



Summer Vibes



May 2025

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



[Our Big Summer Fun Day!](#)

Our fantastic community event is back on the **5th July** at Grundy Park. Entry to the event is free, the activity wristband costs **£5 per child**. The wristband includes Climbing Wall, Trampolines and Bouncy Castles. Also we will be holding our Grow Club Final!

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](#)



[CHEXS Non-Uniform Day](#)

Our CHEXS 'wear our colours' Non uniform day is back again on the **4th July** this year!

Is your school taking part?

We can't wait to see your pictures and we're looking forward to seeing all the bright colours in your assemblies this year.

If your business, group or school would like to get involved, get in touch.

[CONTACT US](#)



We are delighted to have been shortlisted for the Tesco Blue Chip for our Coffee & Chat sessions, a social support group every Tuesday. You can vote in any of the following locations:

- 1) Cheshunt Superstore (EN8 8LQ),
- 2) Cheshunt Extra (EN8 0TA)
- 3) Cheshunt Lakeside Express (EN8 9AQ),
- 4) Theobalds Park Express (EN8 7DZ)
- 5) Cheshunt Flamstead End Road Express (EN8 9JZ)



Website Blog Social Media Influence

Our latest blog explores the powerful role social media plays in shaping young minds, for better and for worse.

Discover how social media can influence self-image, confidence, and relationships, and why helping young people build digital resilience is more important than ever.

Let's work together to turn online challenges into opportunities for growth, awareness, and healthy connection.

[**CLICK HERE TO READ THE BLOG**](#)



Sponsor Lee and Charlene's Skydive

Lee and Charlene will be Skydiving on the 6th June to raise funds for CHEXS and with Helping Herts doubling all funds, and donation you can give would be gratefully received. Please sponsor Lee or Charlene in this one in a life-time event!



[**SPONSOR LEE**](#) OR
[**SPONSOR CHARLENE**](#)



Thank you to Ashbourne Insurance

On Friday 23rd May CHEXS attended the Ashbourne Insurance first fundraising Golf day in memory of founding director **Richard Hunt**.

It was a wonderful day, the sun shone and much fun was had by all. A **HUGE** thank you to **Jack Smits** and the team at **Ashbourne Insurance** for choosing CHEXS to be one of the charities they were fundraising for.

[**Over £3,000 raised.**](#)



Our GROWTH projects continue this term. Check out what our Children and Young people have been up to this term. With our Role Model and Creative projects and finishing off with CHEXS activities week!

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: 2nd July 2025

WHERE: TESCO COMMUNITY ROOM BROOKFIELD

TIME: 1.00 - 2.15PM

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

Special Guest
 Jacquie Gascoigne
 Community Development Practitioner
 Step2Skills

Parenting 'REAL TALK' sessions

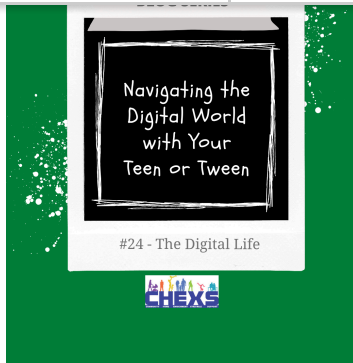
Our Real Talk sessions are in full swing!

On **2nd July**, we'll be joined by a special guest speaker **Jacquie Gascoigne, Community Development Practitioner from Step2Skills.**

We will be looking at confidence-building, adult learning, supported employment, and access to local courses.



[NEXT SESSION 4th JUNE](#)



In this blog and in recognition of National Children's Day and Mental Health Awareness Month, we are looking at the importance of family support and raising awareness around children's mental health and wellbeing. We share insights on how we can all play a part in creating safe, supportive spaces for young people to thrive.

[CLICK HERE TO READ THE BLOG](#)



Healthy Eating & Lunchboxes 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](#)



Summer Inspired Crafts FREE In School Craft Sessions

Great news!!! Our FREE summer Craft sessions are back in our partner schools very soon.

Want to come along, its as easy as clicking the below link!

Why not follow us on our Eventbrite page to ensure that you're the first to hear about our community events, and workshops sessions.



[BOOK YOUR PLACE](#)

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.



[Donate to CHEXS](#)

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