

May 2025 Newsletter



PEAK NEWS!

Preparing For The Biggest Family Event Of The Summer!

Here's the PEAK DAY Planners, hard at work creating what promises to be the biggest and best family event of the summer!

You may have spotted our posters clinging to shop windows, or noticed our bright sunshine PEAK DAY logo flooding the internet — that's because we don't want anyone to miss this!

We've got petting zoos, bouncy castles, face painting, a SEN disco, SEN Forest School, football skills... breathe... and so much more! It's a jam-packed, fun-filled day for the whole family, and we cannot wait to welcome you.

In fact, our event is so jam-packed, we've dedicated an entire page on our website to keep you up to date with everything happening on PEAK DAY! Check it out here:

<https://parentingempoweredautistickids.com/peak-day>

So if you see the event on your social media, hit the 'Going' button and mark the date on your calendars – Saturday 5th July is going to be unmissable!



In This Newsletter

Peak News

Community

SATIREV Show - Bath

Mental Health Awareness Week

Forest School

Testimonials

Peaks for PEAK

Wins for Families

Message from our Founder & Reminders

COMMUNITY!

May's Community Group Session



Another fantastic Community Group Session, where we explored the topic: Supporting my child's SEN needs through their educational setting.

A big thank you to everyone who attended and shared your valuable experiences. From challenges before school and staff understanding, to transitions, anxiety, and post-school demands — it was an insightful and supportive discussion.

If you'd like a copy of the sheets you created, just email us at

community@parentingempoweredautistickids.com.

And if you found the session helpful, we'd really appreciate a quick review on Google or Facebook. Your feedback not only helps us grow but also supports other families looking to connect



Our Next Support Group Meet Up!

Our Next Community Group Session will take place

Friday 27th June 10:00 - 12:00

Returning to Hillview Church, Hucclecote

To book your space, email:

community@parentingempoweredautistickids.com



COMMUNITY!

SATIREV SHOW HIGHLIGHTS



Kicking off National Women's Health Week with a splash in Bath!

PEAK was honoured to deliver the Opening Keynote Speech on Neurodiversity at this years SATIREV Projects Health Show. We were thrilled to meet so many wonderful visitors, supporting them and their children through workshops, resources, and meaningful conversations.

It was also a fantastic opportunity to connect and collaborate with other incredible neurodiversity-focused services – a powerful reminder of the community and care driving real change.

We're delighted to share that PEAK has been invited back next year, and we can't wait to continue championing this vital message during a week dedicated to awareness and empowerment.

Keep an eye on our website and social media for the next event date – we'd love to see you there!

COMMUNITY!

Supporting Mental Health Awareness Week with Heart and Purpose



At PEAK, we believe that supporting neurodiverse children goes hand-in-hand with supporting the mental health of the entire family.

This Mental Health Awareness Week, we've been reflecting on the importance of protecting our own wellbeing while caring for others. So often, parents and carers pour everything into supporting their child – yet forget to refill their own cup. But mental health matters for everyone.

This year's theme is all about community – a powerful reminder that we're stronger when we come together. Whether it's leaning on a friend, attending a support group, or simply sharing a conversation with someone who understands, community can be a lifeline. At PEAK, we see every day how connection uplifts, encourages, and helps us all feel a little less alone.

We're proud to stand with families, not just during this week, but every day. Because when we support each other, we all thrive.

Let's keep talking, connecting, and caring – for our children, and for ourselves.

“In community, we find strength - in being seen, heard, and supported exactly as we are.”



COMMUNITY

Incredible Forest School Experience!



This month saw yet another inspiring Forest School session, led by the ever-brilliant Leigh and her dedicated team. With a deep understanding of neurodiversity and years of expertise, Leigh creates an environment where every child feels safe, seen, and supported – just as they are.

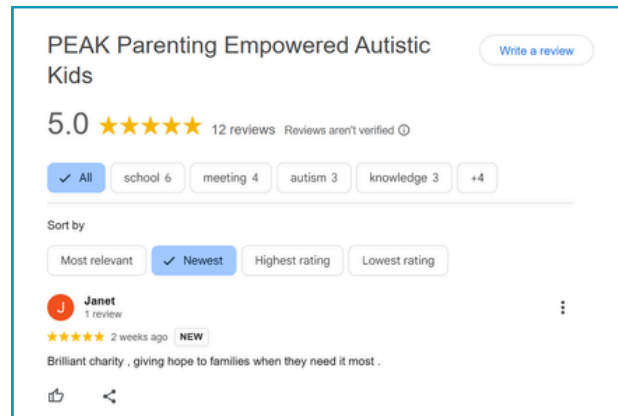
At PEAK, we believe Forest School is more than outdoor play – it's a powerful, child-led approach to learning that encourages confidence, curiosity, and emotional resilience. For neurodiverse children especially, the benefits are wide-reaching: freedom to explore at their own pace, reduced sensory overwhelm, improved regulation, and meaningful opportunities for connection and growth in a natural setting.

Whether it's building dens, fire-lighting (always popular!), discovering insects, or simply breathing in the calm of the outdoors, Forest School continues to prove just how much learning and healing can happen when children are given space to thrive on their own terms.

To find out about upcoming Forest School dates, keep an eye on our social media and website – or get in touch directly with Leigh at education@parentingempoweredautistickids.com.

Let's keep nurturing minds, growing confidence, and building community—one forest adventure at a time.

TESTIMONIALS



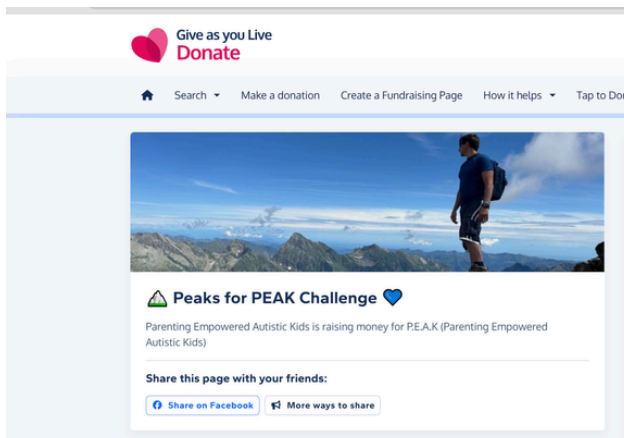
Your Words Make a Difference!

As we reflect on April, we've been truly moved by the wonderful comments and reviews shared by families about their experiences with PEAK. Every piece of feedback we receive is reviewed and deeply valued - it's a testament to the difference we're making together. Your words not only lift our spirits but also inspire other families to seek the support they deserve.

We're honored 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.

FUNDRAISING!

The Countdown Is On...



In less than a month, our incredible founder will take on the challenge of a lifetime – hiking to Europe's highest refuge, Monte Rosa's Margherita Hut, soaring at an altitude of 4,554 metres!

This epic journey isn't just about the climb – it's about raising vital funds to keep supporting neurodiverse children and their families across the UK. And now, more than ever, we need your help.

Every donation, every share, every bit of support makes a real difference. Whether you're an individual, business, or community group, there's still time to:

- *Donate what you can – every penny helps fuel our mission*
- *Share the fundraiser far and wide*
- *Sponsor the event and get your brand seen on gear, online, and at PEAK Day*

<https://donate.giveasyoulive.com/fundraising/peaks-for-peak>

Let's lift PEAK to new heights – together.

WIN'S FOR FAMILIES!



Over 494
voluntary
hours

FEBRUARY RESULTS

TOTAL

Children Supported	155
EHCP Support and awarded	17
Documentational Support	22
School Support Meetings	20
SEN Appeals Supported	8
Direct Home Support Interventions	8
Educational Placements Awarded	6
Diagnosis Support	2
Community Sessions	1
Forest Schools	1

We know that behind every breakthrough is a journey of strength, determination, and steadfast resilience – and we're proud to stand alongside our families through it all.

As we stepped into May, a shorter school term brings its own challenges. With just three weeks for most children to adjust, transition, and settle, the pressure on families and schools is real. That's why this month – coinciding with Mental Health Awareness Week – we're doubling down on our support, advocacy, and compassion. Because mental health matters – for our children, for their families, and for the professionals walking alongside them.

In recent weeks, we've witnessed powerful moments that reaffirm why PEAK exists. From navigating difficult decisions to securing crucial provisions, our team has worked tirelessly to ensure no family feels alone. Each success tells a story – not just of outcomes, but of the profound difference support can make.

We want to take a heartfelt moment to thank our incredible team for their time, energy, and dedication. Your work doesn't just help children – it transforms lives. And to the families we support: your trust means everything. Together, we're not just making a difference – we're shaping brighter, more empowered futures.

 Give as you Live
Donate



A MESSAGE FROM OUR FOUNDER



What an incredible month at PEAK! We kicked off May by spotlighting Mental Health Awareness Week, sharing helpful tips and advice across our social media channels to remind families – and ourselves – of the importance of caring for our wellbeing. From there, the month continued with purpose, energy, and connection, as we hosted a powerful and interactive community session and delivered the keynote speech at a Women's Health Event in Bath. Each moment was a powerful reminder of the work we're here to do.

While all of this was happening out front, behind the scenes, our team has been hard at work – supporting families day in and day out, while also pouring their hearts into preparing our biggest event of the year: PEAK Day. Their dedication, creativity, and passion never cease to amaze me, and I couldn't be prouder of the energy they bring to everything they do.

If you'd like to get involved, we're currently welcoming tombola donations (chocolates, sweets, bottles, toys), raffle prizes, and any support you're able to offer to help make PEAK Day even more special.

Please get in touch with us at community@parentingempoweredautistickids.com. Every single contribution goes directly to supporting the families we work with.

And while the team is preparing for PEAK Day, I'm preparing for a personal challenge of my own – the Peaks for PEAK Hike. In less than a month, I'll be climbing to the highest refuge in Europe, the Margherita Hut. This journey is about so much more than altitude – it's about raising vital funds and awareness for our mission at PEAK. If you'd like to support, whether by donating or simply spreading the word, it would mean the world. Every penny truly helps us continue changing lives.

Finally, to all the incredible families we walk alongside – thank you as always. Your trust and partnership are at the heart of everything we do. It's our privilege to support you and your children, and we're here for you every step of the way.

With gratitude,

A Few Dates To Remember

- The next Community Support Group Session will be Friday 27th June Back in Hill View Church .
- Volunteers Week (2nd - 8th June) Find out how you can get involved!
- Parents Day 8th June
- Fathers Day 15th June
- Learning Disabilities Week (16th - 22nd June)
- Founders Peaks For PEAK Challenge
- Update for PEAK DAY on our Social Media
