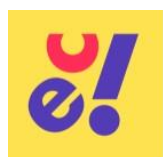




ANNUAL REPORT 2020 TO 2021





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.

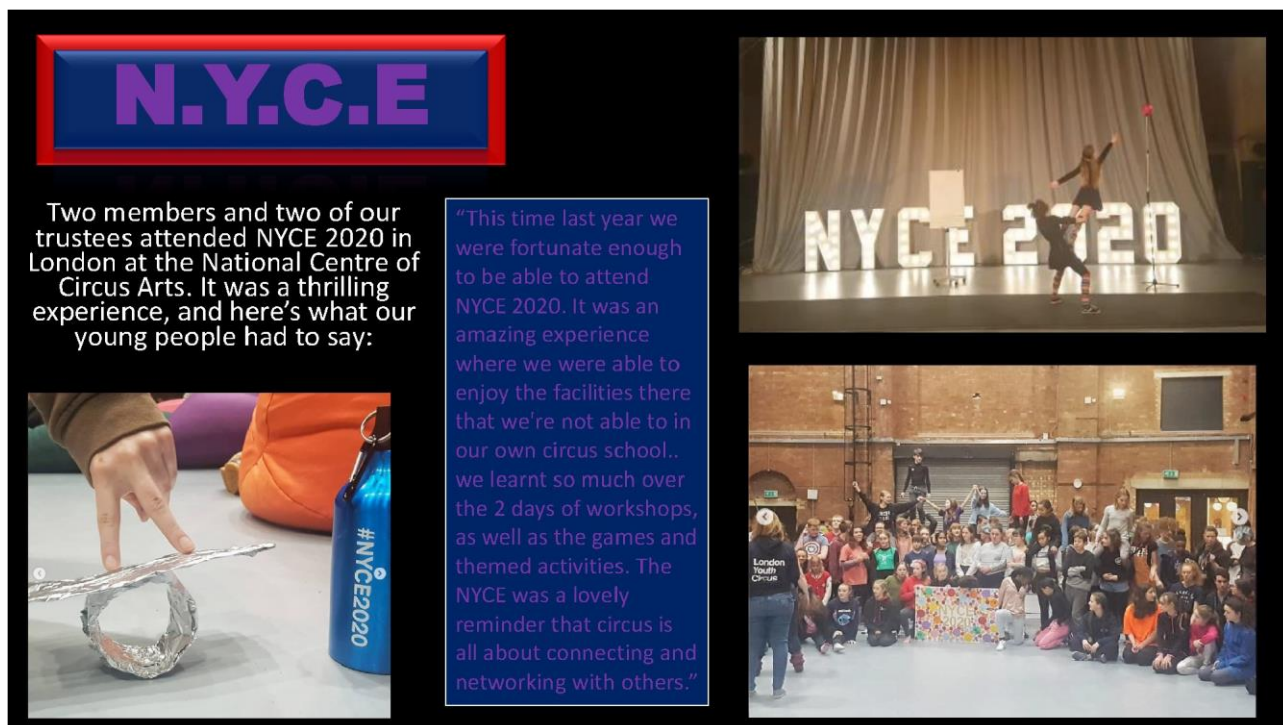
APPLEBY	AGES 5 to 11 = 6	BOYS 4	GIRLS 2	AGES 12 to 18 = 10	BOYS 4	GIRLS 6	TOTAL 16
PENRITH	AGES 5 to 11 = 5	BOYS 2	GIRLS 3	AGES 12 to 18 = 14	BOYS 11	GIRLS 4	TOTAL 19

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.



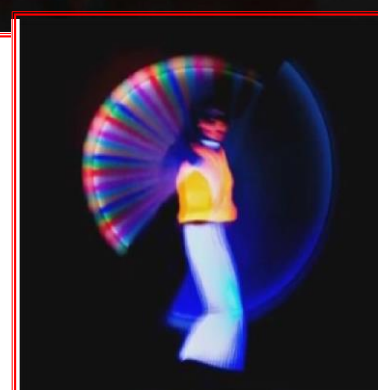
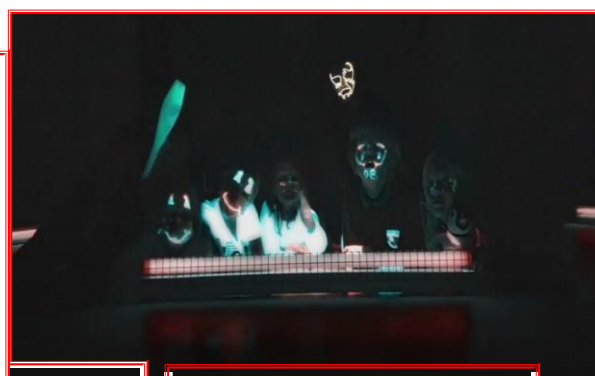
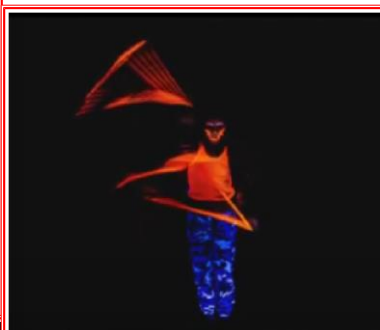
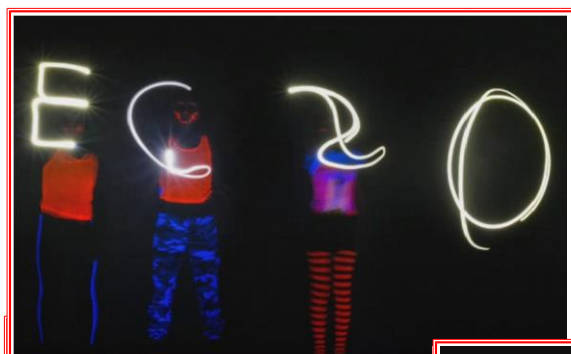
INDOOR WORKSHOPS WITHIN COVID 19 RESTRICTIONS

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.

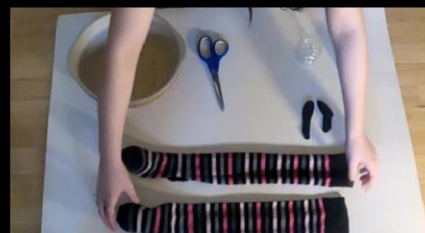
2021

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





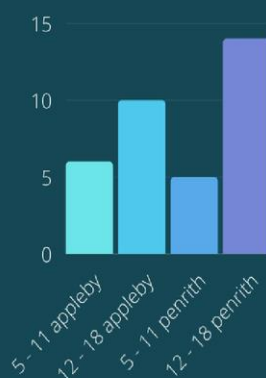
These are the results of
our reach before covid 19

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