

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.



We would like to express our gratitude to Cumbria Youth Alliance for their continued support for our organisation. CYA have been an essential service for our charity. Offering networking with other organisations in our area, funding advice and sign posting, training and help recruiting volunteers. They have also helped us with keeping young people safe by offering up to date training for our staff and volunteers via their online portal. CYA have also helped us keep our governing documents up to date, by allowing us as an organisation, to achieve the quality assurance award. They have also funded small youth led project funded by Dream Scheme.

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.

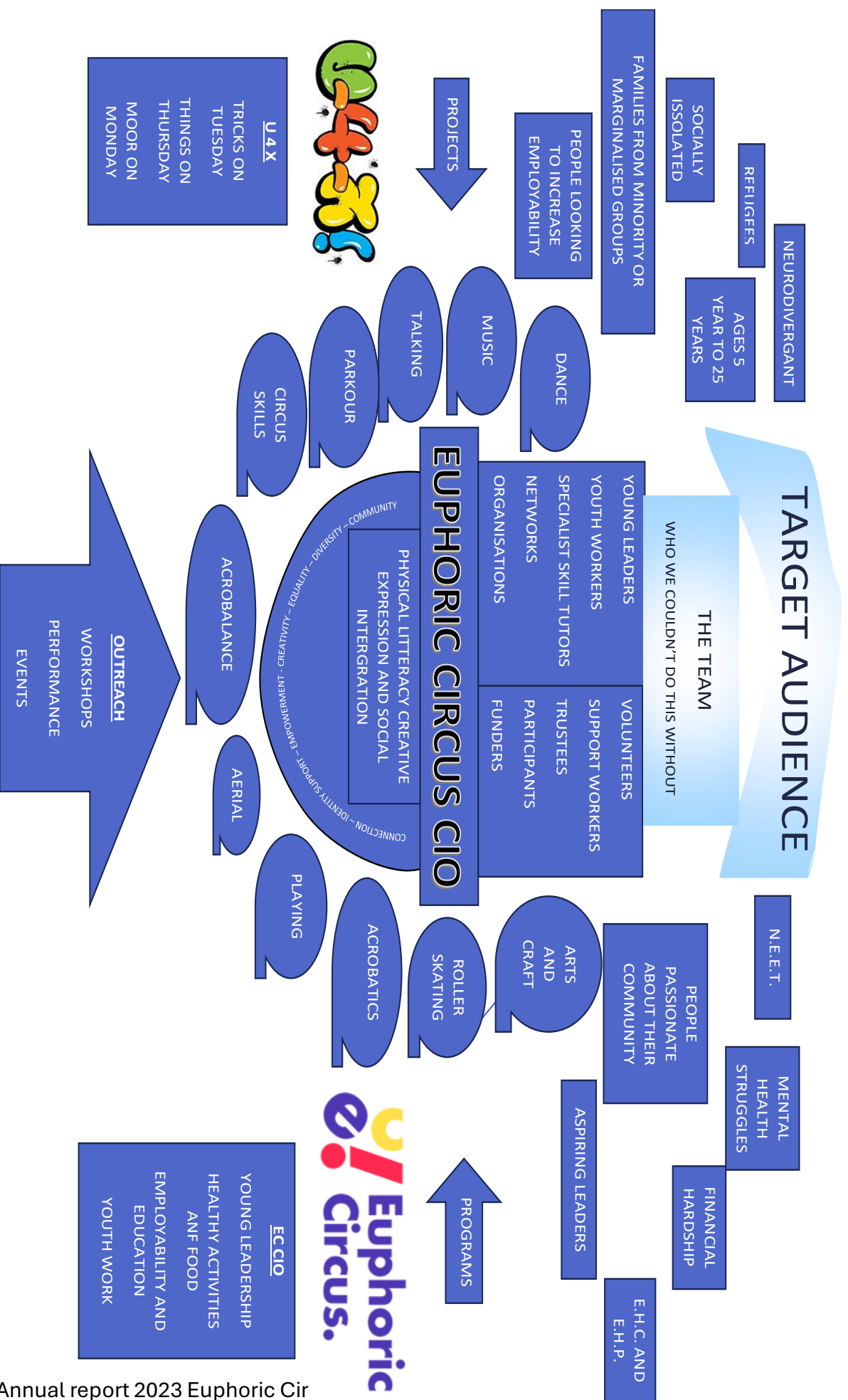
Our delivery is provided for little to nothing to the public, as we apply for funding from organisations such as Cumbria Community Foundation, Better Tomorrows fund, Francis C Scott, Westmorland and Furness Council, to cover our wages and outgoing costs. We hold fundraising activities, and we produce 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
13/02/23	Dream Scheme Alston outreach	£400
22/02/23	Westmorland and Furness Council and DoFE	
	HAF easter summer and winter activities 23	
	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