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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.

CHEXS 'TIME FOR YOU'
COFFEE, CAKE & MAKE

Supporting families and the local community

FREE ACTIVITIES **CUPPA & CAKE**

Join the CHEXS team for an afternoon with a hot cuppa, a cake and a little bit of getting creative too.

We will be arranging a range of activities for you whilst we have a chat about anything that worries or interests you.

If you don't want to try the activities, no problem, just come along for a cuppa and a chat!

Starting 11th January 2022
1.15pm – 3pm
and then every other Tuesday
at Cedars Park Community room

Dates for 2022:
11th January 09th March
25th January 22nd March
22nd February

No need to book, just turn up!

www.chexs.co.uk

Time for you

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 SERIES

Christmas is great, but it can be tough.

#5 - Beating Christmas stress & anxiety

CHEXS

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.

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FREE 'Boundaries Routines & Behaviour' For Parents and Carers

Supporting families in the community to reach their goals.

Why do children behave the way they do?
Why do we need to have routines and boundaries?
Understanding your child's personality and behaviour.
Want to make positive changes to support your child?
To gain confidence in having a routine and setting boundaries.
The choices we make have a reason and a consequence.

WHERE: **OUR PARTNERSHIP SCHOOL**
DATE: **THROUGH JAN & FEB**
TIME: **AM OR PM (During school hours)**

All places **MUST** be booked.
To book please email: admin@chexs.co.uk
Or call the office on 07970 498966

WWW.CHEXS.CO.UK

@chexsofficial @chexsofficial @chexsofficial @chexsofficial

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](#)

ANNUAL IMPACT REPORT

September 2020 - August 2021

Registered charity number: 1153769

WWW.CHEXS.CO.UK

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](#)

Thank you
so much for your support this year!

It's been a year like no other!
Whether you have supported us through social media, liking or sharing our posts, donating to us or fundraising for us, we just want you to know how much we appreciate you.

Everyone here at CHEXS continues on our mission to help families, young people and the local community through this difficult time and beyond.

Merry Christmas
From the CHEXS Team
Pete Lee Julie Linda Elaine
Simone Andrea Alison Kim Karen

CHRISTMAS
2021

Children's Young People Now Winner 2021

and the CHEXS Trustees

Registered Charity Number: 1153769

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

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