Past Issues



# MERRY CHRISTMAS from CHEXS

DEC 2021

Here are a few CHEXS highlights from the last month and what to look forward to with us for the beginning of 2022.



## <u>Time for you</u>

Fancy joining the team for some coffee, maybe a cake and a chat or to make something? No need to book, just turn up. First session is 11th January

#### READ MORE



## Family Support Blog

Christmas can be a time of great joy, but can also be a time of great stress and anxiety.

Our most recent blog focuses on ways to manage these stresses.

#### **READ MORE**



#### WINNER Charity of the Year 2021

CHEXS are proud to have won 'Charity of the Year' a National award from Children and Young people now.

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#### **GROWTH PROGRAMME**

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been working with children and young people to increase

leadership, communication and interpersonal skills and learning

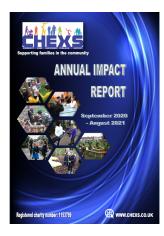
teamwork.

### **READ MORE**

## **Boundaries Routines and Behaviours** FREE parent workshop

If you would be interested in booking onto our parent course, then please click the below link to email our office.

## **BOOK YOUR PLACE**



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### AGM

Thank you to those that attended our AGM last month. Our impact report is now Live on our website. If you would be interested to read how CHEXS has supported families over the last year then click the below link.

## **CHEXS ANNUAL REPORT**



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Merry Christmas from CHEXS

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RSS

#### This is an incredibly tough time for all charities and your donations can make a real

difference.

If you need us for support or advice you can email

admin@chexs.co.uk or call us on 07950 303247

**Donate to CHEXS** 

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Our mailing address is: CVSBEH Community Skills Hub 59 Pavilion High Road, Waltham Cross EN8 7JU

Contact us at admin@chexs.co.uk Telephone: 07970498966

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