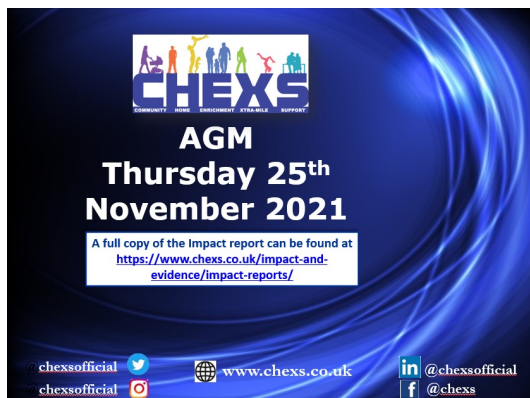


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## CHEXS Winter Newsletter 2021

Nov 2021



**Our AGM goes LIVE at 5pm**

**Thursday 25th November.**

If you would like to join, you can click below for the zoom link..

**[CLICK TO JOIN](#)**

Or **alternatively**, head to zoom and enter the below details:

**Meeting ID: 822 7763 4990**

**Passcode: 675009**

### **Time for you**

**Coffee, cake and make**

Our sessions began back in September and are getting more and more popular.

There are a number of different crafts on offer from now until Christmas.

Wreath making - 30th Nov

Festive fun - 14th Dec

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**Just turn up.**



**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 2<sup>nd</sup> November 2021**  
**1.15pm – 3pm**  
**and then every other Tuesday**  
**at Cedars Park Community room**

**Activities:**  
 2<sup>nd</sup> November – Card making  
 16<sup>th</sup> November – Bingo / Quiz  
 30<sup>th</sup> November – Wreath making  
 14<sup>th</sup> December – Festive fun

**Lets get..**  
**CREATIVE**

**No need to book, just turn up!**



 [www.chexs.co.uk](http://www.chexs.co.uk) 

## FAMILY SUPPORT

# workshops

Our workshops at many of the local schools continue to be very well attended.

Quotes from parents included:

- " Really helpful knowing the signs, my child shows many of these and I don't always deal with them in the right way so great to be able to understand and use tips to support her"
- "So nice to hear other parents going through similar things I thought I was the only one - reassured I can help my child."
- "Great workshop lots of ideas and solutions that are easy to use whilst helping my child with anxiety."

Our workshops being offered over the next few months are: Anxiety and your child, Behaviour, Routines and Boundaries, Debt and Money Management.

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## Join our natural Wreath making workshop

**Date:** 1st December in Cuffley hall.

**Start** 7pm

**Cost** £30

Click the below link to sign up -

[\*\*WREATH MAKING WORKSHOP\*\*](#)



## CHEXS 2020-21 Impact and annual report

is now complete and LIVE on our website to read.

If you would be interested in how CHEXS has supported families as well as Children and Young people in our local community then click the below link to read.

[\*\*CHEXS ANNUAL REPORT\*\*](#)



## CHEXS GROWTH PROGRAMME 2021-22

The CHEXS Self-Esteem project has been such a success over the past 10 years building the

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We have been reviewing the programme and have decided to re-name it to **The Growth Programme**. It has become evident that this programme has evolved to enable the children and young people to improve and empower themselves by setting goals and discovering where their full potential lies.



The new project name, **Growth**, reflects the development of positive life skills, development of a realistic and healthy self-esteem and improved mental health.



### Great to have our new team member on board

**Alison**

In my role as CHEXS Office Administrator I support to the Office Manager, CEO and all members of the wider team. I am usually the first contact for new referrals or enquiries to the office.

I really enjoy how diverse my role is, and everyone in the team is always so positive and supportive.



[WWW.CHEXS.CO.UK](http://WWW.CHEXS.CO.UK)

### CHEXS Family Support Team

[AndreaB@chexs.co.uk](mailto:AndreaB@chexs.co.uk)

[Lee@Chexs.co.uk](mailto:Lee@Chexs.co.uk)

[KimN@chexs.co.uk](mailto:KimN@chexs.co.uk)

Our Family Support team are [#hereforyou](#) and available with parenting support, advice, tips and SO much more.

Our Family support blog is now **LIVE** on our website and added every other week.

If you'd like to read them click the below link to our website.

[Family Support Blog](#)



**The Henry Smith Charity**  
founded in 1828

**CHEXS**  
COMMUNITY HOME ENRICHMENT EXTRA-MILE SUPPORT

**Supported by BBC Children in Need**

**FAMILY SUPPORT TEAM**



**Lee Routledge**  
Tel: 07792 842587  
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**Kim Nicholson**  
Tel: 07757 754029  
Email: [KimN@chexs.co.uk](mailto:KimN@chexs.co.uk)



**Andrea Baxter**  
Tel: 07946 874573  
Email: [AndreaB@chexs.co.uk](mailto:AndreaB@chexs.co.uk)

**Supporting Families and the local Community to reach their goals.**

**Do you worry about...**

- > Communicating with your child or teenager
- > Managing challenging behaviour
- > How to help with your child's Learning
- > Your child's additional needs
- > Finances, Housing
- > Loss or bereavement
- > Where to go for help and support
- > Abusive relationships
- > Bullying

**CHEXS can help, we offer:**

- > Support, Advice and guidance for parents
- > FFA support advice and guidance for children and young people
- > Family and adult learning courses
- > Parenting groups
- > Signposting to local services and activities
- > Enrichment projects for children and young people both supporting their learning and development

**WWW.CHEXS.CO.UK**

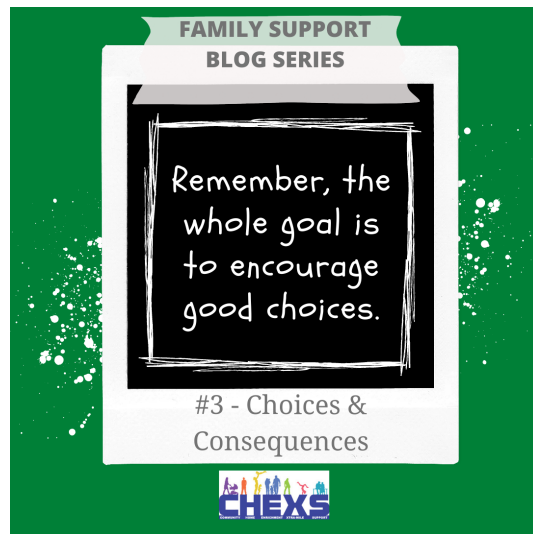
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 COMMUNITY FUND

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[@chexs](https://www.facebook.com/chexs)



**FAMILY SUPPORT BLOG SERIES**

Remember, the whole goal is to encourage good choices.

**#3 - Choices & Consequences**

**CHEXS**

### AFTERSCHOOL CLUB 2021

CHEXS continue to deliver afterschool clubs to schools including Brookland Juniors, Longlands and Burleigh. Funded by BBC Children in need, the focus of the sessions are to allow children to explore their leadership skills, build on their confidence and step out of their comfort zone.



The groups are often mixed friendship groups, which help the children to branch out and develop new relationships.

All of the sessions include varied activities and new and exciting team games. All participants are well involved and there is always a lot of fun had by all!

Reviews continue to be positive and it is a great opportunity to get to know more children and make a positive impact.



**If you would like to donate to CHEXS, no matter how large or small it would be very much**

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difference.



If you need us for support or advice you can email  
[admin@chexs.co.uk](mailto: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](mailto:admin@chexs.co.uk) Telephone: 07970498966

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