2024-25 ANNUAL REPORT

Supporting families in the local community

CHEXS
COMMUNITY HOME ENRICHMENT XTRA-MILE SUPPORT

Registered charity number: 1153769

A MESSAGE FROM OUR CHAIR

> **“ Wherever there is a human being, there is an opportunity for a kindness. ”**
>
> **Lucius Annaeus Seneca**

Did you know that the word ‘charity’ comes from the Latin word, ‘caritas’ which means love?
And I’m sure that you have heard the phrase ‘charity begins at home.’?

This phrase is often attributed to 17th century writer Thomas Fuller, but the saying is actually a centuries old observation that learning how to care for all members of society at home encourages us to apply it elsewhere. However, Fuller's meaning is often misinterpreted today. He didn't mean that we should only help those near to us…absolutely not! His full text states: ***‘Charity begins at home, but should not end there.’***
In other words, we should nurture a sense of compassion and generosity in our relationships with those around us, but we should then work to extend that compassion and generosity to everyone in need in the wider world.

In my humble opinion, CHEXS is the epitome of Fuller’s ‘full quote’; our mission: ‘***to create a trusting and honest environment to inspire the next generation’*** is underpinned by our holistic approach through which we strive to ensure that every member of our local community/family is recognised and respected as an individual with infinite potential…as someone who can make a valued contribution to the common good.

Towards this aim, on 17th July 2025, the UK government launched the ‘Civil Society Covenant’, outlining a new way of working that puts people and communities at the heart of decision making; the Covenant sets out how civil society and public bodies will work together at both national and local level in the future, to design policy that works for everyone. While also marking a commitment to improve collaboration across wider public bodies in health, local government and the justice system.
Quite simply, this is music to our ears at CHEXS, since this is what we have been doing for the last 14 years as we focus on those members of our local community (our ‘family’) in need of help and support; we see this as a collective responsibility, often involving a wide variety of organisations/agencies as part of our holistic approach.

A key factor in the success of our approach is that CHEXs is not a ‘sticking plaster’ solution…it is so much more than that…it goes much deeper; as you read through this wonderful annual report, you will clearly see through the data provided and within every ‘story’.
As Saskia Konynenburg [(The National Council for Voluntary Organisations (NCVO) Executive Director] states:
‘The voluntary sector is vital to the fabric of a fair and equal society…the government has recognised the crucial role our sector [(NCVO)] plays in achieving that. The Civil Society Covenant lays out the ambition for how we put people and communities back at the heart of decision making and lays a roadmap for a relationship where true lived experience forms the basis of designing good government policy.’
‘Hoorah!’ say all of us at CHEXS!
I began with a quote from Lucius Annaeus Seneca…and if you have read previous CHEXS annual reports…you’ll know that I love a quote!
And what better way to conclude than with a quote from Anne Frank, whose ‘charity’ most certainly extended beyond her own situation and provides ‘food for thought’ for us all:

> **“How wonderful it is that nobody need wait a single moment before starting to improve the world. ”**
>
> **Anne Frank**

Tony Gorton
Chair of Trustees

A WORD FROM OUR CEO

As I reflect on the past year, I am inspired. Every day, our team, trustees, and volunteers show extraordinary commitment, working alongside children, young people, parents, and our wider community. Their dedication ensures that CHEXS' vision is not just words on a page, but a lived reality that transforms lives.

This year has been one of growth, challenge, and momentum. CHEXS supported more than 500 families and hundreds of children through our Family Support Services and award-winning GROWTH Programme. Independent evaluation from Goldsmiths University confirmed what we experience every day: measurable improvements in resilience, school attendance, self-esteem, family communication, and wellbeing. None of this would be possible without the trusted relationships we have built with our membership schools. By working hand-in-hand with headteachers, governors, and staff, CHEXS is enabled to support their children, young people, and parents in ways that strengthen both learning and family life. Behind the numbers are powerful stories, like Richard's, who described CHEXS as the place he finally felt "seen and safe."

Nationally, the conversation is catching up with what CHEXS has been driving. The Children's Commissioner's latest report warns of deepening mental health crises, with many children squeezed out of support due to high thresholds and long waits. Meanwhile, the government's Best Start in Life white paper outlines an ambitious expansion of Family Hubs and early years support, a direction CHEXS has already embodied through our early intervention model. Crucially, the forthcoming Children's Wellbeing and Schools Bill reinforce integrated safeguarding, attendance, and wellbeing, confirming what CHEXS has long practised in partnership with schools and families.

Throughout the year, I have shared Breaking Barriers, a monthly blog series connecting national debates with lived experience: inequality, peer support, resilience, outdoor play, and young people's digital culture. These reflections help us join the dots between policy, practice, and prevention.

We also deepened our work with partners through our Seeing is Believing event, which gave leaders and decision-makers the opportunity to experience first-hand the challenges and achievements of the families we support. Alongside this, our Co-Design Workshops have brought schools, housing, health, and business partners together to create shared solutions. These workshops are continuing into the new CHEXS financial year, ensuring collaboration and innovation remain central to how we work.

CHEXS is entrepreneurial, collaborative, and ahead of the curve. We are not a 9–5 organisation, we are one team with one vision, driven by accountability, trust, and actions that match words. We have built trusted partnerships across schools, housing, health, the VCFSE sector, business, and Hertfordshire County Council. Together, we are showing how true solutions emerge when systems and communities work side by side.

My message to those reading this foreword, especially those in positions to influence change, is simple: ***now is the moment to act***. CHEXS has the evidence, the partnerships, and the model. With your support, we can scale prevention, close the gap for children, and ensure families not only cope but thrive.

Thank you to the CHEXS team, trustees, volunteers, our membership schools, and our wider partners in public services, the VCFSE sector, and business. You invest so heavily in our vision, and together you enable us to do what we could never do alone. By showing up authentically, going the extra mile, and working side by side, you drive this mission forward every day.

"Together, we are creating opportunities, not interventions."

Pete Maiden

Chief Executive Officer

TO ENABLE OUR COMMUNITY TO WORK TOGETHER WITH A SENSE OF BELIEF AND OWNERSHIP TACKLING LOCAL ISSUES AND IMPROVING COMMUNITY RELATIONSHIPS

OBJECTIVE 4

At CHEXS, community is at the heart of everything we do.

This year, we strengthened partnerships with local schools, Broxbourne Council, housing associations, and community organisations, ensuring families can access the right support when they need it.

Our collaboration with local businesses and BNI members has opened new volunteering and life-skills opportunities for young people, while events and family craft sessions brought together over 3,000 residents, creating safe, welcoming spaces for connection and celebration.

Through these partnerships and shared efforts, CHEXS continues to build a community that listens, supports, and grows together.

COMMUNITY

Improving community relationships

At CHEXS, we believe in the power of bringing people together to build stronger, more connected communities. Over the past year, our events, projects, and partnerships have continued to unite families, local organisations, and residents across Waltham Cross and Broxbourne.

Our Easter Trail and Summer Celebration events in Cedars Park brought together around 3,000 families, creating inclusive spaces for fun, connection, and learning. These gatherings not only showcase the services CHEXS offers but also provide vital opportunities for local families to access support, make new friends, and feel part of something bigger.

Our community events are more than celebrations, they are opportunities for families to:

- **Bond across diverse backgrounds**: Creating an inclusive environment where families from all cultures can share experiences and form lasting connections.
- **Spend quality time together**: Offering safe, enjoyable activities that encourage communication, teamwork, and shared enjoyment.
- **Achieve goals and meet challenges together**: Encouraging collaboration through hands-on, creative, and active experiences that strengthen family relationships.
- **Connect across generations**: Bringing together children, parents, and older adults to build empathy, understanding, and mutual support.

Last year we supported **161** families through food & fuel grants worth **£18,497.76**

Our partner schools attended our Grow Club Finale and collected their achievements

132 Foodbank vouchers distributed

1500+ attendees enjoyed our Easter Trail event at Cedars Park

Time for you

Alongside these events, our weekly "Time for You" sessions at the Beaumont Centre in Cheshunt have continued to provide a lifeline for adults experiencing loneliness or isolation.

With **363 attendances** this year, these sessions offer a warm, welcoming space to chat over tea or coffee, take part in crafts and games, and build supportive friendships.

They provide:

- A safe, trusted space to escape isolation.
- Opportunities to form new connections across generations.
- A welcoming, inclusive atmosphere where everyone feels valued.

407

attendees enjoyed our FREE Craft sessions delivered by the CHEXS team

Intergenerational Support

Our intergenerational work has also grown significantly this year.

Through partnerships with Age UK, HILS, B3 Living, and local retirement housing schemes, young people have taken part in meaningful volunteering within care homes and sheltered accommodation, from gardening projects to social activities. These experiences not only reduce loneliness for older residents but also build empathy, confidence, and leadership skills among young people.

Together, these projects reflect CHEXS' belief that community is about connection, about creating spaces where every voice is heard, every generation feels valued, and every person knows they belong.

"TO ENABLE PARENTS FROM ALL BACKGROUNDS TO DEVELOP THEIR SKILLS AND CONFIDENCE, CREATING A FOUNDATION FOR A HAPPY AND NURTURING HOME."

OBJECTIVE 1

A happy home life begins with strong relationships and open communication, and this remains a central focus of our work at CHEXS.

In 2024–25, our Family Support Team worked with hundreds of parents and carers, helping them to build calmer, more confident, and connected home environments. We understand that everyday pressures, from financial stress and housing challenges to the emotional demands of parenting, can make family life feel overwhelming. That's why our approach combines practical guidance with compassionate emotional support, offering parents the tools to manage behaviour, strengthen family relationships, and rebuild confidence. Whether through one-to-one sessions, group workshops, or our peer-led Real Talk meetings, we create safe, trusted spaces where families can share experiences, find solutions, and rediscover **the joy of family life.**

Our difference made:

86% Parents have found better ways to cope with their child's behaviour

88% Parents feel more confident with their parenting

96% Parents have been helped to access support that they needed as a family

97% Parents have felt supported during their time with CHEXS

HOMES

161 Families supported with 1 to 1 advice

Tailored our Family Support

This year, we have adapted our services to better meet the specific needs of the families we support, focusing on the key reasons for referral. By carefully identifying challenges such as attendance, low self-esteem, limited aspirations, financial concerns, housing issues, children's behaviour, and anxiety, we have been able to provide targeted assistance.

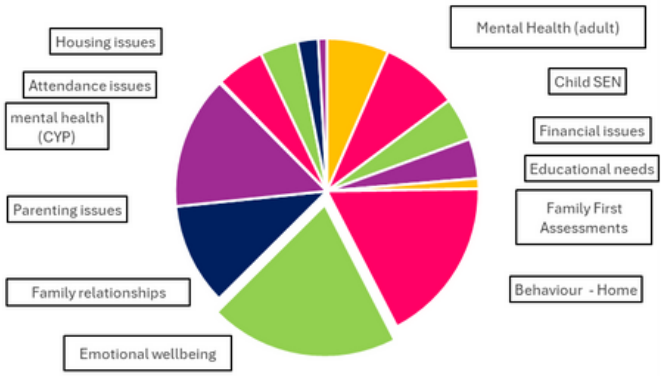
Our approach involves connecting families with specialised services, including ADD-Vance, SPACE, Beacon, Safer Places, SFYP, DSLP4, and Broxbourne Council.

Additionally, we've delivered a range of FREE group parenting sessions called 'Parenting Unpugged' on topics such as:

- **Establishing boundaries and routines, and managing behaviours**
- **Supporting children with emotionally based school avoidance (EBSA)**
- **Helping with school transitions**
- **Identifying the Early signs and supporting your child's SEN (Special Educational Needs)**

Reasons for referral

The main reason for referral this year for our family support team was for emotional wellbeing with **20%** of parents / carers referred for this reason.



Food & Fuel Support

CHEXS was selected by Broxbourne Council to distribute vouchers to local families in need, through the Household Support Fund and Food & Heat Grant. This funding allowed us to provide essential support, with vouchers totalling **£18,497.76.**

These vouchers helped families cover costs for utilities, fuel, and food, offering crucial assistance that contributed to:

- **Improved mental health**
- **Increased emotional well-being**
- **Reduced stress levels**
- **Essential financial relief**

Through this initiative, CHEXS was able to provide timely and much-needed support, helping to ease the burden on vulnerable families during challenging times.

Increasing our reach

CHEXS has continued to uphold the extended hours introduced last year for our Family Support Team, ensuring we can meet rising demand from families whose children are struggling to reach their full potential. The need for our services has grown again in 2024–25, mirroring national trends and the increasing pressures faced by disadvantaged households.

Families are contending with the continued cost-of-living crisis, financial hardship, housing insecurity, and the emotional toll of instability and isolation. Our team works closely with parents to address these root causes, offering both practical support and emotional guidance to build resilience and stronger home relationships.

Many of the parents we now support are connected to CHEXS through their children's participation in our GROWTH or Afterschool and holiday programmes, reflecting the trust we've built within the community. Families frequently describe CHEXS as ***reliable, understanding, and a consistent source of trusted support***.

TO ENABLE CHILDREN TO DEVELOP SKILLS AND IMPROVE RELATIONSHIPS, TO BUILD RESILIENCE AND SELF-ESTEEM WHILST ALSO IMPROVING WELLBEING.

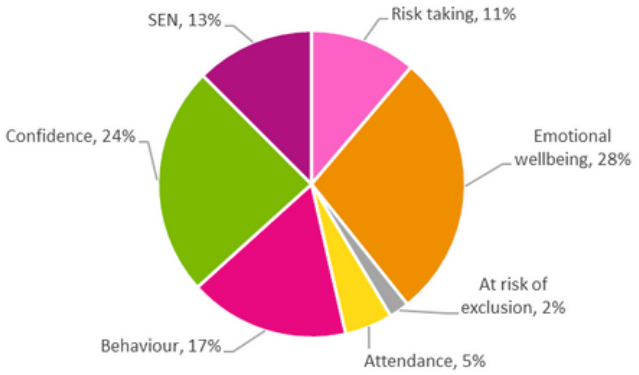
OBJECTIVE 3

Learning and Growing Beyond the Classroom

Providing children and young people with opportunities to learn and grow beyond the classroom remains a cornerstone of CHEXS' work. Through our structured GROWTH, Afterschool, and Holiday programmes, we've supported hundreds of young people this year, helping them to build confidence, strengthen relationships, and develop vital life skills. These activities give children the chance to explore new experiences, discover their potential, and overcome the challenges they face both in and out of school. From teamwork and leadership to communication and problem-solving, every session encourages young people to step outside their comfort zones, achieve personal goals, and build lasting resilience for the future.

Reason for referral

The main reasons for referral this year onto our Growth programme was for emotional wellbeing **28%** and confidence which was **24%** of young people referred.



CHEXS Growth Programme

CHEXS is dedicated to helping young people not only achieve academic success but also develop the confidence and life skills essential for their future. Our focus is on supporting individuals under the age of 16, particularly those who need it most.

Our ***30-week GROWTH Programme*** is specifically designed to inspire children and young people to thrive beyond the traditional classroom setting by boosting their confidence and self-esteem.

The programme is built around 4 core pillars:

- ***Meaning and Purpose***
- ***Resilience***
- ***Expectations***
- ***Aspirations***

This year, we proudly supported **242** young people through this transformative programme.

To learn more, scan the QR code.

535

Children took part in CHEXS Growth, afterschool, holiday & transition sessions.

Intergenerational Project

Launched in early 2025, our Intergenerational Project has already become a powerful example of connection, empathy, and community in action. This new initiative brings together young people and older adults to share experiences, skills, and companionship through creative and practical activities.

During its first year, **124** young people and **147** retirement housing residents took part in sessions that included gardening, crafts, games, and conversation. ***Delivered in partnership with Age UK, HILS, B3 Living, and local retirement housing schemes***, the project has created meaningful friendships and strengthened community ties across generations.

For young people, the sessions have developed empathy, confidence, and communication skills; for older residents, they have provided joy, purpose, and a sense of belonging. The project has quickly become a valued part of CHEXS' community work, proving that when generations connect, everyone grows stronger together.

Joined-up approach to Youth Development

CHEXS' youth work is not a single project, it's a connected pathway that supports young people at every stage of their development. From primary school through to secondary transition and early adolescence, each programme builds on the last, helping young people grow in confidence, communication, and leadership.

This year, our joined-up approach has meant that many children engaged in multiple stages of support, moving from our ***GROWTH programme into Afterschool Leadership, Holiday Projects, and My Life sessions*** focused on risk awareness and resilience. This continuity ensures that progress is not lost between school terms or transitions, and that young people always have a trusted adult and positive role model to turn to.

By linking emotional wellbeing, teamwork, and aspiration, CHEXS continues to give young people the skills and self-belief to succeed both in school and in life.

ENRICHMENT

Our difference made:

Feel more confident — **89%**

Getting on better with their family now. — **96%**

Improved team working skills — **89%**

Are following school rules better — **95%**

THE RYAN FAMILY

The Ryan family was referred to CHEXS after experiencing significant emotional and practical challenges at home. Mum had ongoing mental health difficulties and was still dealing with the lasting effects of domestic abuse. Financial pressures and the added complexity of supporting two children with SEND needs made daily life extremely difficult. Their daughter, Amelia, lived in a chaotic household where she often took on responsibilities beyond her years. She struggled to find her voice, manage her emotions, and feel confident in herself, while trying to be a good role model to her younger sibling and navigate her brother's complex needs.

To support the family, CHEXS provided a combination of interventions through both the Children and Young People (CYP) and Family Support Services (FSS) teams. Amelia joined the GROWTH Programme, where small-group protective behaviour coaching helped her build self-awareness, confidence, and emotional resilience. Meanwhile, Mum received referrals for 1:1 counselling through Future Living and joined the Monica programme, a therapeutic support group for women who had experienced domestic abuse. CHEXS also linked her with a social prescriber, local community activities, and offered financial and SEND guidance, creating a wraparound network of care.

Over the academic year, Amelia made remarkable progress. With the support of CHEXS staff, she began to express herself more openly, showing compassion and leadership within her group.

Her confidence shone when she led a group dance during an intergenerational session with senior citizens—something she would never have attempted before. School staff noted that she had "bloomed with confidence" and had become a strong role model for her peers.

At home, Mum described CHEXS as a lifeline—offering a non-judgemental space to talk, easing emotional strain, and helping her move forward from past trauma. Together, the family found stability, confidence, and hope for the future

AMELIA'S THOUGHTS..

"I'm proud of being a kind older and younger sister. I'm proud of helping my Mum with cleaning.

CHEXS is kind, helpful and confident. CHEXS is helping me to be more confident. I've enjoyed talking to CHEXS because I can tell them about my life so that I don't hold back about my emotions."

CASE STUDY 1

XTRA MILE

TO ENABLE PARENTS TO HAVE IMPROVED SKILLS TO MANAGE BEHAVIOUR AND SUPPORT LEARNING, RESULTING IN BETTER RELATIONSHIPS WITH CHILDREN.

OBJECTIVE 2

CASE STUDY 2

JENNIFER'S STORY

Jennifer was referred to CHEXS after struggling with high levels of anxiety that affected both her home and school life. She was shy and withdrawn, finding it difficult to speak to adults or express her feelings. Her anxiety often led to refusal to eat and reluctance to communicate, leaving her feeling isolated and overwhelmed. Concerned for her well-being, her school sought support from CHEXS to help build her confidence, resilience, and emotional stability.

Through the GROWTH Programme, Jennifer was gently encouraged to set personal goals and work towards them at her own pace. The supportive and understanding environment allowed her to try new things safely, build positive relationships with peers and staff, and reflect on her progress. Over time, she began to feel proud of her achievements. She also took part in the CHEXS Holiday Club, which provided a fun, structured space to socialise, take part in outdoor activities, and further strengthen her confidence. With ongoing 1:1 encouragement from the CHEXS team, Jennifer made remarkable progress. She became more confident communicating her needs to teachers and began participating in group discussions.

Her teachers noticed her blooming confidence, seeing her interact, smile, and take part in activities with enthusiasm.

At home, her mum reported a noticeable reduction in anxiety, with Jennifer now more open to trying new experiences and sharing details about her school day.

Attending Holiday Club marked a huge milestone – she not only joined in but thrived, forming friendships and enjoying herself.

FINAL THOUGHTS..

Teacher:
"She has bloomed with confidence throughout."

Parent:
"We've never seen her so happy."

CHEXS Team:
"Jennifer has grown into a more confident, communicative, and joyful young person ready to take on new challenges."

TO ENABLE THE CHARITY TO BE GOVERNED AND SUSTAINABLY RESOURCED WITH THE BROADEST STRATEGIC CHOICE TO BEST ENABLE THE ACHIEVEMENT OF ITS VISION.

OBJECTIVE 5

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.

Children & Young people 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 VISION

CHEXS' vision is to be sustainable and resilient, guiding families through rough times.

We transform lives by nurturing resilience, inspiring hope, and providing opportunities for children and families.

Our growth includes expanding programs, strengthening school and business partnerships, enhancing outreach, investing in staff, securing funding, and adapting to needs.

Our volunteers

We are incredibly fortunate to have had the support of 38 dedicated volunteers this year, who have been instrumental in both the GROWTH programme and the day-to-day operations of CHEXS. Special thanks go to Sue, who has been a vital part of our office team, and Bob, who provides invaluable support to our Children and Young People's team.

We also want to recognise two exceptional young volunteers. Emma has not only supported and shadowed our teams but also regularly attends events to support the team on these hectic days. Additionally the local Sea Cadets who have gone above and beyond at assisting both of our Community days in the Spring and the Summer.

A heartfelt thank you to all our volunteers for their incredible contributions to both CHEXS and the families we support.

Recognition

We are so grateful and incredibly humbled to have been nominated for, and awarded, recognition for our commitment to sustainability and the environment with the 'Green award' for Inspiring Hertfordshire, as well as our dedication to supporting young people and our community. These honours reflect the hard work of our team and our ongoing commitment to meet the evolving needs of the families we support.

A Heartfelt Thank you

A heartfelt thank you to all our grant funders, donors, and partners for your incredible support throughout 2024–25. Your contributions have directly funded our essential services and enabled the CHEXS team to reach hundreds of children, young people, and families when they needed us most. We are especially grateful to our key funders and partners, whose generosity and belief in our mission make life-changing support possible. Our sincere thanks go to The National Lottery Community Fund, The Henry Smith Charity, the Garfield Weston Foundation, and Helping Herts for their continued investment in our work. We are also thankful to our business partners, including Ashbourne Insurance, Google, and local BNI members, whose ongoing commitment strengthens our projects and community engagement. We extend our thanks to our local County Councillors, for their continued support and meaningful impact on our community work. Thanks to your collective generosity, we have been able to grow our team, expand our programmes, and provide emergency support to families in crisis. To our dedicated partners, trustees, volunteers, and schools, thank you for standing with us every step of the way. CHEXS is truly grateful for your unwavering belief in our mission and the community we serve.

Our Partners

"We would LOVE to hear any ideas you might have as to how you can help us maintain or improve our services and support for families within Hertfordshire.

Please get in touch."

SUPPORT

FINANCIAL

CHEXS delivered another resilient year, growing income and maintaining tight cost control while meeting high demand for services. Total income was **£592,450** (2024: £485,759) and expenditure **£539,643** (2024: £480,713), generating an overall surplus of **£52,807** split £4,742 unrestricted and £48,065 restricted. At year-end the charity held total funds of **£198,595** (£126,256 unrestricted; £72,339 restricted) and cash at bank of **£187,299**. Operational capacity was sustained with an average headcount of 14 and staff costs of £414,593, reflecting our investment in people who deliver frontline support. The balance sheet strengthened: creditors due within one year fell to £25,280 (2024: £118,413) following a sharp reduction in deferred income to £23,283 (2024: £117,179), and tangible assets of £4,112 were recognised after IT investment. The independent examiner issued a clean report, confirming no matters of concern under the Charities Act examination.

Income

Income remains well-diversified across donations, memberships, project contributions and grants. Charitable activities totalled **£591,676** comprising membership **£69,777**, project income **£132,225** and grants receivable **£389,674** (unrestricted £40,089; restricted £349,585). Notable supporters included The National Lottery, Henry Smith Charity , Google UK Ltd, Hertfordshire Community Foundation, Garfield Weston, Children in Need and Broxbourne Borough Council alongside Helping Herts (Stort Valley Rotary).

Restricted fund movements during the year show that from the income received of £356,672 plus the balances brought forward of £24,274, there was expenditure of £308,607, leaving a balance to be carried forward to the next financial period of £72,339. The balances carried forward include Awards for All; Children in Need and Google UK . This evidenced prudent grant deployment and only projects not completed by the year end were carried forward. Donations were modest, while earned income from schools and projects continued to underpin delivery.

Reserves

The Board reviews its reserves regularly to ensure continuity of services and future stability. Unrestricted reserves at 31 August 2025 were **£126,256**, of which **£49,742** is designated to the Organisational Resilience Fund, leaving free reserves of **£76,514**. The working target remains c. three months' operating costs (£135,000) plus a fund of up to £45,000 for potential redundancy obligations. This year's surplus has been added to strengthen reserves in line with policy. With net current assets of £194,483 and improved liquidity from lower short-term creditors, the charity enters 2025/26 in a sound position to manage demand and cost pressures while continuing investment in quality, safeguarding, staff training and venues that support safe, effective delivery.

EVENT INCOME

Easter Trail event
£2,030

Wreath workshop
£657

CHEXS non-uniform day
£2,561

Walk, Run & cycle events
£7,800

Other Community Events
£5,101

Account Detail

	Year Ending 2025	Year Ending 2024
Annual Income	£592,450	£485,759
Annual Expenditure	£539,643	£480,713
Surplus / (Deficit)	£52,807	£5,046
Fixed Assets	£4,112	0
Restricted funds balances at year end	£72,339	£24,274
Unrestricted funds balances at year end	£126,256	£121,514
Total Funds	£198,595	£145,788
Unrestricted Free Reserves	£76,514	£91,514

FINAL THOUGHTS

> **Aspirations come alive when young people are given the chance to see what's possible and the belief that they can achieve it.**

Reflecting on this year, we're reminded that progress is rarely a straight line. The pressures facing families, financial hardship, housing insecurity, and the emotional strain of everyday life, remain immense. Yet through every challenge, we continue to see moments of connection, courage, and growth that show what true resilience looks like.

At CHEXS, we believe change begins with consistency, care, and trust. Across our GROWTH, Afterschool, Family Support, and new Intergenerational programmes, that belief has shaped every conversation, coaching session, and community event. It's what allows a young person to take that first step towards confidence, a parent to rebuild communication at home, or an older resident to find joy and belonging again.

This year, Pete's reflections through his Breaking Barriers series have captured the spirit of our work, from the importance of resilience to the power of self-belief and the value of shared expectations.

"Discipline isn't about control; it's about creating the right environment for learning, growth, and resilience."

"True strength comes from trust, inclusion, and belonging."

These are not just words, they are the principles that guide CHEXS every day. Our programmes show that when expectations are built on fairness and belonging, young people thrive. When families feel seen and supported, they rebuild hope. And when communities work together, resilience becomes collective, not individual.

At CHEXS, culture is at the heart of everything we do. Our vision is powered by the collective drive of the whole team, one team with a shared purpose, driven by accountability, trust, and actions that match words. CHEXS is entrepreneurial, collaborative, and ahead of the curve. We are not a 9–5 organisation; we are a movement built on shared purpose and partnership.

We have built trusted relationships across partnership schools, housing, health, the VCFSE sector, business, and with both Broxbourne Borough Council and Hertfordshire County Council. Together, we are showing how true solutions emerge when systems and communities work side by side.

As we look ahead, CHEXS will continue to strengthen prevention and early help through collaboration, ensuring that every family, young person, and community not only cope but thrive.

"CHEXS is entrepreneurial, collaborative, and ahead of the curve. We are not a 9–5 organisation, we are one team with one vision, driven by accountability, trust, and actions that match words. We have built trusted partnerships across schools, housing, health, the VCFSE sector, business, and Hertfordshire County Council.

Together, we are showing how true solutions emerge when systems and communities work side by side"

CHEXS
COMMUNITY HOME ENRICHMENT XTRA-MILE SUPPORT

Supporting families in the local community

Contact us: 07970 498966 / www.chexs.co.uk

Head office: CHEXS, Theobalds Enterprise Centre, Theobalds Business Park, Innovation Place, Platinum Way, Cheshunt, Waltham Cross EN8 8YD

Follow us on social media:

@CHEXSOFFICIAL @CHEXS @CHEXSOFFICIAL

Registered Charity number: 1153769