



P:EMPOWER NEWS

ISSUE NO. 1

JULY 2021

Monthly Newsletter highlighting our Programmes

who, what, where and why?

Peak Empower has been going through a range of changes recently to help grow so that we can help more people who are socially isolated for a range of different reasons. To grow we need to increase our core funds and we are striving to do this in a range of ways:



EASY FUNDRAISING: A brilliant new way to support us when you are online shopping. When you use easyfundraising to shop with any of our 4,000 retailers, the retailer makes a small donation to say thank you and we send those free funds to your cause. Just log onto their website and choose your cause. <https://www.easyfundraising.org.uk/causes/peakempower/>

DESIGNER T-SHIRTS: Fashion Design on Talent (FDOTUK) is an innovative London based Company. They are unique, a business that works closely with charities to help to support them by selling and promoting their cause using ethical, good quality T-shirts, using young local talented designers and social influencers. <https://www.fdotuk.com/product-page/peak-empower>



CHARITY RAFFLE: MK Community Foundation are currently running a charity car raffle. This year's first prize will be an all-electric Volkswagen ID.3 generously donated by Volkswagen Group UK Ltd, a home charger donated and installed by PodPoint, PLUS a year's free electricity donated by Octopus Energy! Tickets will be £1 each, and every charity you select will receive 50p for each ticket sold. As we run projects in Milton Keynes we are lucky enough to be included so please either purchase paper tickets from us directly or go online and select 'Peak Empower'. <https://miltonkeynes.thecharityraffle.co.uk/>

Summer Clubs

We are continuing to run the Adventure club over the summer holidays but the inclusive tennis and inclusive golf sessions have stopped until next term.

Tennis Summer Club: We will be running a Tennis Summer club Tuesday 24th August- Friday 27th August 09:30-12:30. The cost is £12pp or £48 per week

Paddle boarding Club: We are still confirming dates and times but are hoping to start up an inclusive paddleboarding club and also run a tots paddleboarding course, both will be at Northampton Active.

Current Vacancies:

We are currently looking for a new Session Supervisor to start after the Summer holidays as well as looking for new board members and volunteers. If you are interested in any of these roles please get in touch with Rachel (Office@peak-empower.co.uk)



NEW UPcoming Projects

As some of you may be aware we have been working with Northampton Active to create a new 'Training Wheels' learn to ride programme for young people and adults with additional needs who want to learn to ride a bike. We have been very lucky to have received funding from Toyoya Parasports, Bruce Wakefield Trust, Northamptonshire Sport and Northampton Borough Council.

We are also hoping that we can offer the bikes out for people to rent when not in use which will give us our first income stream which will allow us to keep offering The Training Wheels programme for free or subsidized.



Our other new project is Autism Swim. We have been working on this for over a year, getting instructors trained in the new Autism Swim qualification so that we can run special water safety sessions for teenagers. We are currently trying to source a pool to use and will hopefully be able to give an update soon. To learn more about the new qualification please go to <https://www.sta.co.uk/news/2019/02/25/new-partnership-with-autism-swim/>

Our Thanks....

As some of you will know we have been very lucky to have Natasha as one of our Session Supervisors running the inclusive golf club and the Adventure Club. Natasha has been fantastic in her role but is now moving on to a new role and we wish her all the best for the future.



Featured Staff

Peak Empower has been expanding recently so there might be some new faces around the office and at events as well as those of us you know well:



Lucy & Saffy (Co-Founders & Co-CEO).
Lucy is also the Programme Coordinator (Lucy@peak-empower.co.uk)
Saffy runs the Fundraising (Saffy@peak-empower.co.uk)



Kristel runs all of our website and social media as well as keeping track of everything we are doing (info@peak-empower.co.uk)



Rachel covers all of the admin work in the office as well as working for Sport4Fitness (Office@peak-empower.co.uk)

COMPETITION TIME

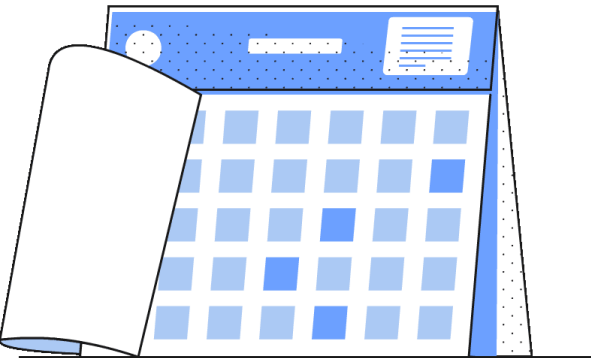
We have some Climb Quest tickets for the winner of this months competition



Each of these is a Disney Film. To help you out number 9 is Toy Story.

Email your quiz answers to office@peak-empower.co.uk by 1st August

Winner will randomly be picked out of a hat



CALENDAR OF UPCOMING EVENTS:

- 18th July 11am-12.30pm: Watersports @Northampton Active. Try out the kayaks, paddle boards, tubes and canoes (weather dependant)
- 1st August 4-6pm: Potz Ceramics Studio @Billing Garden Centre. For those to complete the items started last year
- 15th August 11am-12.30pm: High Ropes@ Northampton Active
- 22nd August 10-11.30am : Katakanu @ Rushden Lakes
- 5th September: 10.30am and 12.30pm @ Big Rock Hub, Milton Keynes

To book please either contact Kristel (info@peak-empower.co.uk) or book directly on our website <https://www.peak-empower.co.uk/summer-adventure-club>

Featured Staff continued...



Shannon runs our STEP Programme helping people get back into work and build their confidence after the pandemic (Admin@peak-empower.co.uk)



Verity has been a long standing member of our team and is our Session Supervisor for all of our sports activities (Verity@peak-empower.co.uk). She is also an animal lover and trains dogs to be support animals



Katie is the newest member of our team and is our new Accounts Manager to help us to keep providing activities at cost neutral (accounts@peak-empower.co.uk)

Next Month you can meet the board