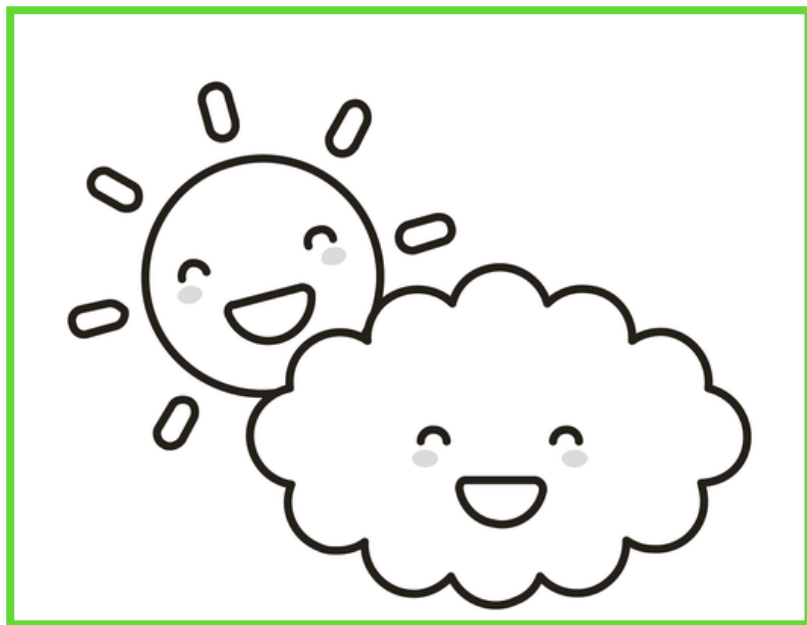


Colour time



COMPETITION TIME

Colour in the above picture and send into the Forest Pulse Office. Winner of the best picture will receive a prize. Competition closes 19th July 2024.

Forest PULSE

Supporting children and young people with disabilities and their families



www.facebook.com/forestpulse



www.twitter.com/forestpulse

Tel: 01594 826357

Email: admin@forestpulse.co.uk

www.forestpulse.co.uk

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



Charity Number: 900216

Newsletter

Forest PULSE

Supporting children and young people
with disabilities and their families

Summer 2024



Please note, that no photographs or images from this newsletter can be reproduced without written permission from Forest Pulse

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.

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

Further details of all our activities can be found on our website:

www.forestpulse.co.uk

Our Trustees

- ❖ Vikki Walters - Chair
- ❖ Pam Jones – Treasurer
- ❖ Vikki Fellows – Secretary
- ❖ Lorraine Styles
- ❖ Helen baker
- ❖ Simon Brown
- ❖ Nessa Thulbon

To contact the office please use the following email addresses

Kim Roberts: Chief Executive Officer
Amy Millin: Activity Manager
Sasha Snelling: Assistant Activity Manager
Jean Wilkinson: Office Administrator

kim.roberts@forestpulse.co.uk
amy.millin@forestpulse.co.uk
sasha.snelling@forestpulse.co.uk
admin@forestpulse.co.uk

CONTACTING FOREST PULSE STAFF 'OUT OF HOURS'

Can we respectfully request that members do not contact Forest Pulse staff or volunteers via their personal Facebook pages with general queries about activities as we cannot ensure these messages will be seen. Instead, please contact the office 01594-826357 Monday— Friday 9am-3pm. Outside these hours you are welcome to leave a message on the office answer phone, or email Kim, Amy, Sasha or Jean at any time on their work email addresses. You can also reach Kim, Amy and Sasha via Facebook, however they are not able to manage these at all times so please contact the office if the matter is urgent. Also, if for any reason you have personal mobiles for any of our staff or volunteers (e.g. if they provide outreach services) please do not phone before 9am or after 6pm unless this is unavoidable.



News from the office



A very warm welcome to our Summer Newsletter. Although I feel we have been cheated out of a nice warm Summer so far, I am hoping for some warmer weather for the Summer Holidays. It is certainly heating up in the Forest Pulse Office though as we are eagerly awaiting the move into our very own Activity Space! We have been in our Offices at Vantage Point for just over two years now and have been made to feel so welcome by everyone, so much so we are going to move all our Activities to a fantastic space here at Vantage Point! We are thrilled to be able to open our doors to the new space in time for our Summer Activity Club, details of which are included with this newsletter. Please keep an eye on our social media pages and your emails for more information about our new setting as we plan to send photos and videos out to our members, so they know what to expect before they turn up for their first day. Now we have our new space we will be holding all our out of school activities in one space and information about these will be out shortly. We will also soon be creating an Amazon Wish-list for some of the items we would love to have to fill our new space up with exciting toys and equipment, details of this will be sent out shortly.

We are absolutely honoured to have been chosen as Charity of the year by not one but two local companies. BASF supported us last year and raised lots of money, some of which was used to buy Christmas Gifts for Santa to hand out to our members. They have already got to work this year by kindly washing both of our Minibuses (no easy feat) and a grand job they did too. Foyles Food, have a branch in Cinderford and we were delighted when they chose us to support this year. Keep your eyes peeled for Fundraising events held with them later in the year.

We are always looking for new and innovative ways of raising funds for Forest Pulse, we have had a few very active parents raise money through various active pursuits, Dale and Hannah being two of our more recent fab parents. If you feel you would like to raise some money for Forest Pulse please contact the office, your company may even provide Match Funding which will double your Fundraising efforts!

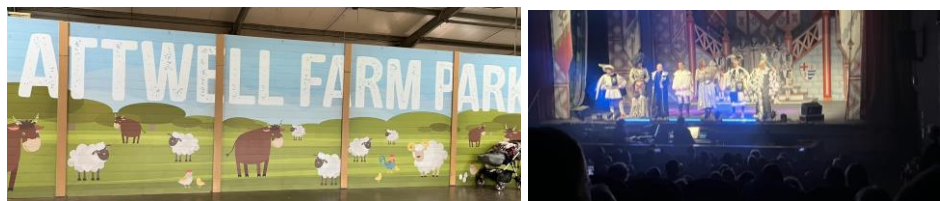
Have a wonderful Summer and don't forget to get your Booking forms in for the Summer as we expect places to fill up fast.

Kim Roberts, C.E.O

Activities

Easter Half Term

We enjoyed a very busy Easter Half Term with a family trip, three trips and two onsite activities. We had lots of fun on the family trip to The Attwell Farm Park, a trip to the Cotswold Farm Park, a trip to Slimbridge and we ended the trips with a visit to Roses Theatre to see Robin Hood. With our onsite activities, we had lots of fun making chocolate nest cakes, easter pancakes, lots of art and craft and lots of sensory play.



Activities

Whitsun Half Term

We have also enjoyed a lovely Whitsun half term! We held two onsite activities at Ruardean Village Hall, where we enjoyed a festival themed activity session with baking flower biscuits, making flower crowns, making colourful wind chimes and lots of sensory play. The second session was all about milk, with making rainbow milk, milkshakes, making plastic out of milk, making ice cream in a bag, lots of sensory play and arts and craft. We then have had two trips to St Fagans where we explored the traditional cottages, the beautiful gardens and saw how people from Wales lived, worked and spent their leisure time.



Fundraising & Donations

Bonus Club

If you would like to join, membership costs £20 per year (£5 per quarter). You have a chance of winning £100 every three months and £25 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

You have an opportunity to win the following prizes: -

September & October - £25 each month

November - £100,

December & January - £25 each month,

February - £100

March & April

£25 each month

May - £100

June & July -

£25 each month

August £100

We still have some numbers available.

**Every month a number is pulled from the sorting hat and the above is won.
Bonus Club Winners**

January- Helen B
February- Keith H
March- Amy M
April- Vicki F
May- Kelly J

Donations

Vintage Swing- £105

Quiz night- £100

Forest of Dean Crematorium- £750

Nags Head- £60.58

Myra's Puzzle sale- £272

Hannah Swioklo fundraiser- £850

Dale Burrell fundraiser- £800

We have also received individual and anonymous donations and a number of other donations/filled penny boxes & collection boxes from members and their friends and would like to extend

A big THANK YOU and appreciation to you all!!!!

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 won't 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.

A small contribution makes a big difference

We are asking members of the charity and their friends if they would like to make a small monthly or annual donation to help towards core costs of the charity. As you are aware, we do not charge membership. This is an opportunity for those who wish to contribute to charity funds - A monthly gift aid payment of £5, with tax relief, raises £75 a year for our funds! Donations can be made by cash or standing order. This is an entirely voluntary contribution.

Penny Boxes – If anyone would like a penny box to have at home or at work to collect their small change then please contact the office and we will send one out.

These amounts really soon add up and every little helps.

Forest Lottery

Forest Lottery is a weekly lottery that raises money for causes in the Forest of Dean. For every ticket sold, 60p goes to causes, 50p of this goes to the cause you chose whilst the rest is distributed evenly.

Fundraising

Forest Pulse Bonus Club

Support Forest Pulse & Give yourself the chance to win a monthly cash prize!

We are hoping that we can persuade you to support the fund-raising efforts of Forest Pulse by joining our Bonus Club and getting us up to the full quota of 100 numbers taken!

Prizes are as follows: -

Sep & October £25 each month

November £100

Dec & Jan £25 each month

February £100

March & April £25 each month

May £100

June & July £25 each month

August £100

Cost £20 per annum per number. This can be paid as a lump sum or four quarterly* payments of £5 or by Standing Order. Payments are to be made in advance.

You can have as many numbers as you want and membership is open to all your friends, family and work colleagues so please encourage them to join.

For a small outlay you can support Forest Pulse in a big way.

If you would like to support us, then please contact the office on 01594 826357 or email us at admin@forestpulse.co.uk to see what numbers are available for you to choose from.



We recently did a project with The Forest of Dean Crematorium, where we produced some artwork with the themes “Bright” and “Spring”. The artwork display is situated in their Book of Remembrance Room with the aim to put a smile on people’s faces.

A big thank you to BASF for choosing Forest Pulse to be as their Charity of the year. They donated their time by washing and valeting both of our mini-buses which we are very grateful for, and they look and smell very clean!



£1000 TARGET

BASF METALS RECYCLING CINDERFORD VS MOUNT SNOWDON

Please use the above QR code or below link to make donations to the charities

https://www.justgiving.com/crowdfunding/fod-charities-snowdon?utm_term=z87EBKEGE

All donations are shared between our 3 charities

Forest PULSE

Forest of Dean Dog Rescue

Forest of Dean baby bank
Registered Charity: 1189302
Children's Clothing Cupboard