

March 2025 Newsletter



PEAK NEWS!

Expanding Our Team!

We're thrilled to welcome three very talented new volunteers to the PEAK team – each a former PEAK parent who believes in our mission and ready to help others! Laney joins our admin team, bringing fantastic experience in marketing and administration. Megan, an experienced SENDCo, will provide invaluable support, and Laura will be helping with our monthly community group sessions. Welcome to you all! We look forward to working together to make more incredible changes to families.

If you have a few hours to spare each week and would like to volunteer with us, we'd love to hear from you! Please reach out to us at:
admin@parentingempoweredautisticstickids.com.



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PEAK SUPPORTERS



Powering Up Support For PEAK!

A huge thank you to Ecotricity for supporting PEAK with a generous donation! Your contribution will help our team reach more families, expand our community groups, and ensure that more parents feel heard, more children receive the right support, and more families find the guidance they need.

We are truly grateful for your kindness and belief in our mission!

A special thank you to **Pauline**, one of our incredible PEAK volunteers, for introducing our charity to Ecotricity and helping make this support possible.



Here's The Scoop...

Mr Whippy Gloucester is serving up support for PEAK this Spring/Summer! They've whipped up a fantastic way to help – featuring a QR code on their van so you can drizzle a little generosity our way.

See Mr Whippy cruising by? Treat yourself and sprinkle a little extra kindness our way! Every donation helps us support where it's needed most.

A big thank you to Mr Whippy Gloucester your generosity!

COMMUNITY EVENTS!

Working together, for a better future!



Neurodiversi-Tea Natters!

We kicked off the month with an inspiring visit to Neurodiversi-Tea Natters in Tewkesbury, where PEAK was invited to speak. We had the privilege of meeting incredible parents dedicated to supporting their children's needs and navigating the challenges they face.

Together, we shared hope, reassurance, and practical strategies to help create brighter futures for their children.

Thank you to **Kate Morris, Emily Hastings** and all the parents for welcoming us, we will continue to be there and help your children reach their Peak Potential



Another incredible Community Session!

It's been another incredible Community Group Session this month! Meeting new faces and continuing to support our wonderful PEAK families is a true privilege. We care deeply about every single family we help and feel honoured to be part of your journey. Thank you all for coming and sharing your experiences with other families who need it.

Big thanks to our team, **Charlotte, Hayley, Nanette & Laura** for supporting these session on and behind the scenes!

Due to overwhelming demand, we're thrilled to announce our **first evening online session on April 7th!** To reserve your place or to email us with any questions or topics you would like Peak to discuss beforehand, please email them to **community@parentingempoweredautistickids.com**.



**SAVE
THE DATE**

Evening Online 7th April 19:00-21:00



COMMUNITY EVENTS

Egg-splore the Great Outdoors This Easter!



Our Forest school is back this April, with some fun easter surprises!

Join us for action-packed sessions filled with exciting nature-based activities, hands-on learning, and seasonal Easter chocolate fun! Spaces always fill up fast, so don't miss out – book now for an unforgettable outdoor adventure this April half term!

When: April Half Term

Where: Huntsgrove Primary School, Gloucester

Times: 10:00 AM – 12:00 PM OR 12:00 PM – 2:00 PM

Cost: £20 per session, or £35 full day

Who: Children aged 4–14 with an EHCP, My Plan, My Plan Plus, or SEND

Secure Your Child's Spot Today!

To register or enquire, contact Leigh at education@parentingempoweredautistickids.com.



Spring Half Term Forest School Returns!
For Children With any SEND, My Plan, My Plan Plus, EHCP
Ages 4 – 14

Does your child love Forest School?

We are excited to be able to offer sessions for children during Easter Half Term!



Sessions with Leigh!

Leigh is a qualified primary teacher for over 23 years, a SENDCo for 11 years and a level 3 trained forest school leader!

Leigh successfully leads weekly forest school sessions for children with additional needs along with 3 other TA's supporting these sessions.

Where: Huntsgrove Primary School

When: Easter Half Term 2025

Time: 10am–12pm / 12–2pm

Cost: £20 per session or £35 full day

To enquire and register please email:
education@parentingempoweredautistickids.com



www.ParentingEmpoweredAutisticKids.com
Education@ParentingEmpoweredAutisticKids.com

A Sneak Peak into our Summer Planning



Here's a few pictured from our team working hard behind the scenes to bring you an incredible event – coming this Summer! Make sure you're following our social media pages to be the first to hear the big announcement in April. Trust us, you won't want to miss it! Stay tuned for more exciting details

RETREAT MOTHERS DAY TREAT!



THE GREENWAY SPA DAY! COMPETITION!

Deadline for entries midnight 30th March 2025

NOMINATE A MUM

Nominate a Mum who you think deserves a day to be pampered at the beautiful **Greenway Hotel** in the Cotswolds! To Enter simply email us with their **name** and **why** you think they deserve to win - on our **Social Media Page**. **All entries must be in by midnight 30th March**. Winner to be announced via Social Media on Mothering Sunday 31st March. To qualify you must also follow our Facebook Page



Winners!

Donna Bullingham
Ruth Parsons
Laura Lou
Kvee Bea
Sam Burton
@chmackay73
Carly Dainty
Floss Roberts
Vicki Scowby
Lindsey Moore

This Mother's Day, we were thrilled to run a special competition, giving 10 amazing parents the chance to enjoy a well-deserved spa day at The Greenway Hotel & Spa, complete with a luxurious afternoon tea. A Big thank you to **The Greenway Hotel & Spa** for making this possible!

We received so many heartfelt nominations, highlighting the dedication and strength of parents who go above and beyond every day. It was truly inspiring to read them all!

Congratulations to our 10 winners—we hope you enjoy a well-earned day of relaxation.



Celebrating Neurodiversity Week!

From 17th March, we've been proud to celebrate Neurodiversity Celebration Week - championing inclusion, community, and the incredible strengths of neurodivergent children, young people, and families. Through sharing our posts, attending our community group, and coming together in support, we've helped raise awareness and reinforce the message of acceptance. The celebration week has been about more than just recognition—it's about creating real change and ensuring every family feels heard and supported.

Thank you for being part of this movement. Together, we're making a difference!

TESTIMONIALS

★★★★★ 5 days ago **NEW**

I would like to say how me and my family are profoundly grateful for the generous and amazing support we received from Marco Cetara and Peaks organisation. He has been working on my son's case with two different councils over the past year. Yousef my son was out of education for over 10 months and thanks to Marco's amazing efforts, he managed to work closely with LA on pushing things forward smoothly. Fortunately we received an approval from Kingston council on an offer of placement that we really wanted for yousef.

Thank you Marco for being always there for us, for responding to our e mails, calls anytime so fast, for the kind words of encouragement and support you said when we were down, for not losing hope though we got through very frustrating twists, and for being so patient in communicating with us, the LA and the schools consulted.

Your kindness and exceptional efforts are deeply appreciated.

I'm sure yousef would want to say big thank you to you and your team for helping him get back to school God bless you 🙏

★★★★★ a week ago

Incredible Support from PEAK Charity – Huge Thanks to James, Claire and founder Marco.

We are so grateful to PEAK charity for their outstanding support in helping our child access the right education. Navigating the school system and securing a place in a special school can be overwhelming, but PEAK was with us every step of the way.

A special thank you to James and Clare, who went above and beyond to mediate the situation with our child's school and worked tirelessly with the Local Authority to ensure we secured a place in the special school we had hoped for. Their knowledge, patience, and dedication made an incredibly difficult process so much easier, and we truly couldn't have done it without them.

PEAK charity is an invaluable resource for families of children with autism, providing expert guidance and genuine care. If you need support advocating for your child's education, I cannot recommend them highly enough!

Thank you, James, Clare, and the entire PEAK team—you have changed our lives for the better! Please support this charity as only our donations as without the generosity of supporters, families like ours wouldn't have access to this life-changing help. If you're able to contribute, please do—every donation helps ensure that more children with autism get the education they deserve.

★★★★★ 6 days ago **NEW**

PEAK came into our lives just at the time when we needed support the most. Our son was struggling to attend Primary school having hit crisis, fight and flight without adequate support and understanding of his needs. Relationships and communication with school sadly were no longer healthy, respectful nor supportive for our child. All of us lost all trust in those leaders who were supposed to provide and care for him, those who were entrusted to do so. We were utterly exasperated, exhausted and at rock bottom, feeling alone in our struggles and not knowing where to turn. I met Marco as I had come across PEAK in a local supermarket token drop and thank goodness we did it was meant to be! He honestly changed all of our lives, from the very first meeting we felt heard, understood and supported emotionally and practically. He quickly navigated our path forward and validated our thoughts and our own knowledge of our son. Advocating in meetings with school, professionally but with exceptional knowledge and steadfast determination to help us achieve what our son needed and deserved. We felt 'saved' from our turmoil and Marco was there to reassure and encourage us with each step forward, EHCP process and transition to senior school!

We will be forever grateful for PEAK (and to those supporting Marco as he supported us) and to Marco for being such an important part of our journey. 3 years on and our son is happily settled at seniors with great support. I now am a proud volunteer for PEAK and that is just a small way of saying thank you for what they did and continue to do for us. We now have a community of people who support each other. If you need support don't hesitate to contact this incredible team of people who genuinely care and put the child at the front of all conversations.

 Laura
4 reviews

★★★★★ a week ago **NEW**

We were recommended peak by a friend after the long road of autism assessment and diagnosis, which in itself is emotional and draining at times. After we received our son's diagnosis we didn't know what to do next or where to turn next to tackle the next hurdle. We had our first meeting with marco from peak today and it was amazing. Marco took the time to listen to our journey so far, learn more about our son and made us feel listened to which we haven't felt for a long time. The compassion and understanding from peak is truly beautiful and I highly recommend them

 Tim Smith
4 reviews · 9 photos

★★★★★ a week ago **NEW**

For far to long have we been led by industry professionals to accept almost what box to put our children into. Times have changed. 🙏🙏🙏
The team @ PEAK are ahead of the industry professionals. Knowing what support and advice is available and helping us to navigate and understand what paths we as parents can take. What support is available. Whether it is a small question or a complex issue nothing is too much for this team. If in doubt, reach out.. 🙏🙏🙏
100% recommend 🙏🙏🙏



CUSTOMER FEEDBACK



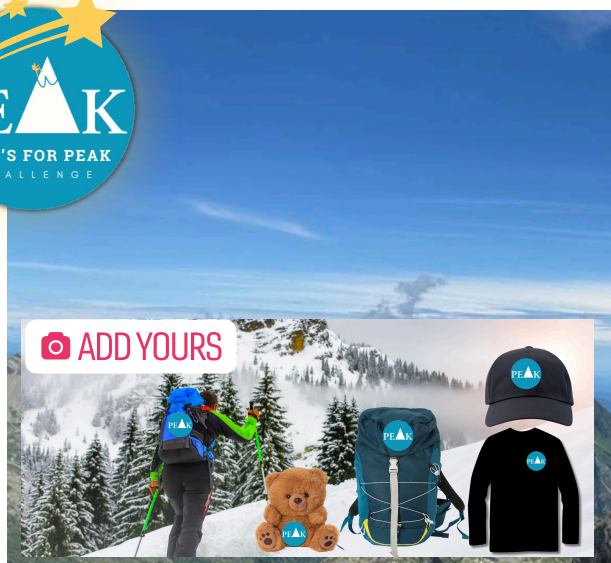
Your Words Make a Difference!

Throughout March, we've been overwhelmed by the incredible reviews from families sharing their experiences with PEAK. Your kind words not only mean the world to us but also help other families feel encouraged to reach out for support.

It's a privilege to be part of your journey, and we're grateful you trust us to help. If PEAK has made a difference for you, please take a moment to leave a review—scan the QR code or share your thoughts on Facebook. Your review could be the reason another family finds the help they need!

FUNDRAISING!

FOUNDER'S PEAKS FOR PEAK CHALLENGE!



The countdown is on! It's less than three months before our founder will take on the incredible challenge of hiking to the highest refuge in Europe — Monte Rosa, to the Margherita hut, which stands at a towering 4554 meters! This is no small challenge!

You can support us....but also we are looking for organisations who would like to contribute to our mission by sponsoring our event. In return we showcase their benevolence with branded items and more.

For full details please visit the fundraising page: <https://donate.giveasyoulive.com/fundraising/peaks-for-peak>

We welcome anyone who would like to reach out to their work or who run their own business and would like to contribute and raise money to support our mission.

Please contact us at admin@parentingempoweredautistickids.com

The Jones Family's Peak's for Peak Challenge!

Annaleise and her family are taking on an incredible Peaks for Peak Challenge - walking the end to end trail of the Marvel Hills: Malvern Ridge from Chase End in the south to North Hill.

Thank you Annaleise and family!

Please help sponsor Annaleise and her family:

<https://donate.giveasyoulive.com/fundraising/peak-to-peak-challenge-malvern-hills>



Please contact admin@parentingempoweredautistickids.com to start your own fundraiser for PEAK!

WIN'S FOR FAMILIES!



**Over 458
voluntary
hours**

FEBRUARY RESULTS

Children Supported
EHCP Support
Documentational Support
School Support Meetings
SEN Appeals Supported
Direct Home Support Interventions
Educational Placements Awarded
Community Sessions

TOTAL

83
19
12
14
7
4
5
2

March – wow, what a packed full month! PEAK has been a month of hard-fought victories for the families we support. Every success is a testament to the relentless dedication of our team, who work tirelessly to challenge decisions, secure vital provisions, and ensure families get the support they need.

A huge congratulations to the families who achieved victories in March! And a heartfelt thank you to Team PEAK—your unwavering commitment and passion make these life-changing moments possible. Bring on April!

SUPPORT PEAK!

PEAK is a registered charity run by dedicated volunteers supporting the community. If you'd like to contribute to the work we do, please visit [our donation page](https://donate.giveasyoulive.com/charity/parentingempoweredautistickids):

<https://donate.giveasyoulive.com/charity/parentingempoweredautistickids>

Every donation helps support families who need it most.
Thank you for your consideration and support!

 Give as you Live
Donate



A MESSAGE FROM OUR FOUNDER

Another month has flown by, and what a busy March it has been for team PEAK!

We were proud to take part in Neurodiversity Celebration Week, raising awareness and boosting acceptance. It ended with a fantastic Community Group Session, where we heard from parents and carers advocating for their children.

The final days of March brought even more excitement as we partnered with The Greenway Hotel & Spa Resort, securing ten pampering day passes for parents in our community – because taking time to recharge is just as important as the work you do as parents every day.

A huge thank you to everyone who took part in the nominations. While we couldn't select everyone, we're pleased to share that there will be more opportunities like this in the future. Keep an eye on our page for upcoming announcements.

And speaking of announcements... we have exciting news coming in April! Keep an eye on our social media for updates. You won't want to miss it!

To our dedicated team of volunteers – both longstanding and new – thank you. Your hard work and commitment continue to create real change for PEAK families. Giving your time and energy to support others is what community is all about, and we couldn't do this without you.

A special thank you to our newest supporters: Ecotricity, Mr. Whippy. Your support allows us to reach more families and provide even greater impact.

And finally, to our incredible PEAK families – thank you for your trust in us to support you and your children. It's a real privilege to hear and learn of your stories and ongoing journey.

For more information on our services, visit www.parentingempoweredautistickids.com. As always, if you need support, please reach out: contact@parentingempoweredautistickids.com.

Here's to an exciting April – we can't wait to get started.

With gratitude,

Marco Cetara



A Few Dates To Remember

- The next community group session is online in the evening Monday 7th April 19:00 - 21:00
- Autism Acceptance Month 1st - 30th April
- World Autism Day 2nd April
- Peak's Spring Forest School taking Place Easter Half Term!
- Exciting Announcement Coming soon!

Thank you for reading!