Circus for all ages and abilities

Winner 2013 Arts Access Aotearoa Community Partnership Award
Family Circus Sundays
2.00-4.00pm
May, June & July

FUN FOR THE WHOLE FAMILY

Campbell Free Kindergarten, Victoria Park

KOHAN

09 361 3801  info@communitycircus.co.nz  www.communitycircus.co.nz  www.barleymeadcircus.co.nz

games, unicycle, hula hoop, juggling, diabolo, tightrope, acro and more

Circus at Victoria Park
Developing Community Circus in Aotearoa New Zealand

Rachael Trotman
Point Research
Circus Kumarani
Frances Kelliher & Thomas Hinz
2011-2013

Funded by Lottery Community Sector Research Fund
Two year research project
- took two years to set up

- National Email Survey
- Literature Review
- Four evaluations
- Workshop with circus people
- Stakeholder interviews

All available on
www.communitycircus.co.nz
and Cirque du Soleil Box Platform
Literature Review

- Very little academic research or evaluation tools
- A lot of great anecdotal evidence
- Looked at diverse material including journal articles, books, websites, conference proceedings, circus magazines and practitioners views
- Tools coming online now - European, Finnish and Cirque du Soleil box platform
- 150 people at first academic social circus evaluation seminar in Finland Dec 2013
Key reported benefits

- Anyone can take part and it can offer something for everyone
- It connects people and builds bridges across social divides
- It can promote personal growth (health, fitness, emotional and mental development, self confidence, communication skills etc)
- It supports social learning (it’s fun, involves trust, cooperation, teamwork, respect, leadership)
- It can build communities and lead to social change (can overcome prejudice, build a sense of pride and belonging, can connect families and communities).
Four Evaluations

- Circolina’s Leap Auckland Community Circus Programme (2012)
- Dargaville Primary School (2013)
- SKIP Community Circus Programme in Dargaville (2013)
- Northland Stars (2013)
Circolina’s Leap

All ages cast including Deaf, disabled people, people with experience of mental health services, children and youth across different art forms

- Self assessment by participants
- Face to face interviews with participants
- Audience feedback
- Discussion forums and debriefs with participants and project team
- Photos and video documentation (and exhibition)
SKIP programme

Strategies for Kids Information for Parents

- Joint face to face interview with SKIP coordinator and circus teacher
- Face to face interviews with 8 parents/caregivers and a short feedback form
Dargaville Primary School
8 week school program with show at end

- Before and after ratings and assessment by the children e.g coordination and confidence
- Feedback from the children halfway through the programme - group discussion
- **Photovoice** - children took photos and then described the photos in words
- Written audience feedback from children and families watching the performance
- Post programme interviews with the class teacher and Circus teachers
Northland Stars

Monthly training programme for high achievers from Northland circus groups

Key informant interview, short face to face interviews with 12 participants and two impact profiles
Northland Stars conclusions

- Participants value the programme and gain transferable life skills e.g. self-discipline, social and communication skills, team work, flexibility and perseverance.
- Fosters circus talent and helps strengthen the circus community.
- Broadens world views through exposure to national and international circus travellers.
- Requires resourcing to fund teachers, equipment and transport and circus teachers with new and higher level skills.
Dargaville Primary School Programme

- 50% said communication with others had improved
- 33% stated confidence, coordination, concentration, comfort in a group and balance had improved
- 80% of audience children would like to learn skills
- Positive responses from parents, audience, school and participants
- Performance seen as a good way of engaging parents

Photovoice - words children used to describe photo’s they took were:

“concentrating, fun, movement, learning, balancing, watching, teamwork, smiling, happy, spinning and awesome”
SKIP programme conclusions

Perceived benefits for children
- increased confidence and willingness to try new things
- socialisation and trust building
- moderation of difficult behaviour
- managed risk taking
- positive and fun interaction between children and adults
- children learn to take turns, cooperate and follow instructions

Perceived benefits for parents and carers
- learning to be a better parent
- an opportunity to play and have fun with their children
- making friends
- trying new things
- learning new skills
- seeing their children progress

Reported community benefits
- increasing social connections in the community
- providing a place for parents with young children to go
- raising the profile of SKIP and Circus Kumarani
Evaluation of “Circolina’s Leap”
A Community Circus Programme

Rachael Trotman
Lotteries Community Sector Research Fund
Circolina’s Leap conclusions

- Significant reported benefits for participants
- Professional theatre and high quality heightened impact
- Most significant benefits reported by Deaf participants
- 79% positive impact on audience attitude to disabled people
- DVD screening and photo exhibition
- Evidence of need for more programmes
- Significant connections made and relationships forged

Project won 2013 Arts Access Aotearoa Community Partnership Award
Evaluation Conclusions

- All evaluations positive - no big surprises
- Community researcher - value for money
- Independent voice - funders especially like “statistics”
- Well suited to story based, qualitative, participatory and visual methods (DVD, Photo, photo voice)
- A mix of methods useful
SELF ASSESSMENT FORM: CIRCOLINA'S LEAP (APRIL 2012)

Name: ____________________________________________

Contact Details: ____________________________________________

Age: (Please Circle) Under 16 16 - 24 25 - 44 45 - 64 64 years +

Ethnic Group (please state) ____________________________________________

Gender Male / Female ____________________________________________

1. How much experience have you had learning circus skills? Please rate out of 10
   (1 = None at all   10 = Very experienced)
   1  2  3  4  5  6  7  8  9  10

2. Why did you get involved in Circolina's Leap? What brought you here?

3. How important are the following to you, in terms of being involved in Circolina's Leap?
   (1 = Not at all important   10 = Extremely important)
   Learning new skills  1  2  3  4  5  6  7  8  9  10
   Performing in public  1  2  3  4  5  6  7  8  9  10
   Making friends  1  2  3  4  5  6  7  8  9  10
   Having fun  1  2  3  4  5  6  7  8  9  10

4. Please tell us one thing you would like to get out of taking part in Circolina's Leap:

Please state who filled out this form (tick one)

I filled this out myself

These are my answers filled in by my caregiver

My caregiver has interpreted this and answered for me

THANK YOU - YOUR FEEDBACK IS MOST APPRECIATED!
CIRCOLINA’S LEAP PARTICIPANT EVALUATION SURVEY

Did you enjoy being involved in the circus project (circle one)?
(Loved it Liked it Neutral Didn’t enjoy it Hated it)

What is the most important thing that has happened for you from taking part in this project? (One example only please)

Did any of these things happen for you through being involved in the project (please tick if so)?

- had fun
- tried something new
- challenged myself
- took a risk and survived
- did something I am proud of
- created art
- made friends
- worked with a group on a project
- learnt new things
- developed my confidence
- felt proud of myself
- felt happy
- felt well, healthy
- learnt about other people
- learnt new skills
- did something positive for myself
- did something positive for the community

What didn’t you enjoy or like about the project?

6. Would you like to be involved in another circus project?
(Definitely Yes if possible Maybe I don’t think so Never)

7. How can we improve our circus projects in future?

Please state who filled out this form (tick one)

- I filled this out myself
- These are my answers filled in by my caregiver
- My caregiver has interpreted this and answered for me

THANK YOU!
CIRCOLINA'S LEAP - AUDIENCE FEEDBACK FORM 19 May 2012

We are evaluating this community circus programme and would love your feedback on the show. All answers are anonymous and will be used to improve future shows and inform other community circus providers.

1. Please rate your response to the show by circling one number below:
   
   Didn't enjoy it  It was ok  It was great!
   
   1  2  3  4  5

   Please give the main reasons for your rating above.

2. Please rate any impact the show has had on your view of disability (circle one number).
   
   No change  Some change  Major change
   
   1  2  3  4  5

   Please give the main reasons for your rating above.

3. If you know any of the performers or support crew today, what impacts have you noticed for them during their participation in this circus programme - what have they got out of it?

4. What else do you want to say about the show?

THANK YOU FOR COMING AND FOR COMPLETING THIS FORM, IT IS MUCH APPRECIATED! PLEASE PUT YOUR FORM IN THE BOXES PROVIDED IN THE FOYER.

If you wish to register an interest in learning circus skills please leave your name and contact details at the desk in the foyer.
Overall Research Conclusions

Circus is an innovative and creative way to engage people on the fringes of society and impact at community level.

Partnerships are key to success.

Small but vibrant NZ circus scene working in isolation, mainly in Northland, Auckland, Wellington, Christchurch and these should be supported.

Opportunity to grow and build circus locally, regionally and nationally; create opportunities for networking, building infrastructure, funding and social enterprise opportunities.

Whole research project was a starting point - gave us invaluable skills to evaluate our own programmes.
International Best Practice

- Belfast Community Circus School
- Finnish Effective Circus Project (EU Social Fund)
- CARAVAN Network
- European Youth Circus Org (EYCO)
- Circus Macht Stark! (Germany 10m Euro per annum)
- American Youth Circus Org (AYCO) (Educators Conferences)
- Circus NOW Platform
- Le GIC’s Global Institute of Circus Studies
- Paul Woodhead - 80 Australian Schools (Anti bullying)
- ACAPTA (Australian Circus & Physical Theatre Association)
- Cirque du Soleil - Cirque du Monde (Box Platform)
SOCIAL CIRCUS - A GUIDE TO GOOD PRACTICES
"They’re smiling from ear to ear"

Wellbeing Effects from Social Circus

Publication of the Centre for Practise as Research in Theatre University of Tampere
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Sofia-Charlotta Kakko

**Wellbeing Effects from Social Circus**  
Riitta Kinnunen, Jukka Lidman  
Social Development Co Ltd

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2. Children and Young People
   2.1. Circus for the Young People at Risk of Social Exclusion
   2.2. Circus for Children
   2.3. Children's and Young People's Experiences from Circus Activity

3. Families
   3.1. Family Circus
   3.2. Family Circus for Small Children
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4. Elderly Participants

5. Visually Impaired Participants

6. Participants with Intellectual and Developmental Disabilities

7. Conclusion

**Three Perspectives into the Future**  
Katri Kekäläinen

Every Lived Life Has Value
Art Penetrates the Entire Mind
Cirque du Monde Puts the Social Circus Researchers on the Same Map
A GUIDE TO THE STUDY OF THE WELLBEING EFFECTS OF CIRCUS
Figure 2. The views given by the family and the nursing staff of the elderly circus participants on the effects of circus activity, the number of respondents B.

<table>
<thead>
<tr>
<th>PSYCHOLOGICAL EFFECTS</th>
<th>0%</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
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<tbody>
<tr>
<td>The elderly person is proud of his/her abilities in circus.</td>
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<td>The elderly person is re-energised in circus.</td>
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<td>The elderly person enjoys him/herself in circus.</td>
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<td>The elderly person has learned new skills in circus.</td>
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<tr>
<td>The elderly person participates in circus with great concentration.</td>
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<tr>
<td>The elderly person is able to use his/her strengths in circus.</td>
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<th>SOCIAL EFFECTS</th>
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<th>20%</th>
<th>40%</th>
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<tr>
<td>There is a good team spirit in the circus.</td>
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<td>The elderly person likes being touched in circus.</td>
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<td>Circus has increased the elderly person's willingness to communicate.</td>
<td>![Bar Chart]</td>
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<th>60%</th>
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<tr>
<td>The elderly person moves with greater agility than usual in circus.</td>
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<tr>
<td>The elderly person has become more self-reliant in circus.</td>
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<tr>
<td>The elderly person's skills of daily living have improved due to circus.</td>
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<tr>
<th>CIRCUS INSTRUCTION</th>
<th>0%</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
<th>80%</th>
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<tbody>
<tr>
<td>The circus instructor is a good leader for the whole group.</td>
<td>![Bar Chart]</td>
<td>![Bar Chart]</td>
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<tr>
<td>The circus instructor gives clear directions to the elderly people.</td>
<td>![Bar Chart]</td>
<td>![Bar Chart]</td>
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<tr>
<td>The tricks are appropriately challenging.</td>
<td>![Bar Chart]</td>
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<tr>
<td>The co-operation between the circus instructor and the nursing staff is effective.</td>
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<tr>
<td>The circus group concentrates well on the exercises.</td>
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</table>
Hello, Circus Fan!

We want to know what you think about circus. Please tell us!

Name of group: ____________________________________________________________

Do you have a good time in the circus? (tick one best answer)

Do you agree or disagree with the following statements about circus? (Please circle)

<table>
<thead>
<tr>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circus is exciting and brings me joy.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I have learned to concentrate in circus.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I have had the confidence to try scary things.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I have become braver in circus.</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>It’s okay to make mistakes in circus.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>It’s fun to be able to move around in the circus.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I have learned new skills in circus.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I can bring in my own ideas for circus shows.</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>I have learned to listen to the instructor.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>We get to have a good time together in circus.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I am given attention in circus</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>I am an important part of the circus group.</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>My friends have told me I’m good at circus tricks.</td>
<td>☐</td>
<td>☐</td>
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</table>

Background information

I am a  Girl   ☐  Boy   ☐

I have been to circus
Once ☐  2 - 5 times ☐  6-10 times ☐  more than 10 times ☐

Do you want to continue with circus?  Yes ☐  No ☐

Thank you for answering!

A Supported Life

Evaluation of Four Day Circus Programme March 2014

15 participants and 5 support workers provided feedback on a four day circus programme at Victoria Park. This was the first programme with A Supported Life and a broad range of circus skills were introduced with a presentation of skills on the final day. Owing to other commitments not all participants could come every day or filled in the questionnaires.

Two thirds of participants were male, one third female and for all but one respondent had been to circus 2-5 times, that is, this was the first time they had done circus.

Overall 80% of respondents said they enjoyed the circus and 73% that they would like to continue.
Studying Social Circus - Openings and Perspectives

Culture Has an Impact!
Seminar in Tampere, Finland
December 12th – 15th 2013
Culture Has an Impact!
Social Circus Evaluation Seminar
in Tampere Finland

Le GICS - The Global Institute of Circus Studies at the Centre for Practise as Research in Theatre at the University of Tampere.
Mood-o-meter
Energiatasoni

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<th>Päivä:</th>
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CIRQUE DU MONDE

- Trend of more evaluation in social circus
- More academic research starting
- Currently a Phd and Masters being finished on the effect of circus on people experiencing mental and physical disabilities in Montreal
- **Physical literacy** at Canada’s National Circus School
- International Centre of Art for Social Change starting a 5 year research study
## Planning a Social Circus Workshop

### Workshop:

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>LENGTH</th>
<th>ATTENDANCE</th>
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</table>

### Instructors:

<table>
<thead>
<tr>
<th>INSTRUCTORS</th>
<th>COMMUNITY WORKER(S)</th>
<th>OTHERS</th>
</tr>
</thead>
<tbody>
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</table>

### General Objective of the Session:

- [ ]

### Technical Goals for the Workshop

#### Circus Lessons

<table>
<thead>
<tr>
<th>APPROX.</th>
<th>ACTIVITIES</th>
<th>ACTIVITY LEADING</th>
<th>WHAT'S NEEDED</th>
<th>ACTIVITY COMPLETED</th>
</tr>
</thead>
<tbody>
<tr>
<td>LENGTH</td>
<td>(Get all activities, including the steering, breaks and the review/sharing)</td>
<td>(first names)</td>
<td>FOR THE ACTIVITY</td>
<td>YES</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Materials, safety, warm-up, creating teams, discussion of themes, etc.)</td>
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### Social Goals for the Workshop

#### Life Lessons

<table>
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<tr>
<th>APPROX.</th>
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</tr>
<tr>
<td></td>
<td></td>
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<td>(Materials, safety, warm-up, creating teams, discussion of themes, etc.)</td>
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### Schedule

<table>
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<tr>
<th>APPROX.</th>
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<th>ACTIVITY LEADING</th>
<th>WHAT'S NEEDED</th>
<th>ACTIVITY COMPLETED</th>
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<tr>
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<td></td>
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### Follow-up

#### General Comments:

- [ ]

#### Objectives for the Next Workshop:

- [ ]

© 2021 Cirque du Soleil
Afghanisation Social Circus

Since 2002

2.9 million audience

1900 performers
Circus Makes Me...

Acrobatics makes me...
- strong
- willing to take risks
- committed
- physically capable

Aerial makes me...
- imaginative
- flexible
- creative
- hold on

Whole makes me...
- brave
- independent
- fair

Manipulation makes Me...
- patient
- share

Performance makes me...
- comfortable
- mischievous
- improve
- let go of fears

Equilibrist makes me...
- forgiving
- spontaneous
- entertain
- concentrate

FIVE RING CIRCUS
Our five circus disciplines & their metaphors for life
Cirque du Soleil® is returning to Auckland and Circability has been selected to benefit from the performance of TOTEM™.

The board of directors and friends of Circability invite you to join them under the Grand Chapiteau to experience an awe-inspiring adventure that only Cirque du Soleil could imagine.

THURSDAY 18th SEPTEMBER 2014 at 8:00 P.M.
TICKETS: $88, $110 or $132

Tickets purchased from Circability support Circability services for youth and families in Auckland.

PURCHASE YOUR TICKETS TODAY!
Call 09 3613801 or email info@communitycircus.co.nz

Circability work with diverse groups using community circus to promote inclusion and well being for all. To learn more about the Circability Trust visit www.communitycircus.co.nz

Cirque du Soleil donates tickets to organisations providing assistance to youth at risk, with 100% of the profits from ticket sales supporting their work with young people.
Circus at Victoria Park

Circability

09 361 3801 • info@communitycircus.co.nz
in association with Toi Ora & Hohepa Auckland

celebrate
launching social arts programmes

at Victoria Park
open day

Sunday 27th July
12 pm-4 pm

free
CIRCUS
workshops
& demos
music & art

for all ages and abilities

Campbell Free Kindergarten, Victoria Park

Circability Trust • ph 09 3613801 • info@communitycircus.co.nz
www.communitycircus.co.nz • www.facebook/Circability