



Wow - It's February 2022 already!

Here are a few CHEXS highlights from the last month or so and what to look forward to as we progress into 2022 a little more.

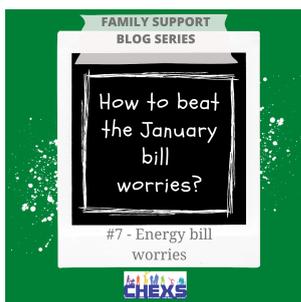


CHEXS Firewalk 2022

Could you be one of 30 people who could take on the challenge this year of a Firewalk?

An amazing opportunity to step out of your comfort zones and challenge yourself.

[READ MORE](#)



Family Support Blog

Energy bills are on the up, this is going to be a challenging year for the necessities

Our most recent blog focuses on ways to help..

[READ MORE](#)



CHEXS Easter Hunt 2022

Get ready for some Fun! CHEXS are delighted to announce that our **EASTER HUNT IS BACK!!**

Some phenomenal stalls and games to be played at this event.

Would you like a stall?

Would you like to sponsor the event?

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Our outdoor projects continue this term. CHEXS have been working with children and young people to increase confidence, communication, learn new skills and to build teamwork.

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Time for You 2022

Our popular Time for You sessions are still ongoing at Cedars park every other Tuesday.

To read more about when the sessions are taking place see the link below.

ITS FREE - So please feel free to just turn up!

[MORE INFO](#)



After-School Leadership Sessions

These sessions, supported by **Children in Need** offer team building activities to encourage children to 'uncover' their leadership potential.

[READ MORE](#)



CHEXS Worry Volunteers

This term the CHEXS Volunteers specialising in worries were delivered to all of our primary schools.

We had identified through anxiety workshops delivered in all our Primary Schools that children were still feeling anxious and worried.

[READ MORE](#)



Parenting Workshops 2022

We will also be holding Transition workshops specifically for parents and carers of children in year 6.

All information can be found on our social media and through your schools.

[READ MORE](#)

If you would like to donate to CHEXS, no matter how large or small it would be very much appreciated. It can be done through our [Facebook page](#) or by clicking the link below.

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

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If you need us for support or advice you can email

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

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