



MERRY CHRISTMAS from CHEXS

DEC 2023

Here are a few CHEXS highlights from the last month and what to look forward to with us for the beginning of 2024.



CHEXS AGM

We had a fantastic AGM on the 23rd November in our new offices in Theobalds Business centre. It was phenomenal hearing from our partners as well as families we have helped.

Check out our edited video on You Tube.

[WATCH THE VIDEO](#)



Time for you - Coffee & Chat

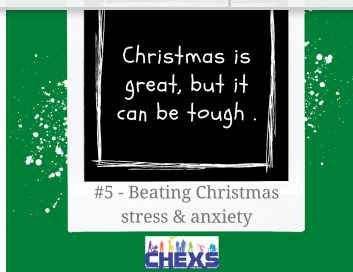
Fancy joining our fantastic group for some coffee and games in the new year?

No need to book, just turn up.

Sessions are back on the 9th Jan 2024

[READ MORE](#)





Christmas can be a time of great joy, but can also be a time of

great stress and anxiety.

Here we look back at a previous blog which focuses on ways to manage these stresses.



[READ MORE](#)



GROWTH - Community Habitat Management

Our GROWTH projects continue this term. CHEXS Community Habitat projects are always such a positive experience for the children and young people. To read more about this project, click the below.

[READ MORE](#)

NEW PARENTING REAL TALK 

FREE Parenting group

Real talk with real people, a friendly group to listen and support the highs and lows of parenting.

MY KID WITH FOOD **MY KID WITH EVERYTHING ELSE** **ME-TIME** **MY KID IN THE FUTURE** **MY KID RIGHT NOW**

Let's chat about all things parenting over a tea, coffee, cake or biscuit!

WHEN: 23RD NOVEMBER 2022 AND THEN EVERY OTHER WEDNESDAY

WHERE: TESCO COMMUNITY ROOM BROOKFIELD

TIME: 1.00 - 2.15PM

No need to book. Just turn up.. We'll pop the kettle on!



Real talk

Our Real Talk parenting sessions are going well. So far this year, we have enjoyed spending time with our regular parents that come along for a catch up and advice and support on various topics.

It has been beneficial to have some outside agencies come a long to give advice and awareness on particular subjects.

Please feel free to come along and join us and enjoy a hot drink, snacks and good company. - . We hope to see you there.



[NEXT SESSION 17TH JANUARY](#)

FREE Boundaries routines & behaviour workshop for Parents and Carers

Supporting families and the local Community

Why do children behave the way they do?
Why do we need to have routines and boundaries?
Understanding your child's personality and behaviour.
Want to make positive changes to support your child?
To gain confidence in having a routine and setting boundaries.
The choices we make have a reason and a consequence.

| Date | Day | School location | Time |
|-----------|-----------|-------------------|-------------|
| 09-Jan-24 | Tuesday | Burleigh | 9-11am |
| 15-Jan-24 | Monday | St Josephs | 9-11am |
| 16-Jan-24 | Thursday | Woodside | 9-11am |
| 17-Jan-24 | Wednesday | Brookland Infant | 9-11am |
| 17-Jan-24 | Wednesday | Millbrook | 9-11am |
| 18-Jan-24 | Thursday | Brookland Juniors | 9-11am |
| 18-Jan-24 | Thursday | Four Seasides | 9-11am |
| 22-Jan-24 | Monday | Holbrook | 9-11am |
| 29-Jan-24 | Monday | Longlands | 9-11am |
| 29-Jan-24 | Tuesday | Flamstead End | 9-11am |
| 31-Jan-24 | Wednesday | Goffs Oak | 9-11am |
| 24-Jan-24 | Wednesday | Hurst Drive | 9-11am |
| 25-Jan-24 | Thursday | Downfield | 1.30-3.30pm |

All places **MUST** be booked. To book please email: admin@chexs.co.uk Or call the office on 07970 498966

WWW.CHEXS.CO.UK

 @chexsofficial  @chexsofficial

JANUARY - we have our Boundaries, Routines and Behaviour FREE parent workshop

If you would be interested in booking onto our popular parent course for Boundaries, Routines and Behaviours, then please click the below link to email our office.

The dates and locations for these sessions are on the adjacent poster.



[BOOK YOUR PLACE](#)



CHEXS are proud to run the Winter Craft sessions in our partner schools. They have been warmly received and we always look forward to speaking to the parents and young people that attend.



[READ MORE](#)



Annual Impact report

Our impact report is now Live on our website.

If you would be interested to read how CHEXS has supported families over the last year then click the below link.

[CHEXS ANNUAL REPORT](#)



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.



If you need us for support or advice you can email

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

[Donate to CHEXS](#)



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