

Our vision

Our whole family approach is embedded in the local community, bringing both parents and young people together to support and inspire each other.

Our mission

Family Support Mission

Our support helps parents develop stronger family relationships by creating opportunities to improve parenting confidence.

We focus on promoting an environment of trust and open communication, enabling parents to support their child(ren)'s growth, confidence and ultimately their individual goals.

Young People Support Mission

Our approach creates a trusting and honest environment to inspire the next generation by providing projects to challenge and promote growth.

Our programme creates goal-driven experiences with clear expectations to build resilience and self-esteem whilst improving wellbeing.

Our values

C ommunity	H omes	E nrichments	X tra Mile	S upport
We aim to create a united community working together to improve our local area.	Working with families to have a happier home life with improved communication and relationships.	We engage children and young people in positive activities, giving them the opportunity to raise self-esteem, improve relationships and develop life skills.	We always endeavour to go above and beyond to support families.	CHEXS provides a dedicated, enthusiastic, professional and inclusive support service for all families in the local community.

Address:

CHEXS Head Office
CVSBEH Community Skills Hub
59 Pavilion
High Road
Waltham Cross
EN8 7JU

Phone: 07970 498 966

E-mail: admin@chexs.co.uk

Website: WWW.CHEXS.CO.UK

Children & Young People Now
Awards 2021

Winner



Registered charity number: 1153769



Supporting families in the local community



Contact: 07970 498966

admin@chexs.co.uk

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How we can help...



GROWTH programme Age 7-15

The CHEXS **GROWTH** programme is designed to motivate children and young people to achieve success outside of the traditional classroom environment by raising their confidence, resilience and self esteem.



Family support services

A highly qualified team who you'll find regularly in your child's school, we are on hand to **help and support you and your family** if and when you may need us.

We're here to listen and we're just a phone call away!



Workshops, courses & more

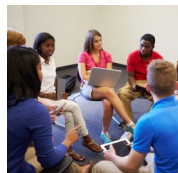
We provide a series of **free workshops** throughout the year, from anxiety, boundaries and routines to school transition support, First aid training, arts and crafts sessions and family fun community events.

GROWTH Programme

The principles of CHEXS are based on 4 key pillars. These are the foundations on which our projects are based.

Each stage of the CHEXS Growth programme focuses on teaching **resilience** as well as providing young people with a **meaning and a purpose**.

The projects inspire young people to consider their **aspirations** for the future and work to achieve them as well as setting a culture of **expectation** to create healthy and supportive relationships which promote wellbeing.



Read more about CHEXS Growth projects by scanning the QR codes below:



Primary brochure

Secondary brochure



Family Support

Do you worry about?

- ◇ Communicating with your child or teen.
- ◇ Managing challenging behaviour & bullying
- ◇ Helping with your child's learning.
- ◇ Managing finances.
- ◇ Loss or bereavement.
- ◇ Where to go for help and support.
- ◇ School transitions.
- ◇ Confidence & self esteem issues.

We can help with.

- ◇ Support advice and guidance for parents.
- ◇ Family & adult learning courses.
- ◇ Parenting groups.
- ◇ Family First Assessments.
- ◇ Signposting to local services.
- ◇ Referrals to our GROWTH project.
- ◇ A friendly and listening ear.
- ◇ Parenting advice blogs

FOR SUPPORT OR ADVICE CONTACT:

or email: lee@chexs.co.uk

How you can help...

VOLUNTEERING



If you can offer any time, no matter how big or small, we'd love to hear from you.

Contact email:

DONATIONS

There are so many ways that you can help support CHEXS, every penny really does matter and makes a BIG difference.



You can scan this QR code and make a donation through GoFundMe.com.



Just £15

Could help support a child/young person through a crisis

Just £30

Could help support a family with fuel or energy support

For £100

CHEXS Could help a whole family with 1 to 1 coaching and support.

Proud to be partnering with..

