



September 2025 Newsletter



PEAK NEWS!

Winners of the BBC Make A Difference Award!

This September, PEAK proudly brought home our second award of the year at the BBC Make a Difference Awards. To be nominated and invited was already an honour, but to then be chosen as winners of the Community category – presented by none other than Emmerdale actor James Moore – was truly beyond our expectations. Even more humbling was seeing our win broadcast on BBC News, shining a light on the work we do and the families we serve.

To be recognised alongside so many other inspiring charities and organisations makes this award even more special. It belongs not just to PEAK, but to every family, supporter, and friend who has believed in our mission — and to those who kindly nominated us for this award.

We are deeply proud that PEAK's work has been recognised for the difference it makes in Gloucestershire and beyond. From providing practical support and guidance to parents, to building inclusive communities where children can thrive, we have now supported over 1,000 families (and counting!) on their journeys.

This award wouldn't have been possible without our dedicated team: Marco, Charlotte, Nanette, Hayley, Leigh, Laura, Laney, Megan, Amy, and Diana. Each one has played a vital role in helping us bring about real change for families who need it most.

We've shared some photos from the day to capture the joy, inclusion, and sense of community that filled the room – a reminder that we live among everyday heroes. And this is only the beginning.

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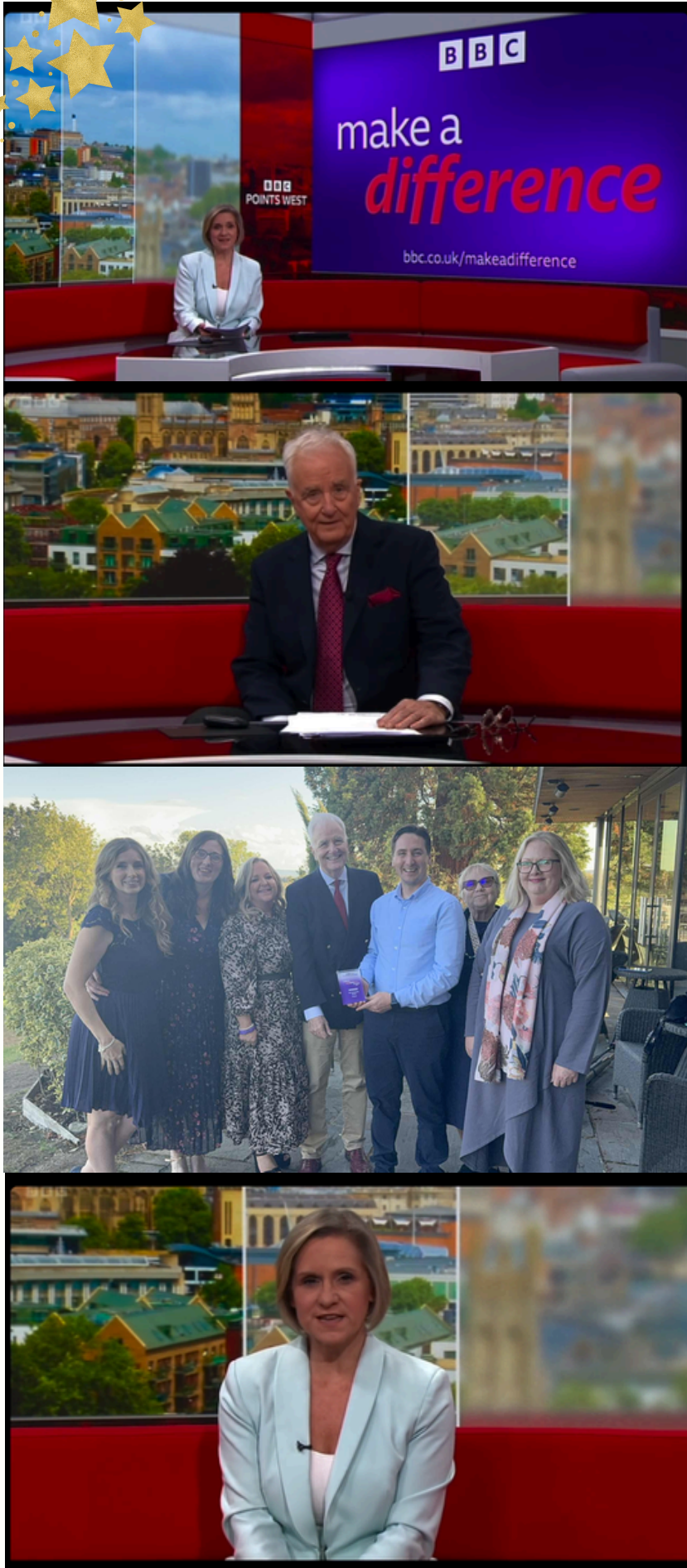
CAPTURES OF THE EVENT!



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A big thank you to the BBC for interviewing PEAK on stage and behind the scenes with presenter David Garmston, where we proudly announced our next big goal – the creation of a PEAK Community Centre for families.

As we celebrate our 5-year anniversary, this dream feels more important than ever. Families tell us every day how much they long for a safe, welcoming space where they can connect, access support, and feel truly understood.

This award gives us the perfect platform to share that vision, proving that together we can make it happen. So stay tuned — the journey towards PEAK's next goal is on the horizon and we'll be sharing more very soon.

Thank you to everyone who has been part of this journey so far — this award is for all of us. The best is still to come!





MORE NEWS

PEAK Turns Five! Celebrating 1,000+ Children Supported and Counting



This September, PEAK marks a remarkable milestone: **five years of supporting families** and making a real difference in the lives of **over 1,000 children**. What began as a passionate vision from our founder, Marco, has grown into a thriving community of guidance, hope, and connection for neurodiverse families across the country, with a growing team dedicated to the cause.

Over the past five years, PEAK has provided tailored support through one-to-one guidance and community programmes that help parents navigate the challenges of raising neurodiverse children. From practical strategies to emotional support, every service is designed to empower families, celebrate neurodiversity, and champion the unique strengths of every child.



We are incredibly proud to have reached this milestone. Every child we support, every parent we guide, every story of success fuels our mission. Five years in, and the journey has only just begun. We have big plans to reach more families nationwide and continue improving lives.



-Marco CEO,



This summer, we celebrated our five-year milestone by bringing together neurodiverse and non-neurodiverse families in a special community event - **PEAK DAY** - filled with fun, connection, and shared experiences. The celebration showed that everyone thrives when included and understood. And our journey doesn't stop here. We're proud to announce our next big step – the planning of a **PEAK Community Centre**!

PEAK's approach has always been about more than just support—it's about building confidence, celebrating individuality, and encouraging connection among like-minded families. A Community Centre will be exactly that — a hub of inclusion, guidance, and belonging for neurodiverse families across Gloucestershire and beyond.



Adding to our pride, PEAK received **two Community awards** this year: **South Gloucestershire Council and the BBC Make a Difference award**, a testament to the impact of our work and our commitment to neurodiverse families.

To mark this milestone, we celebrate the incredible community that makes PEAK possible: our dedicated volunteers, passionate staff, fundraising supporters, and the families who entrust us with their journey. We are especially grateful to **The Brothers Trust, Barnwood Trust, Tesco, Ecotricity**, and everyone who has donated to our cause, whose generosity helps us continue providing vital services. Together, we've created a space where neurodiverse children are understood, celebrated, and empowered to thrive.

Here's to the next five years—and beyond! As PEAK continues to grow, we remain committed to reaching more children, supporting more families, and championing neurodiversity every step of the way.

Celebrate with us! Follow our social channels, share your PEAK moments, and stay tuned for exciting programs and events marking our fifth anniversary. Together, we are shaping a brighter, inclusive future for every child.

MORE NEWS



PEAK in the Spotlight: Our Founder Speaks with Golden Valley!

We're thrilled to share that our founder, Marco, was recently invited to speak with Golden Valley UK, a visionary community and innovation development in Gloucestershire that's building a stronger, more sustainable future. Golden Valley is committed to creating new jobs, green public spaces, technology and training opportunities, and vital community infrastructure across the region.

In his interview, Marco shared insights into PEAK's mission, our journey over the past five years, and how we work to improve circumstances and expand opportunities for neurodiverse families across Gloucestershire and beyond. He also spoke about how organisations like Golden Valley can make their working environments more inclusive and supportive for neurodivergent individuals, ensuring everyone can thrive and contribute their strengths.

Thank you to Golden Valley UK for their generous contribution and encouragement of our work - together, we're helping to shape a more inclusive and understanding future for all.

Stay tuned on our social media channels for the full interview when it's released!

COMMUNITY!



Autumn Community Support Sessions – Building Strength Together

Our Autumn Community Support Sessions are in full swing, and during September, another group of incredible parents joined us for a session filled with sharing, support, and empowerment. Together with the PEAK team, families discussed their journeys and opened up about challenges—from navigating school avoidance to preparing for the upcoming SEN reforms.

The power of community was clear: parents encouraged one another, shared strategies that work, and left with renewed hope. The PEAK team was proud to provide guidance and empowerment, but it was the collective strength in the room that made the session truly impactful.

At PEAK, we believe no family should feel alone on their journey. These sessions are a reminder of just how much we can achieve when we come together, listen, and lift each other up.

Next Community Support Session
Friday 17th October
Hillview Church, Hucclecote,
10-12pm



To book your space email community@parentingempoweredautistickids.com

FUNDRAISING!



A Family Adventure with a Big Impact!

In September, Annaleise Jones and her family completed an incredible feat, trekking the challenging Malvern Ridge trail from Chase End in the south to North Hill, taking on the main summits along the way.

Their determination raised an amazing £750 for PEAK, matched generously by Annaleise's employer, Ecclesiastical, part of the Benefact Group. This achievement shows what's possible when we come together to support neurodiverse families.

On behalf of everyone at PEAK, we extend our heartfelt thanks to the Jones family for their amazing effort and dedication.

If you're inspired to make a difference and shape a brighter future for neurodivergent children, don't wait – sign up for your own Peaks for PEAK adventure today!



VOLUNTEER WITH US!

We are seeking passionate, dedicated individuals who want to create real change for our neurodivergent community. By donating your time, you can help make society more inclusive and ensure all children can thrive.

Join the fastest-growing bespoke SEN support charity and be part of making a practical difference in a child's today and all their future tomorrows. This is your chance to help children reach their PEAK potential.

Expressions of interest can be submitted via our social media messaging or email:

Contact@parentingempoweredautistickids.com

Be the difference. Make an impact. Join PEAK today.



SUPPORTERS



A Huge Thank You to Souter Charity Trust

We are incredibly grateful to Souter Charity Trust for their generous donation to PEAK. This support will make a real difference, helping us provide vital services, resources, and guidance to families across Gloucestershire and beyond.

Your generosity enables us to continue empowering neurodiverse children and their families, creating opportunities, confidence, and positive change. Thanks to donors like you, we can keep expanding our reach and supporting even more families who rely on our expertise and care.

From all of us at PEAK – thank you for helping us make a lasting impact in our community.



A huge thank you to everyone supporting PEAK with blue tokens at Tesco through the Stronger Starts Community Grants Programme across Gloucestershire!

A special shout-out to Dame Jessica Ennihil – British athlete, author, and entrepreneur – for backing PEAK and helping raise awareness of neurodiversity and our work.

Here's Max adding the final token on the last day of the programme! We look forward to announcing where PEAK placed within the programme.

Every token helps us secure vital funding to empower families and support neurodiverse children. Next time you're in Tesco, pop your blue token in the PEAK box and help us make an even bigger difference. Every token counts!

Thank you for your continued support.



TESTIMONIALS

Continuing our Five Star Service!

Samantha Burton
5 reviews · 1 photo

★★★★★ a week ago **NEW**

Hi all,

Mia started PEAK last year and what a difference it has made for her! From being completely non verbal, very disregulated from being in new surroundings, screaming when frustrated to happy to attend, making friends, using words and getting involved.

The staff are phenomenal, especially Leigh and Charlene who Mia has formed an incredible bond with.

It's not just Mia. The support that has been given to us by the team and especially Marco has helped more than you will ever know. From joining meetings to giving us extensive advice on how to further help our case to getting Mia the best education she can possibly can.

We, as a family, will always support PEAK and what it stands for and we will always will be so grateful.

Sam



Dear James,

I can't thank you enough for your time today. Your wisdom, guidance, and calm, informed approach provided exactly the kind of support and relief I've been searching for, and for the first time in a long while, I feel like I'm no longer facing this entirely on my own.

The past three years have been deeply challenging. I've felt helpless so often, navigating complex systems with little clarity, trying to advocate for my son in environments where understanding and support have been painfully lacking. The dismissiveness from schools and teachers, and the constant need to justify his needs, has left me emotionally exhausted and, at times, completely broken. My own mental health has taken a hit, and the toll this has taken on both of us has been heartbreaking.

To have someone not only understand the system, but also truly listen, empathise, and offer clear, actionable advice means more to me than I can fully express. Having this support, finally, feels like a lifeline.

Thank you again for everything. I'll keep you updated every step of the way, I finally feel hopeful that things can change!

With HUGE thanks, and love,
Verity x

Julie Aberdeen recommends **PEAK Parenting Empowered Autistic Kids.**

24 September at 21:25 · 🌐

I am incredibly thankful to Marco and PEAK for their unwavering support in advocating for my son in Mediation today. Marco made sure that my voice was heard, he knew all the right questions to ask other parties, and he sought clarity when it was needed. I was genuinely so glad to have Marco 'on my team', as he has great knowledge of the mediation process. PEAK has fuelled my confidence to continue this journey all the way, until my son has the education he deserves.

Julie Aberdeen (Joolie Skooly Mama...
5 reviews · 1 photo

★★★★★ Edited a week ago

I'm so grateful to Marco and his amazing team, for being so welcoming and supportive in my quest to find the best outcome for my son's education and wellbeing. We still have a long way to go to get everything in place, but I know that I have PEAK behind me every step of the way. The community group is a very special place where nobody needs to feel alone, and where stories and experiences can be shared.

Edit to add: 24/9/25 I am once again incredibly thankful to Marco and PEAK for their unwavering support in advocating for my son in Mediation today. Marco made sure that my voice was heard, he knew all the right questions to ask other parties, and he sought clarity when it was needed. I was genuinely so glad to have Marco 'on my team', as he has great knowledge of the mediation process. PEAK has fuelled my confidence to continue this journey all the way, until my son has the education he deserves.

Sam Burton recommends **PEAK Parenting Empowered Autistic Kids.**

21 September at 14:29 · 🌐

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We, as a family, will always support PEAK and what it stands for and we will always will be so grateful.

Sam

★★★★★
CUSTOMER FEEDBACK



You can leave us a review
on Facebook too!

WIN'S FOR FAMILIES!



Over 436
voluntary
hours

SETEMBER'S RESULTS	TOTAL
Children Supported	119
EHCP Support and awarded	4
Documentational Support	30
School Support Meetings	12
SEN Appeals Supported	5
Direct Home Support Interventions	7
Educational Placements Awarded	4
Diagnosis Support	2
Community Session attendees	21
Fundraising Challenges Completed	1

As September began, many children and families navigated the return to school, new routines, and the transitions that come with a new term. At PEAK, we understand that this can bring a mix of excitement and anxiety.

We are proud that our work supporting neurodiverse children and their families has been recognised nationally, with PEAK recently winning the BBC Make a Difference Community Award. The results above speak for themselves: community groups, one-to-one sessions, Parent support and practical guidance – each interaction making a real difference.

To our incredible families: your resilience and courage inspire us every day. To our dedicated team: thank you for your energy, creativity, and compassion, which make every session, group, and interaction possible.

PEAK is here to walk alongside you, offering understanding, guidance, and practical support. Together, we move into the new term not just surviving, but thriving – building stronger, more empowered futures, one step at a time.

A MESSAGE FROM OUR FOUNDER



Over the past five years, PEAK has grown from a vision into a charity that has made a genuine difference in the lives of neurodiverse children and their families. And the excitement doesn't stop here. As we look forward to the next five years, we are thrilled to begin work on our biggest project yet – the PEAK Community Centre – a place where families can find support, connection, and opportunities to thrive.

Thank you to every family, supporter, and team member who has been part of this journey. Together, we are creating stronger, more empowered futures – and the best is yet to come.

With gratitude,

Marco Cetara

A Few Dates To Remember

- 10th October World Mental Health and Wellbeing Day
- ADHD Awareness Month - October
- Next Community Session Friday 17th October

This month has been incredible for PEAK. We are thrilled that our work supporting neurodiverse children and their families was recognised nationally, with our charity winning the BBC Make a Difference Community Award. This achievement reflects the impact we've made together – from our community sessions and one-to-one support, to Forest School adventures, practical guidance, and the stories of hope and progress shared by families. Every interaction, every session, every piece of advice has a real, tangible effect – and the testimonials we've received show just how much this support means.

We are immensely grateful to our incredible team whose energy, creativity, and compassion make everything possible. We also want to thank our volunteers, supporters, and donors, whose generosity – through fundraising, grants, or simple acts of support – helps us continue to grow and reach more families.



Thank you for reading!