



CIRCUS PROMOTING WELLBEING

Social Circus project 2009 - 2011





What is social circus for us?

Social circus is circusteaching where circus is a medium for learning: circus is used as means to reach social and personal goals.



What is social circus for us?

Giving circus as a hobby to groups who would otherwise not have the opportunity to participate in circus practise



Social Circus – ESF project

7 pilotcircuses / 35 circusteachers

6 towns/cities

2 years

61 groups of participants

1170 participants

over 785 lessons/workshops





Aims of Social Circus –project:

- To help circus organisations produce quality social circus
- To advance social circus as a wellbeing service
- To stabilize social circus as a permanent part of Finnish circus scene and a product of communal wellbeing services



In other words:

To create more job opportunities for circus teachers and a way for circus organisations to find (extra) funding for new target groups.





Different target groups in our project:



SOME OF OUR TARGET GROUPS

- Suburb circus
- School classes for children with special needs
- Kids who have no hobbies
- Immigrant classes
- Kids with neurological or socio-emotional disorders
- Families who are dealing with social services
- Youth in danger of alienation
- Handicapped children
- Recovering addicts



”Good practises in social circus” -a guidebook





What?

A tip book that gathers good practises in social circus



To whom ?

To circus organisations or circus teachers who are planning to start/ starting social circus activities.



When?

- Finnish version was published on the 15 th of Sept.2011
- English version by the end of October 2011
- Paperback & internetversions on both languages



How?

- Circus teacher reports (per lesson and a monthly report)
 - Reports of the project managers of circuses
 - Discussion days (2 days/circus)



What did we ask?





Lesson/workshop:

- date, time, space, group
 - Main goal
- Content of the lesson (incl. Plans)
- Observation and outcome of the lesson
- Analyses of teachers own actions (what did teacher learn, what did work, what did not, self reflection)
 - Feelings of the teacher



Monthly report/ circusteachers:

1) Summary of the content of the circuslessons. (What practises have been used to reach which goals? Have the goals changed? Most important observations of the lessons?)



Monthly report/ circusteachers:

- 2) Observations of the targetgroup, good and bad practises, case examples?



Monthly report/ circusteachers:

3) Summary of the selfreflections – what have you learned, what should be done differently, what has / has not worked and why, what are your feelings about this month?



Monthly report/ projectmanagers:

- 1) The most important actions of the month
- 2) Goal of the project from the organisations point of view – how does it seem at this point?



Monthly report/ projectmanagers:

- 3) Observations about the partnernetwork?
- 4) Observations about the participants?
- 5) Information and marketing, which tools and to whom?
- 6) Documentation of the content



Monthly report/ projectmanagers:

7) Good/bad practises? What makes practise good/bad? Who would benefit from this good practise and why?

8) Does organisation/personnel need help or special attention, where, why? Special positive or negative things?



Monthly report/ projectmanagers:

9) Comments and self reflections



Discussion days

- Circuses found it very stressful to fill out the reports
- to ease the reporting we went to each circus 2 times with questions and discussed about good/bad practises with the social circus teams of each circus:



Topics of discussion days

- Contracts with partners, inside the circus
 - Motivating and working with the targetgroup, partner organisation and inside the circus
- Co-operation with the circus and the University



Content of the guide book

Good practises on:

- The planning of social circus activities
- Starting a new social circus group and working with target groups
- The structure of the circus lesson and teaching
- The ending performance
- Being a cricus teacher



Contents

- Different practical tools about structuring the lessons, cooperation between circus teachers and turning successful circus clubs into "well-being products"
- Social circus in Europe
- Social circus organisations in the project
- List of additional reading on the subject



Distribution

- The project circuses and their partners
- Biggest finnish libraries
- Interested finnish circus organisations
- Will be downloadable from the weppage www.sosiaalinenSirkus.fi



English version

- Translation finished at the end of October 2011
- Distribution to interested international partners
- Interested circus organisations can order the guide from us at the Centre for Practise as Research in Theatre.
- Will be downloadable from the weppage www.sosiaalinen sirkus.fi



What next?





ESF2: Effective circus 1.11.2011 – 28.2.2014



Aims and objectives

- Creating a method for studying the impacts of circus, when it is used to promote well-being
- Turn successful circus projects into “well-being products”
- Help the circuses exchange information and knowledge with each other
- Promote a closer working relationship between circuses and the cities they operate in



Pilot Circuses

- Sorin Sirkus – Tampere
- Sirkus Unioni – Turku (southwest of Finland)
- Piste – Rovaniemi (Lapland)
- Sirkus Magenta – Vantaa (Great-Helsinki area)
- Culture Centre Pii Poo – Lempäälä (next to Tampere)
- Oulun Tähtisirkus – Oulu (northern Finland)



Actions

- Projects in each circus, where circus is used to promote well-being
- Devising the method for studying the impacts of circus and trying it out in the pilot projects.
- Gathering information from international partners about their impact studies and circus “products”
- Selling circus lessons to partner organisations that promote well-being in their workplace
- Four working seminars in different pilot circuses
- Short circus teacher exchanges between pilot circuses
- The publication and distribution of the results



Target groups

- Children and youth who are in danger of alienation
- Children / youth with special needs (learning difficulties, extreme behaviour, ADHD, Asperger etc.)
- Immigrants and refugees
- Handicapped children / youth / adults
- Blind children
- Hospital schools
- Families who are dealing with social services or living in group homes
- The elderly



Working seminars

- Tampere, Vantaa, Turku and Oulu
- Turning successful circus projects into “well-being service –products” together with the circuses and their partners in the cities
- Three day –seminars:
 - 1) Starting day – discussing the needs of specific target groups and how circus can meet these needs
 - 2) Promotion day – Local pilot circuses explain and showcase their work to a larger audience
 - 3) Product day – Turning circus projects into service products with the knowledge gathered from the first seminar day



Timetable

November – December 2011

Recruiting and planning

Starting seminar

Creating the research method for the impact study

Years 2012 – 2013

Circus teaching in pilot circuses

Four working seminars

Research continues

January – February 2014

Ending seminar – publication of the results





More information

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