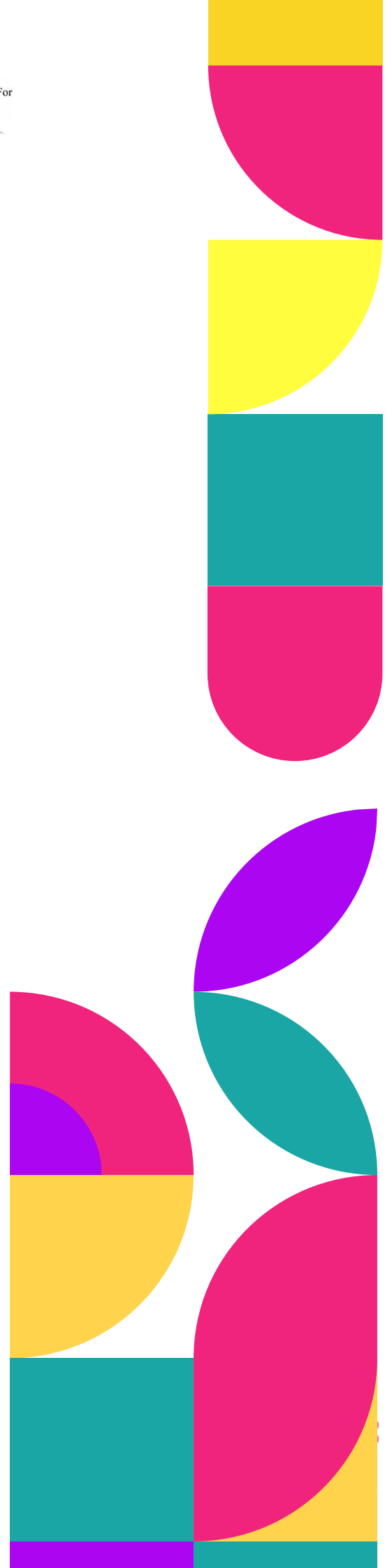


**Euphoric
Circus.**

community through creativity

23-24

ANNUAL REPORT



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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			
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Balance Sheet as at 1 September 2024

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£		£		£		£	
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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:

24.7.25

Trustee

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