

August 2026 Newsletter



Charity of the Year!

PEAK has been chosen as the Gloucester Charity Skittles League's Charity of the Year. We couldn't be more honoured to receive this recognition from an organisation that brings together so many local people, teams and communities.

Alongside this wonderful recognition, the Gloucester Charity Skittles League has also made a generous donation to PEAK, helping us continue our work supporting neurodivergent children and their families.

Looking around the room, it was clear that this is an organisation built on community, friendship, teamwork and generosity. While trophies celebrated achievements on the skittles alley, for us, the greatest achievement was seeing so many people choosing to give back and make a difference to others.

For a local charity like PEAK, support like this means so much. It helps us continue providing free advice, advocacy, guidance and support to families who need it most.

It means another parent can know they are not alone. Another family can feel heard. Another child can have someone in their corner. And that is what this is really about.

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To the committee, every team and every single player of the Gloucester Charity Skittles League — thank you. Thank you for choosing PEAK. Thank you for believing in what we do. And thank you for standing alongside the neurodivergent children and families we support.

We are incredibly proud to be your Charity of the Year — and even prouder to be part of a community that shows just how much can be achieved when people come together.

When communities stand together, incredible things happen. Together, we can help more neurodivergent children and families thrive.



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NEWS

One Step Closer to a PEAK Centre

There has been lots happening behind the scenes this summer as we continue working towards securing our first community centre.

Over the past few months, the charity has been visiting potential sites, completing expressions of interest and exploring the opportunities available to us. This is a huge project for PEAK and one that we know could make a real difference to the families we support and the wide community.

We have also received some fantastic offers of support from local authorities and community groups in both Gloucestershire and Devon, as we work towards establishing dedicated locations where we can provide our advisory, advocacy and activity services.

There is still plenty to do, but we are making progress — and we're excited about what the future could look like for PEAK and the families we support.



Taking Inclusion Nationwide

PEAK is continuing to build partnerships with organisations across the country to help improve inclusion for autistic children and their families.

This summer, our founder visited a number of PGL sites and attended meetings with the team to share insight and practical recommendations around inclusive adaptations. This included looking at sensory considerations within the sites, adapting staff communication and identifying ways to make experiences more accessible and comfortable for autistic children and their families.

As the partnership develops, we are also exploring opportunities for PEAK to support staff training and development, helping to build greater understanding and confidence around inclusion across the organisation.

PGL welcomes thousands of school groups and families every year, so we are incredibly excited about the potential of this partnership and the difference these changes could make to so many children and families.

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NEWS CONTINUED

Building Stronger connections!

PEAK is continuing to build relationships with organisations across Gloucestershire, looking at how we can work together to create stronger networks of support for neurodivergent children, young people and families.

This August, Nanette and Marco were invited to meet with Alison Walker, Director of Children and Family Centres & Youth Services at Gloucestershire Gateway Trust, to talk about the work both organisations are doing within our communities and the potential for future collaboration.

It was a fantastic opportunity to share more about PEAK, discuss the needs of the families we support and explore how our organisations could work together to reach and support even more people.

These conversations are an important part of PEAK's growth. We believe that by working alongside other organisations, sharing knowledge and bringing services together, we can create a stronger and more connected support network for our neurodivergent communities.



Gloucestershire
Gateway
Trust



Taking PEAK's Mentoring Further

Our work to develop PEAK's mentoring services has also continued to grow, with our founder travelling to London to meet with organisations and explore opportunities to develop our mentoring offer.

Mentoring is an important part of what PEAK can provide, giving children and young people the opportunity to build confidence, develop independence and have someone alongside them who understands and supports their individual journey.

Meanwhile, our work in Devon is moving into its next stage, with discussions continuing with the local authority around embedding PEAK support within the county. Big shout out to team member, Megan, leading our PEAK HQ in Devon!

The aim is to create a more established pathway for families to access PEAK's advice, advocacy and support locally, helping ensure that families don't have to navigate challenges alone.

There is still work to do, but we are excited about the direction these partnerships are taking and what they could mean for families across both Devon and beyond.



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COMMUNITY

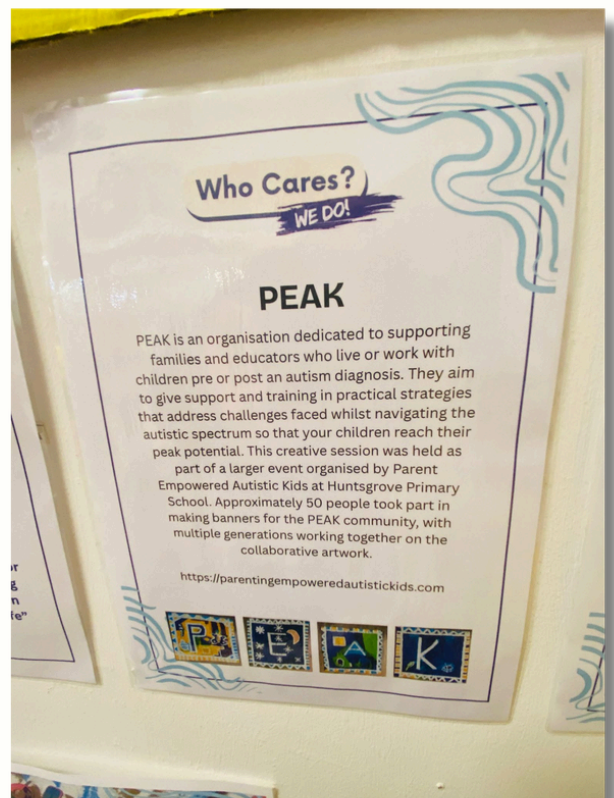
Who Cares? We Do!

There's something truly special about seeing our children's creativity come to life and being shared with the wider community. During PEAK Day in July, our families joined Art Shape's Who Cares? project, creating artwork inspired by care, kindness and what community means to them.

In August, those wonderful creations took centre stage at the Who Cares? We Do! exhibition at Eastgate Market Hall in Gloucester, alongside artwork from other community groups across the city.

Seeing our children's work proudly displayed was a lovely reminder of just how much they have to offer. Their ideas, creativity and unique perspectives deserve to be celebrated, and we are so proud that PEAK families had the opportunity to be part of something that brought the wider community together.

A huge thank you to Art Shape, supported by Together Gloucestershire, for making this opportunity possible, and to all the PEAK families who got involved, got creative and helped bring the project to life.



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COMMUNITY

THE PEAK PODCAST IS BACK!

Season 2 is coming this September — and this time, we want you to help shape the conversation.

We're getting ready to bring you more honest conversations, real experiences, practical advice and the topics that matter most to neurodivergent children and their families.

So, what do you want to hear about?
Is there a topic you'd love us to explore? A question you've always wanted answered? Something you're navigating at home, at school or in the wider community?
Tell us.

Drop your ideas in the comments or send us a DM. Your questions could become part of Season 2.

Season 2 is coming this September.

Keep an eye on our social media for episode announcements and release dates.

Let's make Season 2 a conversation that matters.



CLICK HERE



Our PEAK Community Sessions Return!

Back to school. Back to routines. Back to finding your feet. September can bring a whole new set of routines, challenges and questions for neurodivergent children and their families.

Our September PEAK Community Session is a chance to pause, connect and share how things are going as everyone settles into the new school year.

Whether things are going well, feeling difficult, or somewhere in between, come along for a cuppa, a friendly chat and support from people who understand.

No pressure, no judgement — just a welcoming space to talk, listen and connect.

Drop in and join us. You'll be very welcome.
If you have any questions before the day, email community@parentingempoweredautistickids.com



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FAMILY OUTCOMES

Progress made through advocacy, support and persistence

Supporting families through the summer

August can be a particularly challenging month for families. With schools closed and the usual structure, routines and support of the school day removed, parents and carers can find themselves carrying a huge amount of responsibility.

For families whose children are not currently in an educational setting or those who are homeschooled, the summer can feel even more difficult. While other children are enjoying a break from school, many PEAK families continue to navigate uncertainty around education, waiting for assessments, placements or decisions, while supporting their children at home every single day. We want to recognise the incredible work these families do.

Parents and carers are often their child's biggest advocate, teacher, emotional support and safe space — and they continue doing this long after the school day would normally have ended. For some families, simply getting through the summer holidays, maintaining routines, supporting regulation and finding ways for their children to learn, engage and enjoy their time is a huge achievement in itself.

Supporting families beyond the school system

Throughout August, PEAK has continued to provide Family Support Consultations across the country, helping families who have needed advice, reassurance and someone to help them make sense of what can often feel like an overwhelming situation.

Our support has included guidance around education, EHCPs, evidence gathering, assessments, placements, transitions and working with local authorities, as well as helping families prepare for the return to school in September.

For families whose children remain out of education, our support has also been about recognising where they are now, rather than simply focusing on where they need to be. Sometimes that means helping a parent understand their options. Sometimes it means preparing for a difficult meeting or mediation. And sometimes it is simply having someone listen, reassure them and remind them that they are doing their best in incredibly difficult circumstances.

A huge thank you to our PEAK team

While much of the world takes a well-earned break over the summer, our PEAK team have continued dedicating their time, experience and energy to supporting families – lead by our senior consultant, James! From consultations and advocacy to behind-the-scenes preparation, correspondence and planning for September, so much work has continued throughout August.

We are incredibly grateful to every team member and volunteer who has given their time during the summer holidays. Your commitment means that families don't have to face these challenges alone.

As we head into September, PEAK will continue to stand alongside families, helping them navigate the challenges ahead and celebrating every step forward, however big or small.



Impact at a glance	Total
Children supported	30
EHCP support provided/awarded	4
Documentation support	8
SEN appeals supported	3
Direct home support interventions	2
Educational placements awarded	2
Volunteer/support hours	312

SUPPORTERS & FUNDRAISING

Thinking about fundraising for us?



Support PEAK
and the work we do

No SEN or neurodiverse child gets left behind

1. Donate
a percentage of what you spend (at no extra cost to you)

2. Raise
vital funds for PEAK

Small actions make a BIG difference

Your support helps us...

- Support a child and family in need
- Reach more families who need our help
- Provide vital advice, advocacy and activities
- Help us grow our services and make a lasting difference

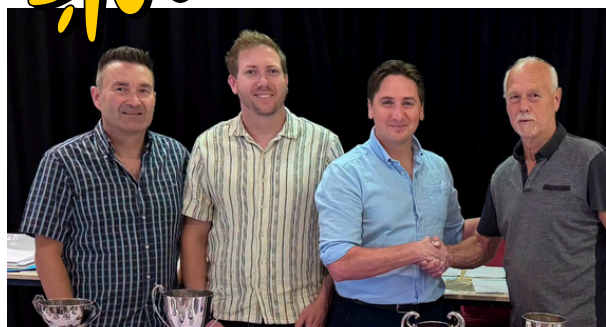
Give as you Live
Donate

Together we can help more children and families reach their PEAK potential

DONATE

National Autistic Society | Autism Specialist Award Advanced

THANK YOU!



A big thank you to Gloucester Charity Skittles League for their generous donation!



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CELEBRATIONS



2000 and Counting!

What started with a vision, slowly grew into a small group of volunteers and then even bigger! Determined to make a difference has grown into a community reaching families across the country.

And now, another milestone: 2000 families supported and now 2000 online followers, our community continues to grow in successful results for children and awareness of the charities impact.

That number means more than a count....

It represents thousands of opportunities to reach families, raise awareness and make sure the voices of neurodivergent children and their families are heard. It means more people discovering PEAK, finding support, sharing our work and understanding what can be achieved when families are listened to, supported and empowered.

And our community continues to grow both online and beyond....

Across our social media channels, we're reaching more families, sharing real experiences, celebrating successes and shining a light on the difference PEAK is making.

Our PEAK Podcast has taken those conversations even further, reaching families around the world and creating a way where people can listen, learn and hear from others who truly get it.

From supporting families to building awareness, from one small group of volunteers to a growing community — PEAK continues to move forward. The numbers are exciting, but the people behind them are what matter most. 2,000 families supported. 2,000 online followers. One growing community. One shared purpose.

We can't wait to see what Year 7 brings!

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WHAT FAMILIES ARE SAYING

Real experiences from families supported by PEAK



When we first found PEAK, we felt completely overwhelmed and didn't know which way to turn. We weren't sure what support our daughter should be receiving from school, what we should be asking for, or how best to meet her needs.

Finding Meg changed everything. From the very beginning, Meg has guided us with incredible knowledge, compassion and unwavering support. She helped us navigate the EHCP appeal process, answered the many questions we weren't getting answers to from school, and provided invaluable advice every step of the way.

She even wrote a detailed supporting statement for the local authority when our daughter's school failed to provide one - something that proved incredibly important to our case. Beyond her expertise, Meg has been a constant source of reassurance and moral support during what has been an emotionally exhausting process. She genuinely cares about the families she supports, and that shines through in everything she does.

Yesterday we received the news that the local authority has finally agreed to carry out an EHCP needs assessment for our daughter. We know this is only the beginning, and there is still a long journey ahead to secure the support she needs in school, but we truly don't believe we would have reached this point without Meg.

Thank you, PEAK and Meg, for everything you've done for our family. Your knowledge, dedication and kindness have made an enormous difference, and we will always be grateful. I cannot recommend PEAK highly enough to any parent trying to navigate the SEND system - you don't have to do it alone, and having someone like Meg in your corner is invaluable.



– Hillary and Adrian Hill ★ ★ ★ ★ ★

Hearing how families grow in confidence is just as meaningful as the outcomes themselves. Understanding your rights, knowing what to expect and having someone beside you through the difficult moments can make a profound difference.

If PEAK has supported your family, we'd be incredibly grateful if you would consider leaving us a review on Google or Facebook. Your experience could help another parent feel less alone, understand where to turn and take that important first step towards finding the support their family needs.

Have we helped your family?

Leave a Google or Facebook review to help others find PEAK.



A MESSAGE FROM OUR FOUNDER



Give as you Live
Donate



As we close the chapter on PEAK's sixth year and step into our seventh, it's hard to put into words just how much has happened — and how much our community has grown.

This year has brought another wonderful milestone, with PEAK being named Charity of the Year by the Gloucester Charity Skittles League. To be recognised in this way, alongside everything our team and community have achieved, is incredibly special and a reminder of how far PEAK has come.

We've also continued to build meaningful partnerships that will help us reach even more families, including our developing work with PGL and Devon County Council. These relationships open up exciting opportunities to share our knowledge, improve understanding and bring support closer to the families who need it.

Our community continues to grow too. From taking part in Art Shape's Who Cares? We Do exhibition to celebrating 2,000 families supported and reaching 2,000 followers on Facebook, every milestone represents another opportunity to reach someone who may not yet know where to turn. Every new follower, share and conversation helps us extend the reach of PEAK and raise awareness of the support available to neurodivergent children and their families.

A huge thank you must go to our incredible PEAK team and volunteers, particularly those who gave their time throughout the summer to continue supporting families when the usual routines were on hold. Your commitment makes such a difference.

And to everyone who has donated through our Give as You Live page — thank you. Every contribution helps us continue the work we do and reach more families. If you would like to donate to our cause, you can find our link above.

Six years in, we are still growing, still learning and still determined to make a difference.

Here's to Year Seven — and everything we're going to achieve together.

Enjoy your summer break with your families.

Marco Cetara

Dates for the Diary

Community Dates

- 25 September - Community session
- Season 2 of PEAK's Podcast to be announced!

Awareness Days

- 14th- 20th September – National Inclusion Week.
- 18th September – Youth Mental Awareness Week

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