



Swamp Circus Trust Ltd - Circus Skills Workshops

About us

Swamp Circus has been running circus skills workshops since 1986 for people of all ages and abilities.

Swamp Circus workshops are suitable for schools, community groups, youth clubs, festivals, fun-days, corporate events and team-building challenges. Our workshops have a flexible format to meet your individual needs. You provide the venue; we bring the fun!

Workshop options

- Taster sessions: 90 minutes to full day workshops.
- Residencies: consecutive daily sessions or weekly sessions.
- Performances: participants create their own circus show or our skilled circus tutors perform a show with the workshop participants
- Projects: longer term community projects incorporate circus skills as a tool to access further learning.
- Workshops tailored to your requirements.

Our workshops are safe:

- We recommend one circus skills tutor per 15 to 20 participants.
- All of our tutors are CRB (Criminal Records Bureau) checked.
- We have public liability insurance.
- We can provide a child protection policy.
- We provide risk assessments on request.
- We require at least one responsible adult supplied by the booking organisation to be present at the workshop.

Our standard workshop kit includes:

- Juggling balls, clubs, scarves
- Diabolo
- Flower Sticks
- Spinning plates
- Hats
- Stilt-walking (hand-held for beginners and strapped-on stilts for advanced)
- Pedal – Go
- Feathers for balancing practice

We can also add:

- Hula hoops
- Unicycle
- Tight-wire (free-standing rig, 50 cm from floor)
- Rola-Bola

We can also teach, on request:

- Acrobatic balancing
- Exploring the art of circus and theatre performance
- Clowning

For acrobatic balancing we would need you to provide gym mats and some crash mats.

Please note that acrobatic balancing, exploring the art of circus and theatre performance and clowning are suitable for longer sessions only.

We can provide and teach aerial trapeze on request, but the aerial rig, safety mats and specialist teacher do cost extra.

Please tell us in advance what you'd like us to bring.

The Benefits of our Workshops

- Builds trust between participants.
- Develops confidence in expressing oneself.
- Helps to raise individuals self esteem and positive thinking attitudes.
- Participants will improve their physical awareness, motor skills, balance and co-ordination skills, especially hand-eye coordination.
- Our sessions encourage and develop co-operation, group work and team work.
- We actively encourage Peer-to-Peer teaching and Skill-Sharing amongst participants.
- Promotes concentration.
- Promotes patience.
- Develops communication skills: one-to-one and within a group (especially oral, presentation and listening skills)
- Practices interpersonal skills.
- We encourage the giving and receiving of praise and constructive criticism.
- Workshops are a great stepping-off point to develop individual and group creativity and imagination.
- A sense of adventure – trying something new.
- Accepting a challenge.
- Learning to “fail fast and fail forward”.
- To let go of tension, make mistakes and laugh at oneself.
- We encourage participants to support each other in skill development.
- We breakdown seemingly difficult tasks into small achievable steps which aid the development of problem solving skills.
- We like to teach in a fun and accessible manner which engages people of all ages and abilities.
- We like to develop a sense of play through performance games, whilst learning skills.
- We find that circus skills are accessible to everyone: no matter the social class, background, ethnic or minority group.
- We find that circus skills are easily accessible and engaging to persons who are frustrated with the normal patterns of academic learning.
- Through breaking down seemingly impossible tasks such as juggling into small achievable steps we develop participants' confidence and understanding of the process of learning.
- We find that circus skills are engaging to those who respond well to kinaesthetic learning.

Circus – Art or Sport?

Circus Skills can be seen as a Sport – it exercises breath control, dexterity, stamina, reaction-times, co-ordination, multi-tasking, upper-body strength, all round flexibility and general health.

The Circus Arts can be seen as Art – physical expression as theatre and spectacle, performance skills, an art combining with dance, theatre, music, stunts; inspires creativity and imagination, creation of kinetic artworks, patterns of colour.

Circus and Cross-Curriculum learning

We can use our circus workshops to introduce or support other learning, such as, physics, literacy and numeracy skills or language skills. If you are running a circus theme as part of your curriculum we can provide video, photos, information and worksheets/resources.

Evaluation

We offer evaluation forms to support staff and participants and we use creative evaluation to measure our quality of workshop delivery.

Photographs and video can be taken during workshops to document the activities and to depict the enjoyment experienced by the participants.

Staffing and Support workers

The typical suggestion of one circus skills tutor per 15 to 20 participants is dependant on us discussing with you the needs and abilities of participants so that we can agree the appropriate tutor: participant ratio. We require at least one Support Worker to be provided.

Safety

We give instructions on the safe use of each item of equipment. Some of the equipment is potentially dangerous – e.g. Rola-Bola, Unicycle – and we limit access to this equipment until sufficient training has been given and the basic skills have been learned and tested by the tutor.

Testimonials

“The girls that are lacking self confidence, really got involved, so that was fab building on their self confidence”
Shaida Karim, Youth Worker

“A very enjoyable, exhilarating, useful and memorable day...the day achieved its aims and objectives...creating a sense of caring and co-operation amongst colleagues, it was a very inclusive experience...demonstrated perfectly how we have to trust team members to achieve a good end result.”

“What a very wonderful day I had yesterday playing at circuses. I have rarely had so much fun” - *Members of the Institute of Lifelong Learning, University of Sheffield.*

“A great day was had by all students, staff and visitors alike and this would not have been possible without your assistance. The day was very special to all involved and will be remembered for a very long time” - *Kate Le Prevost, Ilkeston School, Derbyshire.*

“Some of the children mastered techniques that were well above what was expected”- *Learning Support Assistant at Hinde House School*

“Without your help and commitment we would not have had such a powerful impact on the lives of the children and young people”

Jamie Noble, Children and Young People’s Services, Rotherham Metropolitan Borough Council

More Testimonials are available on our website. www.swamptrust.org.uk

Some of Our Clients

Sheffield City Council, Rotherham Metropolitan Borough Council, Sheffield University, Sheffield Theatres, Kirklees NHS Trust, Doncaster Chamber of Commerce, Thompson Holidays, Magna Enterprises, Colouredome, Partners In Innovation, Music City, Streetforce, Chesterfield Council, Ecclesfield School, Hallam School, Sheffield MIND, St. Bernard’s School, RCAT, Barnsley College, Doncaster HMP YO1, Abbeydale Grange Schools, Sitwell Infants School, Hinde House School, Byron Woods School, various Rainbow, Brownies, Guides and Scout troupes and many more...

If you have any questions please don’t hesitate to give us a call or email us so we can chat through the details.

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