



Here comes the sun  
(and the fun)!!

Here are a few CHEXS highlights from the last month or so and what to look forward to for the summer with CHEXS.



## CHEXS Family Funday Thank you

What a fantastic day it was on the 5th July.

We had such a fantastic time seeing everyone out and about, celebrating our Grow club winners as well as our GROWTH programme participants with certificates and prizes handed out by The High Sheriff of Hertfordshire & Mayor of Broxbourne.

**We raised over £3,000 for CHEXS.**

[See Our Social Media Pictures Here](#)



## CHEXS AGM

The date of our AGM this year is now confirmed.  
We would love to see as many parents attending as possible.

**20th NOVEMBER 2025**

If you'd like to come along, please email us at

[admin@chexs.co.uk](mailto:admin@chexs.co.uk)



## GROWTH PROJECT UPDATE

Chexs have thoroughly enjoyed our year long projects with the children and young people on the GROWTH Programme. Creative projects, community Habitat projects, coaching, crafts and culminating in a fantastic presentation at our

Family Funday. A brilliant year!

[READ MORE](#)



## CHEXS Non Uniform day

Thank you to most of our schools that took part in this years CHEXS Day in partnership with [Helping Herts](#) who are doubling all that we raised! We loved seeing your colourful outfits and the wonderful photos.

We are so grateful to the schools that took part and raised a record breaking total of £2,561, **thereby making a total of £5,122 with Helping Herts doubling.**



## CHEXS Family Support update

During this last term the FSS team have been busy delivering Boundaries, Routines and Behaviour workshops and Transition workshops for parents and carers of year six children who are moving on to Secondary School as well as one to one parenting support sessions and running our Real Talk groups.

[READ MORE ABOUT OUR FAMILY SUPPORT TEAM](#)



CHEXS are overjoyed to have **WON** the below award.

### [Inspiring Hertfordshire Awards 'Green Award'](#)

Thank you so much to those that voted for us we are absolutely delighted.



### [Co-Design Workshop](#)

We held our first-ever Co-Design Workshop at CHEXS to explore better ways to support children, young people, and families through collaboration. This is just the beginning, our next session is on October 6th.

#### [Read More](#)

Thank you so much to those that attended and contributed to this important conversation.



### [Breaking Barriers Blog](#)

*Our latest blog dives into the importance of helping young people find meaning and purpose in their lives.*

Explore how purpose builds resilience, boosts motivation, and supports emotional wellbeing, especially during times of change or challenge. Let's work together to guide young people toward brighter futures, rooted in self-belief and a sense of direction.

#### [MORE INFO](#)

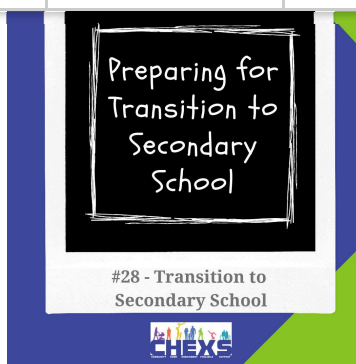


### [Free & Friendly Coffee & Chat Sessions](#)

Our popular Time for You sessions will be continuing throughout the summer at The Beaumont Centre every Tuesday starting at 12.30pm.

To read more about these sessions see the link below.

#### [MORE INFO](#)



*Our latest Family Support blog looks at how we can support children as they prepare to take the big step into secondary school.*

From building confidence to managing change, we explore the challenges and opportunities this transition brings, and how the right guidance can make all the difference.

*We'll also be publishing more blogs to help parents with ideas for the summer holidays and tips for getting ready to head back to school in September. Keep an eye on our website and social media for updates!*

**[MORE INFO](#)**



## **Thank You CHExS Skydiving Team**

*A huge thank you to our amazing CHExS skydiving team, Lee and Charlene, for their incredible bravery and dedication!*

Together, they raised over **£1,300** and with the support of **Helping Herts**, that total will be doubled, making an even bigger impact for local young people and families.

We're so proud and grateful for your support!

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](mailto:admin@chexs.co.uk) or **call us on 07950 303247**

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