

COMPANY REGISTRATION NUMBER 06683343
REGISTERED CHARITY NUMBER 1126493

GOOD VIBRATIONS
REPORT AND ACCOUNTS
FOR THE
YEAR ENDED 31 MARCH 2011

Good Vibrations

REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2011

CONTENTS	PAGES
Legal and administrative details of the Charity, its Trustees and advisors	1
The Trustees' report	2
Case Studies and testimonials	9
Independent Examiner's Report	12
Profit and loss account	13
Balance sheet	14
Notes to the accounts	15

For further information about Good Vibrations and its work, including photos and audio files, please visit www.good-vibrations.org.uk

Good Vibrations

LEGAL AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISORS

Good Vibrations is a charitable company limited by guarantee, registered with Companies House under the name Good Vibrations (Music) Limited.

Registered Charity Number: 1126493
Registered Company Number: 06683343

Trustees

The Trustees who held office during the year are as follows:

Dr Andreas Robert Prindl CBE (Chair)
Mr Nick Hardwick (resigned April 2010)
Mrs Lisa Marie Roca
Dr Alec Roth
Ms Delicia Louis
Ms Stieve Butler
Mr Keith Palmer (appointed October 2010)

Director and

Company Secretary Cathy Eastburn

Registered office 2-6 Cannon Street
London
EC4M 6YH

Bankers Co-Op
PO Box 250
Skelmersdale
WN8 6WT

Independent Examiners Charity Business
Suite 37-40, Cherry Orchard North
Kembrey Park
Swindon
SN2 8UH

Good Vibrations

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2011

STRUCTURE, GOVERNANCE AND MANAGEMENT

Good Vibrations is a registered Charity and a company (registered as Good Vibrations (Music) Limited) limited by guarantee, not having share capital. The Trustees are the Board of the company and function according to the organisation's Memorandum and Articles of Association. Trustees have agreed to contribute a sum not exceeding £1 in the extent of the Charity winding up.

THE BOARD OF TRUSTEES

Under the requirements of the Memorandum and Articles of Association, there must be at least three Trustees. Trustees are appointed by resolution. At each annual retirement, one third of the Trustees, being those who have been in office longest since appointment or reappointment, shall retire from office. Retiring Trustees can be reappointed for a second consecutive term, but must take a break from office after 2 consecutive terms (ie six years in all).

The Trustees who served during the year are listed on page 1. We are delighted that Nick Hardwick was appointed as Her Majesty's new Chief Inspector of Prisons last year. Nick had to retire from the Good Vibrations' Board in April 2010 to take up his new role.

OBJECTIVES AND ACTIVITIES

The objectives of the Charity are as follows:

- the advancement of education and mental health, in particular but not limited to Indonesian performing arts as a tool to promote, improve, and develop communication skills, teamwork, and creative learning in prisons and other institutions; and
- the promotion of Indonesian classical music, dance, singing and shadow puppetry and related art forms.

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit. The focus of our activities is the use of performance art in prisons and other institutions. This benefits a range of people by helping them develop skills that will enable them to integrate into society and contribute positively to their community.

SETTING UP GOOD VIBRATIONS

Although this is only Good Vibrations' second annual report and accounts as an independent charity in its own right, Good Vibrations was set up by Cathy Eastburn back in 2003 as a pilot project under the auspices of an East Midlands-based community music charity, the Firebird Trust. The aim was to try out running gamelan (Indonesian bronze percussion) workshops in prisons and secure hospitals to help people develop crucial life skills such as teamworking and communication skills. The initial pilot was a success and Good Vibrations' work has expanded and developed ever since.

RATIONALE

There are a number of reasons why gamelan (Indonesian bronze percussion) is particularly effective at helping prisoners and similar groups develop crucial life and work skills:

- it is very accessible - you don't need to have any previous musical experience and it's easy to learn the basics.
- it is a very communal activity - there is no overall conductor or leader. Everyone's contribution is equally important, and the nature of gamelan music means that you

Good Vibrations

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2011

have to listen to everyone else to fit your own part in. Playing gamelan demands that players deploy their teamworking and communication skills.

- there is evidence that the sound of gongs and similar instruments is therapeutic.
- gamelan has no off-putting connotations. Because the vast majority of Good Vibrations participants have never even heard of gamelan, there is no chance for people to form prejudices about it which might prevent them benefiting. Other forms of music, for example opera or hip hop, might have negative connotations to some people ("that's not for people like me")
- our workshops give people meaningful insights into another culture, helping to develop tolerance and open-mindedness.

A TYPICAL GOOD VIBRATIONS COURSE

Good Vibrations courses are usually one week long, full time (morning and afternoons), working with a group between 8 and 20 in size. Groups not only learn traditional Javanese gamelan music but also create their own compositions as a group, using the gamelan instruments. They also engage in group free improvisation. The Good Vibrations approach is completely non-directive and participative, and to a large extent groups themselves decide what they want to do and how they are going to do it. This leads to real learning about teamworking, negotiation, compromise, listening and communication.

Good Vibrations courses culminate in an informal performance in front of an audience of fellow-prisoners, staff and outside guests. All completing participants receive a certificate of achievement (in many cases the first certificate they have ever received) and a CD of their group's work. In some cases, Good Vibrations courses are used by host prisons as a tool to enable participants (many of whom are resistant to 'traditional' forms of education) to attain an accredited teamworking skills qualification.

Over the last 8 years Good Vibrations has developed an extremely robust model of service delivery that works even with the most challenging groups and in the most difficult of settings. It has developed particular expertise in working with the most difficult and hard-to-reach, including prolific self-harmers, the very low-skilled, VPs (Vulnerable Prisoners), non-English speakers, 'failed learners', 'persistent basic' (i.e. persistent trouble-makers), people with serious mental health problems and personality disorders, and people coming off drugs.

THE GOOD VIBRATIONS TEAM

Good Vibrations courses are delivered by facilitators working in pairs or on their own. The Good Vibrations team of facilitators (all freelancers), consists of 10 highly-skilled group facilitators and musicians. They are all very experienced at working with "difficult" groups, and benefit from regular training and other career development opportunities.

They are supported by a freelance Project Manager and Administrative Assistant. Good Vibrations' Director, currently working nearly full-time (0.85 FTE), went onto the Good Vibrations payroll on 1 April 2010.

OUTCOMES

Good Vibrations has commissioned various independent studies of its work over the last few years, all of which enthusiastically endorse the value and impact of Good Vibrations courses. Most recently, a report from Birmingham City University (*Continuing Positive Change*, 2010, available on request) showed that participants in Good Vibrations courses maintain the positive benefits in the longer-term (the researchers looked at people 12-18 months on), in particular:

Good Vibrations

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2011

- Greater levels of engagement and an increased openness to wider learning;
- Improved listening and communication skills;
- Improved social skills and increased social interaction;
- Improved relationships with prison staff; and
- Decreased levels of self-reported anger and a greater sense of calmness.

The researchers concluded that:

The key findings from this research suggest that Good Vibrations:

- Acts as a catalyst for change in the lives of offenders, and that this positive change is sustained as offenders move through the prison system and out into the community;
- Has a significant impact on male and female offenders in the general prison population and in therapeutic communities;
- Has a significant impact upon offenders over and above participation in a therapeutic regime;
- Significantly improves confidence, listening and communication skills, tolerance, levels of self-expression and ability to cope with stress and prison life. For many participants these changes are sustained in the long-term;
- Enhances participants' levels of engagement with further education and training;
- Has a significant positive impact on the emotional well-being of female offenders; and
- Is responsive to the differing needs of men and women in prison.

ACHIEVEMENTS AND PERFORMANCE OVER THE YEAR

During the year, Good Vibrations ran 23 Good Vibrations courses hosted by 14 institutions (11 prisons, 1 special hospital, 1 immigration detention centre and 1 community setting), benefiting 426 people in all. In addition we continued our ongoing music technology sessions (2 days/week) for patients at River House secure unit (33 patients participated). For comparison, in 2009/10 Good Vibrations ran 26 courses in 19 different settings (6 of which were probation hostels, for which the funding stream ran out at the start of 2010/11).

1 course in 2010/11 was for women prisoners, 1 was for young female prisoners (aged 15-17), 4 were for young male prisoners (15-18) and 3 were with mixed groups of young people in the community. In addition, the work at River House is for male and female patients.

We successfully piloted Good Vibrations as part of an Offending Behaviour Programme: two projects at a high security prison were programmed as the "foundation" stage of accredited programmes, the first for a group of men starting a six-month CALM (anger management) course, the second for men starting a six-month FOCUS (integrated drugs treatment) programme. Both projects ran very well, and initial research findings show that participants developed significantly in their levels of skills, motivation and trust, and therefore would be expected to experience a better than usual success rate with the

Good Vibrations

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2011

longer, prison-run accredited programmes. The research study will be completed in mid-2011.

We worked for the first time with detainees in an immigration detention centre, running a very successful one-week gamelan project which involved more than 40 men at the centre. Participants reported increased levels of well-being and positive feelings about their situation, finding the project a welcome distraction from their environment, and an opportunity for positive socialising with others. Staff reported a positive impact on the men's mood and behaviour, including self-harmers.

During the year Good Vibrations started awarding bursaries. These are small but significant contributions towards our participants' subsequent musical activities, such as joining a local community gamelan group once they have left prison.

We have also started taking on promising Good Vibrations participants as work placements. Three were taken on during the year: a former prisoner, a former prisoner on licence in the community, and one former participant in a project for NEET (not in education, employment or training) young people. All three have benefited not only from the chance to develop their facilitation, communication and group-working skills, but have been a real asset to the Good Vibrations team, providing a useful extra pair of hands in the sessions and also proving invaluable in the run-up to projects – potential participants respond very well to former participants talking positively about their experiences of taking part.

The fourth independent study of the impact of Good Vibrations' work, *Continuing Positive Change*, was published in June 2010. It concludes that the positive benefits of taking part are sustained in the longer term (12-18 months on), including as people move on from prison into the community. The report has been widely disseminated and is well-known and well-regarded amongst key audiences, eg in NOMS and MoJ.

Cathy Eastburn (Good Vibrations' Director and Company Secretary) was re-elected to the Steering Group of the Arts Alliance, the MoJ¹-funded coalition of arts-in-criminal-justice organisations set up to improve communication between arts organisations and prison staff, probation staff, and officials in NOMS and other government departments. She has played a leading role in liaising with various key officials in NOMS, with colleagues met Crispin Blunt, Prisons Minister, in October 2010, and has worked on commissioning from New Philanthropy Capital a study of the economic impact of arts in criminal justice (the report will be launched in Autumn 2011).

Once again, it was a challenging year for many organisations delivering arts projects in prisons, including Good Vibrations, as public sector cuts started to take effect. Host institutions now have even less funding available for projects and interventions such as Good Vibrations, which, despite the growing body of evidence of their effectiveness, are nevertheless still largely regarded as non-essential. However, partly thanks to Good Vibrations' submitting to the MoJ and NOMS powerful evidence that 2009's "public acceptability" Prison Service Instruction (PSI) had had a negative impact on many leading arts in prisons organisations, the redrafted PSI, issued in July 2010, clearly reflected all of the points and concerns that we raised, and was much better than the original, to the extent of positively acknowledging the important role of the arts in prisons. This has encouraged prisons to be more confident about booking arts projects. (The original PSI was issued in January 2009 by Jack Straw in response to negative

¹ Ministry of Justice

Good Vibrations

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2011

tabloid coverage of arts activities in prisons. It had the effect of discouraging some prisons from hosting arts projects and also dramatically increased the amount of bureaucracy faced by both host prisons and arts organisations.)

The government issued its Green Paper on prison rehabilitation, *Breaking the Cycle*, in December 2010 and Good Vibrations submitted a detailed, constructive response. While welcoming the intention to focus on effective ways of rehabilitating prisoners and therefore bring down the huge costs to society of repeat offending, we are nevertheless concerned that budget cuts, and the resulting prison staffing cuts and lack of resources to book and host outside projects, may threaten the existence of many small, niche providers of effective projects, the very projects that will be needed to realise the MoJ's vision. We are also concerned that as the MoJ develops its plans and processes it does not exclude small providers like Good Vibrations but rather facilitates them and ensures their inclusion.

Finally, we organised an in-house training course in advanced facilitation skills for most of the team in September 2010, and also took on a part-time administration assistant to work alongside the Director.

PLANS FOR THE NEXT TWO YEARS

Good Vibrations will:

- Develop and expand our work in prisons, in particular targeting the 'hard to reach' in the prison population, female prisoners and older prisoners;
- Continue our work in the community working with groups at risk of offending;
- Build on the successful pilot working in immigration detention centres;
- Explore opportunities to resume working in probation settings, building on the successful pilot;
- Explore opportunities to work in partnership with providers of "through the gate" services (ie organisations providing practical support to prisoners before and after release);
- Continue to commission robust research into the effectiveness of Good Vibrations' work; and
- Continue to advocate for arts in criminal justice, using evidence of the impact of our work.

RISK MANAGEMENT

The Trustees have identified the main areas of risk for Good Vibrations, and have instigated a Risk Management Policy whereby these risks are assessed for their likelihood and severity, control and monitoring procedures established, and individual responsibilities agreed. The Trustees review this every six months.

THANKS FROM GOOD VIBRATIONS

We would like to thank our funders, some of whom have supported Good Vibrations from Day 1. Without our funders, none of our work would be possible. Huge thanks to:

- Arts Council England
- Allen Lane Foundation
- LankellyChase Foundation
- Linbury Trust
- Lloyds Charities Trust
- Pilgrim Trust

Good Vibrations

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2011

- Rayne Foundation
- Henry Smith Charity
- Summerfield Charitable Trust
- Youth Music

Special thanks to our Patrons:

- Lord Ramsbotham
- Rahayu Supanggih

Thanks also to those individuals, groups and organisations who provided financial or in-kind support and valuable voluntary help:

- Bates Wells Braithwaite
- Bonneville Primary School
- Rodrigo Caballero
- Mark Carlin
- Cheltenham Community Gamelan Group
- Cheltenham Music Festival
- Andrew Fitt
- Gamelan Naga Mas
- Glasgow City Council
- Camilla Panufnik
- Francis Ramage
- Sophie Ransby, Gamelan Adviser at Southbank Centre
- RH
- Siswa Sukra (Southbank community gamelan group)
- Southbank Centre
- Clare Wilding and her pupils
- Wootton Quaker Meeting

And many thanks to the staff and participants at the following establishments:

- Addiewell Prison
- Broadmoor Hospital
- Eastwood Park Prison
- Harmondsworth Immigration Removals Centre
- Hull Prison
- Lewes Prison
- Lindholme Prison
- Littlehey Prison
- Long Lartin Prison
- New Hall Prison
- Royal Bethlem Hospital (River House)
- Tomorrow's People Working It Out Southwark
- Wetherby Young Offenders Institution
- Whitemoor Prison

FINANCIAL REVIEW

The year was a satisfactory one for Good Vibrations in financial terms. There was a slight decrease in income owing to the tough economic climate, and a slight increase in

Good Vibrations

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2011

expenditure on frontline projects and advocacy work, resulting in a net decrease in reserves of £7,203.

Total incoming resources were £213,588 (2010: £269,227). This compares favourably with the previous year's income, as this benefitted from a one-off transfer of £58,374 from the Firebird Trust, being the net assets of Good Vibrations, which was part of the Firebird Trust until 31st March 2009.

Good Vibrations' principal funding sources are grants from non-statutory sources, workshop fees and contributions from host organisations.

RESERVES POLICY

The Trustees will review the reserve position annually by looking at future needs, risks and longer term liabilities affecting the Charity. The Trustees believe it is prudent to build up the unrestricted funds of Good Vibrations to a level sufficient to cover 3 to 6 months of expenditure. This would allow the Charity time for reorganisation in the event of a downturn in income, protect ongoing work programmes, and allow the Charity to meet its objectives. The current balance on the fund of £61,418 represents 3 months' expenditure and it is the Trustees' policy to maintain the fund at least at this level in future years.

Registered office:
2-6 Cannon Street
London
EC4M 6YH

Signed by order of the Trustees



Company Secretary

Approved by the Trustees on 20 July 2011

Good Vibrations

CASE STUDIES AND TESTIMONIALS

WHAT PEOPLE SAID ABOUT GOOD VIBRATIONS DURING THE YEAR:

PARTICIPANTS:

"Learnt to be a bit more confident to try new things"

"Helped with my concentration"

"I've learnt to play music for the first time in my life. There were lots of different things to learn that were challenging, yet enjoyable"

"It has opened my eyes and made me feel more mature and able to participate in other cultures."

"Learning about the music and culture was a positive and therapeutic experience"

"I found it relaxing, I sleep better though I'm normally hyper. I have bi-polar"

"The music was peace of mind"

"It was a positive reinforcement, it allowed me to feel free to express myself which is not a regular occurrence in prison. I have learnt the positivity of constructive criticism."

"I like the fact that the participants had a lot of independent input in the structure and composition of the music."

"Sense of freedom"

"I've met new friends, learnt new instruments and learnt new skills. It has given me a sense of pride"

"I enjoyed exploring my creative side and also the team work. I feel good about myself"

"The atmosphere between us is strong and overwhelming, it makes us feel warm inside. If we try we can feel good. There are good vibes between the group. Amazing - if we can do it in here, we can do it back on the wings"

"We learnt how we must work together, to listen and respect each other and follow instructions"

"I benefited by knowing that I can get on and work with other prisoners as a group. I didn't feel I was in prison. It made me forget all about my issues and worries...took me to another place."

Good Vibrations

CASE STUDIES AND TESTIMONIALS

PRISON STAFF:

"The participants increased their self esteem, enjoyment, team-building, work ethic and listening skills" – Head of Learning & Skills

"Inspire individuals to celebrate diversity and to encourage prisoners in learning new skills and boosting self esteem" – Prison Education tutor

"I saw a lot of bonding and confidence-building. They opened their minds. Even though I was personally interested, I was sceptical that this would be a success. I was surprised when it went so well" - Prison Officer

"It was good seeing people - who in the past have been obstructive and difficult - be interested and involved and demonstrated appropriate behaviour throughout the day." - Prison Governor

CASE STUDY

M, 20 year old male Good Vibrations participant (interviewed in March 2011)

M comes from Somerset and had been in London for a year. He did a one-week Good Vibrations project as part of an employability skills course run by Tomorrow's People. For the weeks leading up to the Good Vibrations project he had been homeless, sleeping in an office initially and then, having been discovered and evicted from there just before the Good Vibrations project started, was sleeping on the streets. With the help of Good Vibrations staff during the course, he had made contact with Crisis and had found a place in a hostel.

We interviewed him shortly after the Good Vibrations project:

"The week was hard, but playing gamelan kept me focused. [Because of being homeless] I was late and worried, but in the sessions I was focused and able to channel my energy.

"I felt I had a purpose within the group, that I was part of something really beautiful.

"I wasn't on my best form, but sitting there playing feels right - I feel safe and secure - and that's crucial. When I step in there - from that moment I'm in a musical trance, there are no worries and no fear.

"I've learnt that there is no need to hesitate and hold back. I've learnt so much."

M felt that he wanted to play more music and since the Good Vibrations course had taken part in a guitar class run by Crisis. He would like to see a future for himself in music. Good Vibrations has offered him a small bursary to buy his own guitar.

Good Vibrations

CASE STUDIES AND TESTIMONIALS

CASE STUDY

K, 25 year old female Good Vibrations participant (interviewed in July 2011)

K did a Good Vibrations course at Peterborough Prison in early 2008 and a work placement with Good Vibrations in 2010.

"Good Vibrations inspired me to want to learn more about music and when I returned home, I applied to do music at the University of Sheffield. I was accepted on the course and have now graduated with a 2.1 degree. I have completed modules in 'music and health' and 'world music' and now hope to find a career as part of a team which uses music to help people in prisons and in the community.

"My own experience of prison was difficult, I felt lost, but the Good Vibrations team helped me see that I could turn it into a positive thing and change my life for the better. The 5 day Good Vibrations course wasn't just about the music for me, it was about a number of things: getting out of the cell, meeting new people, learning about something different.

"I learnt far more than I ever thought I would, listening to other peoples opinions and suggestions and being able to use the instruments to express how we felt was a real benefit as doing that anywhere else in prison wouldn't really be possible.

"My confidence grew and I suddenly felt that I wanted to learn more. University has helped me to fully understand the benefits of music in prison, particularly Gamelan. I contacted Good Vibrations again and they offered me the opportunity to attend a course on a work placement. This was a brilliant experience! I thought at first it might be difficult but it really wasn't. The facilitators were fantastic and the group were really welcoming. I was able to share my experiences with them and show them that with a little hard work, they can achieve whatever they set their minds to. I now hope that I can use all of my experiences to help other people like me doing something that I feel passionate about."

Good Vibrations

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF GOOD VIBRATIONS

I report on the accounts of the Trust for the year ended 31 March 2011, which are set out on pages 13 to 19.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of accounts. The charity's trustees consider an audit is not required for this year (under s43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under s43(3) of the 1993 Act)
- follow the procedures laid down in the General Directions given by the Charity Commission (under s43(7) of the 1993 Act) and
- to state whether particular matters have come to my attention

Basis of the examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. Which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 41 of the Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act

have not been met; or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Elaine Emerton ACA
Charity Business
Suite 37-40
Cherry Orchard North
Kembrey Park
Swindon SN2 8UH

Date: 27th July 2011

Good Vibrations (Music) Ltd

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2011

	Note	Unrestricted Funds	Restricted Funds	Designated Funds	Total Funds 2011	Total Funds 2010
Incoming Resources						
Voluntary Income						
Donations & gifts		480	-	-	480	125
Unrestricted grants	2	138,000	-	-	138,000	137,000
Interest receivable		135	-	-	135	201
Incoming Resources from charitable activities						
Restricted grants	2		23,182	-	23,182	37,243
Workshop fees and contributions		34,300	-	-	34,300	25,850
Contract income		17,491	-	-	17,491	10,434
Other income						
Funds received from Firebird Trust		-	-	-	-	58,374
Total Incoming Resources		190,406	23,182	-	213,588	269,227
Resources Expended						
Cost of generating funds						
Cost of generating voluntary income	3	7,473	-	-	7,473	7,145
Charitable activities						
Standard Good Vibrations courses	3	59,181	9,392	-	68,573	73,905
Courses in "challenging" settings	3	50,429	5,200	-	55,629	29,198
Courses in probation settings	3	2,890	-	-	2,890	35,390
Courses in other community settings and other frontline projects	3	35,818	7,488	-	43,306	22,610
Advocacy work	3	18,829	-	-	18,829	19,331
Other	3	-	-	-	-	-
Governance costs	3	3,919	-	-	3,919	3,015
Other resources expended						
Team training and organisational development	3	18,772	1,400	-	20,172	7,810
Total Resources Expended		197,311	23,480	-	220,791	198,404
Net Incoming Resources		(6,905)	(298)	-	(7,203)	70,823
Transfers between funds						
		-	-	-	-	-
Net Movement in funds		(6,905)	(298)	-	(7,203)	70,823
Balances at 1 April 2010		68,323	2,500	-	70,823	-
Balances at 31 March 2011		61,418	2,202	-	63,620	70,823

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

Good Vibrations (Music) Ltd

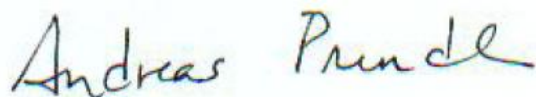
BALANCE SHEET

31 MARCH 2011

		2011	2010
		£	£
Current Assets			
Debtors and Prepayments	5	39,654	7,204
Cash at bank and in hand		<u>40,004</u>	<u>82,435</u>
		<u>79,658</u>	<u>89,639</u>
Liabilities: amounts falling due within one year	6	16,038	18,816
Net Current Assets		<u>63,620</u>	<u>70,823</u>
Net Assets	7	<u>63,620</u>	<u>70,823</u>
Funds			
Unrestricted Funds	8	<u>61,418</u>	<u>68,323</u>
		<u>61,418</u>	<u>68,323</u>
Designated Funds	8	-	-
Restricted Funds	8	2,202	2,500
Total Funds		<u>63,620</u>	<u>70,823</u>

These accounts are prepared in accordance with the special provisions of Part VII of the Companies Act relating to small entities.

Approved by the Board of Trustees on 20 July 2011 and signed on its behalf by:



Good Vibrations (Music) Ltd

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2011

1. ACCOUNTING POLICIES

- i. Good Vibrations was founded in 2009 and was incorporated as a company limited by guarantee on 28th August 2008. The Charity commenced operations on 1st April 2009.
- ii. Basis of preparation
The accounts have been prepared under the historical cost convention, and in accordance with applicable United Kingdom accounting standards, the "Statement of Recommended Practice: Accounting and Reporting by Charities" issued in March 2005, the Companies Act 1985, and the Charities Act 1993.
- iii. The company is exempt from the requirements of Financial Reporting Standard No. 1 to prepare a cash flow statement as it is entitled to the filing exemptions of a small company under sections 246 to 249 of the Companies Act 1985 when filing accounts with the Registrar of Companies.
- iv. The accounts and Trustees' report refer to Trustees. These individuals constitute directors of the company for the purposes of the Companies Act.
- v. Each member of the company has undertaken to contribute to the assets of the company in the event of the company being wound up, during the time he or she is a member, or within one year after he or she ceases to be a member, such amounts as may be required not exceeding one pound.
- vi. Incoming resources: Income is accounted for on an accruals basis in respect of grants, fee and interest, and on a receipts basis for all other income. Legacies are accounted for on a receivable basis and accrued where the final estate accounts have been approved or the receipt can be reliably measured.
- vii. Resources expended: Expenditure has been included on an accruals basis. This includes any VAT which cannot be recovered.
- viii. Unrestricted income and expenditure covers money received and expended at the discretion of the Trustees in accordance with the objectives of the Charity.
- ix. Restricted income is money received and expended subject to specific purposes agreed with the donor.
- x. Allocation of costs:
 - a. Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and support costs, i.e. those costs of an indirect nature necessary to support such activities.
 - b. Governance costs include those costs associated with meeting the constitutional and statutory requirements of the Charity, together with costs linked to the strategic management of the Charity.
 - c. Not all the above allocations have been recovered from the funding for restricted projects. This has been recognised by a transfer between general and restricted funds on the statement of Financial Activities.

Good Vibrations (Music) Ltd

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2011

d. The cost of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

xi. Deferred income

A provision for deferred income is made where the income received in the year has an entitlement for the next financial year and can be reliably measured at the balance sheet date.

2. GRANTS RECEIVED

	2011				2010
	Unrestricted	Restricted	Designated	Total	Total
	£	£	£	£	£
Allen Lane Foundation	5,000	-	-	5,000	5,000
Arts Council England	30,000	-	-	30,000	25,000
Cheltenham Music Festival					
Education Dept	-	-	-	-	600
Henry Smith Charity	30,000	-	-	30,000	30,000
LankellyChase Foundation	12,000	5,200	-	17,200	12,000
Linbury Trust	30,000	-	-	30,000	-
Lloyds Charities Trust	1,000	-	-	1,000	-
London Probation Impact					
Project	-	-	-	-	34,143
Northmoor Trust	-	-	-	-	20,000
The Pilgrim Trust	15,000	-	-	15,000	30,000
Rayne Foundation	15,000	-	-	15,000	15,000
Summerfield Charitable					
Trust	-	-	-	-	2,500
Youth Music	-	17,982	-	17,982	-
	<u>138,000</u>	<u>23,182</u>	<u>-</u>	<u>161,182</u>	<u>174,243</u>

Good Vibrations (Music) Ltd

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2011

3. RESOURCES EXPENDED

	Voluntary Income	Standard Good Vibrations Courses	Course in "challenging" settings	Courses in probation settings	Courses in other community settings and other frontline projects	Advocacy work	Governance	Team training and organisational development	2011 Total	2010 Total
Costs directly allocated to activities										
Wages and Salaries	7,213	8,655	3,847	2,885	7,694	9,136	2,404	2,885	44,719	9,380
Project costs	250	54,908	47,717	5	32,447	7,534	-	15,285	158,146	167,745
Trustees' expenses	-	-	-	-	-	-	260	-	260	294
Independent examiner's fees	-	-	-	-	-	-	1,025	-	1,025	275
Other	10	-	-	-	-	783	230	2,002	3,025	244
Support costs allocated to activities										
Wages and Salaries	-	1,239	1,005	-	782	340	-	-	3,366	3,360
Legal & Professional	-	2,041	1,657	-	1,291	561	-	-	5,550	8,446
Other	-	1,730	1,403	-	1,092	475	-	-	4,700	850
Total resources expended	7,473	68,573	55,629	2,890	43,306	18,829	3,919	20,172	220,791	198,404

Good Vibrations (Music) Ltd

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2011

4. TRUSTEE REMUNERATION AND RELATED PARTY TRANSACTIONS

No Trustees received any remuneration during the year. Travel costs amounting to £260 (2010: £294) were reimbursed to 2 (2010: 2) Trustees.

No trustee or other person related to the Charity had any personal interest in any contract or transaction entered into by the Charity during the year (2010: Nil).

5. DEBTORS

	2011	2010
	£	£
Trade debtors	9,421	7,204
Prepayments & Accrued Income	30,233	-
	<u>39,654</u>	<u>7,204</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2011	2010
	£	£
Trade creditors	15,013	17,534
Accruals	1,025	1,282
	<u>16,038</u>	<u>18,816</u>

7. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Designated	Total Funds
Current Assets	77,456	2,202	-	79,658
Current Liabilities	(16,038)	-	-	(16,038)
Net assets at 31 March 2011	<u>61,418</u>	<u>2,202</u>	<u>-</u>	<u>63,620</u>

Good Vibrations (Music) Ltd

NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2011

8. MOVEMENT IN FUNDS

	As at 1 April 2010 £	Incoming resources £	Outgoing resources £	Transfers £	As at 31 March 2011 £
RESTRICTED FUNDS					
Standard Good Vibrations courses	2,500	6,892	(9,392)	-	-
Courses in "challenging" settings	-	5,200	(5,200)	-	-
Courses in the community & other front line projects	-	7,488	(7,488)	-	-
Team training and organisational development	-	3,602	(1,400)	-	2,202
Total Restricted Funds	2,500	23,182	23,480	-	2,202
Designated funds	-	-	-	-	-
Unrestricted funds	68,323	190,406	(197,311)	-	61,418
Total funds	70,823	213,588	(220,791)	-	63,620