

CHEXS Information pages for updating your school's Website

Our logo (right click to save down picture)



Supporting families in the local community.

CHEXS has 2 new missions, one for family support and one for young people. These are detailed below:

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OUR 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.

OUR YOUNG PEOPLE SUPPORT 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.



CHEXS revised vision is now as per the below, you may want to add this too. (right click to save down picture)



OUR VISION

Our whole family approach is embedded in the local community, bringing both parents and young people together to support and inspire each other.

Text details of what CHEXS can offer to your families.

1) CHEXS GROWTH PROGRAMME



The GROWTH programme will help to create opportunities and environments to support children and young people who can then become positive role models.

Allowing these young people to flourish by giving them:

- ❖ Meaning and purpose
- ❖ Resilience
- ❖ Expectations
- ❖ Aspirations

The CHEXS team supports a wide range of difficulties using lived experiences, protective behaviours, specialised training and coaching.

- ❖ Time to build trust .
- ❖ Qualities to inspire.
- ❖ Skills to teach and experiences to share.
- ❖ Strategies with tools and techniques to engage.
- ❖ Prolonged opportunities to engage in positive tangible activities to build trust and relationships.
- ❖ Coaching sessions, working both 1 to 1 and in groups to manage goals and support direction to meet them.

To read more about our GROWTH Programme please follow the below link.

<https://www.chexs.co.uk/our-services/our-projects/>

2) CHEXS FAMILY SUPPORT

Our team supports parents through a variety of issues including:

- ❖ Communicating with your child or teenager
- ❖ Managing challenging behaviour
- ❖ How to help with your child's learning
- ❖ Your child's additional needs
- ❖ Managing finances
- ❖ Loss or bereavement
- ❖ Where to go for help and support
- ❖ Abusive relationships
- ❖ Bullying
- ❖ Your child's confidence and school transitions

Community - We can link you with other local services.

Homes - Help with financial & housing support, family relationships.

Enrichment - Links with family craft sessions and GROWTH project.

Xtra mile - 1-1 Support for parents during school transitions.

Support - Aiding with behaviour strategies & open communication.

To read more about our family support services and how we can help, please click the below link...

<https://www.chexs.co.uk/our-services/family-support-services/>

3) WORKSHOPS / COURSES AND MORE

WORKSHOPS

CHEXS provides inclusive parenting workshop sessions sharing a wealth of experience, advice and guidance in a relaxed environment.

CRAFT SESSIONS

CHEXS provides 2 family sessions per year within your school to create crafts. These sessions are in spring, usually focused on Easter crafts and one in winter usually focused on Christmas crafts.

COURSES

CHEXS hold a variety of courses throughout the year. From first aid to CEOP to safeguarding and more. Please review our website for more information.

<https://www.chexs.co.uk/our-services/chexs-professional-courses/family-and-adult-learning-courses/>

EVENTS

CHEXS holds 2 large community events per year. One at Easter at Cedars Park, usually an Easter Hunt. The other is in the summer and is a Family Funday. This is usually in July and will host the grow club final (giving out awards for the best grown crops) as well as a presentation of certificates to all of the children or young people who have attended our GROWTH programme over the last academic year.

AFTERSCHOOL LEADERSHIP SESSIONS – Sponsored by Children in Need

The children are coached by the CHEXS team to create and take part in problem solving games and activities to build skills in creative thinking and teamwork, as well as leadership and self-esteem.

<https://www.chexs.co.uk/our-services/our-projects/children-in-need-after-school-project/>

COMMUNITY COFFEE GROUP

These sessions run every Tuesday 12.30-2.30pm and are delivered within the Beaumont Centre in Cheshunt. These sessions are open to all, no matter the age and are of course FREE.

SCHOOL TRANSITION SUPPORT – “Bridging the gap” sponsored by Warburtons

This is a project designed for students that are struggling with transitioning between primary and secondary school. The project aims to increase resilience, improve behaviour and reduce the anxieties that may appear during this change.

<https://www.chexs.co.uk/2022/07/bridging-the-gap-sponsored-by-warburtons/>

IMAGES SPECIFIC TO YOUR SCHOOL THAT YOU ARE MORE THAN WELCOME TO ADD TO YOUR WEBSITE AS FOLLOWS.

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