



# WELCOME PACK



**GROWTH  
programme  
Age 7-15**

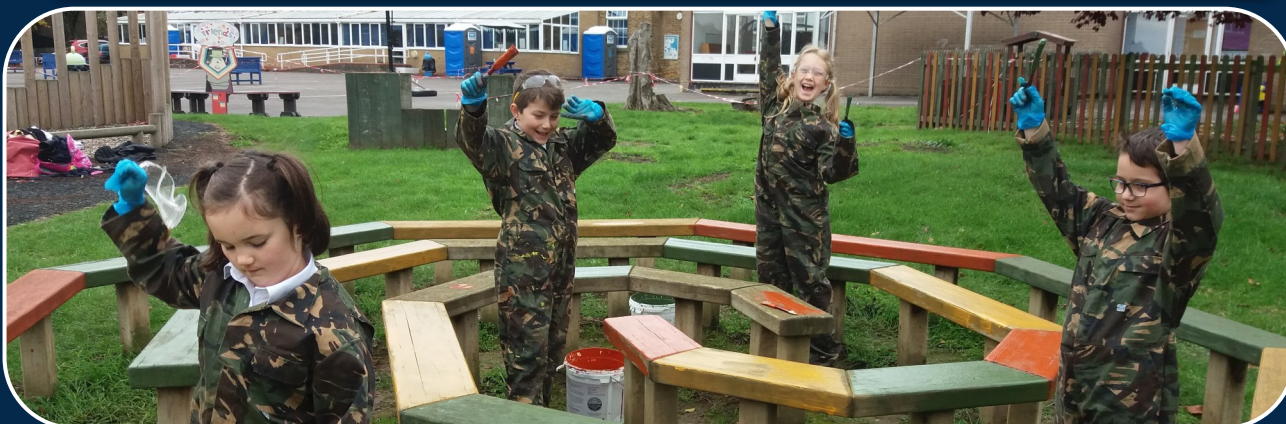


**Family  
support  
services**



**Workshops,  
courses and  
more**

**Supporting families in the local community.**



**Our award winning services**



**WWW.CHEXS.CO.UK**

# A quick hello....



Welcome to CHEXS,

If this is the first time you have heard of us, HELLO, we are a charity based in Waltham Cross and we have been working in your local area for the last 11 years! We specialise in Family Support for parents as well as young people.

Our team are all highly qualified and have many individual talents to support and help you and your child. Feel free to check out our team in a little more detail - head to our website [www.CHEXS.CO.UK](http://www.CHEXS.CO.UK).

If you have any worries or concerns then please don't hesitate to speak to a member of our friendly team. You can email us at [admin@chexs.co.uk](mailto:admin@chexs.co.uk) or call us on [07792 842516](tel:07792842516) and we'll be happy to help.

Speak soon,  
The CHEXS Team

# CHEXS CHILDREN AND YOUNG PEOPLE TEAM



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## Supporting families in the local community.



**Hi, nice to meet you,** we look forward to speaking to you very soon now that your child is going to be working with us.

Rest assured, we are as friendly as we are **qualified** and we are here in your child's school **to help support your child(ren) and family** in every way we can.

We'd love to tell you more about our **GROWTH Programme** that your child has been offered a place on. There are more details overleaf, but in a nutshell it is a 30 week course where we will work closely with your child offering a structured programme of age-appropriate projects and activities for learning outside of the classroom.

We are very much hoping that your child would like to take part in our programme. Most of our projects take place on school grounds, but some take us out into the forest or parks within the local area. Our sessions are designed to give your child new challenges, a time to talk if they want to, to learn a new skill, to achieve new goals or maybe build up self esteem and/or confidence.

Very soon you'll be hearing from us. **We'll be sending you a parent consent form** (we call it an OV7) to complete **and a media consent form** (to say if it's ok for us to take photos of your child) for you to fill out confirming you'd like your child to attend our sessions throughout the year.

**What's more, your children will be having fun!**



# The GROWTH Programme 8-11yrs How does it work?

CHEXS programme encompasses...



## WHAT does this programme create?

The GROWTH programme helps create opportunities to learn new skills and develop personally in different environments that allow children to thrive (older children (11+) are paired up with younger ones to become positive role models). This process allows these children to flourish by giving them:

- ◇ A meaning & purpose
- ◇ Aspirations to aim for
- ◇ The expectation of being able to achieve
- ◇ The resilience to get there



## What will my child be doing?

Imagine our programme as a 10 step ladder with each rung representing a project.

**NOTE:** CHEXS will be working through this over the course of the school year however your child may not necessarily go on every rung or project.



## Decoding the project names....

### Aspiration & Introduction

The team meets your child for the first time. We talk about goals and all of the projects as well as the benefits of CHEXS. It is an opportunity for your child to ask questions.

### Creative Project

We work on a project at your child's school, such as a willow deer, painting or work in the school garden. This session gives a sense of ownership & achievement and time to talk if they need to.

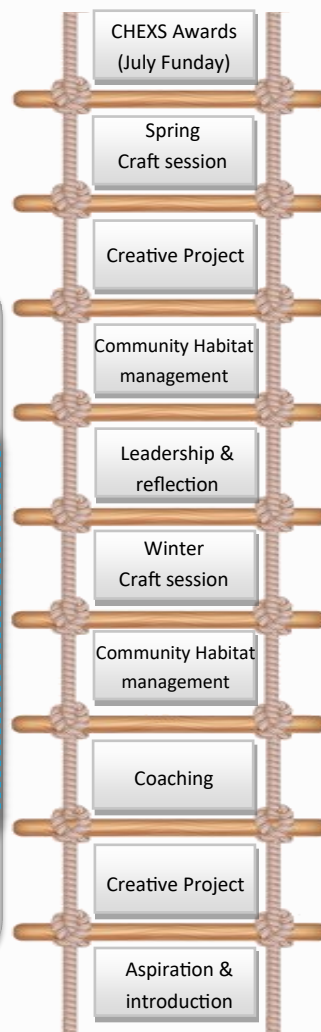
### Community Habitat Management

Your child will learn about safety & volunteering within the local environment. These sessions help to build self-esteem, teamwork & communication skills and help improve their overall wellbeing.

### Coaching

These sessions are sometimes 1 to 1 or group work. The aim is to focus on the positives with reflection activities and allows your child to come out of their comfort zone and shine.

You can read more in-depth information about each of these projects at [www.chexs.co.uk](http://www.chexs.co.uk)



# CHEXS FAMILY SUPPORT TEAM



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**Supporting families in the local community.**



**We're your local friendly family support team** and we look forward to meeting you.

We work very closely with the children and young people team and we always have an ear to listen.

We are a **highly qualified team** and you'll find us regularly in your child's school, on hand to **help support you and your family** if you need us.

**Community** - We can link you with other local services.

**Homes** - Help with financial & housing support, family relationships.

**Enrichment** - Links with family craft sessions and GROWTH project.

**Xtra mile** - 1-1 Support for parents during school transitions.

**Support** - Aiding with behaviour strategies & open communication.

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

# CHEXS FAMILY SUPPORT

## How can we help?

### Do you worry about?



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

### What we can help with.



- ◇ Support advice and guidance for parents / carers.
- ◇ 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

### Online support

Did you know that our Family Support Team has a blog?  
We post every 2 weeks with advice on a range of subjects from household energy bill saving tips to setting parenting goals for yourself. There's no manual to parenting which is why we're here to offer advice, support and guidance on a HUGE array of subjects.

Find out more at:  
[www.chexs.co.uk/category/family-support/](http://www.chexs.co.uk/category/family-support/)



## workshops

There are a **variety** of different **FREE** workshops that we deliver throughout the year for parents & carers.  
**They include:-**

#### Boundaries & Routines

Helping you to make positive changes and to gain confidence in your routines and setting boundaries.  
Showing how the choices we make have consequences.

#### Anxiety & your child

A very important topic at present. What makes your child anxious? When is anxiety a problem for a child? What are the signs you should look for and how can you help.

#### Transition Support

Offering support to parents or carers that have a child in year 6. Offering advice and help with the transition onto Secondary school

#### Getting Motivated

Do you struggle to set goals and stick to them? This session looks at self confidence and letting go of self-limiting beliefs & negative thoughts.

Find out when these sessions are on at your child's school by emailing our head office on:

[ADMIN@CHEXS.CO.UK](mailto:ADMIN@CHEXS.CO.UK)



# CHEXS VOLUNTEERING

## How you can help?

**Are there a lot of ways that I can get involved with CHEXS?**

**Yes absolutely**, there are loads of volunteering opportunities, plus sharing and liking our social media posts and telling your friends about us helps massively too.

Any amount of time you can offer is very gratefully received.



**Find out more about these and other opportunities at:**  
<https://www.chexs.co.uk/get-involved/volunteer/>



### CHEXS EVENT VOLUNTEER

#### **Do you like meeting new people?**

Could you help us coordinate our local community days? We're looking for someone who's friendly, reliable and enjoys talking to local people. We'd love to hear from you.



### CRAFT SESSION VOLUNTEER

#### **Are you Creative?**

Could you help support our Winter or Spring Craft sessions in schools? Do you enjoy working with young people or maybe you have a flair for crafting? We're looking for someone friendly, who enjoys teamwork and is a good communicator.



### MINIBUS DRIVER

#### **Are you a confident driver?**

Are you a competent driver with a clean driving licence? We're looking for a reliable driver with good communication skills and enjoys working with young people. If you have a D1 licence please get in touch.



### GROWTH PROGRAMME VOLUNTEER

#### **Do you like working outdoors?**

Could you help support our GROWTH programme sessions? Do you like working outdoors and guiding young people with community habitat or gardening sessions? Are you enthusiastic and reliable with good communication skills? We'd love to hear from you.



# DONATING TO CHEXS

## Easy ways to donate



**There are so many ways that you can help support CHEXS, every penny really does matter.**

All donations help towards us being able to provide our services and to continue to evolve and help local families in the community.

### EASY WAYS TO DONATE...



To use **AmazonSmile**, simply go to [smile.amazon.co.uk](https://smile.amazon.co.uk) on your web browser or activate AmazonSmile in the Amazon Shopping app selecting CHEXS as your nominated charity.

**Broxbourne Lottery** is a weekly online lottery created to support local causes in Broxbourne. Tickets are only £1 per week, with 60% going to local good causes and prizes up to £25,000!



You can easily donate to CHEXS through **The Giving Machine**. It's as simple as setting up a FREE account and anytime you are buying online, just click through this website and the store will give back a percentage of your purchase price to CHEXS.

### 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.



**A donation is just one click away. You can scan this QR code and make a donation through GoFundMe.com.**





# CHEXS HELPS

## Our success stories

### Nicole's Story...

Nicole comes from a family with a history of domestic violence.



Her attendance at school was getting worse and she was finding it hard to keep up.



Nicole's father was arrested causing her even more distress. Her school referred her to CHEXS.



CHEXS enrolled Nicole onto the GROWTH programme a 30 week bespoke course to help coach her to her goals.



Nicole benefitted from 1 to 1 coaching. Helping her to open up about her feelings.



With Nicole's confidence and happiness growing, her mum attends one of our Parenting courses.



Nicole and her siblings attended CHEXS holiday project too learning teamwork techniques and improving their self-esteem.



Nicole's confidence and attendance grew and her relationship with her mother improved hugely too.



**"The children have really enjoyed working with CHEXS, even in this struggling year, it has been lovely."**

### Alexia's Story...

Alexia was experiencing bullying at school.



She began to get angry and lash out at her friends and family.



Alexia needed someone to talk to and CHEXS was there to listen.



She was enrolled on the CHEXS after school leadership program.



With Covid and lockdown, Alexia continued with our support and guidance virtually.



Even joining our virtual grow competition.



Alexia felt so much happier and listened to...



...and not only that her self confidence grew too.



**"Thank you, it's great to know that someone cares about Alexia. Thank you for listening."**

### Supporting families in the local community.

**CHEXS have been working in your community for the last 11 years supporting, offering help and being there when you need us. We are #hereforyou**



# CHEXS HELPS Your feedback

**Supporting families in the local community.**

## Feedback from parents

"You have really supported me, I know that I can say anything to you and you will not judge. You gave me the confidence and strength to communicate with school, Without your advice I couldn't have done this, thank you so much."

"Thank you so much, you have been amazing. I can feel I have someone who really listens to me."



"This short time I have worked with you has been so good, you are like family to me, and being able to speak has been a blessing. I have liked working with you. Thank you for all your help and advice."

## Feedback from children & young people

**We Value Your  
Feedback!**

"CHEXS have helped me in every way possible, helped me with my emotions, taught me how to express my emotions, helped me understand alot more. It helped me get my anger out."

"I Feel more confident about myself. Thanks to CHEXS I have know that I don't need to worry about what anyone thinks about me and just think about what I believe."

"I'm normally an anxious person with not much confidence and it just worked it clicked. i was able to communicate which is something I'm not normally good at. I felt more confident."



# Frequently asked questions

## Why has my child been chosen to take part in this programme?

There are many reasons that your school might have chosen your child to join us. It could be to give your child new challenges, a little time away from the classroom or maybe to build up self esteem or confidence. The aims of the projects are to work on these things whilst setting personal goals and working to achieve them. The team offer a range of support to guidance to help achieve them.

## Why have I not heard of CHEXS before?

It could be that your child has not been selected by their school to work with us before. We work intensively with approximately 12 children per school setting per year (so a relatively small number). Simply speaking, maybe you've never been in a situation that has needed us for help with your child or parent support before.

## If my child is on GROWTH will I get to speak to you?

Absolutely, the team will message after each project to let you know how your child has got on in the latest session. In actual fact, we love talking to the parents/carers. Feel free to call us if you want to know something. We're happy to help or just have a chat !

## I thought you just did craft workshops at Easter & Christmas?

Not at all, we LOVE these free craft sessions and always encourage local families to attend. But it's not all we do as you'll see in this brochure. We are so much more. We are all about the WHOLE community!

If you have any ideas where we can develop our services to help even more families, then please let us know and get in touch — email [admin@chexs.co.uk](mailto:admin@chexs.co.uk)

**You can also find us online, feel free to follow or read more about us here....**



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