

Volunteering is one of the most rewarding ways you can enhance your CV and if you volunteer with Forest Pulse, you'll enhance the lives of others in the process.

Established in 1979, Forest Pulse is a registered charity based in the Forest of Dean. We offer inclusive activities to disabled children and young people living or attending school in the Forest of Dean and provide them with opportunities to build knowledge and experience, in a fun and safe environment.

Every year we rely on the help and support of our volunteers. Working with our team of dedicated and highly trained individuals, our volunteers play a vital role in the day to day running of Forest Pulse.



DANCE

INDEPENDENCE PROJECTS

MUSIC DRAMA

YOUTH CLUB

WEEKEND AND HOLIDAY CLUBS

Small donations make a... **BIG** DIFFERENCE!



CALL:
01594 826 357

EMAIL:
admin@forestpulse.co.uk

Help us raise much needed funds by joining our Fundraising Committee

Also shopping through **TheGivingMachine** will be of benefit to Forest Pulse

THANK YOU!

Forest PULSE

Charity No 900216

Supporting children and young people with disabilities and their families



www.facebook.com/forestpulse

Tel: **01594 826357**

Email: admin@forestpulse.co.uk

www.forestpulse.co.uk

Charity Number: 900216

Forest Pulse c/o Heart of the Forest Community Special School,
Speech House, Coleford, Gloucester, GL16 7EJ



MAKE A DIFFERENCE – BECOME A VOLUNTEER

VOTED...
Volunteer Group
of the Year in the
2018 Forest of
Dean Volunteer
Awards

Are you looking to **enhance your CV**
to **stand out** to potential employers?

Forest PULSE

Charity No 900216

Supporting children and young people with disabilities and their families

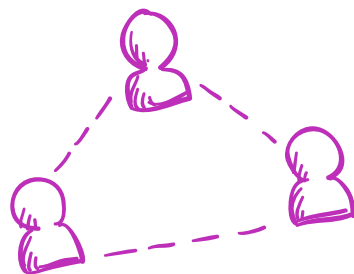
Would you like to **make friends**
and **boost your confidence** whilst
learning new skills?

WHY WE NEED YOU – OUR VOLUNTEERS



"My decision to volunteer with Forest Pulse was definitely one of the best decisions I have made. From day one I loved everything the charity stands for and it has been a privilege to be involved with the amazing work they do for some incredible young people."

Sammy, Volunteer



We welcome volunteers from all walks of life. If you are 14 year old, or older, whatever your skills and interests, we **would love to hear from you!**

We need volunteers to support disabled young people to access a range of exciting activities. We also welcome new people on our fundraising committee.

We would love to hear from you!

**CONTACT US
TO FIND OUT
MORE!**

"We couldn't do what we do at Forest Pulse without the amazing support of our volunteers."

Many of our sessional staff as well as our Activity Leaders started off as **volunteers**, and volunteering with us has helped shape many careers. Lots of our volunteers can use their hours as a placement for college courses, Duke of Edinburgh, University modules etc.



We offer lots of training to our volunteers and pride ourselves on the support we give.



If learning new skills, meeting new people and helping your community sounds of interest to you, contact us on: **01594 826 357** or email: **activities@forestpulse.co.uk** for more information.