

GIVE
TOGETHER LOCAL
FUNDRAISING
COMMUNITY
CHARITY
INVEST
DONATE
SUPPORT
LOVE

"Our son sees staff, volunteers as well as other members as his friends and he has forged some wonderful friendships through Forest Pulse. He has grown in confidence and his social skills have developed as a result of attending activities without his parents. Forest Pulse is more than a provider of activities for him. It is his community."

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

Supporting children and young people with disabilities and their families

www.facebook.com/forestpulse

[@forestpulse](https://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



Forest PULSE

Supporting children and young people with disabilities and their families

Becoming a Corporate Partner of Forest Pulse could be **right for your organisation.**

Would you like to support your local community?

Does your business fundraise throughout the year for charitable organisations?



WHAT IS FOREST PULSE?



"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."

Volunteer for 8 years

"I love doing the trips 'cos we go places and they do really fun stuff with us."

Child with learning difficulties

"I send my son to Forest Pulse to ensure he can access activities and meet up with friends just like any other child. Forest Pulse understands his needs and keeps him safe."

Parent of a son with learning difficulties

Established in 1979, Forest Pulse is a registered charity organisation based in the heart of the Forest of Dean.

We offer inclusive activities to disabled children and young people aged 4-25 living or attending school/college in the Forest of Dean and support for their families. Originally set up by a group of parents of children with disabilities, our charity is run by a group of Trustees who are mostly parent members. Fundamental to our development and expansion is Pam Jones, our charity's manager for almost 30 years. Her huge contribution to Forest Pulse and to disabled children and their families in the Forest of Dean was recognised in 2018 with the award of a British Empire Medal. We want to build on the firm foundation we have created for Forest Pulse so that we can continue to offer a wide and varied range of activities, offering opportunities to build knowledge and experience, whilst providing the right help and support for our young members.

As well as the team of dedicated and highly trained individuals that work at Forest Pulse, we also rely on a large number of volunteers per year, from in and around the local community, who help and support our children and young people. The support we offer extends to families too which in turn means the whole family becomes part of the Forest Pulse community. Many parents, carers and family members volunteer in order to give something back. This really gives the charity a family feel.

OUR FUTURE

We want to continue to make a positive impact on the community in which we work and have some ambitious plans to grow and develop the charity in the coming years. We offer so much already, **but we could do more**. We want to expand our offering and our capabilities and in order to do this, we are looking for local businesses who are willing to make Forest Pulse their charity of choice for future fundraising events. As we are such a community focussed organisation, we are reaching out to our wider community to ask for help. Outside of the Summer months when costs are higher, it costs £12,000 per month to run Forest Pulse and we are always looking for new funding to cover this.

Some examples of our costs are:

- **£20** provides a two hour specialist music and sensory session.
- **£30** pays for a child to attend a three hour after school play session.
- **£300** pays for a child to attend a four week summer activity club.
- **£355** pays for a young person to attend our weekly youth club for a year.
- **£875** enables a child to attend a weekly after school activity for a year.
- **£600** covers the cost of a child attending a fortnightly weekend club for a year.
- **£2,000** pays for a Personal Assistant for a year, giving parents/carers four hours of respite a week.
- **£2,350** pays for a music therapist for three hours a week (31 weeks).
- **£4,500** runs a weekly social group for young adults for a year.
- **£5,000** covers the annual cost of hiring a local soft play centre where our younger members can socialise whilst keeping physically active.
- **£9,000** pays our rent for a year.
- **£30,000** pays for our Activity Manager to organise and lead all our exciting activities.
- **£40,000** runs our four week Summer Activity Programme for over 100 children/young people.

Support us with legal and planning issues!

CORPORATE PARTNERSHIP

Match fund one of our fundraising events!

Becoming a Corporate Partner of Forest Pulse is more than making a donation – although we welcome those too!

You would be making a real difference to our organisation which in turn impacts positively on the wider community. There are so many ways in which you can get employees involved. Whether it's a bake sale or a casual clothes day, or something bigger like a sponsored walk or marathon run, we'd welcome any fundraising support you could offer. Working together on fundraising projects is a great way to energise and motivate a team in the workplace, by pulling together to achieve a common goal. Your team can visit us any time to see the fantastic work you are supporting and meet some of our young members.

Here are some ways in which you could help!

Contribute to funding the cost of one of our employees working for the charity.

Provide funding for a weekly music or dance session.

Arrange a corporate networking event!
Have a ball, a race day, a clay shoot, a forest walk.

Donate gifts in kind such as raffle or auction prizes!

Arrange a corporate challenge event!
Have a cycle ride, walk, run, game of football, cricket or pool – whatever would appeal to your staff.

Provide funding for one of our family trips.

Have a collection box.

Run a 'Give As You Earn' scheme for staff!