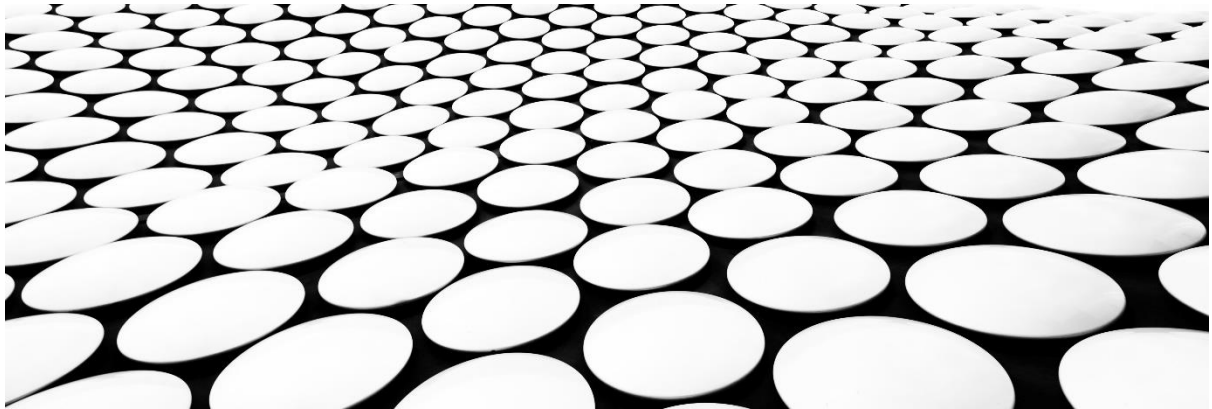




# EUPHORIC CIRCUS CIO

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.’

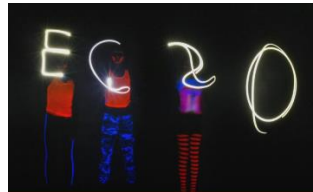
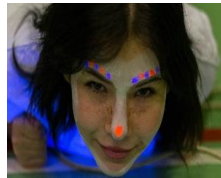
‘E loved the activities; she loves using the equipment and has asked for lots of circus skills stuff for her Birthday E is also happiest when she’s doing arts and crafts so she loved that side of it too. E enjoys any food and vegetarian options have always been provided for her at circus which we are 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.

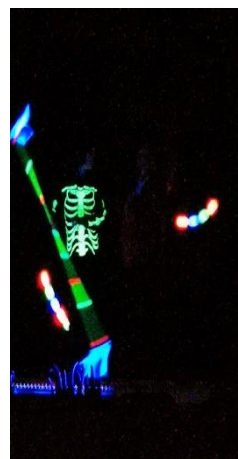
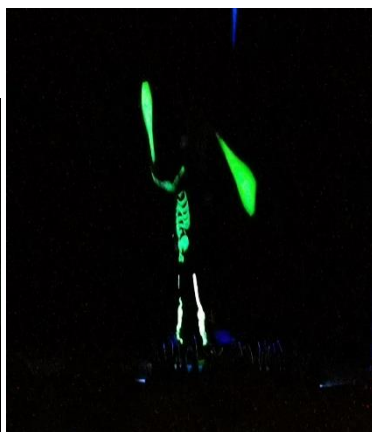
Each young leader will be assigned a mentor and will volunteer for the group clocking up many hours of experience, and giving content to their first curriculum vitae. These voluntary hours can also work alongside other awards schemes such as The Duke of Edinburgh.







# 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](mailto:euphoriccircusy@gmail.com)  
Euphoric Circus Training.

**Euphoric Circus.**

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

**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](mailto: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
<b><u>CUMBRIA COUNTY COUNCIL</u></b>				
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
<b><u>OTHER FUNDERS</u></b>				
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**

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# 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

1<sup>st</sup> 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.**