

Good Vibrations

2015-16 Annual Report and Accounts

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Welcome

We hope you read this and think,

“Hmm ... Good Vibrations might be just the thing our organisation needs.”

And if you're thinking,

“Well what is Good Vibrations? Does it work? Could they help my organisation? Are they good value? What's their reputation like?”

Then stick around; we'll tell you.

“I've never done anything like this. Normally I wouldn't even leave the house. I can't believe I just played that. It sounded good. I don't take compliments. I don't believe in them. Background has only been telling off and being hit.”

What do we do?

Good Vibrations is a charity whose communal music-making projects enable some of the most marginalised people in the UK to:

- Develop social skills, crucial for life, work and positive citizenship
- Become more positively engaged in education and constructive activity
- Improve their well-being and see themselves with positive identities and positive futures
- Become inspired to find a fulfilling place for themselves in society

We use the unique medium of the Gamelan - an Indonesian bronze orchestra of drums, gongs and metallophones. On our projects, our facilitators support groups to play it from scratch, and participants make their own music, learn traditional pieces, conduct, put on a concert, make a CD and gain qualifications. We also work with other artistic mediums, e.g. spoken word and music production.

Gamelan

- is novel, so people tend not to form prejudices about it
- is accessible and doesn't require previous musical experience
- music is formed of layers, so as players fit parts in, they develop listening skills
- is communal and everyone's contribution is equally important
- can be played by people of diverse abilities simultaneously
- is more interesting than a purely rhythmic genre

We support people with complex needs in challenging circumstances. These might be people who:

- have been through trauma or abuse
- are excluded from mainstream education
- are socially-isolated
- are dependent on alcohol or drugs
- are long-term unemployed
- experience mental illness or personality disorders
- have disabilities or health conditions
- have committed an offence
- have physical or learning disabilities
- are homeless
- are detained or seeking asylum
- self-harm

Rather than teach, we facilitate groups to experiment, reflect and problem-solve. Participants being given this responsibility is refreshing in the settings we're in, and enables them to take ownership of their learning.

Everyone who takes part in a Good Vibrations project can join our Keep in Touch Programme, which offers ongoing progression supports, such as bursaries, trainee placements and volunteering.



2015-16 achievements

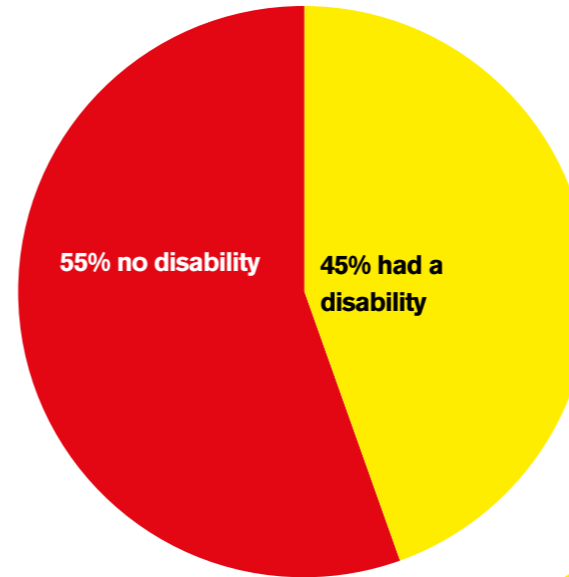
- 732 participants
- 234 sessions
- 14 week-long projects
- 4 regular weekly sessions
- 6 one-off events
- 82 team-working qualifications achieved
- 79% completion rates
- 632 audience members
- 11 CDs professionally produced
- 94 new compositions recorded

We have worked in;

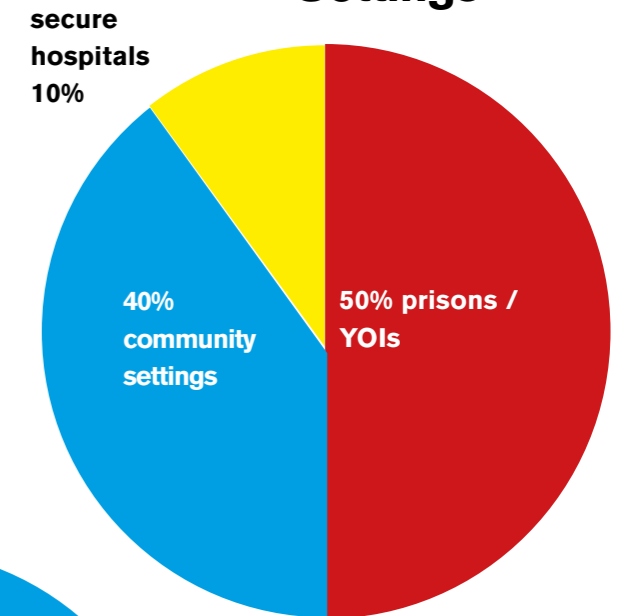
- Sussex
- London
- Kent
- Middlesex
- Cambridgeshire
- Leicestershire
- Nottinghamshire
- Lincolnshire
- Yorkshire



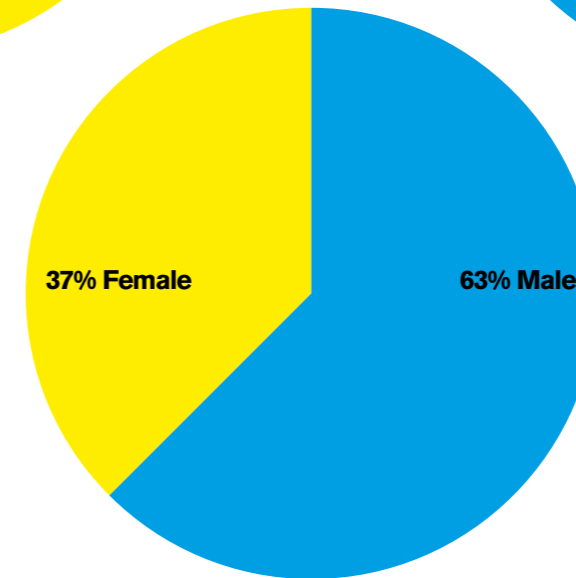
Disability status



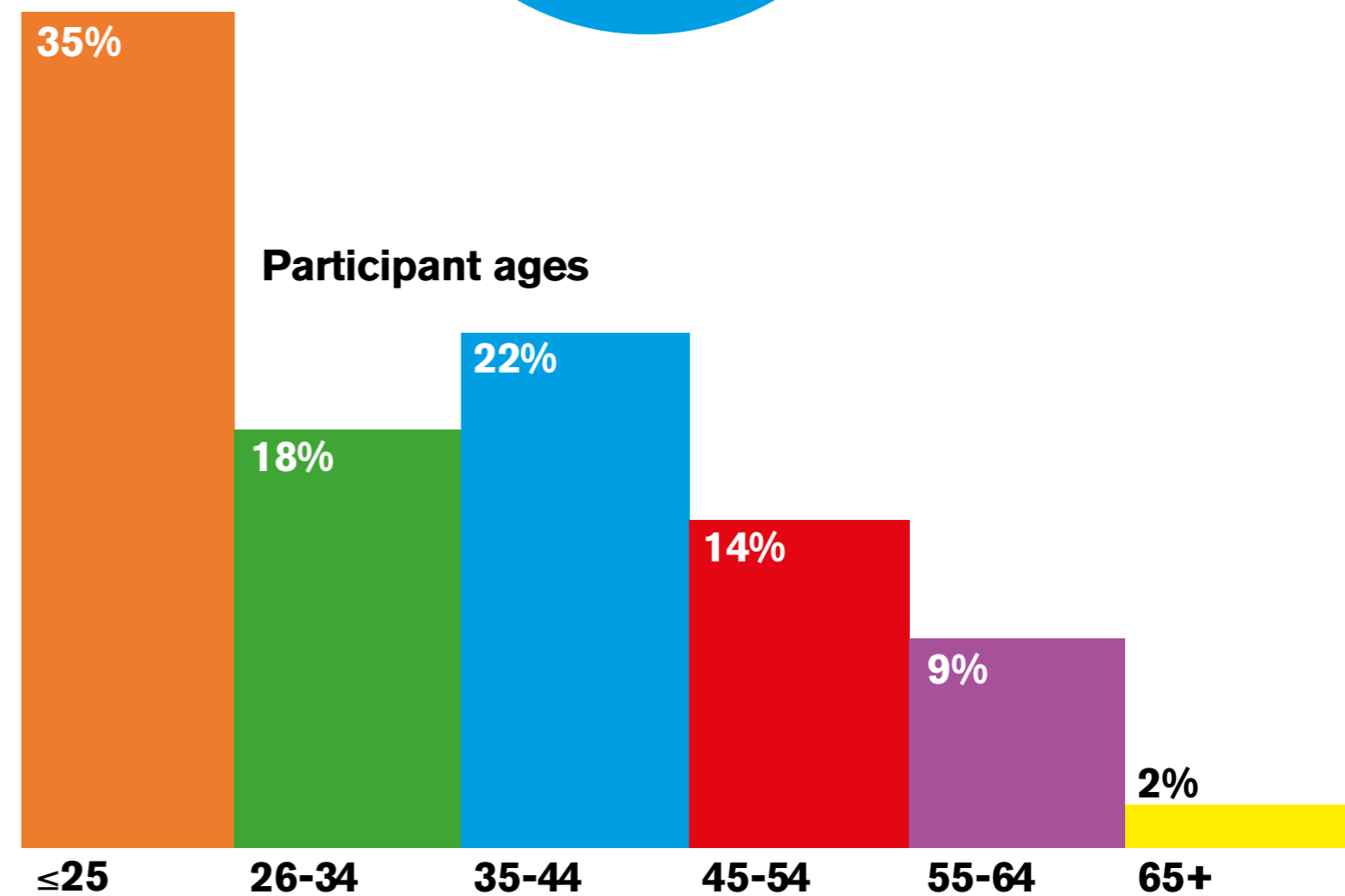
Settings



Gender



Participant ages



Does it work?

Eight pieces of independent academic research (by the Institute of Education, and Cambridge, Birmingham City, Bath Spa and Nottingham Trent Universities) have concluded our approach works and we're making a significant positive impact. In summary, they have found that Good Vibrations projects:

- empower participants to see themselves with positive identities and to think positively about their futures;
- support them to develop social skills crucial for life, work and positive citizenship;
- help them to improve their well-being; and
- motivate them to become more engaged in education and constructive activity.

They have also concluded that many of these benefits are sustained in the long-term. See full publications at www.artsevidence.org.uk/organisations/arts-organisations/good-vibrations

Proportion of completers developing skills with us



**My mind's clear,
Tranquil like a new-born.
Extinguishing my soul of fire and lava
When I play the traditional instruments of Java...**

**In the darkest cave
The vibrations still reach me,
Pulling me out of a bottomless pit
Turning stress to an anonymous myth...**

Spoken word piece created with women in HMP Peterborough



Could we help you?

We've worked with c.100 organisations to help them achieve their aims and tackle stubborn issues, e.g. with:

- Health services to support mental health patients' recoveries
- Pupil referral units to support improvements in their pupils' behaviour
- Employment agencies to support their clients to become more work-ready
- Charities to help their service-users to overcome addictions
- Prisons to support offenders on their journey towards desistance from crime
- Workplaces to develop motivated, high-performing staff teams
- Immigration removal centres to improve detainees' well-being
- Secure institutions to support better staff/inmate interactions

We can help your organisation support your service users to:

Develop transferable life and work skills *"The key lesson for me was awareness of other people's actions and how to respond appropriately."*

Overcome social anxieties *"I have severe chronic pain and get anxious when meeting new people. The Gamelan course allowed me to overcome these fears."*

Get more work-ready *"Learning to improvise will help me in job interviews. Now I have the confidence and skills to think on the spot and sell myself."*

Improve poor well-being and reduce stress *"I think it's brilliant. I know the benefits it has for people with mental health issues, it's better than medication or talking."*

Develop positive self-identities and self-belief *"At the start of this week I'd never have had the courage to stand before you and talk. So for me this is something I can build on for the future."*

Overcome addictions *"This project is something completely out of the normal that takes [people] outside their comfort zone. Once we've done the week it reinforces a belief that change is a good thing. Most of the lads here are stuck in a revolving door of misuse and offending because of not being willing to change. This could start changing that."*

Become more motivated *"Putting on a concert takes people out of their comfort zones. Succeeding at it, witnessed by peers, friends and family, motivates participants, catalysing them to fulfil their potential." 2010 Birmingham City University research*

Develop better relationships with staff *"For building staff-prisoner relationships it was so positive. Within 15 minutes one prisoner commented 'I didn't realise psychologists had a sense of humour.'" Prison Officer*

Develop high-performing teams *"I've learned so much about how to work with others, how to communicate and co-operate ... It's improved my leadership skills."*

Manage emotions and develop self-discipline *"Everyone started to realise they needed to listen and respect others, so self-discipline really grew."*

Above quotes are from participants, unless otherwise attributed.

Case study: Preventing another victim

Since 2014 we have run nine, 1-week-long Gamelan courses at HMP Whatton with 127 men convicted of sexual offences. 83% of participants have completed the courses, with 51 gaining nationally-recognised Level 1 or 2 Team-Working or Music Ensemble Skills qualifications.

Nottingham Trent University investigated the influence of our courses to see if there were impacts on participants in relation to their readiness to change offending behaviours, or motivation to engage with psychological treatment. Findings were that as a result of the courses:

- Participants had an increased desire to change their offending behaviour and engage in offence-specific treatment.⁽¹⁾
- Participants' emotional regulation and release, ability to de-stress and feel more relaxed was positively affected, during the course, and until the start of the treatment programme.
- Participants felt more confident about working in a group.
- Participants' social skills improved; they became more open with staff, became better at listening, and started taking more responsibility for themselves.
- Participants experienced playing music as a coping mechanism for anger, allowing them to replace anger with different emotions and constructive behaviours.

¹For the 75% of participants without learning disabilities. See full report for further details: artsevidence.org.uk/evaluations/evaluation-use-good-vibrations-percussion-courses.

“Before I came to this group I never really mixed or talked to anyone. Just being in this room with others made me feel sick. But being here and the encouragement I have received from the other band members has helped me with some of my anxieties.”



Case study: Helping long-term unemployed get more work-ready

To tackle the stubborn problem of long-term unemployed people remaining far from the labour market in the Hastings area, Sussex Jobcentre Plus ran two Gamelan courses with 20 long-term unemployed clients, 78% of whom had a disability or health condition. 75% of participants completed the full course.

Through learning to play Gamelan as a group, participants developed transferable skills, which helped them to socially-participate more confidently; 88% developed team-working skills and 71% developed communication skills. The experience supported them to handle everyday set-backs better; with 76% of completers saying it improved their well-being, and 74% their resilience. A Work Coach commented, *“The improvement in confidence is amazing. One guy never talked to anyone, except his wife before, and the way he spoke to the audience was incredible.”*

Participants became more motivated by the end of the course, with one woman telling us, *“I have fibromyalgia and myalgic encephalitis, which cause chronic pain. I get anxious travelling further than my local town, experiencing new things and meeting new people. The Gamelan course allowed me to overcome my fears. It helped me feel good about my abilities, instead of feeling useless.”* Six months on, she said: *“I’ve become more confident. Now I say yes to any opportunity. Good Vibrations was a catalyst to push me forward: I’ve started walking with people with mental illnesses and I’ve started another course - a City and Guild NVO, called Parents and Children Together, about supporting new parents with post-natal depression.”*

“I was anti-Jobcentre but now I’m really pleased with it.”



Case study: The Keep in Touch Programme

Russ is a past-participant who continued his relationship with us post-project through the Keep in Touch Programme. Here he explains how this has enabled him to use his experience and skills to help others who feel there's no way of moving on:

"When I was released from my incarceration, I was left feeling hopelessly lost and confused. Mostly because I felt I had achieved nothing from being inside and was left wondering what it was all about. What were my options? How did I move on? I was angry, embarrassed but determined. I knew that the blame lay with me, but there seemed to be so many barriers to moving on.

"I didn't want to be another person lost in the system. I wanted to make a difference. My ambition was still a fuel burning inside of me but I felt there was no outlet. It was slowly killing my self-esteem, motivation and aspirations. Instead, I hid myself away from society. I felt I was no longer allowed to be part of it."

Then I met Good Vibrations, an arts organisation that through music, helped me find my voice, and in time, my confidence. Their encouragement helped me to channel my determination to improve in a failing justice system. I wanted to help push education, especially in the arts. Over time, Good Vibrations recognised my desire to implement positive change in the justice system and encouraged me to join the National Criminal Justice Arts Alliance's Steering Group, further helping me to use my experiences and energy in a practical, positive way.

In my time as part of the steering group, my knowledge and understanding of the criminal justice system has improved greatly. To use my experience of being inside and the impact the arts had on me, along with the support and expertise of the NCJAA, I hope to make a difference to those who find themselves caught up in a demoralised revolving door system, who feel like there's no way of moving on."

²Extract from the National Criminal Justice Arts Alliance's 2016 Equality and Diversity Resource



Is it good value?

Good Vibrations offers excellent value for money. Through catalysing people to stay out of prison, get jobs, overcome health problems and re-engage with mainstream education, it generates savings to The State, and benefits to the community, which far outweigh the cost of the intervention. It's a high-quality, once in a lifetime experience, which is accessible, memorable and empowering. We use:

- Professional musicians, experienced at facilitating vulnerable groups in challenging settings
- The seriously-impressive, and large Gamelan orchestra as a medium
- A unique, well-tested delivery-model and approach, honed over 13, highly-successful years

Our intensive, week-long courses cost c. £2900 - £5500 (£145-£275 per participant with 20 people on the course) depending on factors such as accreditation and geography. You can commission us directly to run projects for your organisation, or you can cover a proportion of the costs, and we can leverage funding for the remainder.

Repeat commissioning by so many delivery partners and funders over the years is a strong indication of the value for money we offer.

We're known for:

- **Consistently delivering results with some of the hardest-to reach people in society.**
- **Coupling a left-field medium with a focused, professional approach.**
- **Being collaborative, calm and flexible to work with.**
- **Having a phenomenal body of research behind us.**
- **Our commitment to shaping best practice and policy to create a safer, more open society.**

What kind of reputation do we have?

- We've helped >5500 people with complex needs
- Our Executive Director is Vice-Chair of the National Criminal Justice Arts Alliance
- We took part in a 2016 Department of Culture, Media & Sport, and Ministry of Justice Roundtable on arts in prisons
- We're award-winning
- We've worked with 67 delivery partners
- We were thanked for our contributions to the 2016 Coates Review on Prison Education
- We hold National High-Secure Prison Effective Intervention Status
- We're a best-practice case study in the 2016 Arts in Criminal Justice Commissioning Guide
- The BBC gave us positive media coverage three times in 2015-16
- Bill Bailey, Lord Ramsbotham and Rahayu Supanggah are our patrons
- Our impact was used as evidence in the 2016 parliamentary inquiry into the influence of arts on health and well-being
- We're inundated with requests from academics, practitioners and innovators (internationally) to interview us/research our approach



Our team

We have experienced professionals from the worlds of academia, education, community music, criminal justice, charity management, marketing and communications, finance and law on our Board of Trustees, and as pro bono advisors (good-vibrations.org.uk/about-us/board-members):

- Stieve Butler, Head of Education and Training at CfBT (Chair of the Board)
- Dr Laura Caulfield, Assistant Dean, Research and Postgraduate Affairs, Bath Spa University
- Bruce Cole, Fellow in Community Music, The University of York
- Jo Garner, UK Director of GDA
- Olivia Landsberg, Landsberg Coaching
- Sara Longmuir, Director of Finance and Investment at The LankellyChase Foundation
- Keith Palmer, Director of the Comedy School
- Lisa-Marie Roca, Principal Legal Adviser at the General Dental Council

Good Vibrations' committed and experienced core team consists of:

- Executive Director: Katy Haigh
- Facilitators: Robert Campion, Sunetra Fernando, Nikki Kemp, John Pawson, Kieran Plunkett, Laurence Rugg, Mags Smith and Katherine Waumsley
- Operations Co-ordinator: Jane Gibb
- Project Manager: Paris Honyben
- Training and Development Manager: Malcolm Milner
- Trainee Technician: Jerome Bisgambiglia
- Volunteers: Laura Cooper, Athena Gkarilla, Russ Haynes, Greg Staw and Rob Szielga.

Our team includes past-participants and people with lived experience of the issues faced by our participants. Learn more about our team's skills at good-vibrations.org.uk/about-us/our-team.

Contact us on info@good-vibrations.org.uk if you'd like copies of any of our policies, e.g. on Safeguarding, Equal Opportunities and Diversity, Information Security, Sustainability, Health and Safety, Grievance and Disciplinary, Complaints, Anti-Bullying or Whistle-blowing.

Photos by GDA Design, G. Bland, Camilla Panufnik, Gigi Chiying Lam and Elspeth Van Der Hole

Design and Layouts by James Reay - Jamesreaydesign.co.uk

Gamelan visual on page 3 by Plunkart - www.plunkart.com

Disclaimer; These are Good Vibrations photos but they do not necessarily depict the people described in the text next to the photo.



Our supporters

Thanks to the wonderful people who have supported us this year:

- Addaction
- Adie Flute at Alliance
- Aveda
- BabyLion Roars
- BBC
- Camilla Panufnik
- Child's Hill Primary School
- City Arts Nottingham
- Clare Wilding and pupils
- Di Bligh Learning Associates
- Drums for Schools
- Elspeth Van Der Hole
- Embassy of the Republic of Indonesia
- HMYOI Feltham
- Fingerprints
- Gail Hart
- GDA Design
- G. Bland
- House of Commons
- HMP Elmley
- HMP Gartree
- HMP Lincoln
- HMP Peterborough
- HMP Swaleside
- HMP Whatton
- HMP Wormwood Scrubs
- Indonesian Student Association
- Lloyds of London
- Makerble
- Mosaic Training
- Nature in Mind
- Plunkart
- Ponds Hill Community Centre
- Prospects
- Rampton Secure Hospital
- Royal Bethlem Hospital
- Royal College of Psychiatrists
- Sherwood Rise Residents Association
- Sound Connections
- Sparks, Royal College of Music
- Swansea University Choral Society
- The Middle Street Resource Centre
- The Skills Hub
- The University of York
- TT-Exchange
- UK ASEAN Business Council
- Yorkshire Air Museum

We are immensely grateful to our funders for enabling us to carry out our work:

- Arts Council England
- Big Lottery Fund
- Central London Community Healthcare NHS Trust
- The City of London Corporation's Charity, City Bridge Trust
- Creative Scotland
- Department for Work and Pensions
- Cathy and Lois Eastburn
- The Evan Cornish Foundation
- Graduate Study
- The Henry Smith Charity
- Peter Mickelthwait
- Nottinghamshire Adult Community Learning Service
- Swan Mountain Trust
- Youth Music



Trustees report

Good Vibrations' 2015-16 financial performance was solid; with turnover of £213,054 (a 62% increase on last year), £154,313 of expenditure, and amounts owed to creditors down from 2015-16. We're a nimble charity with a flat management structure, and 57% of income was spent directly on charitable activities.

As £54,230 of total income, relates to 2016-17 activity, this will be carried forward to next year, and so our unrestricted reserves have risen by 61% to £31,813, representing three months' expenditure. Our total funds at March 31st 2016 were £86,043.

We've continued to benefit from grants from long-term supporters, e.g. The Henry Smith Charity, Arts Council England, Big Lottery Fund and Youth Music, and have seen increased proportions of income from government sources, sales, individual giving and corporate support. We're performing strongly against our objectives and the Henry Smith Charity grant greatly supports our financial performance. However, we have not raised the levels of income from corporates that we had anticipated.

Supporting those in custody, and those experiencing mental health issues, remains central to our work and we have forged meaningful new relationships within other sectors of the community who can benefit from our work, also enabling us to become less reliant on criminal justice funding. We are confident our income will grow year on year in conjunction with diversification.

This year has seen a lot of firsts too - projects with JobCentre Plus, projects with pupil referral units, a performance in the House of Commons, and our first Koestler Awards.

We have been operating against a political backdrop of change and uncertainty, adapting to respond to policy reforms and budget cuts affecting young people, the unemployed and people with convictions. The closure of Kids' Company affected public levels of trust in charities and influenced the introduction of tighter charity governance laws; so we're focused on ensuring stakeholders have confidence in us. New technology (e.g. ipads) is enabling us to provide more accessible, group-music making opportunities for participants. This new hardware together with the use of mediums, such as Snapchat, being accepted as qualification evidence, has supported us with better engaging young people.

In shaping our work and strategy, Trustees strive to ensure everything they do is for the public benefit whilst complying with the Charity Commission guidance on public benefit. Our Trustees continue to successfully exercise their power and duties, by making informed decisions regarding what activities the charity should undertake.

I am confident Good Vibrations will continue to have a positive impact on the lives of many others.

On behalf of the Trustees

Steve Butler, Chair of Trustees, 23/11/2016

Company Secretary: Katherine Haigh (app. July 2014)
Registered Office: 10 Queen Street Place, London, EC4R 1BE
Bankers: Co-Operative Bank, PO Box 250, Skelmersdale, WN8 6WT

Independent Examiner: Simon Cunningham, Kingston Smith LLP, 4 Victoria Square, St Albans, Hertfordshire, AL1 3TF

Good Vibrations: a charitable company limited by guarantee, not having share capital. It is registered with Companies House under the name Good Vibrations (Music) Limited. Registered Company Number: 06683343. Registered Charity Number: 1126493.

Trustees: Stieve Butler: app. Feb. '09. Keith Palmer: app. Nov. '10. Lisa Marie Roca: app. Mar. '14, resigned Jul. '15. Laura Caulfield: app. Apr. '14. Jo Garner: app. May '15. Bruce Cole: app. Nov. '15.

Charitable Objects: 1) 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. 2) The promotion of Indonesian classical music, dance, singing and shadow puppetry and related art forms.

The Trustees are the Board of the company and function according to the organisation's governing document, the **Memorandum and Articles of Association**. They are responsible for decisions relating to strategy and governance of the charity, rather than operational management, which is carried out by the staff team. Trustees have agreed to contribute a sum not exceeding £1 in the extent of the Charity winding up. There must be at least three Trustees. Trustees are appointed by resolution. At each annual retirement, 1/3rd of the Trustees, shall retire from office, but retiring Trustees can be reappointed for a second consecutive term, so long as they take a break from office after three consecutive terms (nine years). Trustees' training needs are identified and relevant training provided, and they receive advice from professionals, e.g. on legal and financial matters.

Through the **Risk Register**, Trustees quarterly review risks for the charity, assess their likelihood and potential impact, and then ensure mitigations are in place. Working in prisons, where budgets have been slashed recently and violence is increasing, the top two risks are: not remaining financially sustainable; and people's safety in sessions. We manage these risks through robust management information on finances, an expert finance advisor, a Fundraising Strategy, a new Health and Safety Policy, safety training, and ensuring team have Enhanced DBS checks and security clearances.

The Executive Director and Operations Co-ordinator are the **Key management personnel** responsible for financial management, with remuneration set by the Board and reviewed annually, in conjunction with the appraisal process.

Reserves policy: Trustees' policy is to maintain the fund at a level sufficient to cover 3 - 6 months of expenditure to allow for time to reorganise in the event of a downturn in income; and to protect work programmes, thus supporting the Charity's objectives. The reserves make crucial development projects, e.g. buying essential IT systems to grow, and develop a new website, possible. Trustees review the reserve position annually by looking at future needs, risks and long term liabilities.

Statement of Trustees' Responsibilities: Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and UK Accounting Standards (UK 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.
- Prepare 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.



Accounts

I report on the accounts of Good Vibrations for the year ended 31 March 2016, which comprise the Statement of Financial Activities, Balance Sheet and related notes.

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 and the 2015 SORP

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.

4 Victoria Square
St. Albans
Hertfordshire
AL1 3TF

SILVIA VITIELLO
Kingston Smith LLP
Chartered Accountants

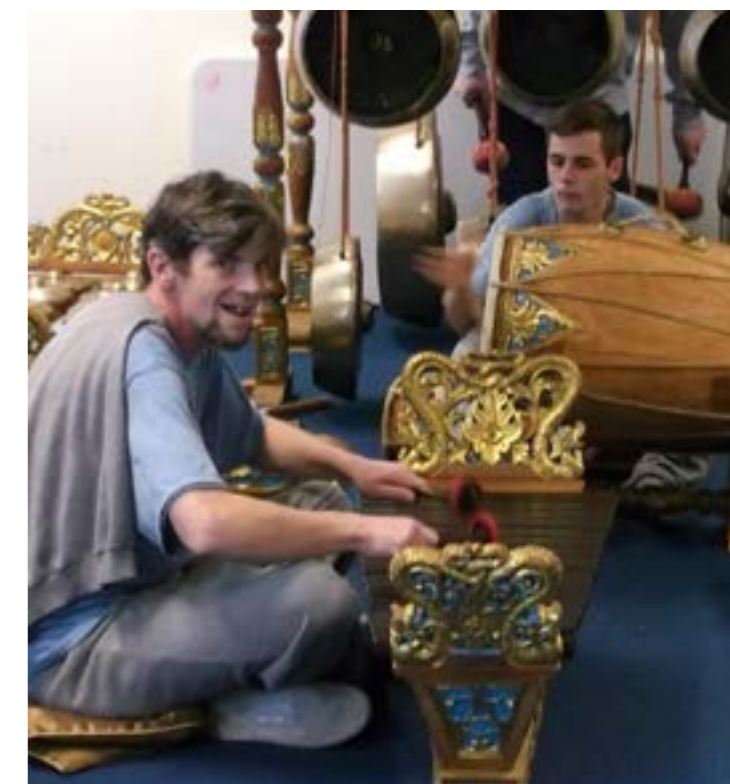
For the financial period ended 31 March 2016 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006. No member of the charitable company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements 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 special provisions of part 15 of the Companies Act 2006, relating to small companies.

These accounts were approved by the Board of Trustees of Good Vibrations on 23rd November 2016 and were signed on their behalf by Mr Stieve Butler, Chair, and Keith Palmer, Trustee

The notes to these accounts on pages 20 to 23 form part of these accounts.



Statement of financial activities for the year ended 31 March 2016

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2016	Unrestricted Funds	Restricted Funds	Total Funds 2015
		£	£	£	£	£	£
INCOME AND ENDOWMENTS FROM:							
Donations and legacies		5,286	-	5,286	1,136	-	1,136
Investments		107	-	107	118	-	118
Charitable activities	2	35,783	171,878	207,661	70,398	60,000	130,398
Total Income and endowments		<u>41,176</u>	<u>171,878</u>	<u>213,054</u>	<u>71,652</u>	<u>60,000</u>	<u>131,652</u>
EXPENDITURE ON:							
Raising funds	3	7,097	6,438	13,535	11,395	-	11,395
Charitable activities	4	15,250	105,578	120,828	68,067	53,600	121,667
Other	5	14,318	5,632	19,950	37,919	3,600	41,519
Total Resources Expended		<u>36,665</u>	<u>117,648</u>	<u>154,313</u>	<u>117,381</u>	<u>57,200</u>	<u>174,581</u>
Transfers between funds		7,513	(7,513)	-	-	-	-
Net Movement in Funds		<u>12,024</u>	<u>46,717</u>	<u>58,741</u>	<u>(45,729)</u>	<u>2,800</u>	<u>(42,929)</u>
Balances at 1 April 2015		19,789	7,513	27,302	65,518	4,713	70,231
Balances at 31 March 2016		<u>31,813</u>	<u>54,230</u>	<u>86,043</u>	<u>19,789</u>	<u>7,513</u>	<u>27,302</u>

Balance sheet

	Notes	2016	2016	2015	2015
		£	£	£	£
Current Assets					
Debtors	7	6,065		9,974	
Cash at bank		83,149		38,279	
		<u>89,214</u>		<u>48,253</u>	
Creditors:					
Amounts falling due within one year	8	3,171		20,951	
		3,171		20,951	
Net Current Assets			<u>86,043</u>	<u>27,302</u>	
Total Net Assets			<u>86,043</u>	<u>27,302</u>	
Funds					
Restricted funds			54,230	7,513	
Unrestricted fund			31,813	19,789	
Total funds	11		<u>86,043</u>	<u>27,302</u>	

Statement of cash flows

	2016	2015
	£	£
Cash flow/(outflow) from operating activities		
Net (Expenditure)/ income for the year	58,741	(42,929)
Adjustments for:		
Interest received	(107)	(118)
Decrease/ (increase) in debtors	3,909	(2,656)
(Decrease)/ increase in creditors	(17,780)	373
Net cash (used in) / generated by operating activities	<u>44,763</u>	<u>(45,330)</u>
Cash flows from investing activities		
Interest received	107	118
Net cash from investing activities	<u>107</u>	<u>118</u>
Net increase in cash and cash equivalents	44,870	(45,212)
Cash and cash equivalents at beginning of year	38,279	83,491
Cash and cash equivalents at end of year	<u>83,149</u>	<u>38,279</u>

Accounting Policies - Basis of preparation - The accounts have been prepared under the historical cost convention and in accordance with applicable United Kingdom accounting standards (FRS 102), the "Statement of Recommended Practice: Accounting and Reporting by Charities 2015", the Companies Act 2006, and the Charities Act 2011.

The Charity has adopted FRS 102 for the first time when preparing these financial statements. The transition date to FRS 102 was 1 April 2014 and the last financial statements prepared under the previous financial reporting framework were prepared for the year ended 31 March 2015. An explanation and reconciliation of how the transition has affected the reported financial position and financial performance is provided in the notes to the financial statements.

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

Going Concern - The Trustees have assessed whether the use of going concern is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. In particular, the Trustees have considered the charitable company's forecasts and projections and have taken account of pressures on income. After making enquiries, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company will continue to adopt the going concern basis in preparing its financial statements.

Significant judgments and estimates - Preparation of the financial statements can require management to make significant judgements and estimates. No items in these financial statements include significant judgements and estimates that management has made in the process of applying these accounting policies or that have a significant risk of causing material adjustment to the book value of assets and liabilities within the next financial year.

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.



2	Income from Charitable Activities	2016	2015
		Total Funds	Total Funds
		£	£
	Arts Council Grants	47,589	34,463
	Big Lottery Grants	40,000	40,000
	Youth Music Grant	5,000	20,000
	City Bridge Trust	17,640	-
	Creative Scotland	15,569	-
	Henry Smith Charity	31,000	-
	Evan Cornish Foundation	5,000	-
	Other Grants	18,080	100
	Course and Workshop income	27,783	35,835
		<u>207,661</u>	<u>130,398</u>

3	Expenditure on Raising Funds	2016	2015
	Costs directly attributable to charitable activities	£	£
	Wages and Salaries	12,735	7,940
	Project Costs	800	3,455
		<u>13,535</u>	<u>11,395</u>

Expenditure on raising funds was £13,535 (2015: £11,395) of which £7,097 was unrestricted (2015: £11,395) and £6,438 was restricted (2015: £nil).

4	Expenditure on Charitable Activities	2016	2015
	Costs directly attributable to charitable activities	£	£
	Wages and Salaries	43,429	31,216
	Project Costs	59,175	69,468
	Support and governance costs		
	Wages and Salaries	3,755	1,217
	Trustees' expenses	674	498
	Legal & Professional	9,864	18,156
	Others	3,931	2,939
		<u>120,828</u>	<u>123,494</u>

Expenditure on charitable activities was £120,828 (2015: £121,667) of which £15,250 was unrestricted (2015: £68,067) and £105,578 was restricted (2015: £53,600).

5	Other Expenditure	2016	2015
	Costs directly attributable to charitable activities	£	£
	Wages and Salaries	12,805	11,679
	Project Costs	6,152	20,664
	Others	993	7,349
		<u>19,950</u>	<u>41,519</u>

Other expenditure was for team training and organisational development. Of this amount £14,318 was unrestricted (2015: £37,919) and £5,632 was restricted (2015: £3,600).

	2016	2015
	£	£
Net income/(expenditure) is stated after charging:		
Independent examiners fees	1,995	1,749

6	Staff costs	2016	2015
		£	£
	Staff expenses includes the following employee costs:		
	Wages and salaries	67,576	49,350
	Social security costs	5,148	2,702
		<u>72,724</u>	<u>52,052</u>

No employee received benefits in excess of £60,000 (2015: Nil)
The average number of employees during the year was 4 (2015: 2)
Key management personnel is considered to be the Executive Director and Operations Coordinator. The total employee benefits of the Charity's key management personnel was £53,977 (2015: £32,548)

7	Debtors	2016	2015
		£	£
	Debtors	5,759	9,693
	Prepayments	306	281
		<u>6,065</u>	<u>9,974</u>

8	Creditors	2016	2015
		£	£
	Creditors	875	8,995
	Accruals	2,296	11,956
		<u>3,171</u>	<u>20,951</u>

9	Trustee Remuneration and Related Part Transactions
	No Trustee received any remuneration during the year. Travel costs amounting to £1,030 (2015: £498) 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 (2015: £nil).

10	Analysis of net assets between funds
	All assets and liabilities at the year end relate to unrestricted funds.

11	Movement in funds	As at 1 April 2015	Incoming Resources	Outgoing Resources	Transfers	As at 31 March 2016
	Restricted funds					
	Good Vibrations courses	7,513	171,878	(117,648)	(7,513)	54,230
	Un-restricted funds	19,789	41,176	(36,665)	7,513	31,813
		<u>27,302</u>	<u>213,054</u>	<u>(154,313)</u>	<u>-</u>	<u>86,043</u>

The Trustees have carried out a review of the brought forward reserves to assess the presentation of general funds previously listed as restricted. Transfers between funds shown above include the necessary adjustments following this review. Good Vibrations courses - restricted funds were spent on courses and front-line work in secure institutions and community settings, and on the Keep In Touch Programme.

12	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.

13	Transition to FRS 102
	This is the first year that the charitable company has prepared its financial statements under FRS 102. The last financial statements prepared under previous UK GAAP were for the year ended 31 March 2015 and the date of transition to FRS 102 was 1 April 2014. A reconciliation of amounts presented under previous UK GAAP and FRS 102 is set out below for charitable company's net expenditure for the financial year ended 31 March 2015 and for its total funds at 1 April 2014 and 31 March 2015 together with an explanation of changes in accounting policies on transition.

Holiday pay accrual - FRS 102 requires short term employee benefits to be charged to the income and expenditure account as the employee service is received. Key Management Personnel have reviewed this position for the year under review and the year ended 31 March 2015 and concluded any such charge would be immaterial to the financial statements.

Other Adjustments arising on transition to FRS 102 - The following adjustments have also been made in order to comply with the new SORP/ FRS 102 which have had no effect on total funds or the income and account account but which have affected the presentation of certain items in the statement of on the balance sheet. The main items were: Governance costs are no longer presented as a separate category of expenditure in the Statement of Financial Activities as they are now regarded as part of support costs which are allocated to the cost of activities undertaken by the Charity.



How can I find out more?



Have a conversation with our Executive Director, Katy Haigh
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Come to a play-through:
info@good-vibrations.org.uk



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