

# March 2026 Newsletter



## PEAK News!

### March highlights: news, wins, and stories from our community

It has been an busy month for PEAK in terms of visibility and engagement.

During Neurodiversity Week, PEAK took part in daily discussions on BBC Radio Gloucestershire with Marco, Charlotte and Nanette, and also another appearance for Marco on BBC Radio in London earlier in the month, too. This visibility allowed us to share real experiences from neurodiverse families, raise awareness, and highlight the support PEAK provides every day.

We also attended parent evenings at Carrant Brook and Finlay Community School. Parents asked questions, explored EHCP support and advocacy, and connected with resources that can help them navigate their child's education journey. The feedback was overwhelmingly positive, and it reminded us how important direct engagement can be.

March also saw two students from Denmark Road High School join PEAK for work experience, gaining first-hand insight into the charity's work. Their involvement highlights how PEAK supports the next generation and encourages inclusive, community-focused experiences. We always welcome volunteers and students who share a passion for improving our society and making a positive difference.

Looking forward to April, fundraising campaigns are now underway, and World Autism Acceptance Month is approaching. There's plenty happening for families and supporters alike.

Keep up with our latest news and family wins– follow us on [Facebook](#) for real-time updates.

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# NEWS CONTINUED!

## On Air with BBC Radio



March was an exciting month for PEAK as we shared our work and mission on both BBC Radio London and BBC Radio Gloucestershire. These appearances gave us the opportunity to spotlight the challenges and successes of neurodivergent families and explain how PEAK supports children and parents every day.

On BBC Radio London, we spoke with Gaby Roslin about our commitment to making a difference for neurodivergent children across the nation. You can listen to the interview [here](#) and hear more about our vision for creating a more inclusive future.

Back in Gloucestershire, Marco, Charlotte, and Nanette made daily appearances from 16th–19th March, discussing key topics for families, including navigating school routines, accessing support, and celebrating neurodiverse strengths. The conversations reached local families across the county and reinforced the importance of community, understanding, and advocacy. You can catch the recordings here:

- [16 March](#)
- [18 March](#)
- [19 March](#)
- [20 March](#)

These appearances were a fantastic way to raise awareness of PEAK's work, connect with families who may need support, and share practical advice for navigating the challenges of parenting autistic children.

### Get Involved

If you would like to support PEAK, help us reach more families, or join our mission, email us at [contact@parentingempoweredautistickids.com](mailto:contact@parentingempoweredautistickids.com). Every voice and action helps us continue creating a better, more inclusive future for all.



# COMMUNITY!



Connection has felt especially important this month, and it has been at the heart of everything we do.

Our March community session focused on parent-carer self-care. Parents shared openly about the importance of looking after themselves, not just their children. Those honest, supportive conversations are a reminder that you are not alone, and that taking time to recharge is essential.

We also have Easter activities planned to help families enjoy some fun, low-pressure time together. This includes SEN football, an Easter egg hunt, and a Cineworld SEN-friendly screening. These activities are designed to offer moments of joy and connection while daily routines shift and adapt to the school holidays.

Following the session, EPIC-side 3 of the PEAK podcast was released. Through this channel, we continue to reach more families each month, with 154 listens in March. Every episode shares real experiences, guidance, and reassurance for parents, offering a space to learn and feel supported even when you can't be at a session.

Spaces like these whether in-person sessions, online community, or the podcast, show just how powerful peer support and shared understanding can be.

Join a community session and connect with other families who understand your journey. Book your space by emailing [community@parentingempoweredautistickids.com](mailto:community@parentingempoweredautistickids.com)

**Community Session Dates!**

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

**24<sup>th</sup> April**  
**22<sup>nd</sup> May**

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

**Join Us!**

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

National Autistic Society Autism Specialist Award Advanced 2025

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# SUPPORTERS

## Schools and Partners Making a Difference

At PEAK, our work thrives because of the incredible support from schools and community partners. This month, we want to shine a spotlight on Carrant Brook, Finlay Community School, and Denmark Road High School, who have gone above and beyond to engage with families and support the next generation.



## Carrant Brook: Bringing Services Together for Families

PEAK attended a mental health and wellbeing event, bringing together a range of charities and service providers to support families in one space. Alongside organisations such as Young Minds Matter, Gloucestershire Young Carers, and Let's Talk Well, the event created an opportunity for parents to explore different types of support, ask questions, and make meaningful connections.

These kinds of events are so important. They give families access to multiple services in one place, helping them feel more informed and less alone in navigating support systems. Following this, PEAK has secured a stall at an upcoming event at Bartongate Children's Centre on 6th May, continuing to build on these connections and ensuring families can access support locally.



# SUPPORTERS



## Finlay Community School: Supporting Families Together

At Finlay Community School, PEAK joined a coffee morning where families could move between stalls, have conversations, and connect with different sources of support. From the moment the team arrived, parents were already coming over to engage, even before the roller banner was set up. That immediate connection reflected just how important these opportunities are for families.

Throughout the evening, PEAK spoke with families about their experiences, offering advice, guidance, and reassurance while also working alongside other professionals in the room. Conversations were open and honest, with parents speaking not only about the challenges they are facing, but also about what they hope for their children moving forward.

One moment stood out in particular. A parent approached the team to say thank you after receiving support from PEAK. Having previously been in a place of distress, they shared how much more confident and empowered they now felt after just one session with a PEAK family support worker. Moments like this highlight the real impact of early, compassionate support.

The event also demonstrated strong collaboration between the school and wider support services. With organisations such as Gloucestershire Dyslexia Society and Kate Morris Tutoring involved, these are regular coffee mornings with ongoing support opportunities. Hosted by Finlay Community School to create a space where families can access help, feel heard, and build confidence over time.



# SUPPORTERS

## Denmark Road High School: Nurturing the Next Generation



This month, PEAK welcomed two students from Denmark Road High School for work experience, after first connecting with them at a local careers fair. It was a pleasure to have them join the charity and experience first-hand the work that goes into supporting families of autistic children.

Throughout their time with the team, the students were introduced to different areas of the charity, gaining insight into how PEAK supports families through advocacy, community engagement, and partnership work. Their curiosity, willingness to learn, and thoughtful approach stood out, reflecting a genuine interest in making a positive difference in the community.

Their placement also highlighted the importance of creating opportunities for young people to engage with inclusive, community-focused work. By opening up these experiences, PEAK is helping to support the growth of the next generation, giving students a deeper understanding of the challenges families face and the role they can play in creating a more inclusive society.

PEAK welcomes volunteers and students who share a passion for improving society, and it was fantastic to see that commitment reflected so clearly during this placement.

If your school or organisation wants to partner with PEAK, we would love to hear from you. Email the team today [community@parentingempoweredautistickids.com](mailto:community@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!

### Voices from Our Community

Every month, families share their experiences with PEAK, and while every journey is different, a common thread runs through them all, the power of feeling heard, understood, and supported at the right time.

This month, one moment stood out in particular. At a recent event, a mother approached the team and said:

*“Do you remember me? I’m the lady who was crying and you gave me a hug and told me I wasn’t alone. I spoke to your team and I just wanted to come over and say thank you so much. Things are better now. Thank you for believing in me and helping me.”*

Moments like this stay with us. They reflect the reality many families face at the start of their journey, feeling overwhelmed, isolated, and unsure where to turn, but also what can happen when the right support is in place.

Alongside this, we continue to hear from parents who are taking important steps forward, whether that is attending a community session after a difficult period or gaining confidence as they move through processes like tribunals. These may feel like small steps, but they represent meaningful progress for the families living them.

### You Are Not Alone

If you are feeling overwhelmed or unsure where to turn next, PEAK is here. Through community sessions, one-to-one support, and advocacy services, there is always a place for you and your family.



*I wanted to give the PEAK team a big thank for listening to and supporting me at today's community session. I really haven't been up for getting out of the house at all this week, actually the last three weeks, but I'm so pleased I did today as it's done me the world of good and helped ease my anxiety. Spending two hours with a community that understands and shares similar experiences to mine has left me feeling much better about my parenting abilities and my progress through the tribunal process so far. I really appreciate it, thank you.*

**Anonymous**



The most wonderful charity which goes above and beyond to support families and their children.

**Pixie Thomas**

### Have we helped your family?

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



# WINS FOR FAMILIES!



**Over 489  
voluntary  
hours**

## MARCH RESULTS

	TOTAL
Children Supported	81
EHCP Support and awarded	3
Documentational Support	7
School Meetings	9
SEN Appeals Supported	6
Direct Home Support Interventions	9
Educational Placements Awarded	3
Diagnosis Support	1
Community Session attendees	17
Podcasts released	1

## TOTAL

March has been another month of important outcomes for families navigating complex systems.

- **Specialist school advocacy:** One local authority named the wrong specialist school and tried to push a parent to accept it while removing their child from their mainstream placement. PEAK stepped in, secured temporary Alternative Provision funding, challenged the school name, and used the 2025 Children Missing in Education policy to ensure the child was placed appropriately.
- **Court case successes:** Three cases, three wins. One settled outside the hearing to secure a specialist placement, one won EOTIS, and one saw corrections applied after mistakes from previous SEN solicitors.

These stories highlight the importance of persistence, creative solutions, and never settling for anything less than what the child truly needs.

If your family needs support navigating placements, EHCPs, or appeals, PEAK is here to guide you through each step. [Contact PEAK](#) to find out how we can help.

# A MESSAGE FROM OUR FOUNDER



March has brought a real shift. The clocks have gone forward, the first signs of spring are here, and with that comes a change in rhythm for so many families. I know from experience, and from speaking to many of you, that even something as simple as a clock change can have a big impact when routines matter so much.

This month also gave us the opportunity to share experiences on both local and national radio, including daily appearances on BBC Radio Gloucestershire during Neurodiversity Week and a feature on BBC Radio in London. These moments are a reminder of why raising awareness is so important, and the difference it can make when families feel seen and understood.

At our community session, one theme kept coming up. Parents are tired, not just physically but emotionally too. Conversations around self-care stood out, highlighting the need to pause, reset, and look after ourselves as well as our children. With Easter and the holidays approaching, taking time to recharge has never felt more important.

Alongside this, we connected with families at parent evenings in Carrant Brook and Finlay Community School. It's always a privilege to meet parents directly, hear their concerns, and help them navigate systems that can feel overwhelming.

Looking ahead to April, there is so much to feel hopeful about. Our next community session is on 24th April, there are Easter activities planned, and World Autism Acceptance Month is just around the corner. The Peaks for PEAK and Parachute for PEAK fundraising campaigns are now live, and we are excited to see our community get involved.

Stay connected with PEAK this Spring – join a session, follow our journey, or share your story with the community.

Thank you for being part of this journey, for showing up for your children, and for each other.

*Marco Cetara*

## Dates for the Diary

### Upcoming Community Sessions

- 24<sup>th</sup> April
- 22<sup>nd</sup> May
- April - World Autism Acceptance Month
- 2<sup>nd</sup> April - World Autism Acceptance Day
- 7<sup>th</sup> April - World Health Day