

**We can lead sessions in all aspects of our work - Circus Skills, Clowning, Physical Theatre, and Creative Play all in a fun, safe and friendly environment. We have extensive experience with children, youth and adult groups in many different community settings and contexts. Workshops are suitable for both one off sessions or long term residencies.**



**The workshops are fun and imaginative, whilst imparting valuable skills, which can help to improve the participants co-ordination, concentration, self esteem and team building abilities. This potential has been recognised in our workshops with learning difficulties and special needs groups, children's circus courses around the country and the Performing Arts Department at the University of Northumbria.**

# **BELL AND BULLOCK PRESENT**



# **EEZY TRAPEEZY CIRCUS THEATRE WORKSHOPS**

Workshop subjects include: Juggling with Clubs, Balls and Scarves, Diabolos, Spinning Plates, Stilts and Unicycles. Performance games, clowning, slapstick, acro-balance and improvisation.

**"Impressive, Worthwhile and Exciting"  
Maurice Gilmour, Humshaugh Youth Theatre, Northumberland**



**"Just a quick note to say how successful your performance and workshops were yesterday. I've had lots of positive feedback from my colleagues commenting how the children loved it and as you initially said during my first enquiries that there would be opportunities for participation which all helps the audience to remain engaged. I couldn't have wished for a better beginning to the week. Many thanks."  
Val Charlton, Teacher, Gibside School, Wickham, Gateshead.**

## Workshop Format

For a Basic Session.

1. Arrive and set up circus equipment.
2. Greet group and take a gentle warm up.
3. Juggling:- a) solo b) in pairs.
4. Demonstrate other circus skills.
5. Group tries everything.

For Longer sessions and residencies.

Acro-Balance and Pyramid Building.  
Theatre Games, Clowning and Improvisation.  
Trust and Negotiation Games.  
Slapstick, Falls and Catches.  
Devising Routines, and the Group's Own Show.



## Our Requirements

1. Dry, warm hall space, with high ceiling and non slippery floor surface.
2. Age Groups - 7's and over.  
We can, on special request, work with younger groups.
3. Numbers - 35 maximum.
4. Group should be notified to wear loose, comfortable clothing and flat soft shoes.  
i.e. leggings, tracksuits, trainers.  
Jewelry is to be removed during sessions.

# Bell and Bullock

Present

## Eezy Trapeezy

Circus Theatre Workshops



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About Karen Bell and Dafe Bullock.

We are highly experienced performers, and teachers of street theatre, circus skills, physical theatre and clowning.

We established Bell and Bullock and have been successfully teaching Circus Theatre Workshops since 1991.

We are members of Equity and carry full Public Liability Insurance and Enhanced CRB Disclosure.



Bell and Bullock also present Shows and Walkabout Acts.  
Please visit our website for more information.