



Balloon Circus  
ANNUAL REPORT

**2022-2023**



## Contents

Introduction	3
Director's report	4
Japan tour	6
Testimonial	7
About Balloon Circus	8
Income and spending	10
Tour map	11



Unforgettable play days and workshops



## Balloon Circus runs creative skills workshops to children worldwide

Our aim is to provide each child with the opportunity to play in a creative environment increasing essential, social and emotional development.

Our mission is to bring joy and laughter for every child we teach, to ensure that the memory of fun, excitement and challenge stays with them as they grow. Balloon Circus hopes to awaken the inner performer, inspiring smiles and laughter through unforgettable play days.

For the last nine years Balloon Circus has been working directly with children at a grassroots level. We reach as many children as possible to provide them with something that can be forgotten in the face of adversity – a child's right to play.

We work alongside other charities, complementing the amazing work already taking place.

**As always, a big thank you to our generous sponsors, donors, friends and family**



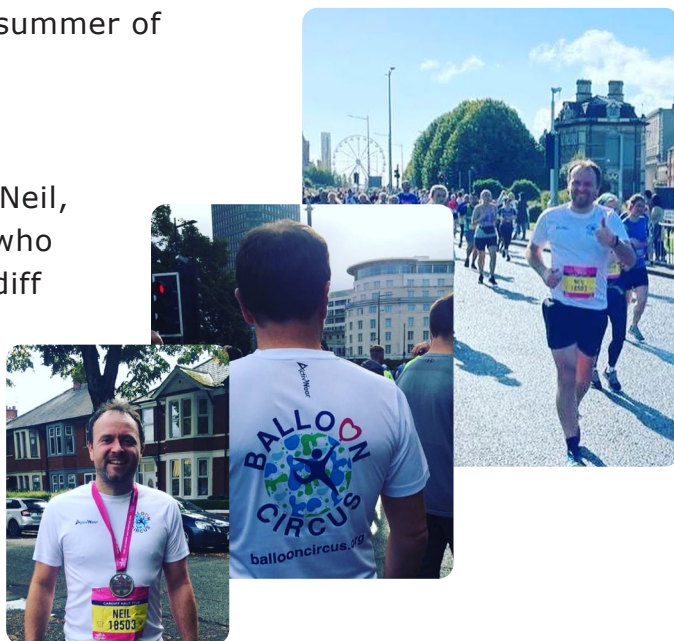


**2022-2023 proved another great year for us at Balloon Circus**

We had an fantastic summer of fundraising.

**A big thank you** to Neil, our newest trustee, who ran for us in the Cardiff Half Marathon.

This was our first ever place in a run.



We also secured a huge donation of spinning plates and juggling balls from Cascade juggling which enabled us to continue donating our legacy packs to the children's homes.



Having won our second successful grant application from the Sasakawa Foundation to visit Japan in 2020, we had not been able to travel until now because of covid regulations in the homes.

It was with great excitement that we got back on tour to teach the children. We were looked after by Michael from You Me We Foundation who guided us around the country helping with everything from transport to translating.



We covered most of the big island from Iwate in the north to Nagoya in the south. All the children had so much fun learning new skills quickly becoming adept at throwing themselves into new challenges, making it another fantastic trip.





## Japan Tour 2023

Our primary focus was on promoting good health and wellbeing, which is in line with Sustainable Development Goal 3. We also aimed to teach critical thinking skills, and provide alternative play to their normal activities.

For vulnerable young people, especially those who have experienced conflict or trauma, circus workshops can be a form of escape, overcoming hardship, where they share their experiences and express their emotions. Circus skills can be used to teach life skills, including perseverance, teamwork, trust and positive risk-taking. Young people can apply these life skills outside of the circus – which can help make them more employable and taking part in workshops can give a sense of self-worth while boosting their confidence, in turn they can continue making a positive difference in the world.

During our tour, we engaged the children in various activities that included circus workshops and balloon modelling. We spent time teaching them different skills

and sharing our experiences, with the aim of increasing their confidence levels. We monitored their progress by asking simple questions.

We are proud to report that our outcomes were excellent, with a significant percentage of children showing an increase in their confidence levels. The children had fun and made lasting memories, while also learning new skills that they can use in their everyday lives.

In conclusion, we are delighted with the outcome of our tour, and we are confident that we made a positive impact on the lives of these children.

We thank you for your support, which made this tour possible.

**[Find out more, including case studies, quotes and testimonials in our post-tour report](#)**





## Testimonial from You Me We

“We met Balloon Circus in 2018 where we travelled the country together from Nagoya to Tokyo to Tohoku teaching children in orphanages.

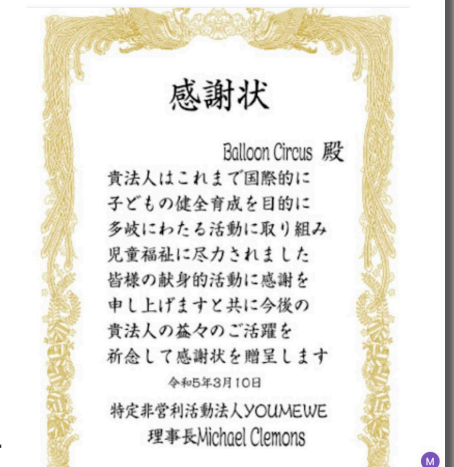
Everyone from the most stoic principal to the littlest of children thoroughly enjoyed themselves.

We looked forward to them coming back ever since.

We had the pleasure to meet again in 2023 and the highlight was an eleven year old who remembered us from 2018 and wondered when they would be back.

The children do not remember the birthday presents or Christmas but they do remember the adults that come into their lives to make them feel important. They especially remember when they come back again and again.”

Your organization has been committed to child welfare through a wide range of activities for the sound upbringing of children internationally. We would like to present you with a letter of appreciation for your dedicated activities.



## Balloon Circus Director

Jenny Alexander

## Members of the board

Michelle Harrison

Neil Harrison

Kate Walmsley

Miranda Wilkinson

Chris Wright

## Workshop leader

Somsak Thongrot

Find out more on the [Balloon Circus website](#)

## Why circus skills?

*"Try things you never imagined trying, achieve things you didn't expect to achieve, and learn things that you will never forget."*

Taking part in circus activities is a highly enjoyable way to develop important skills that apply to all walks of life, in an atmosphere of fun.

Circus talent requires concentration and confidence. The workshops offer genuine learning experiences that really help to develop individuals.

## The benefits of the workshops

- Circus skills build confidence and self-esteem and are inclusive of all abilities.
- Circus skills develop teamwork.
- Circus skills involve both the left and right side of the body and the brain to greatly improve learning abilities.
- Circus skills help people to deal with fear, react to the unexpected and plunge into the next challenge with confidence.

## Short term objectives

- Bring the children together through circus.
- To bring laughter and joy to the children.
- Provide an opportunity for children to work with and learn from an international performer.

## Long term objectives

- Extend workshops to other areas.
- Develop a sustainable circus/physical theatre culture.
- Play a role in promoting the value of alternative entertainment in the community.

## Circus skills workshop

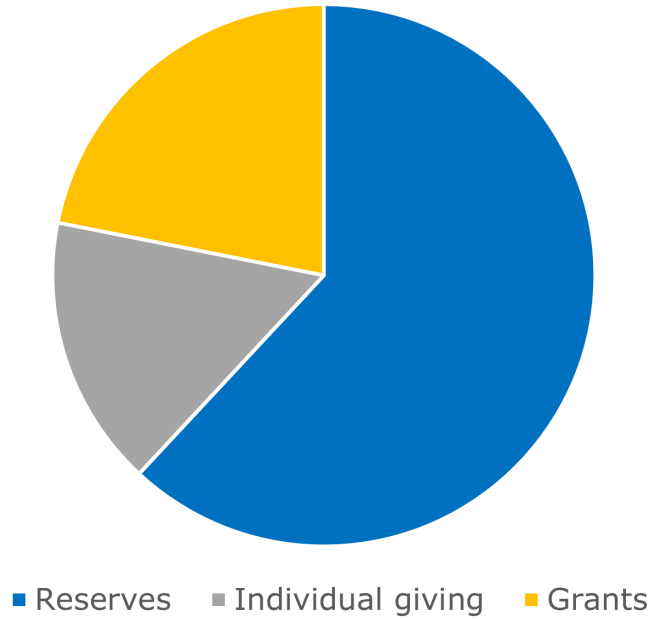
- Balloon modelling
- Diablo
- Hula hoop
- Juggling balls & rings
- Plate Spinning
- Poi spinning
- Flower sticks
- Gymnastic ribbons & scarves



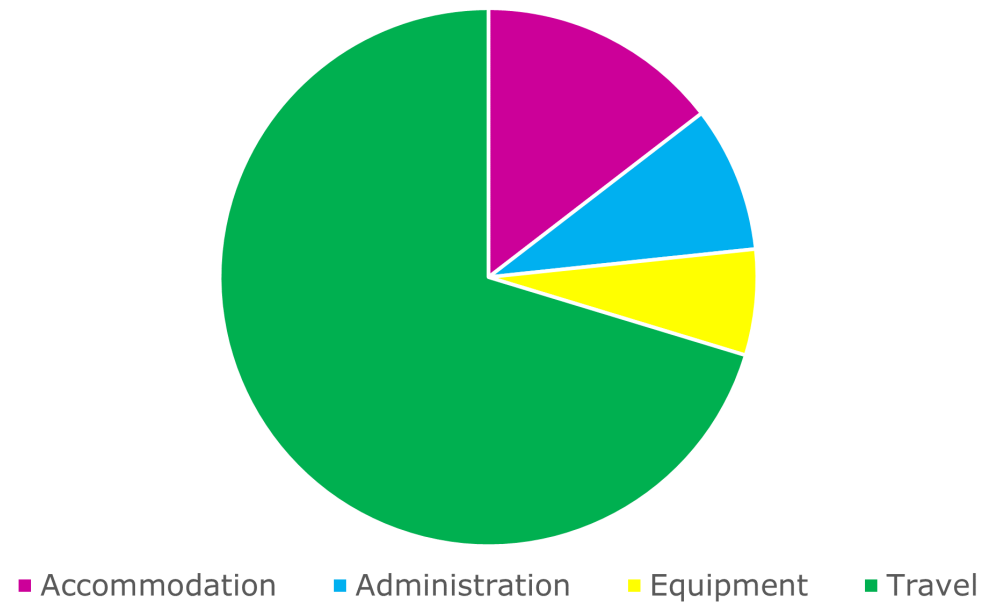


# Income and spending

Balloon Circus income 2022-2023



Balloon Circus spending 2022-2023



# Balloon Circus tour map

