

December 2025 Newsletter



PEAK NEWS!

A Tree-Mendous Start To The Festive Season!

We kicked off December in truly festive style with PEAK's very first SEN Christmas Party, held on 15th December – and what a fun evening it was!

From dancing the evening away at our SEN Disco with Joshy from Galaxy Disco, getting creative with festive crafts, and enjoying a variety of games, to meeting our very special guests – the Christmas Bears – there was something to make everyone's spirits sparkle.

We want to say a huge thank you to all the families who joined us and helped make the event so magical. It was wonderful to see so many smiling faces, and we hope the children had a great time celebrating and soaking up the Christmas cheer.

Tickets sold out within a week of launch, so for anyone who missed out this time — please don't worry. There will be more festive fun and SEN-friendly events coming in the New Year, and we can't wait to welcome you along.

A massive thank you goes to Charlotte, who worked hard behind the scenes organising the event and the craft table alongside Laura; to Nanette for the incredible homemade treats that truly added the icing to the Christmas cake and gave the event that extra festive glow; and to the Rugby Club for hosting our event this year.

Thank you to everyone who helped make PEAK's first SEN Christmas Party such a cracking success. It was the perfect way to wrap up the year.



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MORE NEWS!

Working in Partnership with TSB Banking Group PLC

We're proud to be finishing the year on a high, with PEAK partnering with TSB Banking Group PLC's Inclusivity Network to host a nationwide Neurodiversity Seminar.

We spent the day at TSB offices reaching out to individuals, parents, and families, offering greater understanding, practical insight, and meaningful awareness of neurodiversity. Through lived experience, professional knowledge, and open conversation, PEAK was able to provide not only answers, but reassurance — and, most importantly, hope — particularly as we head into the holiday season.



We loved the opportunity to work with TSB and to use PEAK's core strength: delivering engaging, accessible, and compassionate neurodiversity education. Our work supports organisations to better understand the needs of neurodivergent individuals and their families, while helping to create environments where inclusion is not just discussed, but actively practised.

We are incredibly grateful to TSB for their commitment to inclusion and for working alongside us to support families and communities on a national scale. Collaborations like this are a vital part of PEAK's mission as we continue to advocate for a more inclusive, informed, and accepting world. Thank you Chevron for reaching out to us.

Working with PEAK

If you represent an organisation, workplace, school, or community group and would like PEAK to deliver a seminar, training session, or awareness event, we'd love to hear from you. We offer tailored sessions designed to inform, empower, and inspire meaningful change, giving you the tools to help change circumstances.

Please get in touch to discuss how we can work together:
admin@parentingempoweredautistickids.com

We're looking forward to many more partnerships in the year ahead and to continuing our work supporting neurodivergent individuals, parents, and families nationwide.



COMMUNITY!



PEAK Community Sessions – Supporting Families, Together

Our PEAK Community Sessions have quickly become a vital space for families – and the feedback has been overwhelming. These sessions were created in response to what families told us they needed most: connection, understanding, and practical support, without judgement or pressure.

Each session offers a welcoming environment where parents and carers can share experiences, ask questions, and feel truly heard. Whether families attend for advice, reassurance, or simply to know they're not alone, our community sessions continue to show just how powerful shared understanding can be. We've seen first-hand the positive impact these sessions have had – from increased confidence and clarity for parents, to stronger connections between families navigating similar journeys. By combining lived experience, professional insight, and compassionate facilitation, PEAK creates a space where meaningful support happens naturally.

You Asked, We Listened

Due to the success of our community sessions and the growing demand from families, we're excited to share that in the New Year we will be announcing bulk Community Session dates. This will make it easier for families to plan ahead, attend regularly, and access support when they need it most.

So, if you've been waiting for more opportunities to join us – watch this space!

We're incredibly proud of the PEAK community and grateful to every family who attends, shares, and helps shape what these sessions become. Together, we're building a stronger, more connected, and more supported community – one session at a time.

SUPPORTERS



16 SIXTEEN Gallery



Thank You to Sixteen Gallery

We would like to say a heartfelt thank you to Sixteen Gallery for their generous support of PEAK through the donation of a percentage of their art sales. Support like this makes a real difference and helps us continue our work supporting neurodivergent individuals, parents, and families.

Sixteen Gallery is a contemporary approach to a traditional collective. Their gallery in Cheltenham, alongside their online platform, offers an innovative space where artists can curate their own portfolios, giving visitors the freedom to explore a diverse and inspiring range of work.

We are incredibly grateful that Sixteen Gallery chose PEAK as a beneficiary. By combining creativity with community impact, they are helping us extend our reach and continue providing vital support, education, and connection for families who need it most.

Thank you to Sixteen Gallery, the artists they represent, and everyone who supports their work. Partnerships like this show the power of collaboration – where creativity, generosity, and purpose come together to create positive change.

TESTIMONIALS

Continuing our Five Star Service!



Gemma Ogden
4 reviews



★★★★★ a week ago **NEW**

I cannot speak highly enough of this charity and the support they provided to our family. They helped me navigate what can be an overwhelming and stressful process, ensuring my daughter's needs were properly understood and taken seriously by both her school and local authorities.

With their guidance, school staff and local services agreed to carry out the necessary assessments, something I had been struggling to achieve on my own. They were knowledgeable, compassionate, and incredibly patient, explaining each step clearly and advocating for my daughter in a way that made a real difference.

Thanks to their support, my daughter is now being assessed appropriately and is on the path to receiving the help she needs to thrive. This charity gave me reassurance, confidence, and a sense that we were no longer facing this journey alone. I am deeply grateful for their dedication and would wholeheartedly recommend them to any parent needing support and guidance.



VT
7 reviews



★★★★★ a month ago

Finding PEAK was the best thing we have ever done. After one meeting with the amazing Marco, we finally have hope, resources and an organisation that feels so supportive and understanding. We were drifting and, it finding anything to support us in our journey with learning about Autism, and how to help our child. We were getting very low. There is now a plan in place and we feel so supported, heard and understood. Thank you, PEAK for all you do. We can't wait to see what happens now we have guidance and a team of people who understand what we're going through and genuinely want to help us. This is the first time we have found anything to help us. Marci, our counsellor is so genuine, thoughtful and clearly passionate about what he does. Honestly, words can't express how much better we feel now. Thank you. So much. If you're struggling to find a plan, or resources and to even understand what you can access, definitely contact them. You will be so glad you did.



Yasmin Walker

It was great to get a chance to talk to you! Really appreciate the support and education that PEAK is providing! Hopefully more employers follow suit!

2w Like Reply



CUSTOMER FEEDBACK



You can leave us a review
on Facebook too!

WIN'S FOR FAMILIES!



**Over 390
voluntary
hours**

DECEMBER RESULTS

TOTAL

| | |
|-----------------------------------|-----|
| Children Supported | 108 |
| EHCP Support and awarded | 3 |
| Documentational Support | 18 |
| School Support Meetings | 19 |
| SEN Appeals Supported | 4 |
| Direct Home Support Interventions | 3 |
| Educational Placements Awarded | 2 |
| Diagnosis Support | 1 |
| Community Session attended | 50 |

Across December, the PEAK team worked tirelessly to support children, parents, and families during one of the most challenging times of the year. The festive period, while joyful for many, can bring significant pressure for neurodivergent children and their families – from disrupted routines and heightened sensory demands to increased social expectations and emotional overwhelm.

At PEAK, we understand that changes in structure, unfamiliar environments, and the loss of predictable routines can have a profound impact. December can feel particularly heavy, and families often need more reassurance, more understanding, and more practical support just to get through each day.

Throughout the month, we were there – listening, guiding, advocating, and supporting families in ways that were meaningful, compassionate, and responsive to real need. The outcomes shown in the table above reflect not just numbers, but real conversations, real challenges, and real progress for families who reached out for help.

As we move further into the winter months, PEAK remains right beside you — you are not navigating this alone. If you or your family need support, or if things are feeling particularly difficult, please don't hesitate to reach out: contact@parentingempoweredautistickids.com

Together, we continue to support, empower, and stand alongside families — not just in December, but all year round.



A MESSAGE FROM OUR FOUNDER

As December draws to a close, it feels important to pause – not just to reflect on the work for December, but to look back on the year as a whole. 2025 has been a year of growth, courage, challenge, and extraordinary community, and I am incredibly proud of everything PEAK has achieved together.

This year marked five years of PEAK. Five years of listening to families, advocating for change, and building a charity rooted in understanding, lived experience, and hope. What began as a response to unmet need has grown into a trusted source of support for families locally and nationally, and 2025 has truly shown how far we have come.

That progress has been recognised in ways that still feel humbling: Peak's award for the South Gloucestershire Community Hero Award in February, and then the BBC Make a Difference Community Award in September, and, most significantly, achieving National Autistic Society Accreditation in November – a defining moment for PEAK. These recognitions are not just milestones. They are not by luck. They are a reflection of the trust families place in us and the standards we hold ourselves to every single day in order to support you and make real change.



None of this would be possible without the incredible generosity shown through fundraising efforts this year. From the unwavering support of The Woodland Family, Poad Family, and Jones Family to the determination behind Jenson's Challenge and Sian's London 10K, every fundraiser carried a shared purpose: to create change and ensure families are not left navigating alone.

Their own unique Peaks for PEAK challenge brought families together in a powerful show of community spirit...not forgetting my own personal challenge that pushed boundaries; the climb of my life to the summit of Monte Rosa and a 100-mile journey from Gloucester to London with Karl Howe to support The National Autistic Society. These moments were demanding, but they symbolised exactly what PEAK stands for: perseverance, purpose, and possibility.

2025 was also a year of strong partnerships and invaluable supporters. We are deeply grateful to The Brothers Trust for their incredible backing, Tesco's Community Grants, Footfall Direct for their grants for materials, Ecotricity for their generous Donation and our first Patrol of PEAK, Dale Vine, The Provincial Grand Lodge, Souter Charitable Trust and Sixteen Gallery for their kind donations, Golden Valley donation and opportunity to work together, BBC Radio Gloucestershire for our incredible award and supporting us during our 100mile walk, TSB Banking Group PLC collaboration, BBC News working with Reform for Neurodiversity, ADHD UK support in our community sessions and PEAK DAY and Bloodhound Education for their fantastic science based programmes, and so many others who believed in our mission and helped amplify our voice. Each partnership helped PEAK reach further, support more families, and challenge outdated narratives around neurodiversity.



Our community events continued to be the heart of PEAK this year. From the biggest SEN event of the year, PEAK Day and our Forest School sessions during half terms, to PEAK's Christmas Disco, SATIREV in Bath, and engagement with schools including Denmark Road High School Careers Day, Alderman Knight Summer Fair, and Finley's Community School, every event created spaces of inclusion, understanding, and connection, spreading our mission and encouraging those to reach out for support.



We also loved bringing joy and appreciation through our competitions – from The Green Way Mother's Day giveaway to Delta Force Paintball for Father's Day – small moments that reminded families they are seen, valued, and celebrated.

Above all, I want to thank the families. Thank you for trusting PEAK, for reaching out during difficult moments, for sharing your stories, and for walking alongside us. Your courage and openness are the reason PEAK exists, and it is a privilege to support you.

And finally – the biggest, loudest, most heartfelt thank you goes to the PEAK team. Your dedication, compassion, and tireless commitment make this charity what it is. You show up, you listen, you advocate, and you create change every single day. Being part of something so genuinely life-changing is only possible because of you. Thank You.



As we step into a new year, PEAK remains committed to doing more, reaching further, and standing firmly beside families – with understanding, advocacy, and hope.

Happy New Year – and thank you for being part of the PEAK journey. Each and every one of you make a difference to our organisation...and we hope we make to you.

With gratitude,

Marco Cetara

Thank you for reading and...

Happy New Year



