

“Cirk Hes is a welcoming, friendly, caring community, providing a safe space with professional training where everyone can explore and develop their many abilities through learning and practicing new skills and everyone is valued. By finding solutions to the problems of accessibility Cirk Hes is reaching out and offering inclusion to people who often experience exclusion due to spaces and activities being inaccessible to them.”

Jo Eccleston
Circus Practitioner

Cirk Hes Ltd

Unit F8, Business park, Clodgy Ln, Helston TR13 8FZ, United Kingdom

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5.0 ★★★★★ 6 reviews Reviews aren't verified ⓘ

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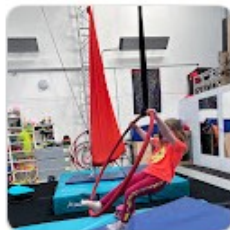


Asia G

Local Guide · 44 reviews · 7 photos

★★★★★ 6 months ago

We are extremely lucky to have Cirkhes in Helston. Great place for all ages. Fantastic people. Fun, relaxed and engaging environment.



Cirk Hes Ltd (owner)

6 months ago

Asia thank you so much for such a lovely review, it really means a lot to us. Best CH Crew

“My son is 11, autistic and has ocd tendencies. He is home educated and does not attend any other formal structured classes as he can’t cope with them. He does however thoroughly enjoy his circo-neuro sessions at cirk hes. My son knows the staff there well ...they have built up a great rapport with him. He can be shy and find it hard to say what he wants to do. But they always make time to gently talk with him and make him feel at ease and included. There is a gentle, optional structure to the session which is a balance my son feels comfortable with. My son is really enjoying learning more on the aerial equipment and improving on his skills each week, I can see his confidence growing and can’t wait to see how he progresses. There are lots of new ideas and things to try out there. So it is a really enriching experience for him. Thank you Cirk Hes!”

E W



Richenda Gillespie

Local Guide · 13 reviews · 7 photos



★★★★★ 2 years ago

What a fabulously friendly, fun and inclusive place this is. My daughter adores going to circus classes at Cirk Hes. Can only recommend!



Cirk Hes Ltd (owner)

2 years ago

Thank you sooo much for your review RICHENDA, IT'S SO NICE TO BE VALUED AND RECOGNISED THIS WAY.

"Re: Circo Neuro

I have two daughters aged 10 and 7, both have forms of autism, sensory processing disorder, toe walking and short stature.

Circo Neuro has been transformative for both my daughters who have thoroughly enjoyed engaging with the wide selection of circus arts activities that Circo Neuro provides.

My eldest daughter has discovered a particularly strong love of hula hoop manipulation (something she now practices daily), whilst my youngest has thoroughly enjoyed anything that involves spinning; providing the valuable vestibular input that her sensory processing disorder craves.

Ross is a superb teacher who is always informative, patient and approachable by even the shyest of learners; always ensuring an unpressurised atmosphere with freedom to explore at each learner's own pace. It is clear from watching the other children that Circo Neuro has become an inclusive 'safe space' for a wide variety of neurodiverse individuals.

In addition to learning new skills, and enjoying physical exercise my daughters have made good friends at Circo Neuro and I feel they have become far more confident in their day to day lives."

RE



Maisie Bradley
5 reviews · 5 photos



★★★★★ a year ago

Absolutely fantastic place with a fabulous team of talented people who cant wait to look after you, teach you amazing things and be a welcoming supportive network you can always turn to!



Hover to react



Cirk Hes Ltd (owner)
8 months ago

Aw thank you for such a lovely review Maisie :-)

“Over many years, I have personally witnessed the positive benefits of circus skills and circus related activities on a wide range of groups, particularly young people in Cornwall. The benefits conferred are many and various and can be transformational. Apart from the skills themselves, these activities promote self-confidence, social skills, wellbeing and a sense of achievement.”

Mr S Sutcliffe

“How Cirk Hes has supported us so far.

We started attending Cirk Hes groups in 30th April. I have two children of my own who have sensory processing disorder, they both like spinning, climbing and falling.

My younger child is loving having the opportunity to explore all the aerial equipment, funding for plenty of safety equipment would really help this child as he still struggles to handle his personal safety.

My eldest has struggled with leaving the house in the last few years, especially due to not wanting to bump into other teenagers. He has really taken a liking to the silks though and is showing some real resilience and prolonged commitment to trying this activity. This is building his self confidence as well as his resilience which he has struggled showing since starting school. He doesn't like many people around so having the funding will mean that Cirk Hes can still offer the smaller groups for the children who cannot cope with many people around.

I also look after extra Sen children due to Childminding. One child is fairly new to leaving their own home due to anxieties from school trauma. This child is slowly engaging in some of the activities, mainly when the room is quieter as they don't like any attention on them. Cirk hes is allowing this child to meet their sensory needs as well as build their confidence in themselves back up. This child is also showing some amazing resilience when she is struggling with any activities, as long as no attention is brought to it.

Another child has severe sen needs and global developmental delay. This child has only been once but absolutely loved the opportunity to join in with all the activities. His family were so impressed that they are planning on looking into attending more classes during term time when he does not

attend my setting. This child has low muscle tone so funding could possibly provide more support for the children who enjoy activities but are physically struggling.

I have two more children I childmind who are pre diagnosis and currently under assessment/monitoring.

The first attends during half term, this child has only attended one session, they did really well at talking to a person they have never met before and taking guidance from this person. The child generally is selective mute and hides away from any attention. This was a very big deal for this child.

Finally the last child I have, this child really struggles with new areas and people. The first time we attended the child really struggled and broke down when we got back to the setting. This child is now fully comfortable running around the area and trying the different activities. The child is still very shy around the instructors but has on occasion accepted equipment from them or joined in their activity. This child also seeks sensory input especially proprioception. Being able to attend the sessions enables this child to meet their movement needs in a safer environment.”

SY

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Cirk Hes Ltd (owner)

a year ago

Joe thank you so very much for this wonderful review. Aw shucks :-S you're too kind.



Kelly Jenkinson

3 reviews



★★★★★ 5 months ago



Cirk Hes Ltd (owner)

5 months ago

Aw thank you for the lovely review Kelly, we hope we see you again soon :-)



Kevin Bagshaw

Local Guide · 36 reviews · 165 photos



★★★★★ 8 months ago



Cirk Hes Ltd (owner)

8 months ago

Aw thanks so much for the review Kevin :-)

"We are both qualified teachers with considerable teaching experience both in secondary schools and as teacher trainers: J working independently and L formerly working for the Oxford University teacher training department.

We have been taking our two children 12 and 9 yrs to Cirk Hes since the organisation re located to Helston.

We have found Cirk Hes to be a highly competent, professional and inclusive organisation. The instructors teach very much through demonstration, clear instructions and infectious enthusiasm which leaves no doubt as to their level of expertise, inspires confidence and the safety of knowing what should be done, when and how. Instructors also demonstrate a very high level of inter personal skills attuning and adapting their teaching to their students needs.

For our children this has led to good progress and a growing confidence in what they are doing as well as a visible increase in self-confidence. The non-competitive environment is utilised to maximum effect so that all students feel they can achieve and will be supported to do so."

J & L P

"As parents of a child who discovered Cirk Hes (Cirque du Ciel) several years ago and who has been involved with them since we have seen first hand what a positive impact circus can have, improving physical and mental wellbeing in an inclusive, fun and non competitive way. The diverse range of activities provides opportunities for all learners to challenge what is possible in a safe and supported environment and therefore grow in confidence developing a sense of belonging and a wide range of life skills.

We have seen Naomi Lewis and the Cirk Hes team work tirelessly to secure the circus space in Helston and equip it with the fundamentals to provide safe and varied activities to the local community and this has been a huge achievement."

K & E S

"We are writing s letter of support for Cirk Hes.

The Sparkle Foundation UK and predecessor charity, The Sparkle Academy has been supporting 17 schools in Helston and The Lizard.

We regularly receive referrals for young people with physical challenges, or who are neurodiverse and or with additional needs and who struggle with mainstream activities who typically cannot play in their own communities because of safety issues or the provision simply isn't there. This is unfair and creates great stress for families with disabled children with the lack of structure and this also impacts on siblings.

Often mainstream providers are not trained in supporting disabled children, and do not have the equipment needed. I cannot recommend highly enough Cirk Hes, to deliver this service and fully support them."

Leigh Yates BEM, BCa
Charity Chair Person
www.thesparklefoundationuk.co.uk

“This is, I believe, a very positive opportunity to provide alternative engagement for the young people of Helston and surrounding areas, particularly those who need additional support from mainstream youth activities.”

Cllr Miles Kenchington

Town Mayor and Helston Town Councillor

From CN4C ‘Why Don’t You Youth Club’ Project Manager Lead

“This charity makes a huge difference to many people who have experience of challenges in all areas of their lives and the charity has had a deep and profound effect on the local community.

Circus brings a different and highly effective way to manage our social, emotional, physical and wellbeing needs, which creates space for people to find a sense of belonging and discover their capabilities, achieve our goals and improve our outcomes.

Cirk Hes is perfectly poised to help young people and intersect with the social and wellbeing services, that are chronically underfunded and overburdened, leading to young people slipping through cracks, which can reinforce negative beliefs patterns, and disengagement from society, sometimes with tragic consequences.

Having spent the past 15 years working in the charity sector, I have witnessed the increase in demand for services, depleted resources and lack of provision for neuro diverse families, leading to increased isolation, retreat from available services, resulting in less positive outcomes.”

“To Whom it May Concern,

I am writing to let you know the benefits my children have received from attending Circus Skills at Cirk Hes. Both my younger boys have autism and sensory issues and the joy they have received for attending circus skills is unmistakable, we have attended since before lockdown happened and the boys are very keen to join in. Neurodivergent children who are sensory seekers like mine actively seek the bouncing and swinging and repetitive movement circus provides. Both my boys enjoy the harness and trampoline as well as the trapeze and the games and activities that vary every week. We have attended both CAAP sessions and time to move sessions and have seen the benefits that children both with and without disabilities can achieve. Many children are not able to benefit from this regularly and to be able to do so would be life changing especially for those with limited capabilities.”

The T family

I am a mother of two seriously ill boys, they have a Primary Immune Deficiency, their immune systems are progressively failing, they will not get better and their condition requires invasive transfusions each week to try to avoid hospitalisation and basically keep them alive. Their sister is physically well but struggles mentally with anxiety and the constant fear of another blue lighted ambulance at the house taking one of her siblings to RESUS with sepsis or another life threatening condition. She became withdrawn and shut down emotionally, I had to remove her from school as there was no emotional support for her as she was very academic and capable however, did not meet any support criteria with behaviour. She started to not eat, not communicate and just read all the time. She also has hypermobility and dyspraxia so she is very bendy and uncoordinated, her self esteem was at an all time low and this added to her "tween" self consciousness. All three children spent 2.5 years at home during Covid pandemic shielding the boys on the advice of Bristol Children's hospital. We only left our gates for urgent hospital treatment. This had a huge emotional impact on all three children who were 4,5 and 6 at this time.

I discovered Circ Hes by chance and booked them onto a session to see what it was all about and if the activities could help strengthen their core stability and help raise their spirits doing something exciting and different. I explained to the staff on the day how the boys' medical problems impact their lives. They are always on the outside of society and have fractured relationships with their peers as they are often not at school or able to join in with activities due to their treatments which makes them low of mood and very aware they are different to children of the same age. In a short time Circ Hes has provided the children with pure escapism and magic to enjoy their childhood even though their circumstances are very different to their peers.

My daughter was so encouraged and told that hypermobility is a trapeze "super power" she has an absolute eagerness for her next session at Circ Hes, the sessions are strengthening her core physically and she is really finding some confidence and zest again.

The boys really look forward to attending and they are doing so well, strengthening their bodies and they feel alive and stimulated mentally not inhibited by their serious illness, not allowing the illness to define them.

The physical and mental health impact is outstanding due to the staff, their "you can do it" encouragement, they see beyond the disability. My youngest son uses a wheelchair when he is very achy and fatigued and for use during hospitalisation and treatment, prescribed by the consultant. He is fortunate this is not all the time and he is small and light so the current lifting gear is sufficient for his current needs. As a mother of a child who is a wheelchair user, I would love other wheelchair users to be able to have access to all my son can do at Circ Hes

L Family