

Communal music-making

'It's about communication, how you listen and interact, and giving everyone the opportunity to play. You have to listen to what others are saying.' 2014

'It's been so rich. All the things we encourage on the unit have been achieved - listening, relating to each other, working together.' 2018

Learning to work effectively as a group

Reflecting

'Helped me think, plan, decide. By doing these things, you can draw a plan in your head and know what you want in life.' 2018

'I've learnt to respect other cultures. I used to be racist. Now I've seen something new I can respect others more.' 2012

Learning about another culture

Supporting peers

'I felt more supportive towards people than I have ever done. I've become more empathetic. I never used to help anyone.' 2013

'When composing we have different roles - leader, follower, and so on. It's teaching me how a group can work well together and produce a good outcome for everyone.' 2012

Practising leadership

Working positively with conflict

'We got to know each other better when we spoke about the conflict. We actually listened to each other and resolved our differences.' 2016



Participants develop social skills crucial for life, work and positive citizenship

Being challenged to complete a once in a lifetime experience

'This project is good because it takes people out of their comfort zone. It's a special thing - a life opportunity. Makes me realise I have more talent to achieve anything, and anything is possible in life.' 2018

Making music is calming - a positive reinforcement. It let me express myself. We had lots of input into the composition and structure of the music.' 2014

Participants having ownership

'It's good to work with a group of professionals. It gives us a sense of purpose and achievement.' 2014

Putting on a performance

'Fantastic. An unusual project - it gives people hope - both us and our families on the outside. Performing before your family is a great feeling.' 2018



Participants' well-being improves and they're empowered to see themselves with positive identities and futures

Creating their own music

'I want the ideas and what they produce to come from them.' 2017

Developing positive relationships with music professionals

Safe, humanising experiences

'Helping residents experience the value of positive, trusting relationships is key work for our unit. The gamelan and facilitator fostered this.' 2018

'Since the project I've re-joined the library, and started an NVQ, which are enormous steps for me. My new thing since gamelan is to say yes.' 2015

Developing social capital

'It was good for Bob to socialise a bit. He's likes to sit in his room. So him getting out and meeting people was very good for him.' 2018

'It's good that we get a CD to send out to family to show that I'm doing something constructive.' 2018

Successfully completing an education course

'Good Vibrations inspired me to want to learn more about music so I applied to do music at Sheffield University and have now graduated.' 2011

'Good that staff got involved. They're doing something at a level with us. It breaks down barriers.' 2018

Volunteering and work experience

'Good Vibrations allowed me for the first time to be in control of myself. Since then I've been heavily involved with them. They helped me with my career. I owe a lot to Good Vibrations.' 2015



Participants are more positively engaged in education and constructive activity

Regular social participation

Producing a CD

Involving staff & support workers



GOOD VIBRATIONS' THEORY OF CHANGE

www.artsevidence.org.uk/organisations/arts-organisations/good-vibrations/

Evidencing the impact of our work robustly

Qualitative feedback
Quantitative data
Triangulation
Internal monitoring

Nine pieces of independent research (by Birmingham City University, University of London, Bath Spa University, University of Worcester, Nottingham Trent University and The Royal College of Music), the Sharing Good Vibrations conference, and Arts Evidence Library

Taking part in research and sharing findings

Sharing engaging media and articles about the impact

Through the BBC, National Prison Radio, social media, Constructive Voices, blogs, Prison Service Journal, and Sunny G Radio

National Criminal Justice Arts Alliance, Arts Forum, Practice Development Group, Social Justice Network

Being involved in strategic forums



Good Vibrations shapes best practice and provides evidence to influence policy

Vulnerable people, including those convicted of offences, are given the chance to become valued members of society and to forge fulfilling, constructive lives.

www.good-vibrations.org.uk