

# January 2026 Newsletter



## PEAK News! Starting 2026 Strong

**Happy New Year from all of us at PEAK!** We're stepping into 2026 with real momentum, and it's already shaping up to be a year of positive growth for the families we support.

Behind the scenes, our new website is currently in development, creating an easier, more welcoming space for families to find support, resources, and updates. Most importantly, we're seeing real outcomes for families, including tribunal successes, new EHCPs secured for children, and ongoing guidance for parents navigating the EHCP process. Every win represents a child better supported and a family feeling less alone.

We've also kicked off the year with our first Community Session, which was brilliantly attended and a wonderful reminder of the power of connection and shared experience.

Looking ahead, our 2026 fundraiser *Parachute for PEAK* is on the horizon (more details will be shared on this soon!), alongside some exciting growth within our team. We're delighted to welcome new volunteers across Family Support, Marketing, and Administration. Thank you for being part of our journey.

And there's more to come. We're thrilled to be launching the **PEAK Podcast**, creating another way to share stories, advice, and lived experiences from our community.

Tune in to our very first PEAK Podcast episode and join the conversation on [Spotify](#) or [Apple Podcasts](#).



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# COMMUNITY!



We were delighted to welcome families to our first PEAK Community Session of 2026 on Friday 23rd January, kicking off the year with connection, conversation, and shared understanding.

These sessions offer parents and carers a supportive space to talk openly, ask questions, and connect with others who truly understand the realities of raising neurodivergent children. Whether families come along for practical guidance or simply to feel less alone, each session is shaped by lived experience and a genuine sense of community.

It's been encouraging to see confidence grow, friendships form, and families leave feeling reassured and empowered. Moments like these remind us just how important it is to create safe spaces where support feels natural and accessible.

With more Community Sessions planned throughout the year, we'd love to welcome both new and familiar faces. Dates for upcoming sessions are shared below.

If you'd like to attend, please email [community@parentingempoweredautistickids.com](mailto:community@parentingempoweredautistickids.com) to book your place on any of our upcoming Community Sessions.

Thank you to every family who continues to be part of our PEAK community. Together, we're building stronger connections and brighter futures.

**Community Session Dates!**

10:00 - 12:00  
Hillview Church, Hucclecote,  
Gloucester, GL3 2LQ

**23rd January**  
**27th February**  
**27th March**

To book your place, please email  
[community@parentingempoweredautistickids.com](mailto:community@parentingempoweredautistickids.com)

PEAK

[www.ParentingEmpoweredAutisticKids.com](http://www.ParentingEmpoweredAutisticKids.com)  
[Community@ParentingEmpoweredAutisticKids.com](mailto:Community@ParentingEmpoweredAutisticKids.com)

National Autistic Society Autism Specialist Award Advanced 2023

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Join Us!



# SUPPORTERS



## Celebrating Our Supporters – and How You Can Help

We're so grateful to everyone who supported PEAK in 2025. From donations and grants to creative initiatives encouraging community contributions, your support made a real difference for families across Gloucestershire.

Looking ahead to 2026, there are lots of ways to get involved. You could start conversations within your networks, communities, or workplaces that you're part of about supporting PEAK to help us reach even more families. Could PEAK become your employers *Charity of the Year* or does your employer offer match funding for donations? Every connection helps us to continue supporting families who need it most.

Do you have a connection in mind? Make an introduction to PEAK by emailing [fundraising@parentingempoweredautistickids.com](mailto:fundraising@parentingempoweredautistickids.com)



## DONATE TODAY

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>

Every donation helps support families who need it most.

Thank you for your consideration and support!



# TESTIMONIALS

## Continuing our Five Star Service!

### What Families Tell Us

Families often tell us how relieving it feels to finally be heard and understood. Many arrive feeling overwhelmed by complex systems like EHCPs, mediation, and school processes, and leave feeling more confident, informed, and supported.

Parents regularly share how PEAK's guidance helps them navigate meetings, emails, and assessments, with compassionate advocacy that puts children's needs at the centre. Time and again, families tell us they feel empowered to move forward, knowing they are no longer facing their journey alone.

From securing assessments and education placements to seeing children grow in confidence and wellbeing, the impact reaches far beyond paperwork. These stories remind us why we do what we do, and how powerful it is when families feel supported every step of the way.

If PEAK has supported your family, please consider leaving a review to help others find the support they need, visit our [Google profile](#) or [Facebook page](#) to leave yours today.



*I am incredibly thankful to Marco and PEAK for their unwavering support in advocating for my son in Mediation today. Marco made sure that my voice was heard, he knew all the right questions to ask other parties, and he sought clarity when it was needed. I was genuinely so glad to have Marco 'on my team', as he has great knowledge of the mediation process. PEAK has fuelled my confidence to continue this journey all the way, until my son has the education he deserves.*

**Julie Aberdeen**



*I only at the start of our journey receiving support and advice from Marco and already feel like a weight has been lifted. To finally speak to someone who understands everything I'm saying and have positive advice and steps to take I feel extremely grateful for. Review 10: Marco and the team have been fantastic. They are so supportive and they can truly understand and emphasise with your situation. They are so incredibly knowledgeable and I'm so grateful to have found them. Thank you so much for everything so far!*

**Jessica Effamy**

### Have we helped your family?

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



# WINS FOR FAMILIES!



Over 274  
voluntary  
hours

## JANUARY RESULTS

## TOTAL

Children Supported	127
EHCP Support and awarded	6
Documentational Support	36
School Support Meetings	21
SEN Appeals Supported	6
Direct Home Support Interventions	3
Educational Placements Awarded	2
Diagnosis Support	3
Community Session attendees	18
Podcasts released	1

January marks a return to routine for many families, and at PEAK we've been proud to continue standing alongside those navigating education, diagnosis, and support pathways.

This month, we supported **127 children and their families**, including EHCP awards and applications, SEN appeals, school support meetings, documentation guidance, diagnosis support, and direct home interventions. We also helped secure educational placements, welcomed families to our first Community Session of the year, and launched our very first podcast.

Behind every number is a child moving closer to the support they deserve and a family gaining clarity, confidence, and reassurance. Each conversation, meeting, and outcome represents meaningful progress.

As we move further into 2026, PEAK remains here to listen, guide, and advocate. If your family needs support, please [contact us](#). Together, we continue to support brighter futures.

# A MESSAGE FROM OUR FOUNDER



As we welcome in 2026, I want to begin by thanking every family, supporter, and volunteer who continues to be part of the PEAK journey. A new year often brings hope, fresh energy, and new goals, and already we are seeing just how powerful our community is when we come together.

January has been a strong start. From supporting families through EHCP processes and advocacy, to hosting our first Community Session of the year and welcoming new volunteers, it's been heartening to see connection, progress, and determination across everything we do. Behind the scenes, exciting developments are also underway, including our new website and the launch of the PEAK Podcast, creating even more ways to share support, stories, and lived experience.

To the parents and carers navigating complex systems while putting their children first every day, please know how much your strength inspires us. And to our team and volunteers, thank you for the compassion, patience, and commitment you bring to PEAK. Your work truly changes lives.

As we move into February, with kindness-focused days and moments of reflection ahead, I'd like to gently invite you to share kindness with PEAK in whatever way feels right. Whether that's making a small donation, leaving a review, or simply spreading the word, every gesture helps us reach more families who need support.

As we continue through 2026, PEAK remains focused on standing alongside families, amplifying voices, and helping children access the support they deserve. If you need us, we are here.

Thank you for being part of our growing community. Together, we continue to build brighter futures.

With gratitude,

*Marco Cetara*

## Dates for the Diary

### Upcoming Community Sessions

- 27<sup>th</sup> February 2026
- 27<sup>th</sup> March 2026
- 3<sup>rd</sup> to 9<sup>th</sup> February - Children's Mental Health Awareness Week
- 6<sup>th</sup> February - Time to Talk Day
- 9<sup>th</sup> to 15<sup>th</sup> February - Random Acts of Kindness Week
- 17<sup>th</sup> February - Random Acts of Kindness Day