

August 2025 Newsletter



NICKY PRICE



JON SMITH



MIKE VITTI

BBC RADIO



PEAK NEWS!

PEAK Nominated for BBC Make A Difference Award!

We are absolutely delighted to share that PEAK was nominated for the BBC Make a Difference Awards 2025 in the Community Category.

This award celebrates those who bring people together, creating a real sense of belonging and positive change – and we are honoured that PEAK's work has been recognised in this way. Our nomination reflects the dedication of our team and volunteers in empowering families, championing neurodiversity, and building supportive spaces where no parent or child ever feels alone.

The exciting news came when our founder, Marco received a phone call from BBC Radio Gloucestershire, informing him of the nomination. To make it even more special, the announcement was followed by an interview during PEAK Day, giving us the chance to share our story, celebrate our families, and highlight the importance of understanding and inclusion and share more about the work we do and the difference our charity makes.

The BBC Make a Difference Awards ceremony will take place on Saturday, 13th September, and we feel truly privileged to be standing alongside so many other inspiring community organisations and individuals.

For us, this nomination is more than recognition – it's a moment to celebrate the children, families, and communities that make PEAK what it is. We are deeply honoured, and regardless of the outcome, we are proud to know that our mission continues to touch lives and create lasting change.

A big thank you to those who nominated us and to everyone who continues to support our work – whether by spreading the word about our services, leaving us feedback, or extending what you've learned from PEAK into your own networks. Your belief in us makes all the difference.

In This Newsletter

[Peak News](#)

[Community](#)

[Supporters](#)

[Fundraising](#)

[Testimonials](#)

[Wins for Families](#)

[Message from our Founder & Reminders](#)

COMMUNITY!

Celebrating One Year of Forest School!



A huge thanks to Leigh and her time. She fills every session with buzzing ideas, sensory joy, and the ability to encourage children to grow into curious, confident explorers!

Our next Forest School dates will be announced on our social media, but you're very welcome to register your interest now by emailing Leigh at: education@parentingempoweredautistickids.com



MIA'S STORY

“We, as a family, will always support PEAK and what it stands for. We are so grateful for the difference it has made.”

When Mia first joined PEAK's Forest School last year, her family didn't know what to expect. She was completely non-verbal, struggled in new environments, and often became distressed when she couldn't express herself. Attending groups was overwhelming, and family life was filled with worry.

Fast forward to today, and the difference is remarkable. Mia now looks forward to Forest School. She has built friendships, begun using words, and joins in with joy and confidence. Her mum describes her as “happy to attend, making friends, using words and getting involved” – a transformation that shows what the right environment can do.

Much of that success comes from the team. Staff like Leigh have been central to Mia's progress, building trust and creating bonds that help her feel safe. Her mum says they have been nothing short of phenomenal.

PEAK's support also extends to families. Whether it's guidance on education, attending key meetings, or helping parents feel heard, we are there every step of the way. For Mia's family, Marco's advice and advocacy made a huge difference, ensuring Mia received the best opportunities.

Importantly, no child should miss out because of financial hardship. PEAK provides a place with activities, and resources so families can access everything we offer. Every child deserves to thrive, regardless of circumstances.

COMMUNITY!

Upcoming Community Group Session!



Friday 26th Sep 2025
10:00 - 12:00

Hillview Church Hall
Hucclecote,
Gloucester
GL3 2LQ



We hope you've all had a lovely summer and that the returning to school or other educational settings has/is going smoothly for your children (and for you!). If it hasn't been the easiest start, this is the perfect opportunity to connect with other like-minded families who truly understand, in a safe, no-judgment space.

Come along for a warm welcome, friendly faces, and a chance to share experiences, swap tips, and feel supported. Grab a cuppa – we'll have the kettle on continuous boil – settle in, and enjoy a relaxed morning chat in a space where you and your family can simply be understood.

Date: Friday 26th September

Time: 10:00 – 12:00

Location: Hillview Church, Hucclecote, Gloucester, GL3 2LQ

Planning to join us?

Please email us at Community@ParentingEmpoweredAutisticKids.com to confirm your place.

Please share the details with friends, family, or anyone who might benefit from a warm, welcoming, and supportive community. We can't wait to see familiar faces return and to welcome new families into our PEAK community!

SUPPORTERS



A big thank you to everyone kindly supporting PEAK with blue tokens when you shop at Tesco through the “Stronger Starts” Community Grants Programme across Gloucestershire stores!

A special shout-out to Dame Jessica Ennis-Hill – British athlete, author, and entrepreneur – for supporting PEAK and helping raise awareness for both neurodiversity and our work.

The more tokens we receive, the more funding we can secure to continue empowering families and supporting neurodiverse children.

Thousands of votes have already gone in – so many that stores have had to empty and restock the token chips more than once, a powerful reminder of the love and support our community shows for our charity.

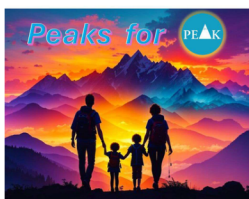
So next time you're in Tesco, don't forget to pop your blue token in the PEAK box and help us make an even bigger difference in our community. Every token counts!

Thank you for your continued support.



FUNDRAISING!

Celebrating One Incredible Year!



This summer, PEAK celebrated the first anniversary of our fundraiser, PEAKs for PEAK – and what a year it has been! Thanks to the amazing individuals who set themselves challenges big and small, we've raised thousands of pounds to support families across our community. A huge thank you to everyone who has taken part so far.

To mark the milestone, our founder and family returned to the very spot where it all began – completing one more PEAKs for PEAK challenge to celebrate its anniversary. Now, we're excited to step into year two, with more inspiring updates to share in our next newsletter.

The idea is simple: set yourself a personal challenge (big or small), and turn it into a chance to raise funds for Parenting Empowered Autistic Kids (PEAK). Whether it's climbing a mountain, walking every day for a month, baking your way through 100 cupcakes, or giving up something you love, your efforts can make a huge difference. Every pound raised goes directly into supporting families – helping us provide services and vital resources that empower parents and give children the tools they need to thrive.

Some ideas to get you started:

- Take on a local hill walk or climb your own "peak"
- Organise a family fun run or sponsored walk
- Host a bake sale or coffee morning
- Challenge yourself to read a book a week for six weeks
- Try something new – from cold water dips to dance marathons!

What matters most is setting a goal that's meaningful to you.

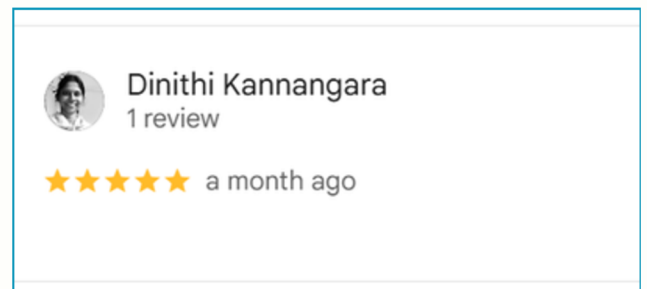
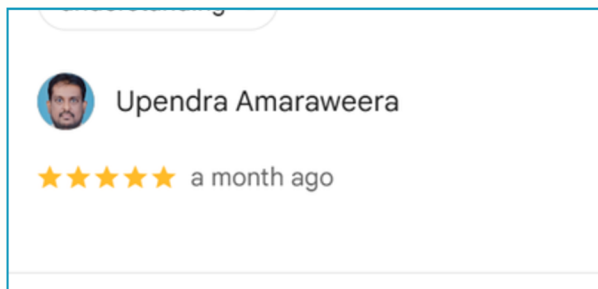
Why it matters: By joining the PEAKs for PEAK challenge, you're not just raising funds – you're raising awareness of neurodiversity, showing solidarity with families, and helping us build a future where neurodiverse children feel understood, celebrated, and empowered.

Ready to take on your challenge? Get in touch with us at admin@parentingempoweredautistickids.com to let us know your idea, and we'll support you every step of the way. Or you can simply set up your own challenge on our Go As You Live Page.

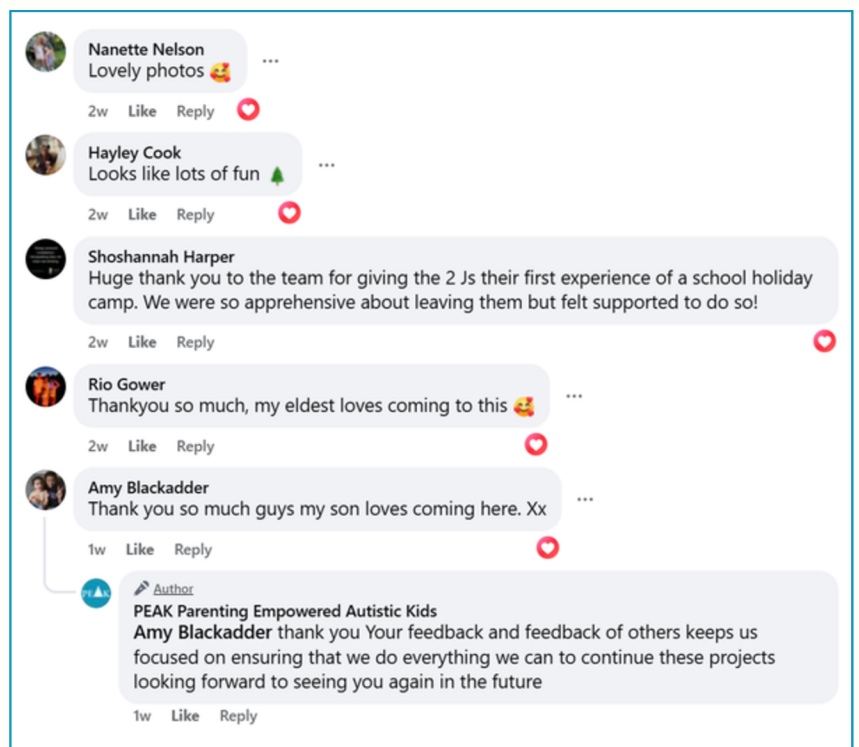
Together, let's turn personal challenges into community change.

TESTIMONIALS

Continuing our Five Star Service!



Some lovely feedback from our summer forest school:



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.



CUSTOMER FEEDBACK



You can leave us a review on Facebook too!

WIN'S FOR FAMILIES!



Over 160
voluntary
hours

AUGUST RESULTS

Children Directly Supported
Appeals & Documentational Support
Summer Emergency Support
Forest School Sessions

TOTAL

41
16
7
12

As August comes to a close, we understand the mixed emotions for children and families heading back into the transition of returning to school or other educational settings.

At PEAK, we understand those challenges. That's why, throughout the summer, we've been here to offer support – from Forest School sessions filled with sensory-rich exploration and calm, to community groups that provided a safe, non-judgmental space for parents to connect, share, and breathe. We've seen first-hand how vital these moments are: children growing in confidence, families finding encouragement, and parents leaving with both new tools and a lighter heart.

To our wonderful families: your resilience, your courage, and your ability to keep going even when things feel tough inspire us every single day. To our dedicated team: thank you for the energy, compassion, and creativity you pour into every day.

Now, as September approaches, we know the transition back into education – whether it's a new school, a change of setting, or continuing with home education – can feel daunting. Please remember you don't have to face it alone. PEAK is here, as always, to walk alongside you with understanding, encouragement, and practical support.

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

A MESSAGE FROM OUR FOUNDER



As summer winds down, I want to take a moment to recognise and celebrate the incredible people who make PEAK what it is. To our dedicated volunteers – your energy, creativity, and commitment bring our community to life. To Leigh and the Forest School team – your passion for inspiring children and families never goes unnoticed. And to all the parents who trust us to support their children – thank you for letting us be part of your journey.

We are also thrilled to share that PEAK has been nominated for the BBC Make a Difference Community Award. Receiving the call from BBC Radio Gloucestershire was a memorable moment, and being interviewed during PEAK Day gave us a chance to showcase the heart of our work. The award ceremony takes place in September, and we are excited to share the outcome with you. Simply being nominated is an incredible honour.

We're always looking to welcome more people to join us. Whether you'd like to volunteer, fundraise, or simply support our work in other ways, there's a place for you here. Volunteering gives you a chance to learn, give back, and connect with families making a difference every day.

And don't forget – if you're shopping at Tesco, please continue to drop your blue tokens into the PEAK box as part of the Stronger Starts Community Grants Programme. Every token helps us continue empowering families and supporting neurodiverse children.

PEAK is entering its fifth year this September, and we have some exciting news to share – stay tuned for updates as we continue growing, innovating, and supporting families across the country.

Thank you for being part of this journey with us – together, we're making a difference every day.

With gratitude,

Marco Cetara

A Few Dates To Remember

- BBC Make A Difference Award Ceremony
Saturday 13th September
- National Inclusion Week 15th - 21st September
- National School Avoidance Awareness Week 22 - 26th September
- Peak's Community Session Friday 26th September
- Exciting news to be announced, soon!

Thank you for reading!