

EUPHORIC CIRCUS CIO

England & Wales · Charity number 1184804

Details

Status Registered

Legal form CIO

Registered 2019-08-07

Register [View on the Charity Commission register](#)

Contact

Address 39 Chase Park
Penrith
Cumbria
CA11 8UY

Phone 07808667508

Email TONIEUPHORICCIRCUS@GMAIL.COM

Website www.euphoriccircus.com

Activities

Objects: 1. THE PROMOTION OF VOCATIONAL TRAINING IN CIRCUS SKILLS.2. THE PROMOTION OF EDUCATION AND TRAINING IN THE CREATIVE AND ARTISTIC APPLICATION OF CIRCUS SKILLS IN ARTISTIC PERFORMANCE.

Activities: Our service aims to promote the physical and social-emotional wellbeing of young people aged 5-25, through a range of programmes and projects linking them up with their communities. We use social circus as a platform to empower and engage young people while providing youth workers. We facilitate the ideas of young people by training them in project management and leadership.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Economic/community Development/employment, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-01	£51,808	£51,808	-	-
2023-09-01	£40,349	£32,271	-	-
2022-09-01	£25,523	£37,022	-	-
2021-09-01	£29,809	£14,496	-	-
2020-09-01	£4,998	£4,912	-	-

Trustees

Name	Role	Appointed
Heather Turner	Chair	2025-05-21
Bilal Ahmed		2023-03-01
KIRSTY MAHONEY		2019-08-07
Niall McNulty		2026-01-13

Accounts



Euphoric Circus.

community through creativity

23-24

ANNUAL REPORT



Introduction

Programme Highlights

Tricks on Tuesday – Appleby

Things on Thursday – Penrith

Parkour in Penrith - Penrith

Roller Discos & Youth led Skating Events

Young Leadership Programme

One-off Projects & Collaborations

Participation & Reach

Development officer and founders report

Training & Workforce Development

Funders & Partners

Looking Ahead: 2024–2025 Priorities



Euphoric Circus is a youth-led charitable incorporated organisation based in Eden, Cumbria.

We provide inclusive, empowering spaces where young people can thrive.

Our mission is to use alternative and engaging tools to develop confidence, leadership, and a sense of belonging in rural and underserved communities.

2023–2024 was a pivotal year for the organisation.

We expanded our core programmes, initiated new partnerships, and laid the foundation for future youth-led growth.

This year's work deepened our role as a creative, consistent presence for young people across Eden and South Lakeland.

Whether through circus, arts, leadership training, or just being a constant, supportive presence in the lives of young people, we strive to bring joy, confidence, and empowerment.

This report reflects on our journey, achievements, challenges, and vision for the future, highlighting both our impact and the areas that will drive us forward in the coming years.



Tricks on Tuesday

Appleby (Ages 5–11)

This group is our longest running youth group, first launched in 2017 in Appleby.

It continues to be a cornerstone of our work with younger children.

The sessions focus on circus skills, acrobatics, parkour, games, and most recently, we've introduced roller skating — which has quickly become a favourite. This project is designed to foster confidence, physical coordination, and teamwork in a fun, inclusive environment.

As one of our most established offerings, it represents our ongoing commitment to providing creative, active play for children in rural communities. It also serves as a training ground for our young leaders to learn hands on how to help, support and inspire others.





Things on Thursday Penrith (Ages 10–16)

Launched in September 2023, Things on Thursday has rapidly grown into a valued weekly session for young people in Penrith. It combines games, drama, art, craft, music, gardening, and baking/cooking.

Designed to be inclusive and participant-led, it offers a space where young people can try new things, socialise, and have their voices heard.

This project is especially important in addressing social isolation, providing consistent, fun-focused engagement in a rural area, as well as wellbeing support, tackling mental health and school-based stress.



PARKOUR IN PENRITH

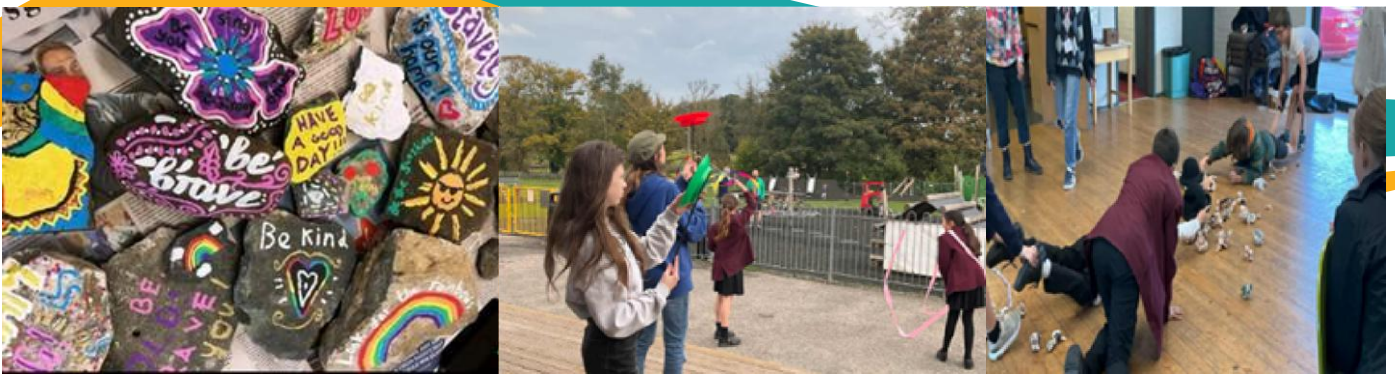
After a pause due to the pandemic, our Parkour in Penrith sessions returned successfully in 2024. This project offers young people a dynamic space to build resilience, physical strength, and self-discipline through the practice of parkour. The sessions are not only about movement — they also incorporate mental wellbeing, goal setting, and positive risk-taking in a supportive and structured environment.

The Parkour in Penrith project targets young people who may be disengaged from traditional activities. It uses parkour to build confidence, resilience, and problem-solving skills, while also improving physical fitness and mental wellbeing. The project offers an inclusive environment where participants can challenge themselves, regardless of skill level.

Key components include mentorship, goal-setting workshops, and community engagement, with a focus on developing teamwork and self-reliance.

Overall, the project provides a safe and supportive space for young people to develop important life skills, overcome barriers to education, and feel a greater sense of belonging in their community.





Outreach! Young People of Staveley YPOS – Staveley Kendal

Over six weeks, our youth project created welcoming spaces for young people in rural Staveley Kendal, supporting aims to improve the environment, restore nature, and engage the community.

Activities included upcycling (e.g. fabric crafts, CD light catchers), arts and crafts, planting, group games, and food-based sessions like pizza and cookie making.

These helped reduce waste, build community, and provide fun, meaningful experiences.

We saw 16–25 young people attend weekly, with strong engagement and support from local volunteers and businesses. Young leaders (16+) helped run sessions, gaining valuable skills.

Positive feedback and enthusiasm have led to successful new funding bids to continue the project under local charity Euphoric Circus CIO, the wildlife trust and Staveley with Ings Together.





Over the past year, Euphoric Circus has been rolling out (literally!) an exciting new addition to our youth offer: roller skating. It started small – just one element in our Tuesday Appleby sessions – but quickly took off, with growing demand, skill-sharing, and enthusiasm from our young people. Now, we’re looking to expand this offer even further. We’ve hosted popular roller disco events that mix fun, freedom, and physical activity in a safe, welcoming space. These events are co-produced with young people, who help design themes, curate playlists, and lead peer support. It’s creative, social, and a real celebration of youth leadership in action.



Young Leadership Programme:

This programme grew, now supporting 15 young people in gaining real-world skills and qualifications.

Running for over 20 years, our Young Leadership Programme has supported hundreds of young people in developing their confidence, community leadership, and life skills. Originally focused on circus-based volunteering, the programme has recently expanded to offer a wider range of opportunities, including event planning, peer mentoring, and social action projects. These changes reflect our aim to provide diverse, meaningful pathways for young people to take ownership of community change and build valuable experience for the future.



DEVELOPMENT OFFICER and FOUNDERS REPORT

For years 2023 to 2024 the CIO have been incredibly busy at making our organisation viable and functional. Where in the past we have subcontracted skilled workers and trainers we are stepping up and expanding to be able to employ staff and retain valuable workers by offering them personal development to aid in their career paths.

As development officer I have seen many people coming through our organisation gathering essential skills that they can use to improve their life skills and employment opportunities. Although this is achieving outcomes for our funders, we often have to say goodbye to volunteers and leaders as they move on to employment with many skills under their belt.

By looking into employing staff, we have tried to increase our cashflow and turnover to justify having staff on board. This will help to achieve development of the organisation, and ensure our longevity for years to come. We see human resources as an integral part of our delivery, and the importance of our quality standard of youth work and social circus is so important to make every single child that we work with feel unique, listened to, and important.

At a time that is very challenging for young people, we are very proud to be part of the current solutions available for these individuals and to Pave the way for future generations to come. Be it building confidence so they can express themselves, to carving a pathway to a fabulous career in whatever they choose to take on as employment. This is part and parcel of our work so much so that we have produced confident adults who dare to build a community group of their own.

On behalf of Euphoric Circus CIO, as development officer and the founder of the charity, I would like to thank our trustees, past and present for their ongoing support and commitment to the organisation. Without their work, and hundreds of voluntary hours that they have given us, we would not be here today. The success stories that we find in each individual that we teach is a testament to your commitment and hard work. We cannot do any of this work without you!



Training & Workforce Development

As part of developing the CIO we have offered volunteers training in a number of relevant courses very kindly provided by Cumbria Youth Alliance in first aid, safe guarding and child protection, health and safety at work, mental health first aid, SEN and SEND training and awareness. This has given our young leaders a pathway to increase their skills base to an accredited qualification in youth working.

Our leaders took on the NVQ courses provided by the Better Tomorrows initiative, with gusto and felt the courses were appropriate and timely.

The timing of these opportunities landed just in time for us to give a pathway to individuals who were considering staying with the organisation. Thanks to Cumbria Community Foundation we were able to see 2 youth workers to level 3 and 2 youth workers to level 2, with another youth worker in the current cohort that will bring the qualified youth workers to 5.

We have found that our leadership program is a fantastic base to create great youth workers. Giving them a knowledge of how a youth organisation functions on a daily basis, and how to put this into practice. This helps them to see how we use our policies and procedures and how they function in real life practice.



Big thanks go to our funders and supporters.

FUNDING LOG 23 24

04 April 2023	Awarded £2,000.00 Alston activities 0 to 19 fund Westmorland and Furness Council
22/02/23	Westmorland and Furness Council HAF easter summer and Winter activities 23
HAF 2023 total	Awarded £13,922.00
26/01/24	Westmorland and Furness Council community grant fund match funding Better Tomorrows and trainee program Match fund WFC
	awarded £4,400.00
19/03/2024	Westmorland and Furness Council
	Awarded £3,000.00
01/01/24	Francis C Scott Leadership program costs 1 year
	Awarded £10,000.00
17/05/24	Cumbria community foundation Better Tomorrows Youth Work Program
	Awarded £23,161.00
06/08/24	Dream scheme Penrith community garden project
	Awarded £400.00

income 23-24	Spends up to date	sept	oct	nov	dec	jan	feb	march	april	may	june	july	august	total		
Francis C Scott	3,200					10,000								10,000		
Better Tomorrows	8145									23,161				23,161		
Westmorland and Furness activities								3,000						3,000		
Cumbria Community Foundation													400	400		
Cumbria Youth Alliance																
HAF program				2126					2698.08			4116		8,940.08		
unrestricted subs				314			235			355				904		
unrestricted outreach workshops								350		70				450		
Total income	11,345			2,440		10,000	235	3,350	2,698.08	23,586		4,116	850	47,275		
EXPENDATURE																
Development officer FCS	7200	800	800	800	800	800	800	800	800	800	800	800	800	9,600		
BT lead worker	6750				3250	1750	1720	1750		1500	1000	1000	1000	14,500		
BT support worker	1145		270		250	450	1202	778	104	369	262	651	185	3,364		
HAF Lead worker		1280			640								370			
HAF support worker					240		100		500	260		569	637	2,306		
HAF admin					100		100		225				100	1,025		
food HAF		500			329				505			433	188	1,455		
Activity costs HAF			416	69	80		249		190			101	252	1,357		
Office costs				77					37	76	38	38		804		
Travel costs			61		250	24	250						111			
volunteer costs					240		80		319				278	907		
Training in house																
Activity costs		528	662	75	50	500	127			880				2,822		
Advertising and poster printing			267	28	26							135	275	731		
Room rental HAF			280		280			1045				600	510	2,715		
Affiliated membership circus works				20	20	20	20	20	20	20	20	20	20	200		
Room rental		530	394			228		1022		210				2,384		
PLI insurance										726				726		
TRAC accounting independent audit												290		290		
zero banking accounting											36	36	36	108		
DBS checks																
Total expenditure		3,638	3,150	1069	6,555	4,272	4,648	5,415	2,700	4,841	2,118	4,635	4,487	45,292		
Total income				2,440		10,000	235	3,350	2,698.08	23,586		4,116	850	47,275		
															total net income after expenses	
															2,370	



Euphoric Circus CIO

Income & Expenditure Account for the year to 1 September 2024

<u>Income</u>				<u>Payments</u>			
<u>2023</u>		<u>2024</u>		<u>2023</u>		<u>2024</u>	
£		£		£		£	
-	Subscriptions and donations	2,424.40		3,620.60	Rent	3,372.17	
52,364.26	Grants from various funding bodies	45,101.08		18,969.80	Session, admin fees and training	34,856.59	
(12,014.83)	less deferred income (restricted income)	(14,913.83)		20.83	Advertising and marketing	470.97	
	plus deferred income from last year	12,014.83		209.08	Subsistence and entertainment	172.72	
				720.91	Insurance	725.91	
				2,749.66	Workshop running expenses	5,393.12	
				100.01	Postage, printing and stationery	98.34	
				110.88	Subscriptions	240.92	
				1,827.47	Travel and accommodation	2,390.56	
				2,533.60	Irrecoverable VAT	2,017.56	
				50.77	IT software and consumables	91.38	
				250.00	Accountancy and examination	430.00	
				1,107.08	Asset - office and session equipment	1,151.67	
					Phone & internet	245.74	
					Legal expenses incl DBS	150.00	
-	Excess expenditure over income	7,181.17		8,078.74	Excess income over expenditure	-	
40,349.43		51,807.65		40,349.43		51,807.65	

Balance Sheet as at 1 September 2024

<u>2023</u>		<u>2024</u>		<u>2023</u>		<u>2024</u>	
£		£		£		£	
	General fund						
5,014.80	Bank balance brought forward	25,108.37		25,108.37	Bank current account	20,826.20	
	Deferred income (restricted) b/fwd released	(12,014.83)					
12,014.83	Deferred income (restricted) c/fwd	14,913.83					



8,078.74	Plus excess income over expenditure/ Less excess expenditure over income	(7,181.17)	-	-
25,108.37		20,826.20	25,108.37	20,826.20
Approved by the Trustee Board:				
Kirsty Mahoney		Date: 24/07/25		
Trustee	Secretary			

Trustees as follows –

Kirsty Mahoney – Secretary contact kirstymahoney76@gmail.com

Bilal Ohmad – Treasurer contact bilz@outlook.com

Heather Turner – Trustee contact heatherturner@mac.com

Toni Spence – Trustee contact tonieuphoriccircus@gmail.com

Officers as follows –

Toni Spence – Trustee and Development officer

Elizabeth Hudspith Spence - Development assistant



Euphoric Circus CIO

Income & Expenditure Account for the year to 1 September 2024

Income				Payments			
2023		2024		2023		2024	
£		£		£		£	
-	Subscriptions and donations	2,424.40		3,620.60	Rent	3,372.17	
52,364.26	Grants from various funding bodies	45,101.08		18,969.80	Session, admin fees and training	34,856.59	
(12,014.83)	less deferred income (restricted income)	(14,913.83)		20.83	Advertising and marketing	470.97	
	plus deferred income from last year	12,014.83		209.08	Subsistence and entertainment	172.72	
				720.91	Insurance	725.91	
				2,749.66	Workshop running expenses	5,393.12	
				100.01	Postage, printing and stationery	98.34	
				110.88	Subscriptions	240.92	
				1,827.47	Travel and accommodation	2,390.56	
				2,533.60	Irrecoverable VAT	2,017.56	
				50.77	IT software and consumables	91.38	
				250.00	Accountancy and examination	430.00	
				1,107.08	Asset - office and session equipment	1,151.67	
					Phone & internet	245.74	
					Legal expenses incl DBS	150.00	
-	Excess expenditure over income	7,181.17		8,078.74	Excess income over expenditure	-	
40,349.43		51,807.65		40,349.43		51,807.65	

Balance Sheet as at 1 September 2024

2023		2024		2023		2024	
£		£		£		£	
	General fund						
5,014.80	Bank balance brought forward	25,108.37		25,108.37	Bank current account	20,826.20	
	Deferred income (restricted) b/fwd released	(12,014.83)					
12,014.83	Deferred income (restricted) c/fwd	14,913.83					
8,078.74	Plus excess income over expenditure/ Less excess expenditure over income	(7,181.17)		-		-	
25,108.37		20,826.20		25,108.37		20,826.20	

Approved by the Trustee Board:

Kirsty Mahoney

Trustee

Date: 24.7.25

Independent Examiner's Report to the Trustees of Euphoric Circus CIO

I report to the trustees on my examination of the accounts of Euphoric Circus CIO for the year ended 1 September 2024 which are set out on the attached page headed 'Income & expenditure account'.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirement of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity such as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Tracey Richardson FCCA DChA
TR Accountancy Services
21 Esthwaite Green, Kendal. LA9 7RZ

Date: 19th July 2025

Accounts

EUPHORIC CIRCUS CIO



ANNUAL REPORT 2023

Charity no 1184804

Charitable objects

The promotion of vocational training in circus skills.

The promotion of education and training in the creative and artistic application of circus skills in artistic performance.

Who we are and what we do.

We are Euphoric Circus, a charity that promotes holistic wellbeing through social circus. We became a charity in 2019, but we have existed as a community group since 2005! We pride ourselves on being youth and community led. Our team consists of qualified youth workers, specialist skill teachers, young trainees and dedicated volunteers who are all passionate about making a positive impact on the lives of young people.

What is social circus?

Social Circus is a powerful combination of kinesthetics education, physical art, and social development. It goes beyond entertainment and serves as a tool for transformation, discipline, creativity, and expression. It promotes diversity, inclusion, accessibility, and gender equality. Social Circus is accessible to all, regardless of literacy skills, and fosters a creative and supportive environment. It's a fun and impactful way to learn, play, and grow together while making a positive impact on communities.

Why is circus the platform we use for youth-work?

In circus, no matter your skills or experience, there is a place for everyone. It is exciting and engaging, making it an effective way to have voluntary participation. When paired with qualified

youth workers and a strategy for youth voice, social circus becomes even more impactful.

With dedicated professionals providing guidance, support, and mentorship to young people throughout their transition to adolescence or young adulthood, we create a safe and nurturing environment where participants can explore their potential, develop new skills, and overcome any challenges they may face, with the support of people they trust.

Trained youth workers understand the unique needs and strengths of each individual and can tailor the circus activities to promote personal growth and social development.

They play a crucial role in fostering a positive and inclusive atmosphere, encouraging teamwork, and helping young people build confidence and resilience. With their expertise, youth workers ensure that the Social Circus experience is not only fun and engaging but also meaningful and impactful for every participant.

How do we do this?

We run a variety of sessions and clubs in a few different areas that use youth work and social circus to support young people of a variety of ages to unlock their potential.

Scientists have discovered that it takes approximately 400 repetitions to create a new synapse in the brain, unless it is done in play, in which case it only takes 10 to 20 repetitions. Whether it be board games, crafts, puzzles, or imaginative games, a child is always learning.



Things on Thursday – Eden rural foyer Penrith

(Ages 11 to 16)

This session is a youth club consisting of 15 girls aged 11-16, having fun and socialising while also honing skills like event planning, risk management and social action.

Developing feelings of empowerment, self-efficacy, autonomy, agency, choice, confidence, social inclusion and community engagement.



Tricks on Tuesday Appleby Grammer Sports Centre

(Ages 5 to 16 years)



This session consists of around 18 children aged 5-11 and is led by young leaders aged 16-19, supervised by level 3 youth workers. Having fun, socialising and playing, taking risks in a controlled environment, learning how to share a space/equipment with others, improving feelings of choice, empowerment, self-efficacy, confidence, social inclusion, agency and autonomy.

Moor on Monday Alston Moor Federation

(Ages 11-16 lunchtime/after school club)



A lunchtime/after school club at Samuel King school where young people are having fun and socialising while also learning new skills such as object manipulation or acrobatics. Honing skills like problem solving, resilience, risk management and social action. Developing feelings of empowerment, self-efficacy, autonomy, agency, choice, confidence, social inclusion and community engagement. Engaged roughly 30 young people in Alston with this project. We hope to start up a new club where the main activity is free running and parkour. We have run this club previously but stopped due to issues with the venue at the time. This would most likely be held at Queen Elizabeth Grammar School Sports Hall as a 1-2 hour out-of-school session where parkour is used as a platform to offer and provide impartial support, guidance and advice.

Healthy Activities and Food (Ages 5 to 16)



This year we have delivered Healthy Activities and Food days in Penrith, Appleby and Alston.



Several children found something they were good at and that they connected with via learning new abilities in the circus. Many of the children reported feeling "nervous," "uneasy," "scared," or "worried" when they first arrived, but they later reported feeling "more at ease," "happy," "joyful," or "loving it," according to our feedback .



Many participants also showed a significant increase in confidence and self-esteem; some even performed their skills for the group, which was very unexpected given how withdrawn they had been. Every participant thought they had gained new knowledge.

Our regular sessions usually look like this:

- welcome, icebreaker games and cover ground rules
- some group games that involve teamwork and problem-solving.
- warm-up and stretch
- equipment set out, for general circus skills such as juggling, plate spinning etc. young people allowed to explore and discover in their own time with specialist teachers at hand when needed.

For aerial, parkour or acrobatics a station with specialist teacher is set up and workshop carried out with those who want to learn that skill.



We have had a busy year in 2023 and the best part about it, is that we have tackled this head on as a team thanks to the support of The Francis C Scott fund.

Our leadership program has helped in many ways, from having personal achievements being met, to having a social team of people with a common goal.

NEURODIVERGENT INITIATIVE AND PROMISE

We offer an arts and crafts room and a cosy nook with books, blankets, sensory/fidget toys, and fairy lights in case the environment gets too intense. Young people can self-regulate in these sections at any time.

This is a component of our effort to establish a welcoming and neurodiverse workplace, as we have seen throughout the years that this is our target audience by nature. Social circus recognises and values the distinctive talents and abilities of people with a variety of neurological profiles, making it a neurodiverse and welcoming workplace. Social circus's inclusive character enables people with a range of neurodivergences to fully engage and flourish. It encourages respect, empathy, and understanding for every person, regardless of neurological variations.



YOUNG LEADERSHIP PROGRAM

Our Young Leadership program aims to empower young people aged 15-25 by providing them with valuable leadership training and opportunities within the circus community. We have three levels of participation: trainee, assistant leader, and leader.



Trainees receive foundational training in essential leadership skills such as communication, teamwork, and problem-solving, access to in-house training and e-learning content.

As they progress to the **assistant leader** level, they gain hands-on experience in mentoring and guiding others, as well as in-person training courses such as First Aid.

Finally, as **leaders**, participants have the chance to lead their own projects and inspire others. Our program is designed to foster personal growth, develop leadership abilities, and make a positive impact.



The impact on young leaders

We have delivered our healthy activity and food program, with young leaders who are respected and appreciated by the parents and participants. The leadership program has been integral to the smooth running of this holiday program and has given them the opportunity to build on their hours and experience.

Our young leaders have excelled in their personal expectations. We have had one young leader who was picked to do a long boat expedition, working with another team on a ship was a good metaphor for her to understand the benefits and advantages of working as part of a team. This gave her a gauge to see how much of a team player she is plus to realising how much she has learnt from us over the last 12 months. All this was achieved at the same time as her GCSE exams at Appleby Grammar School. They now attend Kendal College studying digital and media.

We have another young adult who came to us with a severe lack of confidence and was struggling with her mental health. By being involved in the program she has managed to build her confidence, by being part of a small supportive team, with not too much pressure to achieve. Her achievements have taken her to the point where she can teach others. She has gone from a wall flower to an experienced leader with many skills, and benefits from being a member that others look up to and respect. Despite this young person being adamant, they did not feel they could go into employment, she has now been a carer for around 6 months, has learned to drive and has taken up many hobbies and is excelling at being part of another integral team.

Short- and long-term benefits of the leadership program.

We believe that by investing in young leaders, we can create a stronger and more vibrant community. Investing in young leaders benefits the community in both the short term and the long term. In the short term, it allows young leaders to contribute their fresh perspectives, innovative ideas, and energy to community initiatives. They bring new solutions to existing challenges and inspire others to get involved. This leads to immediate positive impacts, such as increased community engagement and a sense of empowerment among young people.

In the long term, investing in young leaders helps create a pipeline of capable and passionate individuals who can take on leadership roles in various sectors. These young leaders become the driving force behind positive change, shaping the future of their communities. By investing in their development, we ensure the sustainability and growth of our communities for years to come. So, it's a win-win situation where young leaders thrive and the community benefits.

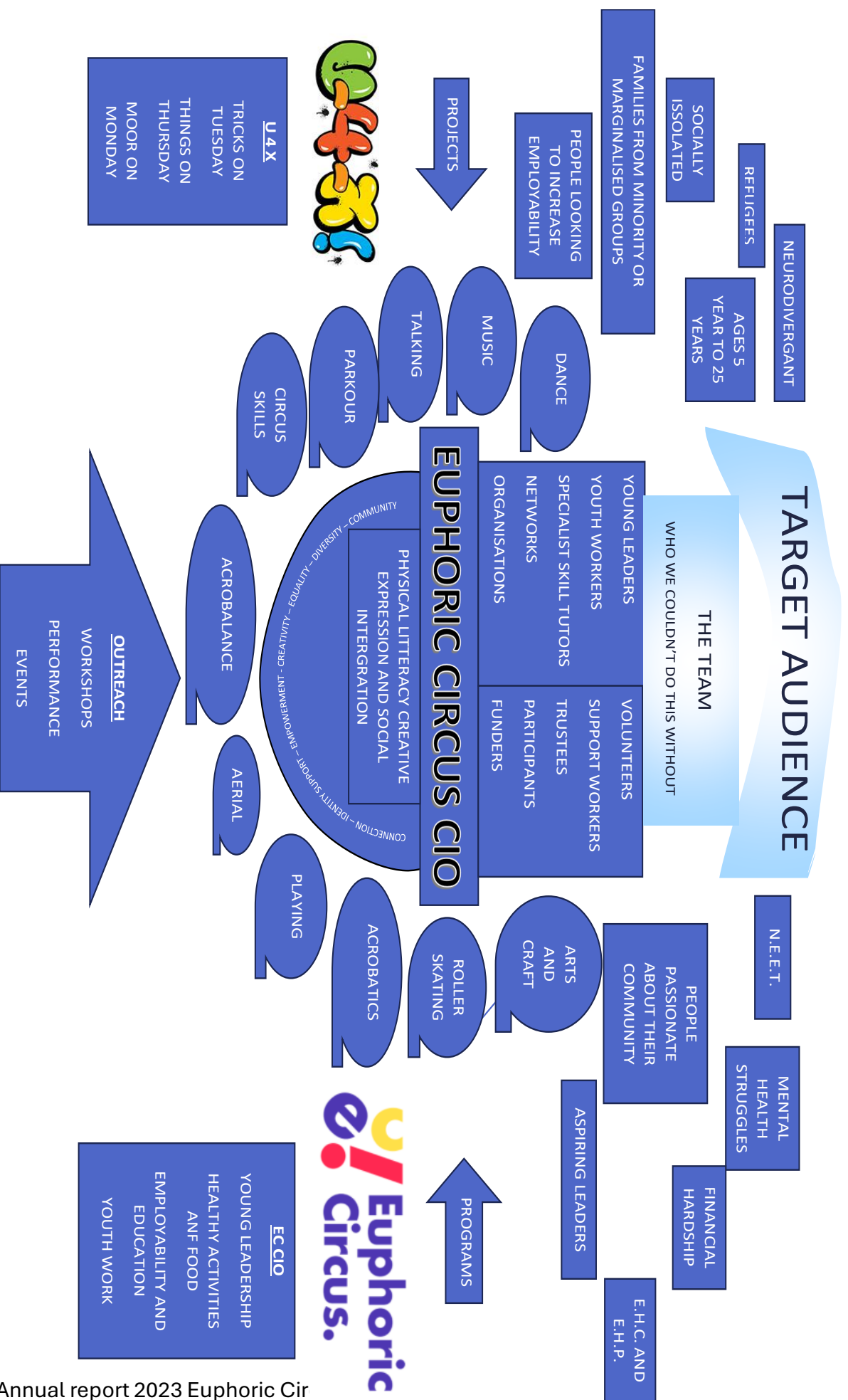
Our delivery is provided for little to nothing to the public, as we apply for funding from organisations such as Cumbria Community Foundation, Better Tomorrows fund, Francis C Scott, Westmorland and Furness Council, to cover our wages and outgoing costs. We hold fundraising activities, and we produce events to raise awareness of our local services.

Future development for young leaders and staff at Euphoric Circus CIO

We would like to thank Better Tomorrow's funders and Cumbria Community Foundation, for the opportunity that they have created and for giving us the chance to be involved in rolling out an exciting initiative to create safe spaces for young people in Cumbria. Not only has it brought good practice to the forefront, but it has longevity in the demographic we are working with. By putting the service user at the front this gives confidence to a generation that has had so many setbacks. We are sure that the positive knock-on effect will be seen for so many years to come for so many young people.

It has been a real pleasure for our leaders to partake in the youth work training program. The value of this course has been priceless. It has reaffirmed and reinvigorated our approach as an organisation when delivering our services. It has also given us a great network of youth workers that have the same values, and are diverse in the way they deliver. By doing the course it highlighted the reasoning behind what we do and gives us purpose in the knowledge that there are other groups delivering similar activities with the same outputs.





Facebook reach – Women 78.5% Men 21.5%

Reach breakdown

Total - 13,789 181.9%

From organic - 9,273 721.3%

From ads - 5,325 572.3%

Total Facebook followers 551

Total Instagram followers 86

Financial report

Our funders

16/09/2022	Francis C Scott Leadership program staff costs 2 years	£10,000.00
15/11/2022	Cumbria community foundation Better Tomorrows	£17,000.00
21/02/2023	Cumbria community foundation match funding for leadership program Cumbria Young People's Grassroots Fund	£5,278.90
04/04 2023	Westmorland and Furness Council Activity funding for Alston 0 to 19 fund	£2,000.00
22/02/23	Westmorland and Furness Council and DofE HAF easter summer and winter activities 23	£13,922.00
	HAF 22/23 total	£13,922.00

Trial Balance

Euphoric Circus CIO

As at 1 September 2023

Account Code	Account	Account Type	Debit - Year to date	Credit - Year to date	1 Sep 2022
200	Sales	Revenue		55,478.26	(25,523.55)
320	Direct Wages	Direct Costs	170.00		15,311.00
325	Direct Expenses	Direct Costs	651.15		3,657.08
400	Advertising & Marketing	Overhead	20.83		918.59
401	Audit & Accountancy fees	Overhead	208.33		0.00
412	Consulting	Overhead	18,799.80		0.00
420	Entertainment-100% business	Overhead	209.08		458.46
425	Postage, Freight & Courier	Overhead	5.00		0.00
429	General Expenses	Overhead	2,098.51		1,754.15
433	Insurance	Overhead	720.91		715.89
449	Motor Vehicle Expenses	Overhead	1,080.25		0.00
461	Printing & Stationery	Overhead	95.01		147.45
463	IT Software and Consumables	Overhead	50.77		0.00
469	Rent	Overhead	6,734.60		4,665.01
480	Staff Training	Overhead	0.00		5,245.71
485	Subscriptions	Overhead	110.88		92.44
493	Travel - National	Overhead	747.22		663.82
	20669753603784	Bank	25,116.36		5,022.79
710	Office Equipment	Fixed Asset	1,107.08		0.00
820	VAT	Current Liability	5,959.61		3,384.34
840	Historical Adjustment	Current Liability		16,513.18	(16,513.18)
960	Retained Earnings	Equity	8,106.05		0.00
Total			0.00	0.00	0.00

Euphoric Circus CIO

Income & Expenditure Account for the year to 1 September 2023

<u>Income</u>				<u>Payments</u>			
<u>2022</u>			<u>2023</u>	<u>2022</u>			<u>2023</u>
<u>£</u>			<u>£</u>	<u>£</u>			<u>£</u>
2,883.35	Subscriptions		-	4,665.01	Rent		3,620.60
22,640.20	Grants from various funding bodies		52,364.26	18,968.08	Session and admin fees		18,969.80
-	less deferred income (restricted income)		(12,014.83)	918.59	Advertising and marketing		20.83
				458.46	Subsistence and entertainment		209.08
				715.89	Insurance		720.91
				1,754.15	Workshop running expenses		2,749.66
				147.45	Postage, printing and stationery		100.01
				5,245.71	Training		-
				99.10	Subscriptions		110.88
				663.82	Travel and accommodation		1,827.47
				3,385.67	Irrecoverable VAT		2,533.60
				-	IT software and consumables		50.77
				-	Accountancy and examination		250.00
				-	Asset - office equipment		1,107.08
11,498.38	Excess expenditure over income		-	-	Excess income over expenditure		8,078.74

37,021.93			40,349.43	37,021.93		40,349.43
Balance Sheet as at 1 September 2023						
2022			2023	2022		2023
£			£	£		£
	General fund					
16,513.18	Bank balance brought forward		5,014.80	5,014.80	Bank current account	25,108.37
-	Deferred income (restricted income)		12,014.83			
-	Plus excess income over expenditure/ Less excess expenditure over income		8,078.74	11,498.38		-
16,513.18			25,108.37	16,513.18		25,108.37
Approved by the Trustee Board:						
Sharon Hannah 			Date: 27/06/24			
Trustee - Chairperson						

Accounts compiled by TR Accountancy services FCCA DChA

Independent Examiner's Report to the Trustees of Euphoric Circus CIO

I report to the trustees on my examination of the accounts of Euphoric Circus CIO for the year ended 1 September 2023 which are set out on the attached page headed 'Income & expenditure account'.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirement of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity such as required by section 130 of the Act; or
2. the accounts do not accord with those records.

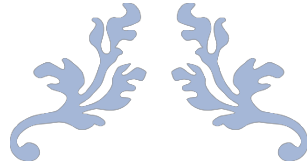
I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Tracey Richardson FCCA DChA
TR Accountancy Services
21 Esthwaite Green, Kendal. LA9 7RZ

Date: 26 June 2024

Accounts



Euphoric Circus CIO

Annual Report 2021 - 2022



**Creating community through
creativity**

SEPTEMBER 22

EUPHORIC CIRCUS CIO
Charity number 1184804



Euphoric Circus CIO Charity No. 1184804

39, Chase Park,
PENRITH,
Cumbria,
CA11 8UY

Telephone: 07709428361

Board members:

Sharon Hannah - Chairperson
Kevin Hodgson - Deputy Chairperson
Kirsty Mahoney - Secretary
Bilal Ahem - Treasurer
Toni Spence – Coordinator/Development officer

Euphoric Circus CIO's charitable mission is

1. The promotion of vocational training in circus skills
2. Promotion of education and training in the creative and artistic application of circus skills in artistic performance.

Chairpersons report

Firstly, again I would like to thank everyone who has been involved with the amazing things we have accomplished this year. Having the opportunity to look back on the year and see how we have grown as a group and as individuals within the group is really rewarding and a credit to the hard work that we put in.

I would also like to thank the volunteers who give up their time for free to help deliver our work in the community, their commitment to the sessions is invaluable, and make the work that we do fantastic and brilliant. Our team is an array of colourful characters who keep our sessions interesting and engaging.

The last year has been filled with wonderful opportunities and many challenges. Here are some of the highlights.

*** The continuation of running the Healthy Activities Food**

program with during the school holidays with feedback from parents such as "my child couldn't wait for you to do the





program again” and “they couldn't wait to get to the activities waiting from 8 o'clock this morning”

*** Continuing our leadership programme for the young and producing 2**

young leaders

*** Christmas H A F and performance for parents**

*** Our coffee morning and AGM**

*** Jubilee workshop in Appleby**

*** Revisiting NYCE National Youth Circus Event (National Institute of Circus Arts London)**

*** The activities day out for the young leaders’ award for their hard work**

*** Carrying out workshops in the community for all ages.**

Very excited about the future as moving forward we are planning on getting 2 of our group through level 2 and level 3 youth work training with the Better Tomorrows program and be able to broaden our horizons into youth training.

We are all truly grateful for everyone that has given up their time to be a part of this initiative and we hope that we can count on your continued support in the future.

Yours sincerely

Sharon Hannah

Chair person



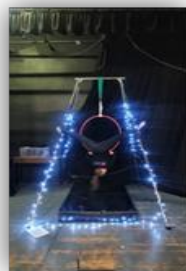
YOUNG LEADERS' LEADERSHIP PROGRAM 21-22



Thanks to Cumbria Community Foundation, our leadership programme has been put into place for some of our older members. Young people over the age of 15 years can sign up to be a leader once they have a good general understanding of most of our workshop tools.

They will receive training in equal opportunities, health and safety, safeguarding, basic first aid and mental health first aid, as well as ethical work values such as team building, punctuality and time management, and confidence building. Creating a support network for developing transferrable skills that will help prepare them for life in the work place, no matter what their job will be.

Each young leader will be assigned a mentor (of their choice) and will volunteer for the group clocking up many hours of experience, and giving content to their first curriculum vitae. These voluntary hours can also work alongside other awards schemes such as The Duke of Edinburgh



SEASONAL COMMUNITY WORKSHOP, PERFORMANCE
& EVENT PRODUCED BY YOUNG LEADERS

Youth ambassador statement

As the lead youth ambassador of Euphoric Circus, I was lucky enough to be part of a consultation through Cumbria County Council, where me and several other young people were given the opportunity to share our concerns, challenges and visions and ideas for youth provisions in Cumbria.

This was taken into account and contributed some much-needed feedback to youth work providers in the area as well as third sector organisations involved in youth provisions. It was noted that young people lack a sense of belonging in their community, which has led to a lack of engagement from young people. As a consequence of this there is little to no projects that involve voluntary engagement and active participation.

After discovering this, I have volunteered with Euphoric Circus, helping to develop our young leadership programme and encouraging input from our participants on what they would like to see and do in our group, and in their wider communities.

I personally have felt the positive impact of actively participating in young leadership projects. It has helped me to improve my knowledge around topics like health and safety, safeguarding, first aid, group harmony and many other transferrable skills. This has all helped me to develop self-efficacy and self-esteem, making me feel like my voice is heard, and valued.

It has helped me to realise the potential I have to influence my community, as a young person and has inspired me to continue to develop my career path in youth work and social care. I look forward to developing this in the future, and I am incredibly grateful for the opportunities and support that Euphoric Circus has given me.

Lizzy Hudspith-Spence – aged 16





HEALTHY ACTIVITIES AND FOOD PROGRAM 2021 TO 2022

We offered an eight-day program in both Penrith and Appleby to young people and children ages 5 to 18, offering a cooked healthy meal and a four-hour session of physical activities, cooking, arts and crafts, health and nutrition advice and socially interactive games.

Our main aim was to give the participants the chance to socialise and to enjoy this again, with no pressure to achieve anything but self-improvement and awareness of self-care in a healthy way such as physical activity and healthy eating. Being aware and understanding that the two things are closely related and can affect everyday life is integral to young people's wellbeing.

During the summer and winter activities we used games and trust exercises to build friendships and reduce the social isolation during the holidays. We started the weeks with introduction games to help everyone break the ice and create an environment where people were encouraged and felt safe to make new friends. Throughout the weeks we continued playing a wide variety of games to help the participants build confidence around each other. We used trust games and then acro balance to help with this too.

We also encouraged everyone to engage with all activities, including the young leaders, where possible to reduce the feeling of isolation and loneliness while at the sessions.

The participants were also encouraged to work in smaller groups or pairs to enable tighter bonds to be made. We also provided arts and crafts projects for the participants to work on as a team during the week. Felt tips, stickers, paint and coloured paper were some of the equipment we used in order to make everyone feel as though they could join in. We also created activities where the participants can get involved with preparing, serving and eating food, Aswell as making space for a reading corner with fairy lights, beanbags and blankets for those with sensory issues, who may like to sit and take a moment when the environment is too much.

Most parents that we spoke to were incredibly grateful to find activities for their children to do for the holidays, some expressing how expensive most activities are.

Parents returned with funny stories of their children being exhausted and





satisfied when returning home after the day and expressing excitement at returning to the sessions.

Children spoke to their parents about making new friends and learning new things.

We gave them the freedom to decide on art work that they produced and did splatter painting to express how they were feeling, as well as giving them time to work on art projects as a group and made a fabulous food and circus themed poster.

The children enjoyed the games that we offered as icebreakers, their favourite games where based on improvisation, such as natural disaster game where they imagine what they would do in a scenario and act it out. This tells us that they were comfortable to be themselves around the other participants as well as our staff. We offered games in the theme of food and

being in the canteen in QEGS and UCC added to the theme with art work in the room of fruit and vegetables, this inspired them to recognise different foods and some fabulous art work inspired by their surroundings. There were a few children that have been going through the transition from junior to senior school during the lockdown and we believe that we gave them a little more confidence going forward into what is an important time in them developing. We worked with transition ages from infants to junior school which

is also a tricky time. Being in an environment of a variety of ages, with little to no seclusion based on age, seemed to really benefit those transitioning to a bigger school, as it prepares them for being around older peers.

We worked with some families that had up to 3 siblings, our activities allowed them to be together yet find space from each other too. Some parents mentioned that it was a great way for them to enjoy each other's company again in an environment where they are not cooped up together. It sometimes also gave parents the space to give one of the children some much needed attention without their younger sibling demanding the attention.

We had activities where the children were involved in preparing their own food such as pizza and wraps where they were able to understand and prepare the ingredients that they ate.







HAF SESSIONS 12 DAYS IN TOTAL PER TOWN X 2 (PENRITH AND APPLEBY)

Number of activities promoting healthy lifestyles

Actual value 24

Number of groups providing health-related activities

Actual value 4

Number of hours of sport, exercise & leisure activities provided by projects

Actual value 144

96 hours for HAF 4 hours per session x 24 sessions plus since July to December

12 weeks at 4 hours per week regular sessions during term times = 48 hours

Number of new hours of sport, exercise & leisure activities provided by project

Actual value 96

evidence 96 hours for HAF 4 hours per session x 24 sessions

Number of people reported improved physical / mental / emotional health

value 65 All participants but some parents too

Number of people who participated in sport, exercise & leisure activities

value 56 All participants

Development report

It has been an absolute pleasure to be involved with coordinating and developing the leadership program with Euphoric Circus. The young leaders have astounded all of us with their commitment, respect, and responsibility of helping deliver such valuable projects.

We have delivered a small program of activities for the community, reaching children and their families around Eden. By having the opportunity to help families in need of support during school holidays, it has given the young leaders lots of experience in delivering activities. This has allowed them to build up hours of experience, and achieve awards in levelling up on the program and this has tied in well with the Duke of Edinburgh award for the younger volunteers.

I would like to recognise the volunteers, who have helped us deliver within the community.

We cannot do this without you. To young and old volunteers, parents, trainees, assistant leaders, and now young leaders, and most of all our trustees. The community thanks you.

The future is exciting! We have up and coming programs that will offer even more opportunities for young people, including young leader initiatives, HAF delivery in the holidays and a very exciting opportunity in youth working, thanks to the Better Tomorrow's program of which we hope to be a part of rolling out throughout Cumbria.

I look forward to working with you all in the future.

Toni Spence Development officer





We would like to thank our funders and their continued support.

Cumbria County Council	regular session costs	£4,944.00	ccc regular sessions
HAF Cumbria County Council	winter HAF Penrith and Appleby	£2,780.00	winter HAF fund
HAF Cumbria County Council	Easter HAF Appleby and Penrith	£3,364.00	Easter HAF
HAF Cumbria County Council	summer HAF	£9,049.00	summer HAF
HAF Cumbria County Council	winter HAF Penrith and Appleby	£3,795.00	winter HAF fund
Cumbria Community Foundation	match funding for HAF	£1,000.00	match fund for HAF 2022

Thanks to Cumbria Community Foundation for supporting our leadership program and helping to create opportunities for our young people in Eden.

Also, a big thank you to Cumbria County Council for helping us create opportunities and spaces for our young people.



Euphoric Circus CiO

Income & Expenditure Account for the year to 1 September 2022

<u>Income</u>			<u>Payments</u>		
<u>2021</u>		<u>2022</u>	<u>2021</u>		<u>2022</u>
<u>£</u>		<u>£</u>	<u>£</u>		<u>£</u>
1,087.50	Subscriptions	2,883.35	552.00	Rent	4,665.01
28,722.00	Grants from various funding bodies	22,640.20	9,340.00	Session and admin fees	18,968.08
			-	Advertising and marketing	918.59
			-	Entertainment	458.46
			684.14	Insurance	715.89
			3,420.63	Workshop running expenses	1,754.15
			-	Printing and stationery	147.45
			-	Training	5,245.71
			-	Subscriptions	99.10
			-	Travel	663.82
			-	irrecoverable VAT	3,385.67
			499.00	Asset - laptop	-
	Excess expenditure over income	11,498.38	15,313.73	Excess income over expenditure	
29,809.50		37,021.93	29,809.50		37,021.93

Balance Sheet as at 1 September 2022

<u>2021</u>		<u>2022</u>	<u>2021</u>		<u>2022</u>
<u>£</u>		<u>£</u>	<u>£</u>		<u>£</u>
	General fund				
1,199.45	Bank balance brought forward	16,513.18	16,513.18	Bank current account	5,014.80
15,313.73	Plus excess income over expenditure/ Less excess expenditure	(11,498.38)			
16,513.18		5,014.80	16,513.18		5,014.80

Approved by the Trustee Board: *d. cum*

Sharon Hannah

Trustee - Chairperson

Date: 30/6/23

Independent Examiner's Report to the Trustees of Euphoric Circus CIO

I report to the trustees on my examination of the accounts of Euphoric Circus CIO for the year ended 1 September 2022 which are set out on the attached page headed 'Income & expenditure account'.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirement of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity such as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Tracey Richardson FCCA DChA
TR Accountancy Services
21 Esthwaite Green, Kendal. LA9 7RZ

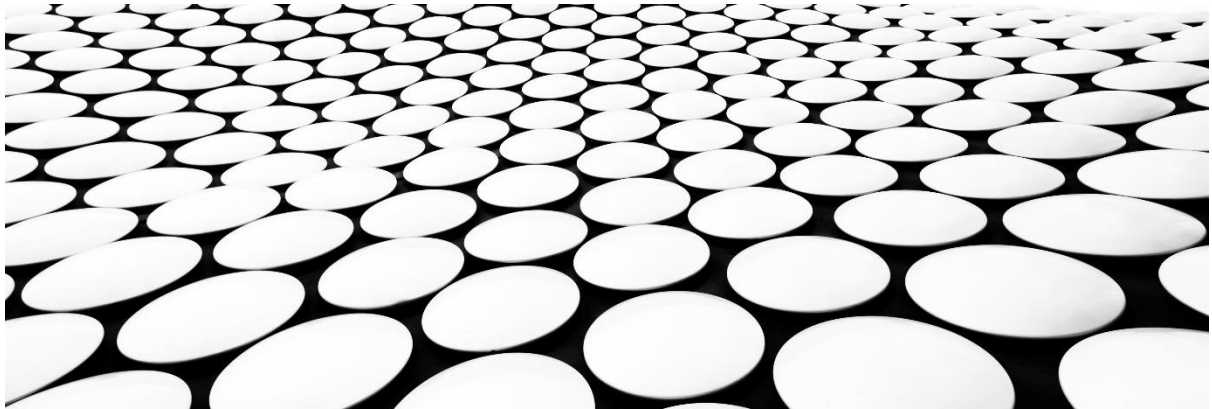
Date: 30 June 2023

Accounts



EUPHORIC CIRCUS CIO

CHARITY NO 1184804 ESTABLISHED AUGUST 2019



ANNUAL REPORT 2022



Euphoric Circus CIO

Charity No. 1184804

Telephone: 07709428361

c/o 6 Croft View, Milburn, Penrith,

CA10 1TN

Board members:

Sharon Hannah - Chairperson

Kevin Hodgson - Deputy Chairperson

Kirsty Mahoney - Secretary

Ellie Dodgson - Treasurer

Toni Spence - Coordinator

Euphoric Circus CIO's charitable mission is

1. The promotion of vocational training in circus skills
2. Promotion of education and training in the creative and artistic application of circus skills in artistic performance.

'Firstly, I would like to thank everyone who has been involved with the amazing things we have accomplished this year.

One of the joys of preparing an annual report is that it gives the opportunity to look back and be thankful for all we have accomplished. The last year has been filled with wonderful opportunities and many challenges. Here are some of the highlights.

- * Taking our young leaders to London to take part in the annual National Youth Circus Event.
- * Getting the Cumbria County Council contract and running the Healthy Activities and Food program.
- * Continuing our leadership programme for the young leaders.
- * Having a visit and being recognised by 2 high sheriffs of Cumbria.
- * Our coffee morning which was featured in the local paper.



* Carrying out workshops in the community for all ages.

* Having our students perform at a Children with Cancer fund raising event.

Going forward we are continuing with our workshops, Healthy Activities and Food program, funded by Cumbria County Council and planning on collaborating with Mencap to reach the disengaged and vulnerable teenagers within Eden and providing out of house training for our young leaders.

Yours

Sharon Hannah

Chair person

Charitable objects.

The promotion of vocational training in circus skills.

The promotion of education and training in the creative and artistic application of circus skills and artistic performance.

Who are we?

We are Euphoric Circus, a charity that promotes healthy living, education in physical literacy through circus and performing arts. We became a charity in 2019, but we have existed as a community group since 2005! We pride ourselves on being youth and community led. As well as giving young people opportunities and experience outside of conventional education, we encourage them to explore their originality and identity, to expand their options and help them realise the potential they have to influence their community as young people.



Report from Development officer

The grant from Cumbria Community Foundation through The Young Persons Opportunity fund has been invaluable to the group's survival, it has helped us to carry out the start of our short/long term action plan of 3 years.

Action plan 2021/2022/2023

Taken from our trustees and management group including young leaders

Invest in human resources increase our volunteer bank and offer training in life skills, employment, team building, confidence building and sign posting.

To improve methods of recording reach (who we work with) and location of people (in which areas).

Measure achievements of young people and how it has helped them improve in life.

Case studies explaining in a timeline of pre-Euphoric Circus and during training plus how these skills can be used later in life.

Over all group achievements how this can impact on our local community.
Group development i.e., participants, volunteers, trainees' families and community.

Networking with other circus groups. The youth circus community.

Continue the group's legacy. By survival through adversity and encourage others to do so, in their personal life and the wider community.

Develop sustainability for the group in the community.

Collaborate with local groups. Encourage engagement. i.e. blue jam – schools and leisure centres.

Look towards building referrals through the NHS. Services such as MIND MENCAP and local arts groups and unemployment services, Parents and toddler groups. Mental health awareness, at risk teenagers Seek to promote our services such as public performances and workshops.

Promote our services better online. By using the internet to communicate with member and keeping parents informed of activities and achievements.

Encourage participants to engage online during social distancing restrictions.

Expand our reach through online interaction. By keeping our social media updated and active.

By improving on our action plan, and putting it into practice, it enables the group to evolve and expand without the pressure of looking for ways to survive; we have been able to exchange this approach to be able to thrive and support individual families, in return creating a small and supportive



community, this is so important because of these unprecedented times, many young people are struggling with social interaction in itself.

We have looked towards relevant training such as mental health first aid, and we hope to continue this topical training alongside leadership training in health and safety, safe guarding, first aid, health and hygiene and equal opportunities.

We have carried out in house training in everything to do with running safe activities for young people and so far, we have qualified 4 young leaders.

These leaders are now on supervised leading and should finalise their hours by October 2022. We also have another 3 trainees who have qualified to assistant leader, they will now shadow a leader and take on more responsibility and do further training in first aid and safeguarding.

Each stage requires each trainee/assistant leader/leaders to volunteer while they are learning the position.

Trainee to qualify will need to volunteer for a minimum of 20 hours.

Assistant leader to qualify will need to volunteer for a minimum of 40 hours

Leader to qualify will need to volunteer for a minimum of 20 hours and 10 hours supervised assessments.

For all of these levels each volunteer will be assessed in order to be promoted. They will also need to achieve a level of understanding of youth working and how to behave around other young people in a responsible manner. This means understanding for their age how policies and procedures work and how to use them in practice. Encouraging best practice throughout, and keeping up with the industry standard.

6 monthly appraisals have been carried out to make the experience bespoke to the individual. Including ongoing, weekly mentoring. This approach encourages the young leaders to treat the participants in the same way.

The feedback from this method from parents has been very encouraging. With statements such as 'how do you get the teenagers to be so responsible?' and that the younger participants really look up to the older children.

We are on the road and in the process of achieving our 3-year plan. There has been challenges and we have found that having a larger bank of volunteers has helped a lot.

As our trainees and leaders are going through a difficult time with their GCSE's. Being part of a generation that has had extreme adversity due to Covid 19, lockdown, and severe isolation, it has been a challenge in itself to try and engage the young leaders and they have risen to the challenge and excelled considering everything they have experienced.

Having the leadership program has boosted the number of staff we have available to continue and roll out our annual program. It has given the group an incentive to work towards, and given each individual a personal incentive to achieve their own outcomes. For the individual, this boosts their confidence in their own ability, and for the group it has built a support network for the individuals and the participants. Some parents have said that it is miraculous that we have been able to engage some young people that were thought to be particularly challenging or hard to engage.



Here is some feedback from parents who feel their children have benefited from our approach.

‘Thank you SO much for the evening term time circus skills sessions at Appleby and the holiday day sessions at the end of 2021 at Appleby and Penrith. J absolutely LOVES them. We admire your patience, your commitment, your energy and the inclusive way you run all sessions. The teenagers you work with and through are enthusiastic, kind and encouraging. You show respect for all participants and in turn they respond maturely. You allow space for all participants to be themselves and express their individuality at the same time as setting safe boundaries within which all children and young people know the 'rules' of participation. This is an amazing facilitation and coaching skill and one which we admire very much. J looks forwards to his circus skills session with great enthusiasm and he enjoys all activities. His particular favourite is the free running. He loves the equipment you provide and comes home telling tales of long ribbons and hoops hanging from frames. We can see that all equipment is diligently cared for and looks as good as new each time it comes out of the box. Jack has made new friends within a range of age levels and is evidently very comfortable in the groups you run. I cannot recommend you, your teenagers and your sessions highly enough. We think you are all amazing.’

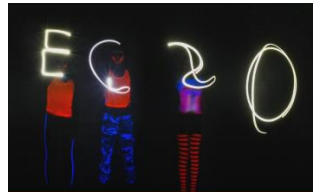
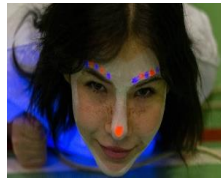
‘E loved the activities; she loves using the equipment and has asked for lots of circus skills stuff for her Birthday E is also happiest when she’s doing arts and crafts so she loved that side of it too. E enjoys any food and vegetarian options have always been provided for her at circus which we are really grateful for. E is quite quiet but she talks a lot about the teenagers who help out at circus and enjoys spending time with ‘older kids’ she really seems to admire all the guys who are involved in the circus days. E enjoyed using the sticks (flower sticks) and the wheel thing (pedal-go) E also learnt how to forward roll and cartwheel at the sessions in summer. E can not wait for the next sessions and we hope she will be able to attend the sessions in Appleby on a Thursday very soon. I recommend the activities to people all the time and hope they get loads more support. .We can’t wait to get more involved this year and little sister is keen to start already (She’s almost 4) so not yet.’

We take pleasure in bringing families together to celebrate the achievements of the young people, creating opportunities for parents to socialise and ‘compare notes’ at the same time the young people can show off skills that they are very proud of. They even try to teach their parents how to try the skills that can be very amusing. We encourage the young leaders to make projects of their own, carrying out mini community projects e.g., through dream scheme, this gives them an idea of how much work and preparation goes into producing events. Last year in the winter half term 2 of our young leaders produced a day of workshops at Appleby market hall, finishing with a wonderful black light performance. The day was a great success and we are very proud of the event that they produced.

As development officer I would like to thank all young leaders for their commitment and enthusiasm and their parents for encouraging and supporting their young adults to achieve so much through the program. I look forward to assisting you with future plans for the group and in your own personal progress.

Toni Spence

Development Officer



ONLINE TRAINING DURING LOCKDOWN

Since February 21, we had been working on and sending out online training videos to our mailing list of members.

These videos cover warm ups - cool downs -flexibility - conditioning - doubles stretching - doubles acrobatics
how to make your own poi - how to make your own staff - poi twirling -staff twirling - flower stick - diabolo – juggling.

We had a lot of fun making these and we hope you enjoy joining in.

No animals or humans were harmed in the making of these films!



YOUNG LEADERS PROGRAM

Thanks to Cumbria Community Foundation, our leadership programme has been put into place in July 21, for some of our older members. Young people over the age of 15 years can sign up to be a leader once they have a good general understanding of most of our workshop tools.

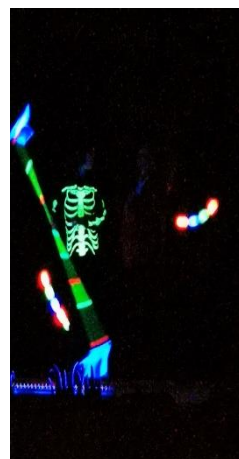
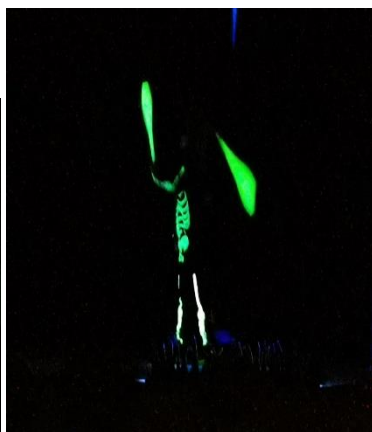
They will receive training in equal opportunities, health and safety, safeguarding, basic first aid and mental health first aid, as well as ethical work values such as team building, punctuality and time management, and confidence building. Creating a support network that will help prepare for life in the work place no matter what their job will be.

Each young leader will be assigned a mentor and will volunteer for the group clocking up many hours of experience, and giving content to their first curriculum vitae. These voluntary hours can also work alongside other awards schemes such as The Duke of Edinburgh.





FIRST PUBLIC PERFORMANCE 21



In our home town of Appleby in Westmorland. We offered circus workshops, seasonal activities and a performance in black light.



Appleby regular sessions after lockdown



We meet every week during term times at Appleby Sports Centre. Average attendance is 12 young people ages 5 to 18 years.



PENRITH SESSION'S AND SPECIALIST SKILLS



We meet every week during term times at Queen Elizabeth Grammar School. Average attendance is 12 young people ages 5 to 18 years.



HEALTHY ACTIVITIES AND FOOD PROGRAM 21 - 22

Euphoric Circus.

Weekly sessions.

Learn fun skills in areas like **circus, freerunning, tumbling, object manipulation, and acrobatics.** All taught by our specialist teachers. **For ages 5-18**

Tuesdays/Appleby.
Sports Centre.
5pm till 6pm
for ages 5 to 11
6pm till 7pm
for ages 12 to 18

Wednesdays/Penrith.
Queen Elizabeth Grammar School.
5pm till 6pm
for ages 5 to 11
6pm till 7pm
for ages 12 to 18

£5 Per session
(Discount for block booking sessions)

For more information call 07709 428361. Scan the code to sign up.
Euphoric Circus Training.

July/August Activity days.

Join us for **Sports, Circus Skills, Free running, Acrobatics, Treasure Hunts, Competitions, Arts & Crafts, Performance, Cooking, BBQs, Pizza and more!**
For ages 5-16.

Appleby.
Sports Centre.
10am-2pm.
Monday, Tuesday, Thursday & Friday.
From 20 July to 8 August.
Plus more dates to come.

Penrith.
Queen Elizabeth Grammar School.
10am-2pm.
Monday, Tuesday, Thursday & Friday.
From 9 to 30 August.
Plus more dates to come.

For more information call 07709 428361.
Scan the code to sign up.
Euphoric Circus Training.



During the school holidays with the support of Cumbria County Council and Cumbria Community Foundation, we have been able to deliver an extensive program covering Penrith and Appleby. This program delivers 4 hours per day, and 8 days per town in the summer and 4 days per town in the winter and Easter holidays

We offer healthy activities and a delicious hot meal.

Plus, education around healthy eating and exercise.

We hope to continue this delivery throughout 2022 and extend our reach to Alston.

Thanks to the support of our venues

Appleby Sports Centre.

Queen Elizabeth Grammar School.

Ullswater Community College.

Alston Moor Federation

Euphoric Circus.

Christmas Activities in Eden.

Circus, Games, Acrobatics, Festive Fun, Crafts & Stories, Christmas Food. For ages 5-18

Penrith.
Ullswater Community College.
21 December 2-6pm
22 December 2-6pm
23 December 2-6pm

Appleby.
Sports Centre.
17 December 12-6pm
18 December 2-6pm
19 December 2-6pm.

To join email: euphoriccircusy@gmail.com
Euphoric Circus Training.

Euphoric Circus.

Come and enjoy circus skills, games, acrobatics and fun activities.

For ages 8 to 16.
Food permitted.

Easter Sessions April 2022.

Alston.
Sunday 3 April
12 to 4pm
Alston Moor Federation School

Appleby.
4/5/6/7 April
11am to 3pm
Appleby Sports Centre

Penrith.
11/12/13/14 April
11am to 3pm
Queen Elizabeth Grammar School

To book a place email: euphoriccircusy@gmail.com

OUR THANKS TO



Damon Mahoney
designer.



IN RECOGNITION OF OUR FUNDERS

Cumbria Community Foundation

02.03.20	Cumbria Community Foundation	Leadership program costs	£1,000.00	Cumbria Young People
13/06/21	Cumbria Community Foundation	match funding for HAF Equipment purchase	£3,000.00	
20/09/21	Cumbria Community Foundation	clubs in crisis equipment purchase	£1,800.00	
05/05/21	Cumbria Community Foundation	Development officer	£8,000.00	young person's opportunity fund
<u>CUMBRIA COUNTY COUNCIL</u>				
05.08.20	satalite club penrith	£3,692.00	10/09/20	£3,692.00
Regular term time sessions	Cumbria County Council	regular session costs	11/10/21	£3,779.00
HAF Cumbria County Council	Cumbria County Council	HAF summer fund for Penrith and Appleby		7,050
HAF Cumbria County Council	Cumbria County Council	winter HAF Penrith and Appleby	7/12/21	£2,780.00
HAF Cumbria County Council	Cumbria County Council	Easter HAF Penrith and Appleby	7/03/22	£3,779
<u>OTHER FUNDERS</u>				
national lottery community fund 03/02/21	community fund	admin and online classes P.C.		£2,300

Cumbria Family History Society
Report to Council 01 January 2021

	Income Received -1 Sept 2020 to 31 Aug 2021
	Subscriptions
	Grants from various funding bodies
	Rent
	Session and admin fees
	Insurance
	Workshop running expenses
	Assets - Laptop
	Surplus for the year
	Represnted as:
	Opening Balances at 01/09/2020
	Barclays Bank Account
	Add Surplus
	Total Funds
	Closing Balances at 31/08/2021
	Barclays Bank Account
	Total Funds
	Toni Spence, Co-Ordinator
	Wednesday, June 01, 2022

Cumbria Family History Society
Report to Council 01 January 2021

[illegible]



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
EUPHORIC CIRCUS CIO

On accounts for the year
ended

1st September 2021

Charity no
(if any)

11184804

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 20/06/2022.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

20

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Fiona Bishop

Date:

20/6/22

Name:

FIONA BISHOP

Relevant professional
qualification(s) or body
(if any):

ACCA AFFILIATE

Address:

37 LINNET GROVE

KENDAL, CUMBRIA

LA9 7RP

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Accounts



ANNUAL REPORT

2020 TO 2021





WHO WE ARE

We are Euphoric Circus, a charity that promotes healthy living, education in physical literacy and facilitating social interaction through circus and performing arts. We have existed as a community group since 2005 and became a charity in 2019. We pride ourselves on being youth and community led, as well as giving young people opportunities and experience outside of conventional education. We encourage them to explore their originality and identity, to expand their options and help them realise the potential they have to influence their community as young people. Our project was developing very well for both of our regular training sessions in Appleby and Penrith up until the beginning of the pandemic.

OUR TRUSTEES

SHARON HANNAH	–	CHAIR PERSON
KEVIN HODGSON	-	DEPUTY CHAIR PERSON
ELLIE DOBSON	-	TREASURER
KIRSTY MAHONEY	–	SECRETARY
TONI SPENCE	-	CO-ORDINATOR

OUR FUNDERS

Cumbria County Council 0 to 19 fund
Cumbria Community Foundation
Active Cumbria
Dream scheme Cumbria Youth Alliance
Community and social fund national lottery

OUR SUPPORTERS AND AFFILIATES

Cumbria County Council
Cumbria Voluntary Services
Cumbria Youth Alliance
National Institute of Circus Arts
Circus Works
Dynamix Skate park Gateshead
London Parkour Academy



Report of trustees for the year ending October 21

Euphoric Circus Annual Report

Chairperson

It's been my first year as chair, and what a year it has been for us since becoming a CIO. We have been able to take a couple of our students to the NYCE (National Youth Circus Event) which was an amazing opportunity to network with other youth social circuses from all over England, make new friends, broadening our students' mindsets and taking part in new skills usually unavailable to us.

Shortly after that, we had to postpone our workshops on the 12th March 2020 for an indefinite amount of time, due to the spread of COVID-19, and also had to cancel our plans for the summer events.

This has not stopped us from finding different ways of connecting with our students, which is most important to us during this time of lockdown, and knowing the negative effects isolation can have on individuals and communities.

As soon as lockdown allowed us to meet outside, we set up an open-air summer workshop in Penrith, taking the necessary precautions through government covid-19 guidelines. This gave our students the opportunity to continue their training with us and socialise again.

In this relaxed lockdown we put together a show in which we videoed and created an online event. This was an alternative way for our students to show their skills that they have been learning in the workshops and for family and friends to enjoy.

Lockdown began for a third time, which forced us to close our workshops again, but this did not dampen our attempts to bring people together. We pulled together and redirected our energies into finding the appropriate funders, and found some success with the National Lottery Community Fund and Dream Scheme through Cumbria Youth Alliance. With the re-directed money that we match-funded (from Active Cumbria) from pre-existing costs for delivery of sessions, we created videos to teach our students how to make circus equipment i.e. poi, staffs and juggling balls. We also wrote up a leadership program for our older and



higher skilled students to record and structure their training and achievements, through voluntary opportunities and sign-posted training. We are starting this as soon as we're open, and are currently developing it.

In closing I would like to thank all the trustees for their hard work within their roles throughout the year, as well as any and all volunteers involved.

A BRIEF HISTORY ON OUR RECENT ACTIVITIES

Coordinators report

In 2020, while running two well attended sessions, we carried out a brief training session in safeguarding and health and safety with 4 young volunteers during their induction.

We also started skill wheels with participants to track their own development and aspirations.

Unfortunately, due to the lock down our groups had to stop. At this time I put my time into the administration of the group and remaining in contact with members and their families. During this time I wrote up a program for young leaders to be able to volunteer, with a log book and assessment points and exercises. We hoped to start delivering this in the end of 2020.

Online training has been achieved by leaders including safeguarding level 1 and 2, data protection and mental health first aid. We have produced an online update for members and newsletter's for families who may want to make use of our services when the restrictions are lifted. From this we have created a mailing list where we can keep families updated on our workshops and events. We are now looking at starting up workshops again, albeit with restricted numbers, and in a temporary alternate venue in Penrith. We were advised to use the Methodist hall in Penrith during this time, where we were welcomed by the church.



Due to Covid-19, I mostly worked from home and the administration I covered included: writing newsletters and updates, building on a mailing list, writing lesson plans, devising and writing assessment points for the leadership program, including a leadership booklet for trainees, and ensuring valuable work experience in it such as mental health first aiding, data protection and safeguarding for volunteers and trainees. We hope to use all of this once we start up again in September.

We shared advice to our members around mental health and for families to be signposted to support or training for them.

We also carried out a number of open-air workshops nearing the end of the summer holidays.

As most people did not expect the virus to restrict day to day life for a whole year, we held back from doing a large amount of online activities at first.

We could see that some families were challenged once again in November 2020 with the home school environment. We planned to bring our classes online to give young people a physical break from all the academic pressure, as our usual face-to-face sessions aim to do.

Circus skills have been proven to help concentration in a normal school environment and is also beneficial in relieving stress. We want them to know that they are not alone with this task, that other families are struggling as well, and that there is support available.

We use our Facebook platform to send out information to support parents and families during these times. We would like to increase our presence and be a sign-posting group that can assist in helping people discover support that may be available for them. This will expand our community and allow our members to find each other, to reduce isolation which is an ongoing issue in our area without the added complication of the pandemic.



EUPHORIC CIRCUS ACTION PLAN FEB 2020 TO 2022

STRATEGY MOVING FORWARD

Become more funding based. After attempting to carry out activities in a commercial way in 2019, trustees concluded that the group cannot be sustained without financial support. The trustees decided to continue forward as a CIO to enable the group to become more eligible for funding.

Action

To improve methods of recording reach (who we work with) and location of people (in which areas).

Measure achievements of young people how it has helped them improve in life. Case studies explaining in a time line of pre-Euphoric Circus and during training plus how these skills can be used later in life.

Over all group achievements how this can impact on our local community.

Group development i.e. participants, volunteers, trainees' families and community.

Networking with other circus groups. The youth circus community.

Continue the groups legacy. Develop sustainability for the group in the community.

Collaborate with local groups. Encourage engagement. i.e. blue jam – schools and leisure centres.

Look towards building referrals through the NHS. Services such as mind MENCAP and local arts groups and unemployment services,
Parents and toddler groups. Mental health awareness, at risk teenagers

Seek to promote our services such as public performances and workshops.

Promote our services better online. Encourage participants to engage online during social distancing restrictions. Expand our reach through online interaction.



Timeline for charity management report.

September 2019, we became a registered charity officially starting in September.

Our first event as a charity was at The Evergreen community centre in Penrith where we brought together members from both sessions to celebrate becoming a charity.

Fundraising event at Morrisons where we raised over £100 bag packing.

This was a good start to a new term where we had on average 15 attendees at both regular sessions.

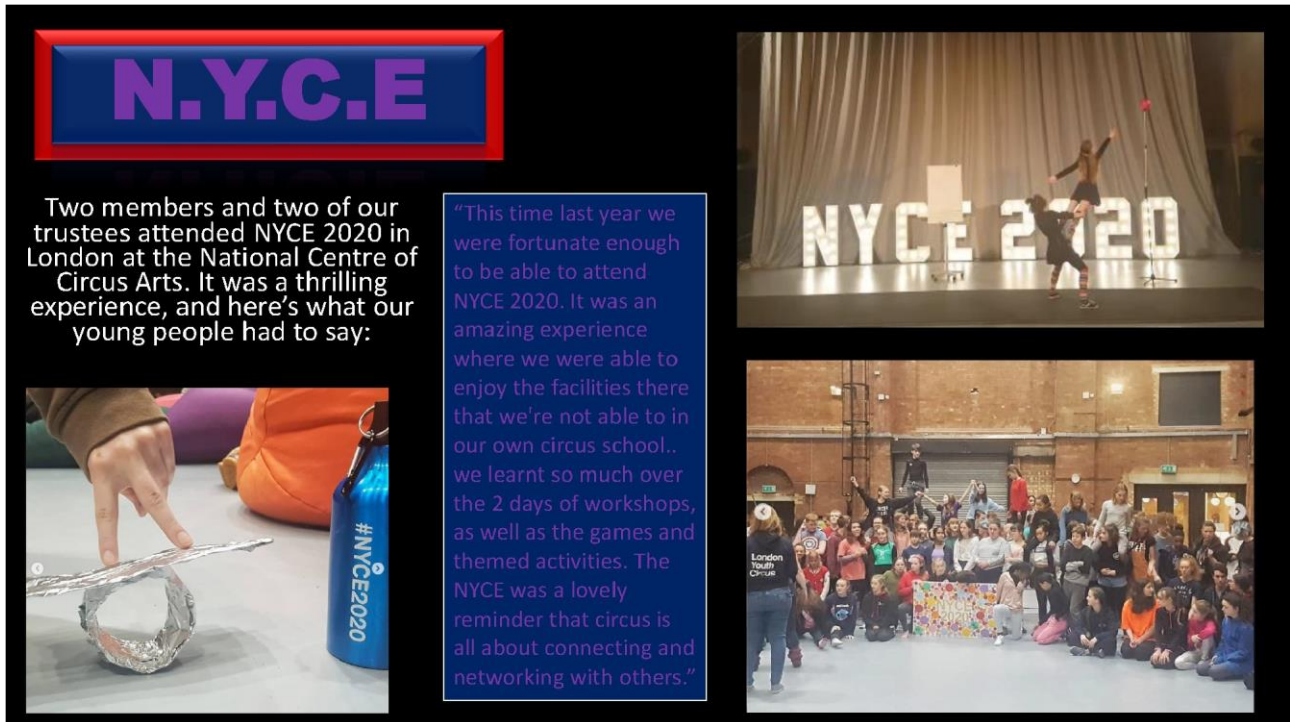
APPLEBY	AGES 5 to 11 = 6	BOYS 4	GIRLS 2	AGES 12 to 18 = 10	BOYS 4	GIRLS 6	TOTAL 16
PENRITH	AGES 5 to 11 = 5	BOYS 2	GIRLS 3	AGES 12 to 18 = 14	BOYS 11	GIRLS 4	TOTAL 19

We attended other events around Cumbria such as Tully house museum where we helped to create a circus theme to go along with their mini fairground exhibition, Cumbria pride event where we came across many of our members who were attending the event anyway. We were invited back to both of these events but due to the pandemic we were unable to attend during 2020.

NATIONAL YOUTH CIRCUS EVENT LONDON

In February 2020 our group was invited to join the National youth Circus Event at The National Institute of Circus Arts in London. 2 of our young ambassadors travelled to London with 2 adult leaders. We took 2 of our participants to the national youth circus event in London in February. This was a fantastic experience and gave trickle down training for leaders and participants.

We all spent the weekend networking and partaking in workshops at the centre and this was the opinion of our young ambassadors of the weekend.



Two members and two of our trustees attended NYCE 2020 in London at the National Centre of Circus Arts. It was a thrilling experience, and here's what our young people had to say:

"This time last year we were fortunate enough to be able to attend NYCE 2020. It was an amazing experience where we were able to enjoy the facilities there that we're not able to in our own circus school.. we learnt so much over the 2 days of workshops, as well as the games and themed activities. The NYCE was a lovely reminder that circus is all about connecting and networking with others."

This was a great opportunity for our group to network with other circus groups and to share experiences with other young people who enjoy training in circus and are part of a similar group to our own.

The event also offered training for experienced and new leaders and practitioners. This is invaluable to our groups leaders to exchange experiences and share working practice to improve the whole network and to maintain best practice among the youth circus industry.

OUTDOOR WORKSHOPS WITHIN COVID 19 RESTRICTIONS

In August 2020 we carried out socially distanced open-air workshops. This attracted new members but at this time we were only able to train in general circus.



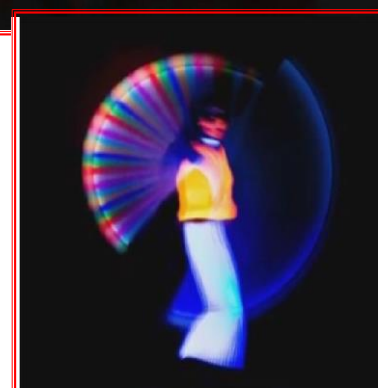
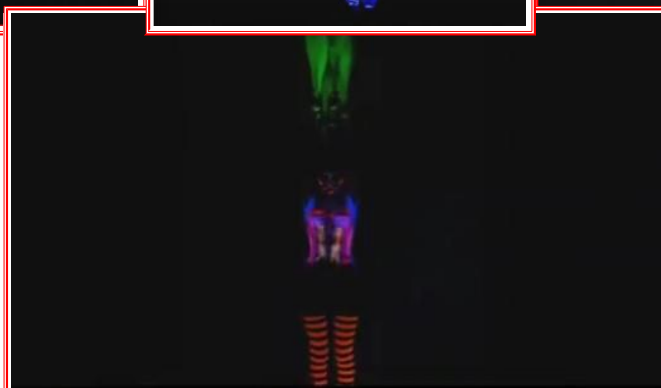
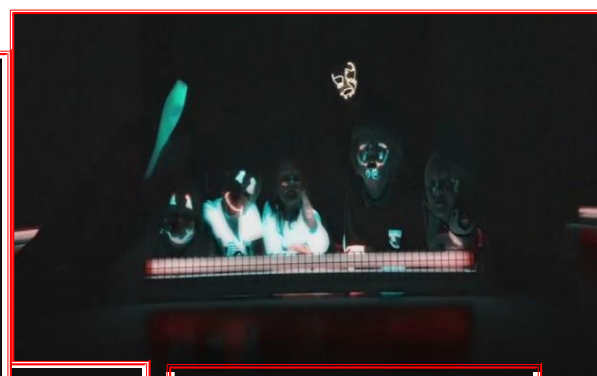
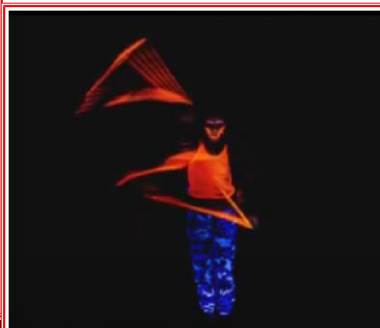
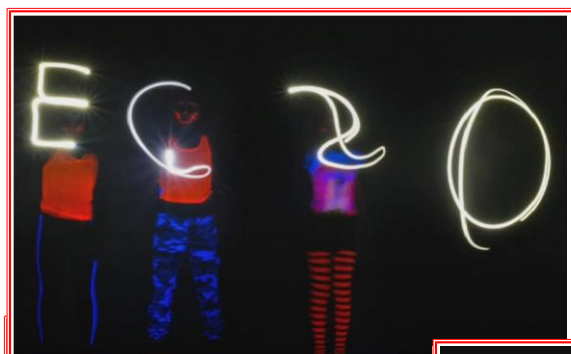
INDOOR WORKSHOPS WITHIN COVID 19 RESTRICTIONS

During September to October 2020 we were finally able to begin indoor classes with restricted numbers at a maximum of 6 participants per session. we ran some of our indoor sessions and the demand was above the amount of people that we could cater for. Parents were struggling with home schooling and they missed the outlet that we provide for young people to let off steam during our circus training. Just listening to parents talk to each other about the relief to get them active was very rewarding.

Thanks to the Dream scheme initiative through Cumbria Youth Alliance and project planning by some of our young leaders, we had the pleasure to use these sessions to help make a video for our cancelled live local event (due to Covid-19) In these sessions we devised a performance to be shown at our online event The Festival of Fire and Light in October 2020 when the third lock down came into force.

We were able to let the young people perform their skills in U.V. or black light and this was a lovely part of our video to add to the rest of the production that was performed by our leaders.

ONLINE WORKSHOPS IN 2021





February 2021 As the lock down restrictions were extended we applied for support to the national lottery community fund to deliver online classes to our participants to see us to the point of the restrictions being relaxed.

This was match funded by active Cumbria on the online tutorial delivery.

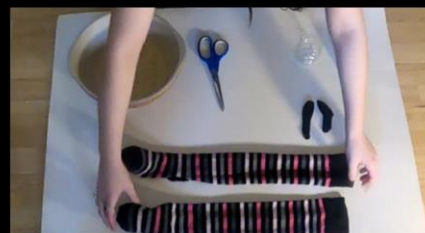
2021

Since February of this year, we have been working on and sending out online training videos to our mailing list of members.

These videos cover warm ups cool downs flexibility conditioning doubles stretching doubles acro how to make your own poi how to make your own staff poi twirling staff twirling flower stick diabolo

- No animals or humans were harmed in the making of these films!

We had a lot of fun making these and we hope you enjoy joining in.



These videos have been useful for members to continue developing their skills while in lock down and will be used for future reference for young leaders to learn the correct progression in teaching these skills.

A big thanks to our funders and supporters





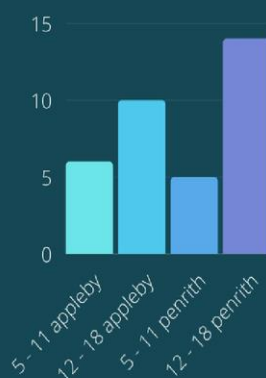
These are the results of
our reach before covid 19

We have remained in
contact with our members
and increase interaction
despite the challenges.

EUPHORIC CIRCUS

FACEBOOK INTERACTION STATISTICS

HOW MANY PARTICIPANTS
ATTENDED SESSIONS PRIOR
TO LOCKDOWN:



HOW MANY ONLINE
INTERACTIONS DURING
LOCKDOWN:



WHAT WAS OUR FACEBOOK VIDEO INTERACTION LIKE IN 2021 SO FAR?

OUR TOTAL REACH



1 IN EVERY 30 VIDEO
VIEWS RESULTS IN
INTERACTION WITH
THE PAGE





STATISTICS FROM CUMBRIA SAFEGUARDING PARTNERSHIP

Top Ten Issues 2020 – All Users of Kooth

- 1 Anxiety/stress
- 2 Family Relationships 2 Self-harm
- 3 Self-harm 3 Family relationships
- 4 Self-worth 4 Self-worth
- 5 Friendships 5 Sadness
- 6 Loneliness 6 Suicidal thoughts
- 7 Eating difficulties 7 Depression
- 8 Suicidal Thoughts 8 Friendships
- 9 School/College issue 9 Eating Difficulties
- 10 Depression 10 Sexuality

Child Mental Health Contacts to the Safeguarding Hub 2019/20 2020/21 Cumbria North Cumbria • 868 contacts relating to child mental health were received in 2019/20, 7% of the total. In 2020/21 this increased to 939 (8%) • North Cumbria had a similar proportion at 8% in 20/21, an increase from the previous year's figure of 6%.

National Statistics

- In 2020, one in six (16.0%) children aged 5 to 16 years were identified as having a probable mental disorder, increasing from one in nine (10.8%) in 2017. The increase was evident in both boys and girls
- The likelihood of a probable mental disorder increased with age with a noticeable difference in gender for the older age group (17 to 22 years); 27.2% of young women and 13.3% of young men were identified as having a probable mental disorder
- Among those aged 5 to 22 years, 58.9% with a probable mental disorder reported having sleep problems.

National Statistics cont'd

- Children aged 5 to 16 years with a probable mental disorder were more than twice as likely to live in a household that had fallen behind with payments (16.3%), than children unlikely to have a mental disorder (6.4%)
- Among 11 to 16-year-old girls, 63.8% with a probable mental disorder had seen or heard an argument among adults in the household, compared with 46.8% of those unlikely to have a mental disorder
- Children aged 5 to 16 years with a probable mental disorder were more than twice as likely to live in a household that had fallen behind with payments (16.3%), than children unlikely to have a mental disorder (6.4%)

North Cumbria Referrals by area in QTR4 20/21

Carlisle	41%
Eden	13%
Allerdale	27%
Copeland	19%

VOLUNTEERING OPPORTUNITIES

The coordinator has finalised the preparation needed for our leadership program to start up when we start face to face delivery in summer 21.

Young Leaders Program

- Our leadership programme has been put into place for some of our older members. Young people over the age of 15 years can sign up to be a leader once they have a good general understanding of most of our workshop tools.
- They will receive training in equal opportunities, health and safety, safeguarding, basic first aid and mental health first aid, as well as ethical work values such as team building, punctuality and time management, and confidence building. Creating a support network that will help prepare for life in the work place no matter what their job will be.
- Each young leader will be assigned a mentor and will volunteer for the group clocking up many hours of experience, and giving content to their first curriculum vitae. These voluntary hours can also work alongside other awards schemes such as The Duke of Edinburgh.



A big thanks to our funders and supporters





The charity wants to work on sustainability for the group and recruiting more volunteers will help us deliver a consistent program with their help, in exchange we offer essential experience in working as part of a team and by building self confidence in individuals, we will help them realise their own hard skills to go forward into further training or employment. This can also be a gentle introduction back to employment for individuals who are struggling to get back after a time being out of employment due to the virus.

Volunteer recruitment

As well as recruiting young leaders we also offer volunteering opportunities for adults. Subject to a DBS and reference check we can offer similar training as the young leaders and more. If you are interested just get in touch for an application form.



A big thanks to our funders and supporters



	Payments	Receipts	
07/08/2019 Opening bank balance			1,112.77
09/08/2019 Andrew Hupspith payment	-400.00		712.77
02/09/2019 Paid in Penrith		80.00	792.77
16/09/2019 Evergreen C Centre	-70.00		722.77
B & M Retail Ltd	-9.97		712.80
26/09/2019 Cheque 100115 - Queen Elizabeth Grammar School	-180.00		532.80
03/10/2019 Facebook	-12.52		520.28
14/10/2019 The Blakemoor Foundation Donation		50.00	570.28
01/11/2019 M A Spence Tully	-350.00		220.28
Paid in Penrith		250.00	470.28
04/11/2019 Cheque 100117 - Queen Elizabeth Grammar School	-108.00		362.28
13/11/2019 Cheque 100116 - Appleby Sports Centre	-36.00		326.28
02/12/2019 Paid in Penrith		787.00	1,113.28
10/12/2019 Cheque 100118 - Queen Elizabeth Grammar School	-144.00		969.28
11/12/2019 Cumbria County Council - Funding received		3,640.00	4,609.28
12/12/2019 Cheque 100114 - Appleby Sports Centre	-64.80		4,544.48
19/12/2019 Home Bargains	-10.71		4,533.77
02/01/2020 Cumbria CVS DBS Sharon Hannah	-15.00		4,518.77
07/01/2020 Paid in Penrith		191.80	4,710.57
27/01/2020 M A Spence Session fee	-240.00		4,470.57
29/01/2020 Cheque 100119 - Queen Elizabeth Grammar School	-144.00		4,326.57
03/02/2020 S S Hannah Travel exp	-131.50		4,195.07
05/02/2020 Cheque 100122 - Printing	-22.00		4,173.07
11/02/2020 Cheque 100120 - Appleby Sports Centre	-180.00		3,993.07
24/02/2020 National Centre ...	-5.00		3,988.07
03/03/2020 Facebook - Advertising	-9.98		3,978.09
06/03/2020 Cheque 100123 - Queen Elizabeth Grammar School	-216.00		3,762.09
09/03/2020 The Dog Beck	-3.20		3,758.89
The Dog Beck	-10.40		3,748.49
25/03/2020 Cheque 100124 - Appleby Sports Centre	-54.00		3,694.49
31/03/2020 M A Spence Session fee	-660.00		3,034.49
Queen Elizabeth school rent	-108.00		2,926.49
05/05/2020 Queen Elizabeth school rent	-36.00		2,890.49
12/05/2020 Hencilla	-691.04		2,199.45
20/05/2020 M A Spence Admin	-1,000.00		1,199.45
01/09/2020 Closing bank balance			1,199.45

-4,912.12	4,998.80
------------------	-----------------

Examined and verified by Fiona M Bishop, ACCA Affiliate
Dated 31st May 2021