



NEWSLETTER SUMMER 2026

The end of Summer is approaching and what a summer it has been! We have never been more grateful for our fantastic air conditioning in our downstairs space, thanks to this we did not close once due to the weather. It kept all our staff and members nice and cool, a little too chilly at times!!

Firstly, we would just like to say a huge thanks to all the members and families who came along to the Forest Pulse AGM on August the 13th 2026.

Collection Boxes
Proper Job - £26.10

Shop at the Ship
Newnham - £78.74

We had a great turn out, and we were able to take votes on the important matters that help the charity run. This year, with the support of Landlord Pat, we hosted the AGM at the Independent Republic of Cider and Perry bar. With the team back at HQ supporting with extended care, so parents and carers could attend.

As a result of the AGM we were fortunate to have a couple of new potential trustees step forward. We always welcome new trustees to our committee, if you think this is something you would like to do, please pop an email to admin@forestpulse.co.uk

Balti Hut Coleford - £50

WHITSUN AND SUMMER ACTIVITY CLUB RE CAP

Since our last newsletter, we have had both our Whitsun activity week and our Summer activity club.

Both were attended by over 90 regular members across the weeks. This summer we continued with our 4 days over 5 weeks, covering the majority of the Summer holidays. We felt again, that this was a huge success. Forest Pulse were lucky to benefit from providers such as; Roaming Reptiles, Music by Kez, Severn Rivers Trust, Gloucestershire Fire Service and The Music Works.

In between these providers we had a wide range of sensory activities, crafting, painting, movies, music and cooking. Just to name a few!

Thank you to everyone who attended our Summer Activity Club. A huge thanks to our staff team, including Chloe, Amy and Sasha who spent a lot of time and effort planning and running the events for everyone to enjoy.



Please keep an eye out for future info for October half term. Double check about emails from Forest Pulse have not entered your spam in-box and if in doubt, get in touch!

JOLTER PUB QUIZ

We had a fabulous turn out at the most recent quiz night on Saturday 22nd of August.

A huge thanks goes to both Pat and Shane. Pat is the landlord of the ***Independent Republic of Jolter Cider and Perry bar***, he has chosen Forest Pulse as his charity of choice for 2026/2027.

On the night, we raised **£220** which means the grand total raised by Pub Quiz's alone this year is **£1103.43**.

Behind each of those quizzes is Quiz Master Shane, who kindly volunteers his services for each and every one. Without Volunteers like him, we would not be able to do nights like this. We had 8 teams who came along. One of which was a team from the Forest of Dean Motor Club, who came to support us. A couple of others came specifically to support Forest Pulse, and the others did not know about us until that night.

If you would like to put together a quiz, host a quiz or put a team together for the next one. Please pop Hannah an email.
hannah.swiaklo@forestpulse.co.uk



Bonus Club

If you would like to join, membership costs £20.00 per year (£5.00 per quarter). You have a chance of winning £100.00 every three months and £25.00 every other month.

This is open to all your friends and family, so please encourage them to join. For a small outlay you can support us in a big way. If you would like to join the scheme, please call the office on 01594 826357

or email

admin@forestpulse.co.uk

Prizes are as follows: -

Sep & October £25.00 each month

November £100.00

Dec & Jan £25.00 each month

February £100.00

March & April £25.00 each month

May £100.00

June & July £25.00 each month

August £100.00



Just through people playing the Forest Lottery we managed to raise £97 between May and August. Give it a go if you fancy winning money and supporting Forest Pulse
www.forestlottery.co.uk



The Giving Machine

As you know Forest Pulse is registered with The Giving Machine, which is a wonderful website which allows you to donate money to Forest Pulse while shopping online and it does not cost you a penny. All you need to do is register for free at www.thegivingmachine.co.uk and choose your nominated charity – you can choose more than one. Then click on the links to your favourite shops. The companies themselves make the donation, so it really will not cost you a penny. Log on to The Giving Machine then follow links to your favourite shops and donation will be made to Forest Pulse. Shops registered include Amazon, Next, M&S, John Lewis, Debenhams. ELC, Boots and many more, even Supermarkets such as Tesco and Sainsburys are listed.

WORLD CUP FUNDRAISING

We enjoyed the world cup for many different reasons this year. A few of our supporters used it as an opportunity to fundraise for Forest Pulse. We were lucky enough to be in receipt of money from not 1, 2 but 3 organisations who have raised money for us.

Tallow and Ash, the luxury laundry company based in Longhope raised **£111** for Forest Pulse. Hannah and Thomas were lucky to go along and meet the team to collect the money. Thomas enjoyed a tour of the factory as well.



Lewis and his team at Hartpury College put together a sweepstake for Forest Pulse and raised **£161.50**. Hannah went along to present them with a poster and meet the team.

Hatton's Estate Agency did a fundraiser which meant that for every goal scored Forest Pulse would be in receipt of £10 per goal. By the end of the world cup the fundraiser totalled **£200**.



That is an amazing **£472.50** from work place fundraisers over the 2026 World Cup. Thank you to all our supporters. If you wish to fundraise for us, please do get in touch hannah.swioklo@forestpulse.co.uk

FEATURE OF THE TERM - FOREST PULSE YOUTH CLUB

Firstly, we have good news regarding our Youth Club on a Thursday evening.

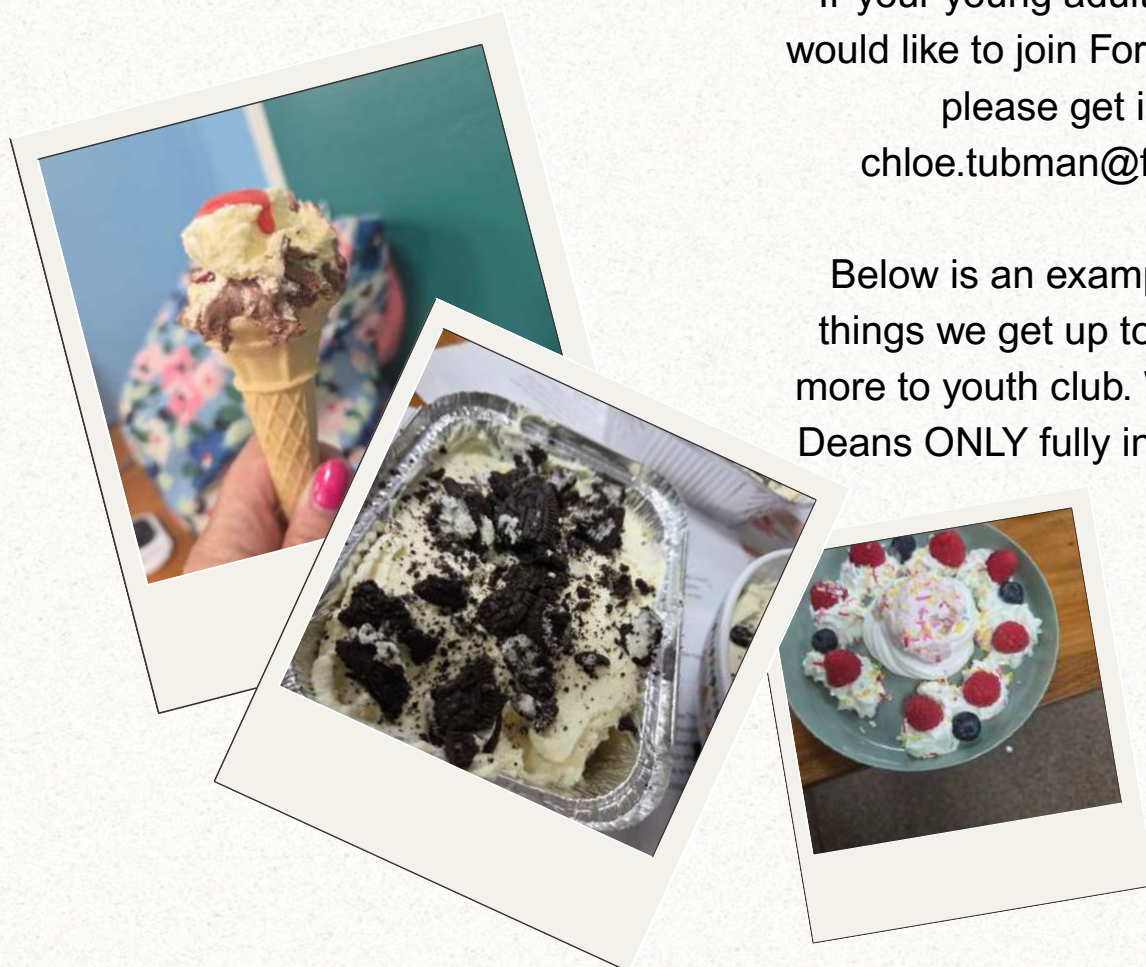
Hannah has managed to secure a **£3000** grant from FVAF towards the Youth Club and its resources. With contributions from our staff and members about what they would like to have at Youth Club, there will be an injection of exciting new things!

A huge thanks to the Forest Voluntary Active Forum for supporting Forest Pulse and its Youth Club!!



If your young adult is aged 10-17 and would like to join Forest Pulse youth club, please get in touch with chloe.tubman@forestpulse.co.uk

Below is an example of some of the things we get up to, but there is much more to youth club. We are the Forest of Deans ONLY fully inclusive youth club :)



PARENTS PUSH FOR PULSE!

Earlier on in the year we put a shout out to see if anyone fancied running the Forest of Dean Half Marathon in September. It just so happens, 5 amazing parents answered that call ! Mike, Chris, Dale, Mike and Rachel are all parents of members, and they are currently seeking sponsorship to run. This is an amazing feat and we as a charity really appreciate the dedication this is taking from every single one of them. A huge thank you from us!

If you would like to sponsor them, the links can be found on our Forest Pulse facebook page or search Forest Pulse on the GoFundMe website.



THE SUMMER DRAW 2026

Forest Pulse are pleased to announce that thanks to your ticket sales and the hard work from Jean our finance officer, our total amount raised from the Summer Draw was -

£720!!!

This is an amazing total! Thank you to everyone for your support if you bought tickets or made a donation towards prizes.

Please keep an eye out for further information about our next raffle.

More Fundraising News

Since May the 1st we have been in receipt of more grants / donations.

Renishaw - £500

Forest of Dean Golf Club - £125.51

The Love Drybrook Trust - £500

The Inner Wheel - £200

Newent Runners - £234

Forest of Dean Rotary Club - £600

Thank you to everyone who supports us!

OUT AND ABOUT - GLOUCESTER'S AIR HOP SEN SESSION

Hannah went out and about this Summer exploring what was on offer for children and young adults with disabilities. Her stand out experience was at Gloucester's Air Hop SEN session.

This session is for ages 4+ and is held at 6pm on a Monday evening. For a family of 4, which included 2 adults, 1 SEN child and 1 sibling it was £22.50. Socks are extra and they are very specific about you wearing their own.

The staff were very attentive and keen to interact with everyone, they were very patient at the end when some children took time to come away. The participants are able to explore the space freely and theres lots to do in the hour including VR, basketball, slides and trampolines. There is a lift to the top floor were the cafe is and all the toilets are ground level and easy to access.

Members Thomas, Cian, Ethan and William followed by little sister Lara, all enjoyed their experience and would happily go again!



WHO WE ARE AND WHAT WE DO

Forest Pulse is a local registered charity which supports families who have children with disabilities living or attending school / college in the Forest of Dean. The Charity is run by a group of trustees, mainly parent members, who form the management committee.



- Adult Services
- Family Support
- Family Trips
- Music Sessions
- Weekend Activity Club
- Youth Club
- Alternative Provision
- Summer Activity Club
- Half Term Activity Club
- Forest Friends. Social Learning Group (18+)
- Parent workshops (with activities for young people running alongside)

Our Trustees

- Helen Baker - Chair
- Lorraine Styles
- Pam Jones - Treasurer
- John Pither
- Jeremy Masters
- Amy Millin (Ex Officio)

Staff in the Office

Amy Millin - Activity Manager
Chloe Tubman - Activity Coordinator
Hannah Swioklo - Administrator
Jean Wilkinson - Office Administrator
Marie Skelton - Adult Service Teacher
Sasha Snelling - Alternative Provision

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