

COMPANY REGISTRATION NUMBER 06683343  
REGISTERED CHARITY NUMBER 1126493

**GOOD VIBRATIONS**

REPORT AND ACCOUNTS

FOR THE

YEAR ENDED 31 MARCH 2010

# **Good Vibrations**

REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2010

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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

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

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

Registered Charity Number: 1126493  
Registered Company Number: 06683343

#### Trustees

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

Dr Andreas Robert Prindl CBE (Chair)	(Appointed 28/08/08)
Mr Nick Hardwick (Deputy Chair)	(Appointed 28/08/08)
Mrs Lisa Marie Roca	(Appointed 28/08/08)
Dr Alec Roth	(Appointed 31/12/08)
Ms Delicia Louis	(Appointed 12/03/09)
Ms Stieve Butler	(Appointed 22/05/09)

**Director and  
Company Secretary** Cathy Eastburn

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

**Bankers** Co-Op  
PO Box 250  
Skelmersdale  
WN8 6WT

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

## **Good Vibrations**

### REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2010

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#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

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

#### **THE BOARD OF TRUSTEES**

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

The Trustees who served during the year are listed on page 1. We are delighted that Nick Hardwick was appointed as Her Majesty's new Chief Inspector of Prisons in March 2010. Nick has had to retire from Good Vibrations' Board to take up his new role, and we wish him all the best in it.

#### **OBJECTIVES AND ACTIVITIES**

The objectives of the Charity are as follows:

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

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

#### **SETTING UP GOOD VIBRATIONS**

Although this is Good Vibrations' first annual report and accounts as an independent charity in its own right, Good Vibrations was set up by Cathy Eastburn back in 2003 as a pilot project under the auspices of an East Midlands-based community music charity, the Firebird Trust. The aim was to try out running gamelan (Indonesian bronze percussion) workshops in prisons and secure hospitals to help people develop crucial life skills such as teamworking and communication skills. The initial pilot was a success and Good Vibrations' work has expanded and developed ever since. A Steering Group of experts was established in May 2008 to guide Good Vibrations through the process of becoming an independent registered charity.

#### **RATIONALE**

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

## Good Vibrations

### REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2010

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

#### A TYPICAL GOOD VIBRATIONS COURSE

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

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

Over the last 7 years Good Vibrations has developed an extremely robust model of service delivery that works even with the most challenging groups and in the most difficult of settings. *It has developed particular expertise in working with the most difficult and hard-to-reach, including prolific self-harmers, the very low-skilled, VPs (Vulnerable Prisoners), non-English speakers, 'failed learners', 'persistent basic' (i.e. persistent trouble-makers), people with serious mental health problems and personality disorders, and people coming off drugs.*

#### THE GOOD VIBRATIONS TEAM

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

#### OUTCOMES

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

## **Good Vibrations**

### REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2010

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

The researchers concluded that:

The key findings from this research suggest that Good Vibrations:

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

### **ACHIEVEMENTS AND PERFORMANCE OVER THE YEAR**

Good Vibrations, previously operating as part of the Firebird Trust, set up as an independent charity and began operating on 1<sup>st</sup> April 2009.

During the year, Good Vibrations ran 26 Good Vibrations courses hosted by 19 institutions (16 prisons, 1 special hospital, 1 probation area and 1 other community setting), benefiting 438 people in all, and in addition continued its ongoing music technology sessions (2 days/week) for patients at River House secure unit. For comparison, in 2008/09 Good Vibrations ran 19 courses in 14 different settings.

2 of the courses in 2009/10 were for women prisoners, 1 was for young female prisoners (aged 15-17), 3 were for young male prisoners (15-18) and 2 were with mixed groups of young people in the community. In addition, the work at River House is for male and female patients.

Good Vibrations was awarded a grant from London Probation's Impact Programme to pilot Good Vibrations within London Probation's hostels for high-risk male offenders. The pilot went very well: engaging a good proportion of the hostels' residents (42% took part, with 68% of those going on to complete the one week courses and meeting the agreed objectives. Good Vibrations facilitators managed to work successfully alongside hostel staff.

## **Good Vibrations**

### REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2010

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The charity also worked for the first time with young people in the community, running gamelan courses for two groups of 'NEET' (not in education, employment and training) young people undertaking a 13 week employability skills course called "Working It Out" run by Tomorrow's People.

Good Vibrations' on-going efforts to gather evidence of the effectiveness of our work were rewarded in December 2009 when our one week gamelan courses were awarded "approved intervention" status by NOMS's<sup>1</sup> Directorate of High Security Prisons. This means that Good Vibrations is now officially recognised as an effective tool for high security prisons in their efforts to reduce reoffending.

During the year, Cathy Eastburn (Good Vibrations' Director and Company Secretary) was elected to the Steering Group of the Arts Alliance, the MoJ<sup>2</sup>-funded coalition of arts-in-criminal-justice organisations set up to improve communication between arts organisations and prison staff, probation staff, and officials in NOMS and other government departments. She has played a leading role in liaising with various key officials in NOMS.

The year was challenging for many organisations delivering arts projects in prisons, including Good Vibrations, owing to the issuing in January 2009 of the Prison Service Order (PSO) on "acceptable interventions" issued by the Secretary of State for Justice in response to negative tabloid coverage. This PSO had the effect of discouraging some prisons from hosting arts projects and also dramatically increased the amount of bureaucracy faced by both host prisons and arts organisations. Good Vibrations submitted evidence to NOMS on the impact of the PSO on our work and on other arts organisations, and we are optimistic that the revised PSO, due to be issued in mid-2010, will be much more positive.

#### **PLANS FOR THE NEXT TWO YEARS**

The charity will:

- Develop and expand our work in prisons, in particular targeting the 'hard to reach' in the prison population
- Continue our work in probation settings and in the community working with groups at risk of offending
- Continue to commission robust research into the effectiveness of our work
- Continue to advocate for arts in criminal justice, using evidence of the impact of our work
- Deliver advanced facilitation skills training to the Good Vibrations team

#### **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.

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<sup>1</sup> National Offender Management Service

<sup>2</sup> Ministry of Justice

## **Good Vibrations**

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2010

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### **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. Thanks to:

- Arts Council England
- Allen Lane Foundation
- LankellyChase Foundation
- London Probation Impact Programme
- Northmoor Trust
- Pilgrim Trust
- Rayne Foundation
- Henry Smith Charity
- Summerfield Charitable Trust

Thanks to our Patrons:

- Lord Ramsbotham
- Rahayu Supanggah

Thanks to those individuals who, as part of the Good Vibrations Steering Group, gave their time to oversee Good Vibrations' transition from a project to a fully-fledged charity:

- Stieve Butler
- Nick Hardwick
- Alison Liebling
- Tricia Monro
- Andreas Prindl
- Alec Roth
- Lawrence Simanowitz

Thanks also to those who provided in-kind support and valuable voluntary help:

- Bates Wells Braithwaite
- Rodrigo Caballero
- Cheltenham Community Gamelan Group
- Cheltenham Music Festival
- The Durham Gamelan
- Emily Crossland
- Gamelan Naga Mas
- Glasgow City Council
- Keith Palmer
- Camilla Panufnik
- RH
- Southbank Centre

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

- Addiewell Prison
- Broadmoor Hospital
- Cookham Wood Prison
- Downview Prison
- Eastwood Park Prison
- Grendon Prison

## Good Vibrations

### REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2010

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- Hestia Streatham
- Hull Prison
- Leeds Prison
- Lindholme Prison
- Littlehey Prison
- Long Lartin Prison
- Lowdham Grange Prison
- London Probation Approved Premises (Camden House, Ellison House, Tulse Hill, Westbourne House)
- Low Newton Prison
- Royal Bethlem Hospital (River House)
- Tomorrow's People Working It Out Southwark
- Wakefield Prison
- Whitemoor Prison
- Wetherby Young Offenders Institution

### FINANCIAL REVIEW

The year was a satisfactory one for Good Vibrations, with a net increase in reserves of £70,823.

Total incoming resources were £269,227, of which £58,374 was a transfer of net assets from the Firebird Trust, of which Good Vibrations was a part until 31<sup>st</sup> March 2009. Good Vibrations' principal funding sources are grants from non-statutory sources, workshop fees and contributions from host organisations.

### RESERVES POLICY

The Trustees will review the reserve position annually by looking at future needs, risks and longer term liabilities affecting the Charity. The Trustees believe it is prudent to build up the unrestricted funds of Good Vibrations to a level sufficient to cover 3 to 6 months of expenditure. This would allow the Charity time for reorganisation in the event of a downturn in income, protect ongoing work programmes, and allow the Charity to meet its objectives. The current balance on the fund of £68,323 represents 4 months' expenditure and it is the Trustees' policy to maintain the fund at the required level in future years.

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

Signed by order of the Trustees



Company Secretary

Approved by the Trustees on 30<sup>th</sup> June 2010

## Good Vibrations

### CASE STUDIES

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#### **Case study: N, 40 year old Good Vibrations participant (interviewed in June 2010)**

N did a GV course at a high security prison in April 2009. He had been in and out of prison for 24 years, more than half of his life. He had been involved with the "Strangeways riots", and had a difficult relationship with prison staff.

N had previously refused to participate in any constructive activities in prison because he felt so negative and angry about being in prison and didn't want to take part in anything that was part of the "system". He was motivated to *"give it [Good Vibrations] a go, as it was something different, it sounded interesting"*.

*"I'd never done any music before in my life. It's hard to explain, but it was really interesting – experiencing a different culture. And the music is really calming. Everyone was equal, on an even keel. No one thought bad of anyone else. J [the facilitator] was a very nice fella, he made everyone feel relaxed and everyone equal. We all just got on with it, working together as equals, all playing our part."*

*"You're in prison, you're mixing with hundreds, thousands of criminals every day. You do Good Vibrations and it's – wow, totally, totally different."*

After the project N's attitude to himself and the prison improved: *"I wasn't getting angry with prison officers any more. It [GV] had a calming effect, to be truthful. It made me feel more positive about myself, and others. I looked at things in a different way."*

N left prison in July 2009 determined to make a positive go of things. He enrolled in a refresher electrics course to update the skills he had learnt many years before, and is due to finish the course shortly. He has bought a run-down house which he is enjoying doing up. He is in a positive, long-term relationship and is in touch with his family, describing his relationships with them as "really close" and "all going well".

N considers GV to have a lasting positive effect even 15 months later: *"It's calming, even now when I think back to it, I don't get so angry. It has helped a lot."*

N believes that *"they should do Good Vibrations in all prisons because it has a calming effect. They should do it instead of spending thousands on anger management courses that don't work for people like me."*

## Good Vibrations

### CASE STUDIES

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#### **Case study: R - did Good Vibrations course at an Approved Premises in September 2009**

Immediately after the course, we interviewed R who told us:

*"Nice to have something to do rather than sit in my room counting the seconds go by. It's got me to meet other people in the hostel, I've not met before. I'm new here so only really got to know people this week. I don't want to be here, but this has taken me out of isolation and I've mixed.*

*"I've been doing something I'm into. It's given me the push I needed to interact.*

*"I'm impressed with how everyone participated – very impressed. I thought people would bang something for 2 minutes then go away. But people have really got into it.*

*"I liked the way it was free "it's alright, guys, let's play and see what happens". There was no pressure whatsoever, excellent.*

*"A contributing factor for why it went so well was that no one was forced to do it. Also good – it's designed so that you don't make mistakes that matter. You hit [the instrument] and see what happens. You listen to others. That's it. I really like the sense of freedom."*

Since then, R has joined a weekly gamelan evening class in the community, supported by a Good Vibrations Bursary. He has also worked for Good Vibrations and for other gamelan groups, helping to move equipment, drive vans, assist in workshops etc. He's just started a voluntary job for a homeless charity, working 1-2 days a week for them.

When checking with R that he was happy with his case study being written up, we asked him if there was anything he wanted to add, and he replied:

*"I'd like to say something about where I was before [the GV course]. I'd been seriously depressed, wanting to top myself. I was completely lost, no sense of how I could get back to normality. The gamelan course, at that time, was a step up to getting back to some form of normality. That's why I grabbed hold of it with two hands, I needed it. A really positive focus was just what I needed at the time, something to give me a sense of self-worth.*

*"[Good Vibrations] is nothing to do with the criminal justice system directly, there's a sense of freedom, it's relaxed, not compulsory. There's no hidden agenda. [Doing the course] was totally my choice which helped a lot. The criminal justice system is so negative, all about what's wrong with you. It's good to have something positive which works with you as an individual and is all about what you can offer - a very powerful message in itself. This is what got me on the road to recovery."*

## Good Vibrations

### INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF GOOD VIBRATIONS

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I report on the accounts of the Trust for the year ended 31 December 2008, which are set out on pages 11 to 17.

#### **Respective responsibilities of trustees and examiner**

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

It is my responsibility to

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

#### **Basis of the examiner's report**

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

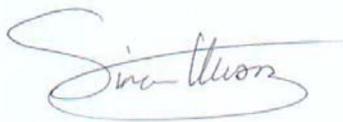
#### **Independent examiner's statement**

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

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

have not been met; or

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



Simon Hussey FCCA  
Charity Business  
Suite 37-40  
Cherry Orchard North  
Kembrey Park  
Swindon SN2 8UH

Date: 29<sup>th</sup> June 2010

## Good Vibrations (Music) Ltd

### STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2010

	Note	Unrestricted Funds	Restricted Funds	Designated Funds	Total Funds 2010	Total Funds 2009
<b>Incoming Resources</b>						
Voluntary Income						
Donations & gifts		125	-	-	125	-
Unrestricted grants	2	137,000	-	-	137,000	-
Interest receivable		201	-	-	201	-
Incoming Resources from charitable activities						
Restricted grants	2		37,243	-	37,243	-
Workshop fees and contributions		25,850	-	-	25,850	-
Contract income		10,434	-	-	10,434	-
Other income						
Funds received from Firebird Trust	3	54,374	4,000	-	58,374	-
<b>Total Incoming Resources</b>		<b>227,984</b>	<b>41,243</b>	<b>-</b>	<b>269,227</b>	<b>-</b>
<b>Resources Expended</b>						
Cost of generating funds						
Cost of generating voluntary income	4	7,145	-	-	7,145	-
Charitable activities						
Standard Good Vibrations courses	4	73,305	600	-	73,905	-
Courses in "challenging" settings	4	25,198	4,000	-	29,198	-
Courses in probation settings	4	1,247	34,143	-	35,390	-
Courses in other community settings and other frontline projects	4	22,610	-	-	22,610	-
Advocacy work	4	19,331	-	-	19,331	-
Governance costs	4	3,015	-	-	3,015	-
Other resources expended						
Team training and organisational development	4	7,810	-	-	7,810	-
<b>Total Resources Expended</b>		<b>159,661</b>	<b>38,743</b>	<b>-</b>	<b>198,404</b>	<b>-</b>
<b>Net Incoming Resources</b>		<b>68,323</b>	<b>2,500</b>	<b>-</b>	<b>70,823</b>	<b>-</b>
Transfers between funds						
		-	-	-	-	-
<b>Net Movement in funds</b>		<b>68,323</b>	<b>2,500</b>	<b>-</b>	<b>70,823</b>	<b>-</b>
<b>Balances at 1 April 2009</b>						
		-	-	-	-	-
<b>Balances at 31 March 2010</b>		<b>68,323</b>	<b>2,500</b>	<b>-</b>	<b>70,823</b>	<b>-</b>

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

## Good Vibrations (Music) Ltd

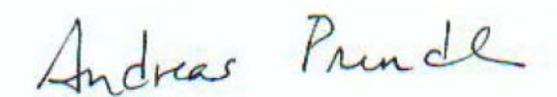
### BALANCE SHEET

31 MARCH 2010

		2010 £	2009 £
<b>Current Assets</b>			
Debtors and Prepayments	6	7,204	-
Cash at bank and in hand		<u>82,435</u>	<u>-</u>
		<u>89,639</u>	<u>-</u>
Liabilities: amounts falling due within one year	7	18,816	-
Net Current Assets		<u>70,823</u>	<u>-</u>
<b>Net Assets</b>	8	<u>70,823</u>	<u>-</u>
<b>Funds</b>			
Unrestricted Funds	9	<u>68,323</u>	
		<u>68,323</u>	
Designated Funds	9	-	
Restricted Funds	9	2,500	
<b>Total Funds</b>		<u>70,823</u>	

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

Approved by the Board of Trustees on 30<sup>th</sup> June and signed on its behalf by:



# Good Vibrations (Music) Ltd

## NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2010

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### 1. ACCOUNTING POLICIES

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

## Good Vibrations (Music) Ltd

### NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2010

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- d. The cost of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- xi. Deferred income  
A provision for deferred income is made where the income received in the year has an entitlement for the next financial year and can be reliably measured at the balance sheet date.

### 2. GRANTS RECEIVED

	Unrestricted	2010 Restricted	Designated	2009
	£	£	£	£
Cheltenham Music Festival				
Education Dept		600		
Summerfield Charitable Trust		2,500		
London Probation Impact Project		34,143		
Rayne Foundation	15,000			
Arts Council England	25,000			
Henry Smith Charity	30,000			
LankellyChase Foundation	12,000			
The Pilgrim Trust	30,000			
Northmoor Trust	20,000			
Allen Lane Foundation	5,000			
	<hr/>	<hr/>	<hr/>	<hr/>
	137,000	37,243	-	-

### 3. FUNDS RECEIVED FROM FIREBIRD TRUST

On 1 April 2009, the Firebird Trust transferred the assets of its Good Vibrations project to the newly-formed Good Vibrations.

## Good Vibrations (Music) Ltd

### NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2010

#### 4. RESOURCES EXPENDED

	Voluntary Income	Standard Good Vibrations Courses	Course in "challenging" settings	Courses in probation settings	Courses in other community settings and other frontline projects	Advocacy work	Governance	Team training and organisational development	2010 Total	2009 Total
Costs directly allocated to activities										
Staff Costs	7,140	-	-	-	-	-	2,240	-	9,380	-
Project costs	-	70,796	27,566	29,588	20,804	18,991	-	-	167,745	-
Trustees' expenses	-	-	-	-	-	-	294	-	294	-
Independent examiner's fees	-	-	-	-	-	-	275	-	275	-
Other	5	-	-	-	33	-	206	-	244	-
Team and organisational development	-	-	-	-	-	-	-	7,810	7,810	-
Support costs allocated to activities										
Staff costs	-	826	433	1,540	471	90	-	-	3,360	-
Legal & Professional	-	2,075	1,089	3,872	1,183	227	-	-	8,446	-
Other	-	208	110	390	119	23	-	-	850	-
<b>Total resources expended</b>	<b>7,145</b>	<b>73,905</b>	<b>29,198</b>	<b>35,390</b>	<b>22,610</b>	<b>19,331</b>	<b>3,015</b>	<b>7,810</b>	<b>198,404</b>	<b>-</b>

## Good Vibrations (Music) Ltd

### NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2010

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#### 5. TRUSTEE REMUNERATION AND RELATED PARTY TRANSACTIONS

No Trustees received any remuneration during the year. Travel costs amounting to £294 (2009: £Nil) were reimbursed to 2 (2009: Nil) Trustees.

No trustee or other person related to the Charity had any personal interest in any contract or transaction entered into by the Charity during the year (2009: Nil).

#### 6. DEBTORS

	2010 £	2009 £
Trade debtors	7,204	-
	<u>7,204</u>	<u>-</u>

#### 7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2010 £	2009 £
Trade creditors	17,534	-
Accruals	1,282	-
	<u>18,816</u>	<u>-</u>

#### 8. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Designated	Total Funds
Current Assets	87,139	2,500	-	89,639
Current Liabilities	(18,816)	-	-	(18,816)
Net assets at 31 March 2010	<u>68,323</u>	<u>2,500</u>	<u>-</u>	<u>70,823</u>

## Good Vibrations (Music) Ltd

### NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2010

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#### 9. MOVEMENT IN FUNDS

	As at 1 April 2009 £	Incoming resources £	Outgoing resources £	Transfers £	As at 31 March 2010 £
<b>RESTRICTED FUNDS</b>					
Standard Good Vibrations courses	-	3,100	(600)	-	2,500
Courses in "challenging" settings	-	4,000	(4,000)	-	-
Courses in probation settings	-	34,143	(34,143)	-	-
Total Restricted Funds	-	41,243	(38,743)	-	2,500
Designated funds	-	-	-	-	-
Unrestricted funds	-	227,984	(159,661)	-	68,323
Total funds	-	269,227	(198,404)	-	70,823