



(Registered charity number 11553769)

## CHEXS Family Services and Activities September - December 2018

### Community



We aim to create a united community, working together with a sense of belief and ownership tackling local issues and improving community relationships.

### Homes



We want to help people have a better home life through improved communication, relationships and life skills.

### Enrichment



We engage children & young people in positive activities within the community to help raise self-esteem, confidence and aspirations whilst developing vital life skills.

### eXtra-mile



We work tirelessly to make a difference and our focus is always to put families' and communities' best interests at the heart of everything we do.

### Support



We endeavor to ensure CHEXS' diligence, passion, professionalism, enthusiasm, loyalty and local knowledge provides support for all the families and local communities that we serve.

You can book courses/activities direct via the CHEXS website  
[www.chexs.co.uk](http://www.chexs.co.uk) (please press onto the blue courses tab)



## CHEXS Family Services and Activities: September - December 2018

### CHEXS Christmas Craft

Four Swannes	Xmas Craft	Tuesday	20-Nov-18	3.30 - 5pm
Burleigh	Xmas Craft	Thursday	22-Nov-18	3.30 - 5pm
Longlands	Xmas Craft	Monday	26-Nov-18	3.30 - 5pm
Millbrook	Xmas Craft	Tuesday	27-Nov-18	3.30 - 5pm
Downfield	Xmas Craft	Wednesday	28-Nov-18	3.30 - 5pm
St Josephs	Xmas Craft	Thursday	29-Nov-18	3.30 - 5pm
Churchfield	Xmas Craft	Monday	03-Dec-18	3.30 - 5pm
Brookland Junior	Xmas Craft	Tuesday	04-Dec-18	3.30 - 5pm
Andrews Lane	Xmas Craft	Wednesday	05-Dec-18	3.30 - 5pm
Brookland Infants	Xmas Craft	Thursday	06-Dec-18	3.30 - 5pm
Brookland Infants	Xmas Craft	Monday	10-Dec-18	3.30 - 5pm
Goffs Oak	Xmas Craft	Tuesday	11-Dec-18	3.30 - 5pm
Woodside	Xmas Craft	Wednesday	12-Dec-18	3.30 - 5pm
Holdbrook	Xmas Craft	Thursday	13-Dec-18	3.30 - 5pm

### Paediatric First Aid

First Aid Certificate that meets Ofsted requirements if you work or care for babies and young children. Course fees: Non CHEXS membership school/child minder/professional body/community member £100

Date	Duration	Time
Wednesday 6th / 13th / 20th / 27th March	Over 4 weeks	3 hr session

### Emergency First Aid At Work

This course is designed for people who want to receive training in emergency first aid and is especially suited for nominated first aiders in smaller, low risk working environments. Certificate is valid for 3 years. Courses Fees: Non CHEXS membership school/child minder/professional body/community member £130

Date	Duration	Time
Friday 5th October	1 Day	9am - 3.30pm

### Basic First Aid

This three hour course will teach you everyday first aid skills. Course fees £27.00 per person

Date	Duration	Time
Friday 7th September	1 Session	3 hours
Wednesday 24th October	1 Session	3 hours
Friday 8th February	1 Session	3 hours
Wednesday 6th March	1 Session	3 hours

Please contact [admin@chexs.co.uk](mailto:admin@chexs.co.uk) / 07970 498966 for times and locations of courses and to book a place.

Course fees must be paid before the start date. A minimum of 8 learners are required for each course to be able to run. If the course is cancelled, a full refund will be provided.



# CHEXS Family Support Service

CHEXS supports the Local Partnerships & Families First agenda at a local level and will build upon Hertfordshire's successful drive to prevent escalation of needs for families and provide the right response, at the right time, by the right service.

## Do you worry about...

- Communicating with your child/teen
- Managing challenging behaviour
- How to help with your child's learning
- Your child's additional needs
- Finances
- Housing
- Loss or bereavement
- Where to go for help and support
- Abusive relationships
- Bullying

## CHEXS can help with:

- Support, advice and guidance for parents
- Families First Assessment support, advice and guidance for children and young people
- Family and adult learning courses, Parenting groups
- Signposting to local services and activities
- Enrichment projects for children & young people both supporting their learning and development

CHEXS Family Support Service (FSS) operates within your school/setting for 2-3 hours on a fortnightly basis. *Note: Support is on hand outside these sessions too. Parents can attend support sessions at other schools subject to availability.*

<b>Andrews Lane</b> 25-Sep 09-Oct 23-Oct 13-Nov 27-Nov 11-Dec Tue: 1.00-3.00	<b>Brookland Inf</b> 26-Sep 10-Oct 24-Oct 14-Nov 28-Nov 12-Dec Wed: 8.30-11.30	<b>Brookland Jnr</b> 20-Sep 04-Oct 18-Oct 08-Nov 22-Nov 06-Dec Thur: 8.30-11.30	<b>Burleigh</b> 18-Sep 02-Oct 16-Oct 06-Nov 20-Nov 04-Dec Tue: 8.30-11.30	<b>Churchfield</b> 19-Sep 03-Oct 17-Oct 07-Nov 21-Nov 05-Dec Wed: 8.30-11.30
<b>Downfield</b> 27-Sep 11-Oct 25-Oct 15-Nov 29-Nov 13-Dec Thur: 8.30-11.30	<b>Four Swannes</b> 19-Sep 03-Oct 17-Oct 07-Nov 21-Nov 05-Dec Wed: 2.00-4.00	<b>Goffs Churchgate</b> 20-Sep 04-Oct 18-Oct 08-Nov 22-Nov 06-Dec Thur: 2.00-4.00	<b>Goffs Oak</b> 17-Sep 01-Oct 15-Oct 05-Nov 19-Nov 03-Dec Mon: 1.00-3.00	<b>Goffs Sec</b> 24-Sep 08-Oct 22-Oct 12-Nov 26-Nov 10-Dec Mon: 2.00-4.00
<b>Holdbrook</b> 24-Sep 08-Oct 22-Oct 12-Nov 26-Nov 10-Dec Mon: 8.30-11.30	<b>Longlands</b> 17-Sep 01-Oct 15-Oct 05-Nov 19-Nov 03-Dec Mon: 8.30-11.30	<b>Millbrook</b> 26-Sep 10-Oct 24-Oct 14-Nov 28-Nov 12-Dec Wed: 1.00-3.00	<b>St Josephs</b> 27-Sep 11-Oct 25-Oct 15-Nov 29-Nov 13-Dec Thur: 1.00-3.00	<b>Woodside</b> 25-Sep 09-Oct 23-Oct 13-Nov 27-Nov 11-Dec Tue: 8.30-11.30



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## CHEXS Family Fun Day and Grow Club Finale

**At Grundy Park, Cheshunt  
Sunday 7th July 12pm – 4pm**



Lots of activities,  
performances and  
stalls for families  
and children to  
enjoy.

Award Ceremony  
for the local  
schools who  
display their  
produce in our  
Grow Club Finale.



Certificates of Achievement are presented  
to the children and young people who have  
participated in a CHEXS scheme

## CHEXS Self Esteem Programme

We have developed a programme to support  
children and young people with emotional,  
social, behavioural issues. Sessions are  
delivered by experienced facilitators with  
the emphasis on interactive, age  
appropriate activities  
designed to increase  
self-esteem,  
confidence  
and aspirations  
in the  
participants.



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[www.chexs.co.uk](http://www.chexs.co.uk)