

July 2025 Newsletter



PEAK NEWS!

PEAK DAY: A Five Year Celebration to Remember!

What better way to celebrate five incredible years of our charity than by bringing together both our neurotypical and neurodiverse communities for something truly unforgettable – PEAK DAY!

More than 2,000 people joined us for this spectacular event, raising over £4,000 to support our vital work helping families in need. The energy, the joy, and the sense of community was absolutely incredible.

We're incredibly grateful to the businesses, services, and visitors who made the day so special. And even more heartwarming – many of our volunteers were families and children we've supported (and continue to support). PEAK DAY wasn't just a celebration – it was a reminder of what PEAK can achieve as we continue to Parent – Empowered – Autistic – Kids.

A massive shoutout goes to our amazing behind-the-scenes team who spent months planning, organising, and delivering this day to perfection. Thank you, Charlotte, Nanette, Hayley, and Amy –

and of course, Leigh and her team; Kerry, Charleen and Micah. You are the brains, the heart, and the creativity that made PEAK DAY unforgettable.



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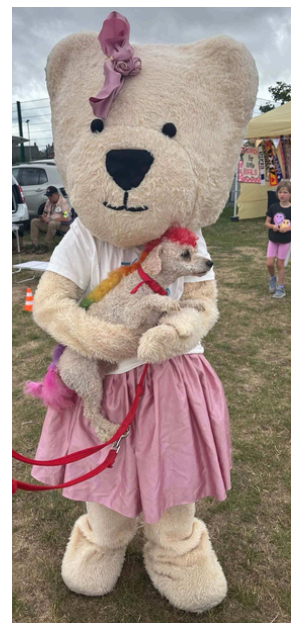
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Just look at those smiles—PEAK DAY was a joy-filled, memory-making, community-boosting success!





We are thrilled to share our celebration with the BBC – the second time we have met with BBC Gloucestershire, and thank them for their support in raising awareness of our charity.

We were honoured to welcome BBC Radio Gloucestershire presenter Chris Sandys to PEAK DAY – a highlight in our five-year celebration!

Chris took time to speak with our incredible volunteers and witness firsthand the passion, planning, and teamwork that went into making this day such a success. From the joyful energy on the field to the thoughtfulness behind every detail, it showed that our event was powered by love, dedication, and community spirit.

During PEAK Day, our founder Marco was interviewed by Chris at the BBC – sharing our journey, our purpose, and the impact of our work with neurodiverse and neurotypical families alike. We're excited to say this feature will be shared publicly in the coming months, and we can't wait for more people to hear the heart behind our mission.

This marks our second time partnering with BBC Radio Gloucestershire, and we're truly grateful for their continued support in helping raise awareness of our charity and the families we serve. Media support like this helps shine a light on stories that matter – and we're proud PEAK is one of them.

Thank you again to the BBC team for being part of our special day. Together, we're helping voices be heard and communities come together.





make a *difference* awards

BBC RADIO
Gloucestershire

BBC RADIO
Shropshire



In July, we were delighted to return to BBC Radio – first with an interview by Adam Green of BBC Shropshire, followed by a second appearance on BBC Radio Gloucestershire with Jon Smith. It was a fantastic opportunity to share more about our services and the vital work we're doing across both regions. We're thrilled to say that since the broadcasts aired, we've already received new enquiries from families seeking support.

But that wasn't all – just days later, we received a surprise phone call from Jon Smith live on air, where he revealed some incredible news to our Founder, Marco: PEAK has been shortlisted for the BBC Make a Difference Awards 2025 in the Community category!

We're truly honoured to be recognised among so many inspiring charities and organisations. This nomination is a testament to our team, our mission, and the families we're privileged to support.

A heartfelt thank you to everyone who nominated us. We can't wait for what's sure to be a night to remember this September, and we'll be sharing updates on our social media channels.

Want to hear the moment we found out? Scan the QR code below to listen to the official announcement!

LISTEN NOW



WINNER!

LOCAL SUPPORTERS!

PEAK Are the Winners of The Golden Valley Charity Giveaway!



We're absolutely thrilled to announce that PEAK has won the Golden Valley Charity Social Media Giveaway 2025! Thanks to your incredible support and votes, we've secured a £500 donation that will go directly toward continuing our vital work with families across our community.

From all of us at PEAK—thank you. Your votes, your shares, and your belief in what we do make a real difference. Together, we're creating lasting change, one empowered family at a time.



Instore “Stronger Starts” Community Grants Programme



We're thrilled to announce that PEAK has been invited back to take part in Tesco's "Stronger Starts" Community Grants Programme

This incredible opportunity gives you the chance to support our charity by dropping a blue token into the PEAK Box at the end of your shop. The more tokens we receive, the more funding we can secure to continue empowering families and supporting neurodiverse children.

So next time you're in Tesco – don't forget to pop your blue token in the PEAK box and help us make an even bigger difference in our community. Every token counts!

Thank you for your continued support.

COMMUNITY!

July's Online Community Group Session

On Wednesday 23rd July, we hosted yet another impactful community support sessions – focusing on navigating medical pathways and exploring strategies for supporting children over the summer holidays, including ideas for home development settings.

We shared experiences, practical advice, and empowering conversations – all aimed at helping families feel more confident and supported through what can be a challenging time of year.

If you joined us, we'd love to hear your thoughts! Your feedback helps us shape future sessions and reach even more families. You can leave us a review using the QR code below for Google Reviews, or pop over to our Facebook page to share your experience.

More sessions are on the way! Keep an eye on our social media for upcoming announcements—we can't wait to welcome you again.



PEAK SUMMER FOREST SCHOOL
GLOUCESTER
August 2025



Activities to include: Bug Hunting, Bug Hotels, Tools, Fire Lighting, Den Building, Woodland Craft and Lots More!

SUMMER HOLIDAY SEN FOREST SCHOOL FOR CHILDREN WITH AN EHCP, AGES 4 - 11

We are excited to be able to offer summer holiday sessions for children with special educational needs.

Where: Huntsgrove Primary School, GL2 4EP
When: August Dates, 12th-13th, 19th-20th & 26th-27th
Time Slots: 10am - 12:30pm / 12:30-2:30pm
Cost: £20 per session / £35 for the whole day!
To Enquire and Register please email: education@parentingempoweredautistickids.com



www.ParentingEmpoweredAutisticKids.com
Registered Charity Number: 1201726



PEAK Summer Forest School In August!

Don't forget our exciting Forest School taking place in August! Spaces fill quickly, so don't miss out!

Led by Leigh and her team, a qualified teacher with over 23 years' experience (including 11 years as a SENDCo) and a Level 3 Forest School Leader, this programme supports children's confidence, creativity, and connection with nature.

To register or enquire, email: education@parentingempoweredautistickids.com



FUNDRAISING!

Congratulations, Sian!

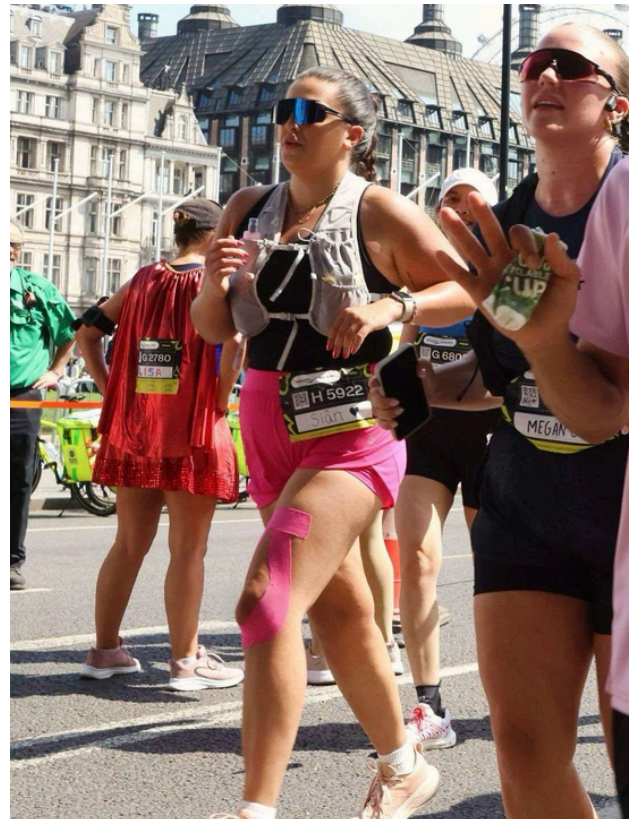
10K for P.E.A.K - and Every Step Counts!

We are excited to celebrate Sian's incredible achievement- completing the Saucony London 10K in support Peak!

Sian only began her running journey last year and had previously reached 5K – so doubling the distance for this challenge was no small feat. But with strength, heart, and determination, she crossed that finish line, all in honour of the children and families we support.

Thank you, Sian, for running with purpose, and for showing us the power of putting your heart into every stride.

If you'd still like to support Sian's amazing effort, it's not too late:



A Peaks for PEAK Champion!

We're incredibly proud to celebrate Jenson's amazing achievement – he has officially completed his 20km "Peak for PEAK" challenge, walking and cycling throughout July with unshakable determination and courage.

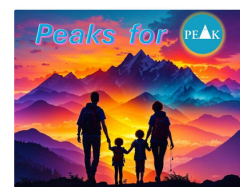
This challenge was a deeply personal journey for Jenson – and he's done it all to help raise vital funds for PEAK. His effort and heart have inspired us all, and we couldn't be more grateful.

Well done, Jenson – you've shown what true strength and spirit look like!

If you'd still like to support Jenson's fundraiser and the work we do here at PEAK, you can do so via the link below. Every donation makes a difference – and every step Jenson took has helped others take theirs.



Give as you Live
Donate



TESTIMONIALS



Karen Jones

4 reviews · 2 photos

★★★★★ 3 weeks ago **NEW**

Amazing, fantastic only people that have listened to us and helped, my daughter said the next day after speaking to Marco there was a light and she felt someone listened and believed us, Marco you are brilliant and Thankyou



Claire Owen

6 reviews · 2 photos

★★★★★ a week ago **NEW**

I had an hour long chat with Marco from PEAK about my families current situation...struggling along with no support...and I feel some hope for the first time in a long time. I look forward to a continued connection.



Jessica Effamy recommends **PEAK Parenting Empowered Autistic Kids.**

27 July at 11:31 · 🌐

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.



Nanette Nelson

Congratulations PEAK what a wonderful achievement on your first event! PEAK DAY will go down in history as being the first and best 🥳

3w Like Reply

2 🍎❤️

PEAK Parenting Empowered Autistic Kids replied · 1 reply



Debbie Cook

Thank you for putting in a fab event, we had such a lovely time. It was our first time attending anything neurodiverse and it was so refreshing to feel like my son just fitted in. The meltdown for not wanting to wear a band on the inflatables never even received a flinch, it was just so lovely! Thank you!!

3w Like Reply

4 🍎❤️

PEAK Parenting Empowered Autistic Kids replied · 1 reply



Rich Goulding

We had a fantastic time, thank you for having us. ...

3w Like Reply

2 🍎❤️

PEAK Parenting Empowered Autistic Kids replied · 3 replies



Create Well Project

Looks absolute brilliant! Well done all ❤️ ...

2w Like Reply

❤️

PEAK Parenting Empowered Autistic Kids replied · 2 replies



Jessica Kettleby

Was a brilliant day, thank you for all the hard work and organising a great day ...

3w Like Reply

❤️



★★★★★

CUSTOMER FEEDBACK



You can leave us a review
on Facebook too!

We're honoured to be a part of your journey. If PEAK has helped your family, we'd love to hear from you. Whether you share your thoughts on Facebook or scan the QR code to leave a review on Google, your feedback could help another family find the support they need.

WIN'S FOR FAMILIES!



A NEW
RECORD

Over 756
voluntary
hours

JULY RESULTS

TOTAL

Children Supported (Inc Peak Day)	500+
EHCP Support and awarded	10
Documentational Support	44
School Support Meetings	13
SEN Appeals Supported	4
Direct Home Support Interventions	5
Educational Placements Awarded	3
SEN Schools Secured	3
Community Sessions	1
Fundraising Challenges Completed	2

Celebrating an incredible month with the most volunteered hours and children supported, including through our inclusive event - PEAK Day! As July comes to a close, we know this time of year can feel like a whirlwind. The end of term brings a mix of emotions – relief, excitement, anxiety – and for many families, the transition into the long summer holidays can be overwhelming.

At PEAK, we understand the pressure that comes with navigating new routines, disrupted structure, and the emotional toll of change – especially when supporting neurodiverse children. That's why our most recent community support session focused on preparing for the summer ahead: offering practical tools, emotional guidance, and a safe space for families to share and connect.

Throughout the month, we've witnessed remarkable stories – families making courageous choices, advocating for support, and celebrating the small wins that matter most and celebrated with an unforgettable celebration day! These moments remind us of PEAK's purpose: to stand beside you, especially when the path forward feels uncertain.

To our incredible team – thank you for your ongoing dedication and care. And to the families we support – your strength is seen, your progress is celebrated, and your trust means everything to us.

Together, we move into summer not just surviving, but building stronger, more empowered futures – one step, one family at a time.

A MESSAGE FROM OUR FOUNDER



As we close out an incredible month at PEAK, I want to take a moment to reflect on everything we've achieved together – and to say a heartfelt thank you.

PEAK Day was a truly unforgettable celebration of our community. With over 2,000 people in attendance, it was a powerful reminder of what's possible when businesses, services, families, and volunteers unite around a shared purpose. Thank you to everyone who supported the day. We're especially grateful to our amazing team – Charlotte, Nanette, Hayley and Amy – whose dedication and hard work brought the event to life. Keep an eye out for our PEAK Day highlights movie, coming soon!

Our momentum continued as we returned to BBC Radio, where we were honoured and surprised to learn that PEAK has been shortlisted for the BBC Make a Difference Award in the Community category. It's a moment we'll never forget – and it wouldn't have happened without the support of those who believe in our work.

Alongside this, we're incredibly thankful to everyone who completed our recent surveys in support of our pending award nomination from the National Autistic Society. Your voices make a real difference, and we hope to share some exciting updates after the summer.

And speaking of support, we're thrilled to be back in TESCO's Blue Token Scheme across Gloucestershire stores. If you're shopping in-store, please drop a token in our pot – every vote helps us continue the work we do.

This summer is also the perfect time to get involved with your own 'Peaks for PEAK' challenge, just like Jenson and Sian. Whether it's a walk, a run, or a personal goal, we'd love to cheer you on and help you set up your fundraising page.

We also want to thank everyone who continues to share testimonials and feedback. Your words not only help us grow but show other families that they're not alone. Please keep them coming – they mean more than you know.

As we head into August, I want to wish all our families, volunteers, and supporters a peaceful and restorative summer. However you spend the weeks ahead, I hope you find space to rest, recharge, and reconnect.

Thank you for being part of our PEAK Community.

With gratitude,

Marco Cetara

A Few Dates To Remember

- PEAK's Summer Forest School - August!

Thank you for reading!