Opportunities

Headline Sponsor – £10,000

Inclusions:

- Logo on event marketing where applicable
- Mentions in all press releases & social media campaigns
- Prime spots at event for own marketing
- Verbal recognition throughout the event
- Opportunity to speak or present during the event
- Logo on registration and thank-you pages
- Feature in post-event video & photography
- To be a colour station host (11.30-6pm)

Core Sponsors – £1,000 each (5 available)

Inclusions:

- To be a colour station host with own marketing (11.30-6pm)
- Verbal recognition throughout the event
- Social media shoutouts
- Logo on registration and thank-you pages
- Acknowledgement in group sponsor thank-you posts
- Great for local businesses or community-focused brands looking to make a difference!

Why should I donate?

You're Backing Young People Who Need It Most

F4YP works with young people who often don't get the same chances as others — whether it's because of financial hardship, family challenges, or lack of support. When you sponsor us, you're helping to open doors for them. You're investing in confidence, friendships and brighter futures.

Go The Distance raises vital funds for year-round F4YP programs — from mentoring and mental health support to after-school activities and residential.

Your support helps us keep these going.
You're not just supporting an event — You're helping change lives all year round.



Volunteer Opportunities

As a business this is a fantastic opportunity to give back, build team spirit, and contribute to a meaningful cause. Volunteers will play a key role in areas such as event logistics, participant support, safety coordination, and fundraising engagement.

Whether assisting at colour stations, tracking swim laps, or helping manage check-in and donations, every role contributes directly to creating a safe, memorable experience that helps raise vital funds. No prior experience is required — just a willingness to help and a positive attitude.



Registration & Check-in

Help participants sign in, hand out event packs. Direct participants to Event Hub.

Set-Up & Pack Down Crew

Help set up event areas (tables, signage, barriers, tents). Pack away equipment and clean up after the event.

Photography & Social Media Support

Capture photos and videos for promotional use. Share live updates or stories online to raise awareness and funds.

Colour Station Volunteer

To help throw the coloured powder!

Route Marshals

Direct runners along the route and ensure no one gets lost. Keep spectators and participants safe by guiding crowds.

Start/Finish Line Support

Manage crowd control, hand out medals or goody bags. Cheer people as they finish.

Swimathon Check-In Desk

Welcome swimmers, Control access to the water to ensure only registered swimmers, staff, and volunteers are allowed.

Cheer Crew" / Announcer Assistant

Cheer for swimmers as they reach milestones. Help the announcer with shoutouts or updates.

Clean-Up Team

Sweep or hose down powder from key areas. Help keep the venue tidy and respectful to the community.

How F4YP Will Host an Ethical Event

Our Sustainability Promise

At F4YP, we believe that running a successful event means doing it the right way — with care for people, the planet, and the local community. As we prepare for our upcoming event at Box End Park, we're committed to making sure the day is fun, inclusive, and environmentally responsible. From eco-friendly materials to safeguarding young people, here's how we're planning an ethical event you can feel proud to be part of.



Colour Powder: Safe for People & the Planet

The colour powder we will use during the Colour Run is 100% biodegradable, non-toxic, and environmentally friendly. It's made from natural cornstarch and food-grade dyes, which means it's safe for skin, safe to breathe, and easy to wash off clothes and surfaces. Just as importantly, it won't harm local wildlife, waterways, or green spaces — so we can all enjoy a fun, vibrant event without leaving a negative impact on the environment.

Leave-No-Trace Policy

We'll have a thorough clean-up plan in place to ensure the site is left as we found it — clean, safe, and litter-free.

Waste Reduction & Recycling

Clearly marked bins and recycling stations will be set up throughout the event to minimise landfill waste.

Respect for Natural Waterways

Our swim event will be planned in close partnership with Box End Park staff to ensure no disruption to wildlife or water quality.

Inclusive & Accessible

We're committed to making the event welcoming for all abilities, with clear communication, safe routes, and support for anyone who needs it.

Ethical Partnerships

We only work with sponsors and vendors who align with our values — supporting youth, community, and sustainability.

Positive Messaging

All event content promotes health, wellbeing, and community unity.

Safeguarding & Safety First

With robust safeguarding policies and fully trained staff, F4YP puts the safety and wellbeing of young people first — always.

GO THE DISTANCE!

SUNDAY 17TH MAY

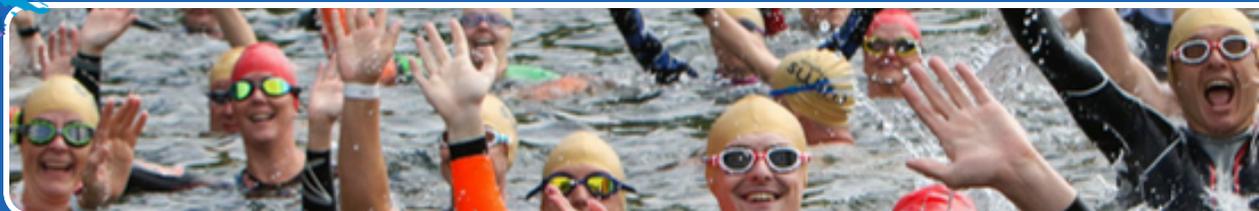
BOX END PARK, KEMPSTON

COLOUR RUN



1k (Family)
2k (8-14yrs)
5K (14+)

WILD SWIMATHON



10K ENDURANCE RUN



SIGN UP TODAY!

TICKETS AVAILABLE AT [F4YP.ORG/GOTHEDISTANCE](https://www.f4yp.org/gothedistance)

FUN 4 YOUNG PEOPLE

This event is proudly organised by F4YP, with all proceeds — including any individual sponsorship — going directly to support our work. Every penny raised is dedicated exclusively to F4YP.

CN: 1198194