GOOD VIBRATIONS (MUSIC) LIMITED

REPORT AND ACCOUNTS

FOR THE

YEAR ENDED 31 MARCH 2014
Good Vibrations

REPORT AND ACCOUNTS

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For further information about Good Vibrations and its work, including photos and audio files, please visit [www.good-vibrations.org.uk](http://www.good-vibrations.org.uk)
Good Vibrations (Music) Ltd

Legal and Administrative Details of the Charity, its Trustees and Advisors

YEAR ENDED 31 MARCH 2014

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:

Ms Stieve Butler (Chair from March 2014)
Mr John Morehen (retired March 2014)
Mr Keith Palmer
Dr Andreas Robert Prindl CBE (Chair until March 2014)
Ms Lisa Marie Roca (elected March 2014)
Dr Alec Roth (retired November 2013)
Mr Peter Spires (retired March 2014)
Dr Laura Caulfield (elected March 2014)

Director and Company Secretary

Ms Cathy Eastburn

Registered Office

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London
EC4M 6YH

Bankers

Co-Operative Bank
PO Box 250
Skelmersdale
WN8 6WT

Independent Examiner

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Website

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REPORT FROM THE CHAIR

This has been a year of exciting events, challenges and change. From the amazing celebrations of Good Vibrations 10th Anniversary celebrated at the Southbank Centre in October 2013, to the news that the charity's Founder and Director, Cathy Eastburn would be leaving in early 2014. The team and Board of Trustees have used these events as opportunities to carefully consider the strategic direction of the organisation and to review and ensure it is still creating positive change.

The make-up of our Board of Trustees also changed during this time. I would like to state my thanks to our highly valued Trustees, Alec Roth, Peter Spires, John Morehen and our Chair Andreas Prindl, who left during the year - some to retire and some due to personal circumstances. I would also like to thank our new Trustee, Lisa-Marie Roca, for her support and to extend my thanks to the other Trustees - Keith Palmer and Laura Caulfield.

The most exciting news is that as we begin the second half of 2014, we move forward with a new Executive Director, Katy Haigh. Both the Trustees and the facilitators believe that Katy will be the perfect individual to lead Good Vibrations into its next phase over the coming decade.

As we work together to develop the work of Good Vibrations, we are overtly aware of the challenges we face, not least the problems of accessing those vulnerable individuals who most need our interventions. We have achieved most of our objectives for the year and are now ready to address our new objectives. One of the most important objectives is to develop the legacy created by Cathy and to interpret and grow her vision to benefit even more participants.

In achieving these goals the Trustees must acknowledge the invaluable support of our funders who we hope will be as excited about the future development of Good Vibrations as we are. Change gives us an opportunity to improve and grow, and we are confident that together, working in close partnership with all key stakeholders, Good Vibrations will continue to grow from strength to strength.

Stieve Butler
Chair
15th July 2014
INTRODUCTION TO THE ANNUAL REPORT AND ACCOUNTS FROM THE DIRECTOR

This is my last report for Good Vibrations. When I look back over the years, I am amazed at what we have achieved from nothing other than the simple - if rather eccentric - idea of running gamelan workshops in prisons.

Good Vibrations has helped thousands of people (at the time of writing: nearly 4,000 people in 192 projects in 54 different institutions) develop crucial life and work skills, and build the confidence and motivation to engage with positive activities.

Our projects transform participants’ self-identity and sense of connection to others. These transformations are life-changing. A positive sense of self, of one’s efficacy, and of how one relates to others, together form a vital foundation for leading a positive and crime-free life (or “primary desistance” in the current jargon). However these transformations are also subtle, intangible - and therefore not easily measurable: a disadvantage sometimes when talking to funders or policy-makers.

Other benefits and outcomes cluster around those fundamentals. Things like improved relationships with peers or family or prison staff, better teamworking, reduced anger levels, improved listening, ability to tolerate others’ points of view, reduced levels of self-harm, improved focus and application, successful engagement with other activities. These outcomes, while not really describing the depths of what we are achieving, are more tangible and - thankfully! - easier to measure, helping us to provide the “evidence of effectiveness” that funders and policy makers require.

Good Vibrations is now widely known in the criminal justice sector and accepted as a valuable and important activity. Back in 2010 we were approved by the Prison Service Directorate of High Security Prisons as an “effective intervention” in contributing towards reduced reoffending. More recently we find ourselves increasingly invited in to work in prisons as an integrated part of their regimes, rather than a bolt-on extra. Governors and staff at these prisons recognise the crucial boost that our projects can give to their rehabilitation programmes.

Our good reputation is hard-won. It is thanks to the combination of consistently effective work plus our efforts, throughout the 11 years, to evaluate our work rigorously, to tell people about it, and to make a solid case both for Good Vibrations and music in criminal justice generally.

When I started Good Vibrations as a pilot project in 2003, I was very clear I only wanted to carry on with the work if we knew it was effective. Also I have always believed it is not enough just to run frontline projects, however good they are. It is also crucial to “advocate”: to try and influence the operating environment in which you work to make it more conducive to the outcomes you and your backers believe in.

Working on our own and in partnership with others (such as through the Arts Alliance) we have achieved this - in spite of sometimes feeling apprehensive. Operating in such a highly-charged political environment, where ministers are seemingly in thrall to tabloids and terrified of headlines about prisoners enjoying themselves, at times it has felt it would be so much easier not to speak out about our work and our achievements, or sticking our head above the parapet, for fear of catching the eye of a tabloid journalist.

As many of us remember all too well, in 2008, Jack Straw, then Home Secretary, responded to a front page article in The Sun about an arts project at a high security prison by shutting down that project, closing down other projects at the prison (including Good Vibrations), ticking off the governor, and issuing the notorious “public acceptability” Prison Service Instruction. This effectively banished arts projects from prisons for a year until, thanks to Good Vibrations and others in the Arts Alliance gathering and presenting
solid evidence to officials, the Instruction was re-issued, this time with warm words in support of the arts. While things did then improve, long-term damage had been done, and even now some prison senior managers talk of “public acceptability” and the dangers of running arts projects that might be seen as “fun” and therefore “unacceptable”.

Our operating environment is not only politically sensitive but also of course enduring ongoing budget and staff cuts, both within the prison service and in other settings where we work. Last year these cuts intensified with the national “benchmarking” exercise seeing massive staff cuts in many prisons.

So the last year has been as challenging as ever in terms of our operating environment. But equally it has been really positive as far as our work is concerned, and some of our highlights are listed on page 12.

Over the last year I have, as always, enjoyed attending Good Vibrations play-throughs all around the country, listening to the performances – often extremely moving - and talking to the participants, hearing in their own words what they make of the experience and what they’ve got out of it. Their testimonials (along with some prison staff’s) are scattered through this report. Please do have a look at them - they will give you a good sense of what Good Vibrations is all about.

Talking of highlights, I must mention the phenomenal four-day event, Sharing Good Vibrations, that took place at Southbank Centre in October to celebrate our 10th birthday. With more than 60 presentations, workshops and performances, an amazing array of speakers and workshop leaders including Michael Spurr (head of NOMS), Nick Hardwick (Chief Inspector of Prisons), Professor Alison Liebling (leading criminologist) and Alan Davey (head of Arts Council England), and more than 200 delegates this was a truly inspiring event. I know from the feedback received that the event brought many people together for the first time, energized and inspired them, enabled them to share ideas and knowledge, and hopefully has helped many to develop and enhance their work.

Although I am sad to be leaving Good Vibrations, I am nevertheless delighted to be leaving it in such safe hands. Our newly strengthened Board will shortly be recruiting my permanent successor, and in the interim Good Vibrations will be looked after by Keith Palmer, one of Good Vibrations’ Trustees and the Director of Comedy School, another well-established arts-in-criminal-justice organisation. The existing Good Vibrations team - our excellent facilitators and project managers - are working with Keith and subsequently with my successor to ensure Good Vibrations’ work remains as high-quality and professionally-organised as ever. Our funders, I am delighted to say, have been incredibly supportive and understanding since I announced my leaving and have confirmed their continuing support over the coming months and, in some cases, years.

Finally, a huge thank you to everyone who has supported Good Vibrations over the years, particularly our funders (listed on page 18), the staff in host institutions who have invited us in, the fantastic Good Vibrations facilitators who consistently deliver transformative and inspiring projects, and of course the participants themselves for turning up and, in the vast majority of cases, working enthusiastically together to create beautiful music and to discover the positive in themselves and others.

Cathy Eastburn
Founder and Director

31st May 2014
Trustees’ Report

YEAR ENDED 31 MARCH 2014

OBJECTIVES AND ACTIVITIES

The objects 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 overall objectives for the year and planning our activities, the Trustees have striven to ensure that everything we do is for the public benefit (as defined by the Charity Commission). The trustees confirm that they comply with their duty to have regard to the Charity Commission guidance on public benefit in exercising their power and duties, and deciding what activities the charity should undertake. As can be seen in this report, and within the Objects listed above, the charity has charitable purposes or “aims” that continue to be, and are carried out for the public benefit. The focus of our activities is the use of the performing arts 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.

Our main objectives for 2013/14 were to:

• Continue and develop our work in prisons, secure hospitals and immigration detention centres, running 24 projects and working with at least 400 people
• Continue to target the “hard to reach” in the prison population
• Continue running music workshops 2 days/week at River House Secure Unit
• Expand our work in the community working with ex-offenders and other groups at risk of offending
• Continue to explore possibilities for positive partnerships with “through the gate” services providers (i.e. organisations providing practical support to prisoners before and after release)
• Continue to commission robust research into the effectiveness of Good Vibrations’s work
• Continue to advocate for arts in criminal justice, using evidence of the impact of our work
• Organise a 10th anniversary symposium or festival

An account of our activities in 2013/14 is given below.

GOOD VIBRATIONS’ RATIONALE

The aim of Good Vibrations is to run gamelan (Indonesian bronze percussion) workshops in prisons, secure hospitals and other settings to help people develop crucial life and work skills such as team working, communication and listening. There are a number of reasons why gamelan is particularly effective at helping prisoners and similar groups develop such 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 have to listen to everyone else to fit your own part in. Playing gamelan demands that players deploy their team working 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

"The unique contribution offered by Good Vibrations is the way it engages with men in positive and non-judgemental ways. The pre-eminent characteristic of men in prisons is not, in my view, their offending history. It is rather their traumatic life experiences. So many people in custody have experienced complex traumas from early childhood onwards. The opening lines of communication with people with such life experiences is as challenging as it is essential if we are to have a realistic prospect of supporting them in transforming their lives. It is too easy to opt out of normal conversation in prison and to carve out a way of living that insulates you from reality. Good Vibrations has demonstrated the way it can win the confidence of people from all backgrounds and work with them to achieve outcomes that they could never have expected. This has practical benefits: improved communication skills; improved confidence and the motivation to engage; and better relationships with others. But for me the most important benefits are the building of a more positive sense of self and the creation of optimism about what might be achieved in the future.

"I am planning a submission that if successful [It was! – Good Vibrations] would lead to a more intensive role for Good Vibrations in Lincoln prison. I know I can make this case with confidence because of their professionalism and willingness to work alongside staff as integrated part of the prison regime."
– Peter Wright, Governor of Lincoln Prison, November 2013

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 team working, negotiation, compromise, listening and communication.

"[The course] improved confidence, communication skills and social awareness. [The young people] realised that they should try new things, even when they don't get to grips with it first time round, to be more open-minded. We have done this programme before many times so the outcomes were expected by me but may be more of a surprise to the participants who may have been a little wary of trying something new.”
– Leila Best, Working It Out Project Leader Southwark, Tomorrow’s People, October 2013
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 a nationally-accredited team working skills qualification.

“For all prisoners, the experience in prison is one of negativity. We lose our identity, our self-esteem. There are elements of humiliation and degradation in prison. All aspects of Good Vibrations – communication, mutual support – are usually trampled on in prison. Here [in the project] they are enthusiastically encouraged. This really lifts you as a person, as a human being. I’ve been inside for four years and this is missing from prison. If communication and team working are encouraged more, if people feel like human beings, this creates more positive environment for people to learn.”
- Participant

Over the last eleven 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. We have 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.

“I suffer from depression and self-harm, since I started this course I haven’t self-harmed once. It’s been really therapeutic. I’ve also had the opportunity to build relationships with other people on my wing now, which will help me to feel less alone.”
- Vulnerable Prisoner (VP)
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. 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:

- 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 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.

"I felt supportive towards the new participants, I actually felt more supportive towards people than I ever have done before in my whole life. I was able to see that I have become more empathetic, I never used to help anyone.”
– Participant

"I have never experienced a group of all cultures, playing together in love, respect and harmony”
– Prisoner with severe mental health problems, prison healthcare unit
ACHIEVEMENTS AND PERFORMANCE

"I only arrived three weeks ago. I had been here less than two weeks when I heard about gamelan. I never heard of it before! I thought 'what a load of fluffy nonsense’ but, you know, I was in here and I thought ‘why not...give it a go’.

"I like all types of music, but this was something completely new and different. I knew nobody – I really was jumping in at the deep end.

"You very quickly get to see the different characters of all the different people in the group.

"I really enjoyed it. It’s been an eye opener – I never heard of this type of music, never seen the instruments.

"Just jumping in with a bunch of guys I’d never spoken to before. And within a day, we were interacting, sitting and trying to mix and combine with others’ melodies and rhythms – looking at each other, listening to each other and working it out together. A wonderful experience.

"I’m already used to teamworking – through my job before I came here. But teamworking in this situation – it’s completely different and I really learnt a lot. I have a better understanding of music. And I appreciate there’s always something new to learn.

"I’ve seen it bring people out of their shell. A couple of very quiet guys came out of their shell a lot. The confident ones: we could use our skills to help them, so it was good for us too – we learnt to use our skills without being overbearing.”
- Participant

During the year, Good Vibrations ran 21 courses hosted by 12 institutions (7 prisons, 2 secure hospitals, 1 immigration detention centre, 2 community settings), benefiting 467 people in all. For comparison, in 2012/13 Good Vibrations ran 22 courses in 17 different settings working with 429 people, plus the weekly sessions at River House (55 participants).

All courses in prisons in 2013/14 were for male prisoners, 1 was for young male prisoners (aged 15-21) 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 delivered fewer projects (21) in 2013/14 compared to 2012 (23), and also saw a slight decrease in the number of total participants (467 in 2013/14 and 484 in 2012/13). This reflects the challenges and uncertainties of the operating environment. Disappointingly we weren't able to run any projects with women prisoners (we ran 5 in 2012/13), despite promising links with several women’s prisons.

We achieved or nearly achieved our objectives for the year, with the main shortfall being in the number of projects delivered. This is a good outcome given the highly challenging and unpredictable operating environment, with continuing budget and staff cuts within the prison service and the lack of capacity (both staff and physical space) in many prisons to host outside projects such as ours.
"My teamworking with Prison Officers is not good – now I’ve done this I’m going to see if I can apply it. I think I can see them now as human beings, as just people that I can get on with."
- Participant

"When I started, I didn’t realise that I was being selfish.... Yeah, I could have kept on playing, being louder than everyone else. Whereas... listening, going quiet, letting other people come in, waiting to fit your bit in, that’s what makes the music. And that’s what I’ve learnt."
- Participant
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Highlights during the year:

Integrating Good Vibrations courses into the regime at Whatton Prison

At Whatton Prison, we were invited to run two one-week “foundation courses” preparing prisoners about to start 6-month sex offender treatment programmes. Nottingham Trent University, already doing other research work at Whatton, were engaged to research the impact of Good Vibrations on people’s engagement and success with the programme, including researching comparison groups (i.e. men embarking on the programme but without the chance to participate. This research study is now underway, the two foundation courses have taken place (in February and March 2014) and initial indicators are positive. We have been booked to run further projects at Whatton during 14/15, which will also be included in the research.

In front of the audience at the end of project playthrough, a participant said:

"Before I came to this group I never really mixed or talked to anyone. I have always been that way, so for me this was hard. Just being in this room with others made me feel sick. So for me this is a big thing. Being with people still makes me feel that way, but being here and the encouragement I have received from the other band members has helped me with some of my anxieties. At the start of this week I would never have been able or had the courage to stand here before you and talk. So for me this is a small step to something that I can build on for the future. I believe that music is a great way of giving inmates a welcome break from the mundane lives we lead, and the fact that it is in no way offence related is a refreshing change that I think we all need from time to time."

Other participants’ comments included:

- “It’s one of the very few opportunities to be creative and be recognised for it”
- “It has taught me to do things that are out of my comfort zone more often, as they bring rewards”
- “By doing something different from the normal prison regime, fun and supportive helps create a supportive environment where learning new things is so much easier”
- “Apart from learning about this music and culture of a country the other side of the world, the bonding in the group was fantastic”
- “Feeling of self-worth and accomplishment and pride”
- “I feel confident about myself, more than I did before. I can now tell myself that I can do things instead of saying ‘I’m not going to bother’”
- “Feeling of relaxation, peace”
- “There’s nothing to look forward to in here – apart from your release date. If you have one. This has been something to look forward to.”
- “A real mix of ages – it’s great that older guys have gelled with much younger ones. This prison is divided pretty much into age groups. This is a rare opportunity to mix.”
- “It’s confidence building. I did it last year, and after that I did IT and a first tier certificate in that. That was definitely because of this [course].”
- “It’s nice for the governors to see me doing something positive. I feel I’ve been seen in a positive light for a change.”
- “Maslow’s hierarchy of needs says that everyone needs to feel like they belong to something. This is what Good Vibrations and you guys do.”
And from someone who had taken part in a previous sex offender treatment programme:

“I wish I had had the opportunity to do a bonding course like this before I started my SOTP programme. It was terrifying to be so exposed – to talk about your crime in front of people, to stand up and say things I haven’t admitted to anyone not even my best friend/wife in front of a group of people that I didn’t even know - they should definitely do bonding work before starting programmes. It really is a very scary and terrifying place - anything done to help/prepare you for that has to be good. Even to build up confidence skills being able to talk in front of a group or work as part of a bigger group. I’ve never done that...”

Two-week gamelan and shadow puppetry project at Lincoln Prison

We ran a gamelan and shadow puppetry project at Lincoln Prison in October 2013, working with over 20 men, full time for two weeks. Two puppet shows were created by the men – including the puppets, the storylines and the musical accompaniment – and performed and filmed. One of the films was shown on the Clore Ballroom of the Royal Festival Hall as part of October’s Sharing Good Vibrations event.

- “I’m surprised by how much my confidence has grown, I’d never stand up and say anything or speak out especially because of my dyslexia, I think I’ve learnt how to explain things more clearly, I’ve written things on the board for the whole group and gave suggestions to the group, I’ve never done that before.”
- “This project has given me the chance to do something that connects me to my kids so they know I’m still around, when they see the DVD.”
- “It’s a new experience for me, I learnt to activate puppets, make them and learnt to play different cultures instruments, I’m grateful for it, something I can tell my son.”
- “It’s about collaboration, helps people work together, people’s ideas don’t always work together, you get more friends out of it.”
- “It’s made me feel better about myself and talking in front of people I don’t know.”
- “I’m more relaxed around people.”
- “It’s helped me with confidence. Before this, I’d blend into the background. I’m usually in the background, especially if it’s something I don’t know. This has brought me out - you don’t feel like you’re being watched and judged, so you can be yourself.”
- “This encourages you to fit in with others. I’m used to playing set music, not improvising. With this you have to ask yourself “what’s going on here?” have a good listen, then fit in what you do with what others are doing.”
- “It’s a pretty rounded activity – puppets, art, music, numbers.... It draws people in and makes people work together. You have to really listen to others.”
- “The way the music works – I do part of the tune, someone else does part of it. So it fits together to make the whole tune. That was weird to start with. But you get used to it.”
- “You have to compromise. Which is part of team working.”
Starting weekly sessions at Wormwood Scrubs Prison

In January 2014, we started weekly gamelan sessions at Wormwood Scrubs Prison, the first time we have worked there. These sessions, paid for by the NHS, take place on the Mary Seacole healthcare unit and are for prisoners with serious mental health problems, including drugs/alcohol misuse problems. The initial pilot of 10 weeks was very successful in terms of engaging the men and drawing them out of themselves, and we have been booked to run weekly sessions throughout 14/15 - and also to run 3 or 4 one week projects for mainstream prisoners there.

Starting weekly Good Vibrations sessions at Southbank Centre

In January 2014, we started weekly Good Vibrations sessions at the Southbank. Running alongside the existing community gamelan classes there, these sessions differ in that they are run along Good Vibrations’ lines – less formally taught, more focus on creativity, group free improvising, incorporating music tech etc. As with all Good Vibrations projects, the focus is on facilitating positive contributions and group-working. The sessions are drop-in and free of charge. They are targeted at people who have done Good Vibrations projects already, whether in prison or in the community, and also aimed at people who have an interest in working in criminal justice and wish to learn about Good Vibrations’ methods and techniques.

Developing and starting to deliver our second nationally-accredited qualification

Last year we succeeded in becoming a recognised assessment centre for the OCN (Open College Network) and starting offering our participants the chance to attain a nationally-recognised qualification (Music Ensemble Skills Level 1) as part of doing a course. In 2013/14 we built on that success by developing and piloting a Teamworking Skills Level 1 qualification. As well as being a possibly more useful qualification (in CV terms), we managed to devise “evidencing materials” for this qualification that require only a bare minimum of written input from the participants. The evidencing materials are much more about observing participants’ learning which is obviously preferable to written work, as it means participants can focus on doing the project (creative music making, reflective discussion and so on) rather than having to sit around filling in work sheets, which is not in itself a learning activity and in many cases is a barrier because of low literacy skills.

During 2013/14, 84 participants, from 9 projects, successfully attained one or other of the OCN qualifications.

Piloting mindfulness within Good Vibrations courses

Working with expert mindfulness facilitators, Di Bligh and Mark Ovland, we piloted incorporating mindfulness exercises in two of our prison projects, very successfully. Although mindfulness is at the heart of what we do and what we try and facilitate in groups, this is the first time we had tried “overtly” talking about and training people in mindfulness. The mindfulness exercises were well-received by the men and they noticeably relaxed and became calmer and more open to others:

• “What’s helped a lot is the meditation we’ve been doing at the start, because we’ve been coming straight from the cells very stressed.”
• “Yes, I’ve been able to concentrate better, allow others to express their opinions and I enjoyed the meditation.”
Good Vibrations (Music) Ltd

This work continues into 14/15. As well as Di and Mark’s continuing involvement, Good Vibrations' team training in 2014 will include training in running basic mindfulness exercises, so that team members can start to incorporate this into their courses. In addition to our work with mindfulness, two prisons are, we hope, going to contract directly with the mindfulness facilitators to run regular mindfulness training sessions for prisoners and staff.

**Continuing to make a strong case both for our work and for music in criminal justice more generally**

For our frontline work to continue, we constantly have to make a strong case for our work, presenting robust, hard-to-ignore evidence and being clear about how Good Vibrations benefits both participants and the host institutions. In 2013/14 this advocacy work included:

- Organising (with the Southbank Centre) the four-day Sharing Good Vibrations conference in October 2013 with over 60 presentations, workshops and performances of which 21 were Good Vibrations-led practical skills-sharing sessions (gamelan, music technology, shadow puppetry, improvisation, Javanese dance, “Open Voices” singing). Speakers included: Michael Spurr (Chief Executive of NOMS), Nick Hardwick (Her Majesty’s Inspector of Prisons), Alan Davey (Chief Executive of Arts Council England), Professor Alison Liebling (the country’s leading criminologist), and people from other arts organisations, prisons and other institutions, NOMS, and the MoJ. Over 200 people attended: from prisons, hospitals, community projects, arts organisations, central government, academia and internationally (Japan, Indonesia, Ireland and the US). Quotes from our evaluation report included:
  
  - “Sharing Good Vibrations was a fantastic event. I got something substantial out of every presentation and it was great to meet so many people doing such brilliant work with gamelan.”
  
  - “I was struck by how impressive speakers were, and by how much respect and goodwill they have for you and your organisation and team. Also by the value of what you do. It’s really important work and so very worthwhile and effective.”
  
  - “I just wanted to congratulate you for making Sharing Good Vibrations such a brilliant, wonderful and important event. Making it a celebration of the arts generally was a very wise move, and the range of speakers and participants was truly impressive. I heard nothing but praise and gratitude from all the many people I spoke to during the four days.”

- Interim (positive) results of research into Good Vibrations and women, and Good Vibrations and elderly prisoners, were presented at Sharing Good Vibrations conference (final reports due in 14/15).

- Being invited to contribute to an invitation-only seminar hosted by leading social policy think-tank, Lemos & Crane, in April about prison staff training and development.

- Being invited to perform at the opening day of the Koestler Trust’s annual exhibition, held at the Southbank Centre in September 2013.

- Being invited to deliver a Good Vibrations taster session at a conference on “arts and enrichment in criminal justice” organised by the ESRC (Economic & Social Research Council) at BALTIC in Gateshead in November 2013.
Good Vibrations (Music) Ltd

- Continuing to play an active role as an elected member of the Steering Group of the Arts Alliance (the network of arts-in-criminal-justice organisations, which liaises closely with MoJ, NOMS and other relevant officials).

- Getting one of our ex-participants, Russ Haynes, elected onto the Steering Group of the Arts Alliance.

- Being interviewed on BBC Radio 3’s drivetime show, In Tune.

- Partner organisations – Lincoln Prison, Whatton Prison, Wall Breaker Productions - produced for us three fantastic short films featuring music created by Good Vibrations groups, participants’ testimonials and other material promoting our work.
PLANS FOR THE FUTURE

Over the next two years, Good Vibrations will:

- Embed the role of our new, dynamic and visionary Executive Director to take Good Vibrations forward into a successful future;
- Continue at a consistent and sustainable level during 2014-15, then expand our work programme once again from 2015/16;
- Continue to target the ‘hard to reach’ in the prison population;
- Build on our successes to date working in PIPEs (Psychologically Informed Planned Environment) – prison wings co-funded by the NHS and run along therapeutic lines to support longer-term, more serious “offenders” as they progress through the prison system and eventual release;
- Build up our work with female prisoners and older prisoners.
- Expand our work in the community working with ex-offenders and other groups at risk of offending;
- Launch community-based music technology sessions for River House patients;
- As the detailed arrangements for the government’s “Transforming Rehabilitation” programme unfold, try to identify realistic opportunities for positive partnerships with “Through the Gate” service providers (i.e. organisations providing practical support to prisoners before and after release);
- Launch the research being carried out into Good Vibrations at Whatton Prison (assessing the impact of our courses on prisoners’ subsequent engagement and success with offending behaviour programmes);
- Continue to advocate for arts in criminal justice, using robust evidence of the impact of our work; and
- Scope potential Trustees to expand the skills and knowledge base for the charity.

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 three consecutive terms (i.e. nine years in all).

Any training needs amongst the trustees are identified and relevant training provided, whether in-house or organising for trustees to attend training courses offered by other organisations. In addition, trustees are advised by professional advisers on financial and legal matters.

The Trustees who served during the year are listed on page 2.
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. The Director (currently 0.85 FTE) is responsible for overall strategic planning, budgeting, fundraising, project bookings, new project development, research and advocacy.

The Training and Development Manager (currently 0.2 FTE) is our key safeguarding officer and is responsible for developing and managing the accredited qualifications, team training and development, progression routes for participants, CD production and project management. Administration is provided by a part-time Administrator.

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
Big Lottery Fund
Esmée Fairbairn Foundation
Linbury Trust
Network for Social Change
Northmoor Trust
Henry Smith Charity
Worshipful Company of Grocers
Youth Music

Thanks to our Patrons:

Lord Ramsbotham
Rahayu Supanggah

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

Bates Wells Braithwaite
Bill Bailey
Fran Bennett
Di Bligh
Drums for Schools
GDA Design
Russ Haynes
Kingston Smith
Kirstan Herriott
Lloyds of London
Mark Øvland
Good Vibrations (Music) Ltd

Sue Ryan
Siswa Sukra (Southbank community gamelan group)
Southbank Centre (and Sophie Ransby the Southbank's Gamelan Adviser)
TW
Wall Breaker Productions
Clare Wilding and her pupils
Worshipful Company of Musicians

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

Broadmoor Secure Hospital
Dovegate Prison
Feltham YOI
Harmondsworth Immigration Removal Centre
Hull Prison
Lincoln Prison
Pentonville Prison
Royal Bethlem Hospital (River House)
Tomorrow's People Working It Out (Southwark)
Whatton Prison
Wormwood Scrubs Prison
FINANCIAL REVIEW
The year was a satisfactory one for Good Vibrations in financial terms. We spent £234,949 in total (£224,612 in 2012/13), £195,914 of which was on our frontline projects and advocacy work (£197,150 in 2012/13). Our income was £205,727, a slight decrease from 2012/13 (income that year was £222,256). This means that there was a decrease in reserves of £29,222 (in 2012/13 there was a slight decrease in reserves of £2,356).

Good Vibrations’ principal funding sources are grants from non-statutory sources, workshop fees and contributions from host organisations. During the year we have seen income from charitable foundations and public funders (e.g. the Arts Council, the Big Lottery Fund, Youth Music) decrease very slightly (£165,000 compared with £177,997 in 2012/13), while contracts and contributions from individual prisons have also fallen very slightly (from £39,383 in 2012/13 to £38,543 in 2013/14).

RESERVES POLICY
The Trustees 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 £65,518 represents 3 to 4 months’ expenditure and it is the Trustees’ policy to maintain the fund at this level in future years.

STATEMENT OF TRUSTEES’ RESPONSIBILITIES
The Trustees are responsible for preparing the Trustees’ Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom General Accepted Accounting Practice).

The Law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State where applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.
The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the Trustees

[Signature]

Stieve Butler
Chair

Date: 21 July 2014
INDEPENDENT EXAMINER’S REPORT TO THE TRUSTEES OF GOOD VIBRATIONS

For the year ended 31 March 2014


Respective Responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent 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 any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a ‘true and fair view’ and the report is limited to those matters set out in the statement below.

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 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 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.

KINGSTON SMITH LLP
Chartered Accountants

105 St. Peter's Street
St. Albans
Hertfordshire
AL1 3EJ

Date: 1 October 2014

SILVIA VITIELLO
Kingston Smith LLP
Chartered Accountants
Good Vibrations (Music) Limited

Statement of Financial Activities
FOR THE YEAR ENDED 31 MARCH 2014

<table>
<thead>
<tr>
<th>Notes</th>
<th>Unrestricted Funds</th>
<th>Restricted Funds</th>
<th>Total Funds 2014</th>
<th>Total Funds 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>£</td>
<td>£</td>
<td>£</td>
<td>£</td>
</tr>
</tbody>
</table>

**INCOME AND EXPENDITURE**

**Incoming Resources**
Incoming resources from generated funds
- **Voluntary Income**
  - Donations & gifts: 1,931
  - Grants received: 2 (90,000, 75,000) 165,000

**Incoming resources from charitable activities**
- Workshop fees and contributions: 11,985
- Contract income: 26,558

**Total Incoming Resources**
130,727 75,000 205,727 222,256

**Resources Expended**
Cost of generating funds
- Cost of generating voluntary income: 8,957

Charitable activities
- Standard Good Vibrations courses: 26,963
- Courses in "challenging" settings: 13,738
- Courses in probation settings: 2,075
- Courses in other community settings and other frontline projects: 46,838
- Advocacy work: 29,463

Governance costs: 4,798

Other resources expended
- Team training and organisational development: 20,830

**Total Resources Expended**
3 153,662 81,287 234,949 224,612

**Transfers between funds**
(1,000) 1,000 - -

**Net Movement in Funds**
(23,935) (5,287) (29,222) (2,356)

**Balances at 1 April 2013**
89,453 10,000 99,453 101,809

**Balances at 31 March 2014**
65,518 4,713 70,231 99,453
# Good Vibrations (Music) Limited

Balance Sheet  
YEAR ENDED 31 MARCH 2014

<table>
<thead>
<tr>
<th>Note</th>
<th>2014</th>
<th>2014</th>
<th>2013</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>£</td>
<td>£</td>
<td>£</td>
<td>£</td>
</tr>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debtors</td>
<td>4</td>
<td>7,318</td>
<td>8,624</td>
<td></td>
</tr>
<tr>
<td>Cash at bank</td>
<td></td>
<td>83,491</td>
<td>127,948</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>90,809</td>
<td>136,572</td>
<td></td>
</tr>
<tr>
<td><strong>Creditors:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>amounts falling due within one year</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creditors</td>
<td>5</td>
<td>20,578</td>
<td>37,119</td>
<td></td>
</tr>
<tr>
<td><strong>Net Current Assets</strong></td>
<td></td>
<td>70,231</td>
<td>99,453</td>
<td></td>
</tr>
<tr>
<td><strong>Total Net Assets</strong></td>
<td>7</td>
<td>70,231</td>
<td>99,453</td>
<td></td>
</tr>
<tr>
<td><strong>Funds</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted funds</td>
<td></td>
<td>4,713</td>
<td>10,000</td>
<td></td>
</tr>
<tr>
<td>Unrestricted fund</td>
<td></td>
<td>65,518</td>
<td>89,453</td>
<td></td>
</tr>
<tr>
<td><strong>Total funds</strong></td>
<td>8</td>
<td>70,231</td>
<td>99,453</td>
<td></td>
</tr>
</tbody>
</table>

For the financial period ended 31 March 2014 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006. No member of the charitable company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the charitable company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

These accounts were approved by the Board of Trustees of Good Vibrations on 21 July 2014 and signed on their behalf:

Ms Stieve Butler
Chair

Ms Lisa Marie Roca
Trustee

The notes to these accounts on pages 25 to 29 form part of these accounts.
1 Accounting Policies

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 2006, and the Charities Act 2011.

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 exemption of a small company under sections 246 to 240 of the Companies Act 2006 when filing accounts with the Registrar of Companies.

The accounts and Trustees' report refer to Trustees. These individuals constitute directors of the company for the purpose of the Companies Act.

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 receivables basis and accrued where the final estate accounts have been approved or the receipt can be reliably measured.

Deferred income
A provision for deferred income is made where the income received in the year but can only be recognised for the next financial year and can be reliably measured at the balance sheet date.

Resources expended
Expenditure has been included on an accruals basis. This includes any VAT which cannot be recovered.

Fund accounting
Unrestricted funds are money received and expended at the discretion of the Trustees in accordance with the objectives of the Charity.

Restricted funds are expended subject to specific purposes agreed with the donor. Expenditure which meets the criteria is charged to the fund, together with a fair allocation of support costs.

Allocation of costs:
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.

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.

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

<table>
<thead>
<tr>
<th>Fund</th>
<th>2014 Unrestricted Funds</th>
<th>2014 Restricted Funds</th>
<th>2014 Total Funds</th>
<th>2013 Total Funds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts Council England</td>
<td>39,000</td>
<td>-</td>
<td>39,000</td>
<td>28,000</td>
</tr>
<tr>
<td>Big Lottery Fund</td>
<td>-</td>
<td>40,000</td>
<td>40,000</td>
<td>40,000</td>
</tr>
<tr>
<td>Duet / Bill Bailey</td>
<td>1,000</td>
<td>-</td>
<td>1,000</td>
<td>-</td>
</tr>
<tr>
<td>Esmee Fairbairn Foundation</td>
<td>20,000</td>
<td>-</td>
<td>20,000</td>
<td>20,000</td>
</tr>
<tr>
<td>The Grocers Charity</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>2,000</td>
</tr>
<tr>
<td>Henry Smith Charity</td>
<td>30,000</td>
<td>-</td>
<td>30,000</td>
<td>30,000</td>
</tr>
<tr>
<td>Linbury Trust</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>30,000</td>
</tr>
<tr>
<td>Network for Social Change</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>10,000</td>
</tr>
<tr>
<td>Northmoor Trust</td>
<td>-</td>
<td>10,000</td>
<td>10,000</td>
<td>15,000</td>
</tr>
<tr>
<td>Youth Music</td>
<td>-</td>
<td>25,000</td>
<td>25,000</td>
<td>2,997</td>
</tr>
</tbody>
</table>

**Total**                        | **90,000**               | **75,000**             | **165,000**      | **177,997**      |
# Good Vibrations (Music) Limited

Note to the Accounts (continued)  
YEAR ENDED 31 MARCH 2014

## 3 Resources Expended

<table>
<thead>
<tr>
<th>Costs Type</th>
<th>Cost of generating voluntary income</th>
<th>Standard Good Vibrations courses</th>
<th>Courses in &quot;challenging&quot; settings</th>
<th>Courses in probation settings</th>
<th>Courses in other community settings and other frontline projects</th>
<th>Advocacy work</th>
<th>Governance costs</th>
<th>Team training and organisational development</th>
<th>2014 Total</th>
<th>2013 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wages and Salaries</td>
<td>8,957</td>
<td>9,781</td>
<td>5,335</td>
<td>2,075</td>
<td>8,595</td>
<td>11,032</td>
<td>2,105</td>
<td>16,615</td>
<td>64,495</td>
<td>50,032</td>
</tr>
<tr>
<td>Project Costs</td>
<td>-</td>
<td>64,762</td>
<td>14,892</td>
<td>-</td>
<td>37,590</td>
<td>15,083</td>
<td>-</td>
<td>8,326</td>
<td>140,653</td>
<td>143,431</td>
</tr>
<tr>
<td>Trustees' expenses</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>353</td>
<td>-</td>
<td>353</td>
<td>587</td>
</tr>
<tr>
<td>Independent examiner’s fees</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>2,340</td>
<td>-</td>
<td>2,340</td>
<td>1,500</td>
</tr>
<tr>
<td>Others</td>
<td>-</td>
<td>15</td>
<td>-</td>
<td>-</td>
<td>586</td>
<td>5,194</td>
<td>-</td>
<td>339</td>
<td>6,134</td>
<td>1,763</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>8,957</strong></td>
<td><strong>83,605</strong></td>
<td><strong>22,681</strong></td>
<td><strong>2,075</strong></td>
<td><strong>52,446</strong></td>
<td><strong>35,107</strong></td>
<td><strong>4,798</strong></td>
<td><strong>25,280</strong></td>
<td><strong>234,949</strong></td>
<td><strong>224,612</strong></td>
</tr>
</tbody>
</table>

---

### Cost directly allocated to activities

### Support costs allocated to activities
4 Debtors

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Debtors</td>
<td>7,084</td>
<td>8,390</td>
</tr>
<tr>
<td>Prepayments</td>
<td>234</td>
<td>234</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>7,318</td>
<td>8,624</td>
</tr>
</tbody>
</table>

5 Creditors

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creditors</td>
<td>11,776</td>
<td>34,567</td>
</tr>
<tr>
<td>Accruals</td>
<td>8,802</td>
<td>2,552</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>20,578</td>
<td>37,119</td>
</tr>
</tbody>
</table>

6 Trustee Remuneration and Related Part Transactions

No trustee received any remuneration during the year. Travel costs amounting to £353 (2013: £587) were reimbursed to Trustees.

No trustee or other person related to the Charity has any personal interest in any contract or transaction entered into by the Charity during the year. (2013: £nil).

7 Analysis of net assets between funds

All assets and Liabilities at the year end relate to unrestricted funds.
Good Vibrations (Music) Limited

Note to the Accounts (continued)
YEAR ENDED 31 MARCH 2014

8 Movement in funds

<table>
<thead>
<tr>
<th></th>
<th>As at 1 April 2013</th>
<th>Incoming Resources</th>
<th>Outgoing Resources</th>
<th>Transfers</th>
<th>As at 31 March 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Restricted funds</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standard Good Vibrations courses</td>
<td>8,000</td>
<td>51,412</td>
<td>(56,642)</td>
<td>1,000</td>
<td>3,770</td>
</tr>
<tr>
<td>Courses in &quot;challenging&quot; settings</td>
<td>2,000</td>
<td>6,943</td>
<td>(8,943)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Courses in other community settings and other frontline projects</td>
<td>-</td>
<td>16,645</td>
<td>(15,702)</td>
<td>-</td>
<td>943</td>
</tr>
</tbody>
</table>


| **Unrestricted funds** | 89,453 | 130,727 | (153,662) | (1,000) | 65,518 |

9 Legal status of the charity

The Charity is a company limited by guarantee and has no share capital.

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.