

June 2026 Newsletter



PEAK News!

Recognition, generosity and growing partnerships

June was a significant month for PEAK, with moments of recognition, generosity and connection that reflected the growing impact of the charity.

PEAK was incredibly proud to be recognised at the 2026 Rotary Club of Gloucester Awards, where we were the only charity to receive two awards. As well as receiving a Rotary Award, PEAK was also presented with The Mina Award, which is given to just one charity recipient from all those recognised. This was a very special moment for PEAK and a powerful reminder of how far the charity has come.

This recognition reflects the continued need for practical, compassionate support for neurodiverse children, young people and their families before, during and after diagnosis. It also highlights the dedication of everyone who contributes to PEAK's work, from volunteers and families to partners and supporters.

June also brought incredible generosity from local and national businesses, supermarkets and organisations, who donated raffle and tombola prizes and support ahead of PEAK Day. Contributions from supporters including Tesco, Hilton and many others will help raise vital funds so PEAK can continue offering advocacy, events, community sessions and guidance for families.

We also marked Volunteers' Week and took time to celebrate the people who give their time, energy and care to PEAK. Their support is a huge part of what makes our work possible, especially during such a busy period of PEAK Day planning.

Another highlight was Josie from Denmark Road High School completing a work experience placement with PEAK. During her time with us, Josie supported work across fundraising, family support, events, media and community outreach, gaining an insight into the many different areas of PEAK's work.

Follow PEAK on Facebook to stay updated with our latest news, events and family support work.

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COMMUNITY!



A place where families feel understood

One of the most powerful moments this month came from a parent who shared what attending a PEAK event meant for her and her child.

She explained that her child had previously found it extremely difficult to take part in activities outside the home. Leaving the house had often been overwhelming and distressing. But at a PEAK event, her child joined in, spent time around other children and was able to take part in a way that felt safe.

The parent described seeing her child with other children without feeling judged. It was emotional, reassuring and deeply meaningful.

Stories like this remind us why community spaces matter. For many families, being surrounded by people who understand can make a huge difference. Peer support helps parents and carers feel less alone, more confident and more able to keep going.

Podcast update

Our podcast continues to offer families another way to feel informed, reassured and connected through practical advice, lived experience and open conversations.

We are also excited to share that the next EPIC-sode will be a livestream from PEAK Day 2026, giving families and supporters another way to be part of the day and follow what is happening across the event.

Follow PEAK on Facebook to be notified when the livestream starts, and listen to the latest EPIC-sode.



PEAK DAY 2026



A huge community effort ahead of our biggest annual event

PEAK Day 2026 takes place on 11 July, and June has been full of planning, preparation and generosity as we get ready for one of the biggest events in the PEAK calendar.

A huge amount of work has gone into creating a welcoming and inclusive day for neurodiverse children, young people and their families. From volunteers giving their time and energy, to local and national businesses donating raffle and tombola prizes and support, PEAK Day is a true community effort.

The donations received will help raise vital funds so PEAK can continue supporting families before, during and after diagnosis through advocacy, events, community sessions and practical guidance.

PEAK Day is about more than activities. It is about creating a space where families feel understood, children and young people can take part in ways that work for them, and parents and carers can feel less alone.

We are so grateful to everyone helping to make the day possible, and we look forward to seeing you and your family at PEAK Day.

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** by scanning the QR code in the bottom right corner.

Every donation helps support families who need it most.

Thank you for your consideration and support!



SUPPORTERS

Working together for greater inclusion

This month's Supporters Spotlight celebrates the schools, organisations, businesses and partners helping PEAK extend its impact. From training conversations to event support, June showed how collaboration can create more inclusive opportunities for neurodiverse children, young people and their families.

Neurodiversity training: supporting organisations to build confidence

Organisations including PGL and TMS Mentoring have reached out to PEAK for support with neurodiversity training, showing the growing recognition of PEAK's knowledge, lived experience and practical understanding of what neurodiverse children, young people and families need.

Marco is due to visit a PGL site on 23 July, with discussions moving in a positive direction around support for their SEN team and wider staff training. PEAK is also developing training content with a view of supporting staff confidence and understanding from September. For PGL, this training has the potential to support approximately 250 permanent full-time staff and around 3,000 seasonal workers annually across 29 centres.

This matters because staff confidence and understanding can make a real difference to children and young people who need additional support to enjoy activities, residential visits and new environments.



Work experience: Josie from Denmark Road High School

Josie completed a work experience placement with PEAK in June, supporting work across fundraising, family support, events, media and community outreach. She also attended the Gloucestershire Short Breaks Partnership, hosted by Barnwood Trust at Gloucester Rugby, with Marco.

Reflecting on her placement, Josie shared: "My experience of this placement was incredible. I had so much fun and learnt loads of new things. They are also very accommodating to everyone's needs and I 100% recommend."

Work experience placements like this give young people the chance to see community work, inclusion and advocacy in action, while also helping them build confidence, skills and understanding.

SUPPORTERS CONTINUED...

Local and national supporters: PEAK Day donations

Ahead of PEAK Day, local and national businesses, supermarkets and organisations donated raffle and tombola prizes and support to help make the event possible. Their generosity will help PEAK raise funds to continue supporting neurodiverse families through advocacy, events, community sessions and practical guidance.

Every donation, offer of help and act of kindness contributes to the wider PEAK mission and shows what can happen when the community comes together around families.



Gloucestershire Short Breaks Partnership

Marco attended the Gloucestershire Short Breaks Partnership, hosted by Barnwood Trust at Gloucester Rugby, where he spoke with professionals and the Mayor of Gloucester about the respite, events and short breaks PEAK has run and continues to run, including PEAK Day 2026.

Being part of these conversations helps raise awareness of what families need and how community organisations can work together to create more inclusive opportunities. It also gives PEAK the chance to share the realities families face and highlight the importance of accessible support before, during and after diagnosis.

Partner with PEAK

PEAK welcomes conversations with schools, organisations, businesses and community partners who want to support neurodiverse children, young people and families. To discuss partnerships, work experience, donations, training or event support, please email contact@parentingempoweredautistickids.com

FAMILY OUTCOMES

Progress made through advocacy, support and persistence

Families continued to face significant challenges in June, including EHC refusals, incorrect placements, placement delays, appeals to SEND Tribunal and difficulties accessing the right support. Many of these situations are complex and emotionally draining, and families often come to PEAK after months, or sometimes years, of trying to be heard.

Throughout the month, PEAK supported families with paperwork, advocacy, observation reports, evidence reviews, tribunal preparation and practical guidance. Demand for this support remains high, but June also brought several important outcomes that show what can be achieved when families are supported with the right information, evidence and encouragement.

A new pathway for the future

One young person supported by PEAK secured a place on the SGS Create programme at Stroud College for Years 10 and 11 after a long period of struggling in a mainstream setting that had not met her needs. Her confidence had been deeply affected, but with support, her mum felt more empowered to advocate for her. This helped the young person take a brave and positive step towards a more suitable pathway for her future.

Tribunal progress after a missed deadline

PEAK supported a parent with a late tribunal application that had been submitted nearly two months after the original deadline. The judge accepted the application, and a tribunal date has now been given for this year. PEAK's observation report, alongside additional evidence including NHS reports, will support the family's case, showing that even when deadlines have passed, it may still be worth seeking advice and exploring what options remain available.

Specialist placement secured

Another family PEAK supported secured an independent specialist school place through a different approach to the standard tribunal route. PEAK arranged a meeting with the named specialist school, challenged misinformation and supported the school and parent to work together with the local authority. Alternative provision was maintained while updated evidence was gathered, and the outcome was achieved in four months, showing that different strategies can sometimes lead to faster and more effective resolutions.

Special school agreed before tribunal

In another case, a child in Year 8 with no formal diagnosis had special school agreed before tribunal. The local authority accepted the private Educational Psychology report, and the next step is securing the right placement. After a long period of uncertainty and missed education, this was a positive step forward for the family.

Need support?

If your family is dealing with EHCPs, school placements, refusals to assess, tribunal paperwork or SEND support, PEAK may be able to help.

You do not have to navigate the system alone. For support, visit parentingempoweredautistickids.com/contact-us

Impact at a glance	Total
Children supported	28
EHCP support provided	5
EHCPs awarded	1
Documentation support	1
SEN appeals supported	4
Educational placements awarded	3
Community session attendees	17
Volunteer hours given	672

WHAT FAMILIES ARE SAYING

Real experiences from families supported by PEAK



After a lengthy battle, my son has now finally been given the school placement he needs. PEAK stayed with me for over a year, advising me of my rights, explaining the legalities, and making sure I knew the next steps after each meeting. This is not an easy journey, and I am so grateful that PEAK was there for me. Thank you so much to all the team, I couldn't have done this without your knowledge and your backup. I can't wait for my son to start at his new school and begin learning the way he deserves.

Julie Aberdeen

I can't recommend PEAK highly enough. Throughout my daughter's diagnosis, our EHC needs assessment request and tribunal process they've been incredibly supportive, knowledgeable and generous with their time.

Every question I've had has been answered with kindness and patience and they've helped me understand what can feel like a very overwhelming system. Their advice has given me the confidence to advocate for my daughter.

The community support sessions have been invaluable. It's so reassuring to be able to ask questions, hear from other parents going through similar experiences and get practical advice from people who really understand.

I'm so grateful for their support and wouldn't hesitate to recommend them to any family trying to navigate the SEND system.

Katherine L.

I can't express enough how much I'm grateful to PEAK for all their help. I think I'd be very broken right now if it wasn't for their kindness, knowledge and support. From the very start and at every stage of our journey they have been a light in a very dark tunnel.

Lucy Cannon

Such a fantastic charity. Their advice and support has been invaluable over this past 2 years, slowly we are moving forward to where we need to be. Thank you to Hayley especially. We are so grateful for all you have done to help us.

Emma Hopton

Have we helped your family?

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



A MESSAGE FROM OUR FOUNDER



June has been a month of gratitude.

I am incredibly thankful to the volunteers who have given their time and energy to help plan PEAK Day, and to the local and national businesses, supermarkets and organisations who have donated prizes or supported the event in other ways.

That generosity helps PEAK raise funds so we can continue supporting neurodiverse families before, during and after diagnosis.

As we move into July, we know that busy events, hot weather and changes to usual routines can bring extra challenges for families. PEAK will continue to offer support, community and practical guidance wherever we can.

Thank you to everyone who continues to believe in PEAK, support our work and help us create spaces where families feel understood.

We look forward to seeing you and your family at PEAK Day!

With gratitude,

Marco Cetara

Dates for the Diary

Community Dates

- 11 July - PEAK Day

Awareness Days

- July - Disability Pride Month
- 24 July - International Self-Care Day
- 24 July - Samaritans Day