



Summer is coming!

Here are a few CHEXS highlights from the last month or so and what to look forward to as we progress into summer a little more.



CHEXS Family Funday

We are excited to announce our next Community Fun day on the 10th July.

Loads of stalls, childrens activities and our Grow Club awards
Click the below link get in touch about how you could join in on the day, support / sponsor the event or maybe donate a raffle prize..

[GET IN TOUCH](#)



CHEXS Easter Hunt 2022 - Thank you

What a phenomenal event in April, we are so thankful for you all for coming along and helping us raise some much needed funds for our charity.

[CLICK TO READ MORE](#)



CHEXS Award nominations

CHEXS are delighted to have been nominated for some awards.

1. Biz4Biz Awards

Nominated for the '**Best Small Business Award**' and '**The Covid Hero Award**'.

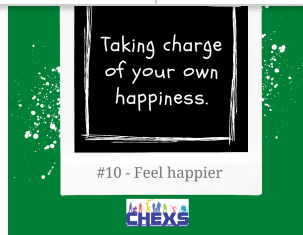
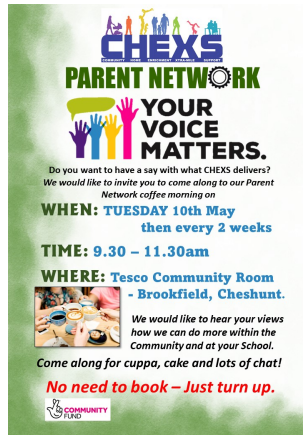
2. Inspire Hertfordshire Awards

Nominated for '**Community Champions award**'

We look forward to letting you know the results very soon.

Family Support Blog

Staying happy and making time for yourself is SO important. This month's blog focuses on ways to prioritise YOU!

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Parent Network Forum

CHEXS Parent Network forum runs every other week at the Tesco Community room.

These sessions help steer the charity's support to parents / carers, young people and our community.

Click the below link to read more..

[READ MORE](#)

GROWTH PROGRAMME

Our outdoor projects continue this term. CHEXS have been working with children and young people to increase confidence, communication, learn new skills and to build teamwork.

[CLICK TO READ MORE](#)

Free & Friendly Coffee & Chat Sessions

Our popular Time for You sessions are still ongoing at The Beaumont Centre every Tuesday.

To read more about when the sessions are taking place see the link below.

ITS FREE - So please feel free to just turn up!

[MORE INFO](#)

Parenting Workshops 2022

We have been holding both Transition workshops for parents and carers of children in year 6 and anxiety workshops too.

All information can be found on our website and through your child's school.

[FIND OUT MORE](#)

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

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If you need us for support or advice you can email

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

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