



🥚🥚🥚🥚🥚🥚 **SPRING IS HERE!** 🥚🥚🥚🥚🥚🥚

April 2025

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Here are a few CHEXS highlights from the last month and what to look forward to with us for the Summer term 2025.

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### CHEXS EASTER HUNT IS BACK WITH AN EGG-CITING NEW TRAIL !

Our fantastic community event is back on the **5th April** at Cedars Park. Entry to the event is free, the adventure trail costs **£3 per person or 2 for £5**.

If you'd be interested in volunteering or having a stall at our event, then please contact the office by emailing on the link below.

[CONTACT US](#)



Chief Operating Officer

### Introducing Liz Allum CHEXS' First Chief Operations Officer

We are looking forward to Liz starting with us over the Easter holidays, with over 20 years experience in education, safeguarding, and pastoral leadership, Liz brings a wealth of expertise that will enhance CHEXS' support for schools and families.

**We are excited for Liz to join our team!**

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We are delighted to have been shortlisted for the Tesco Blue Chip for our Coffee & Chat sessions, a social support group every Tuesday.

### Where to Vote?

Cheshunt Superstore (EN8 8LQ),

Cheshunt Extra (EN8 0TA)

Cheshunt Lakeside Express (EN8 9AQ),

Theobalds Park Express (EN8 7DZ)

Cheshunt Flamstead End Road Express (EN8 9JZ)



### 'Seeing is Believing' Event

We were delighted to put on our first "Seeing is Believing" initiative which was designed to provide first hand experiences of the positive impact we have had on families and our local community. To read more about the event please click the link

[SEEING IS BELIEVING](#)



### Website Blog Discipline

Our newest blog dives into how thoughtful discipline builds resilience, growth, and trust for kids and adults alike. Learn how clear, consistent boundaries encourage positive behaviour, and why setting limits is a loving act of guidance, not control.

[Read Here](#)



### Introducing something new!!!

Have you thought about ticking a box off the bucket list?

**Sky Diving into June 2025.**

Our friends at Helping Herts are offering lucky people the opportunity to both fundraise for **CHEXS** and get that adrenaline rush!



[REGISTER YOUR INTEREST HERE](#)



Our GROWTH projects continue this term. CHXS community

habitat projects are always such a positive experience for the

children and young people.

To read more about this terms project, click the below.



[READ MORE](#)



## Family Support Spring Update

Our Family support Team have been busy this half term delivering services, support and tailored advice to parents,

families and our community.

Why not click the below link and read more.



[READ MORE](#)

**Friendly and Free**  
**TIME FOR YOU**  
**COFFEE & CHAT GROUP**

Come and join us for a cuppa, a chat and board games!

**Every TUESDAY**  
**12.30 - 2.30pm**

**The Beaumont Centre**  
6 Rowlandsfields,  
Turners Hill,  
Cheshunt,  
EN8 9BG

**No booking needed, just come along.**

**EVERYONE WELCOME!**

## COFFEE AND CHAT GROUP

Why not join our fun and friendly Coffee and Chat sessions weekly at the Beaumont Centre in Cheshunt.

Sessions are **every Tuesday and starts at 12.30pm!**

**See you then.**

Want to know more? why not click the below link.

[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.

**ME-TIME**

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

**When:** 30th April  
14th May

**Where:** Tesco Community Room, Brookfield

**Time:** 100pm - 215pm

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

## Parenting 'REAL TALK' sessions

Our Parenting hub sessions will be back after the Easter break on the 30th April. A fantastic session focused on support for parents / carers to speak about all things parenting - the ups and the downs!

We hope to see you at the next session.



[NEXT SESSION 30th APRIL](#)

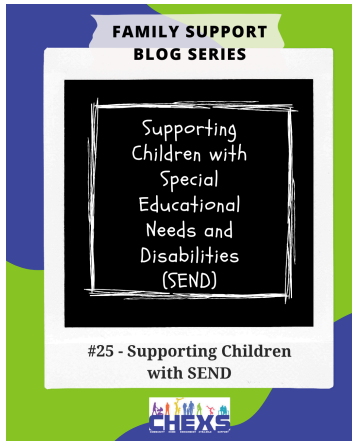


## FREE parent Top Tip session

If you would be interested in booking onto our parent course, then please click the below link to book.



## BOOK YOUR PLACE



## Family Support Blog

### Navigating the World of SEND with CHEXS

At CHEXS, we're exploring Special Educational Needs and Disabilities (SEND) and how to best support children and families. Read our blog on the CHEXS website or click the link below to find out more.

## [Read Here](#)



## Our amazing Marathon runners / Riders!!!

A HUGE thank you to our athletes this year.

**Jenny Pedley** is running the London Marathon for CHEXS, if you would like to sponsor her, here is the link:

## [JENNY'S PAGE](#)

**Mark Bicknell** is cycling the Mallorca 312 for CHEXS, if you would like to sponsor him, here is the link:

## [MARK'S PAGE](#)



## Welcome to the team, Jack!

We're thrilled to welcome Jack Ferris to our Children and Young People Team here at CHEXS!

We're so excited to have Jack helping us support our local community

## [To Find Out More About Jack](#)



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**

Donate to CHEXS

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Our mailing address is:  
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