



Good Vibrations

Fundraising pack

Huge thanks for your interest in fundraising for Good Vibrations. This pack tells you about our work, the difference your support will make, and gives you the lowdown on what you need to plan an amazing fundraising event for our charity.



What we do

We are a national charity and we run unique group music-making projects that help vulnerable people in challenging circumstances gain the tools they need to build positive futures. We support people who have been convicted of offences in prisons and young offender institutions, people experiencing mental illness in secure mental health settings, and people with disabilities and additional needs in the community.

We help them:

- See themselves with positive self-identities
- Improve their well-being
- Develop confidence and motivation
- Develop transferable life and work skills
- Become more engaged in learning and constructive activity

We are best known for using the Indonesian gamelan – a magnificent set of gongs, drums and xylophones. Our facilitators help groups, who often have no musical experience, to make their own music and put on concerts and there is a focus on group reflection, discussion, inclusiveness, mutual respect and empowerment.

Participants can gain nationally-recognised accreditations and can join our Keep in Touch programme, which provides them with further volunteering opportunities, bursaries, traineeships and links to support services.

A substantial research base exists about Good Vibrations, which concludes that working together to learn to play gamelan creates a culture of collective responsibility, shared leadership and joint decisions, which supports participants to experience:

- Improved social and communication skills
- Achievements that prompt engagement with further learning
- Reduced anxiety
- Increased ability to cope with stress
- Improved anger management skills



Your support really will make a difference

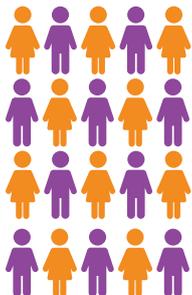
SINCE 2003, WE HAVE HELPED ALMOST

10,000

PARTICIPANTS.

We are a small, lean and successful charity and our projects are innovative, effective and accessible. We want to contribute to improving the lives of many more vulnerable people by enabling them to experience our projects too. Your support really will change people's lives for the better.

£5,000 COULD FUND



AN INTENSIVE GOOD VIBRATIONS PROJECT WITH LONG-TERM PROGRESSION SUPPORT FOR 20 PEOPLE.

CAN YOU HELP RAISE THE MONEY TO ENABLE US TO RUN ONE AND HELP CHANGE 20 MORE LIVES FOR THE BETTER?

WE HAVE FEW OVERHEADS, SO EVERY DONATION, LARGE OR SMALL, REALLY DOES REACH THE VULNERABLE PEOPLE WE SUPPORT.



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I came out of prison completely lost and confused. I was depressed and felt very much alone. I had let my family and friends down and felt I had no value for my partner and my daughter. I had to stay at a hostel. I hated being there –

people making decisions about me, and having any dignity stripped away from me. I lost my confidence, self-esteem and had no idea how I could move on.

On my way out of the hostel, I bumped into one of the tutors of Good Vibrations, who was putting on a workshop. I had no intention of going, but was persuaded to go. I planned on only being there for 10 minutes, then making my excuse and leaving. Instead, I stayed for the entire session and the whole project. I was hooked and loved everything about it. I found it uplifting. After the project, I was invited to attend a weekly gamelan course at The South Bank Centre – I got a chance to carry on playing and to learn.

It wasn't just the sessions Good Vibrations gave me. They gave me focus and supported me whenever they could, offering me chances to use skills I had but felt I could no longer use. I was useful again. That gave me a reason to move on. When things went bad they supported me and helped me get back on my feet. They didn't turn their back on me or judge me. It was that kind of support that helped me to truly turn my life around. They made me feel valued and needed.

Groups like Good Vibrations are essential to giving support, hope, a chance and a step in the right direction for prison leavers. It can make the difference from someone moving on or re-offending. Good Vibrations play a strong part in helping with rehabilitation and letting people know there is an alternative and positive way forward back into society.

Good Vibrations are a support network. They helped to give me back my belief in myself. By doing that, it meant I had a healthier outlook on my life, family and future.

Anyone can mess up, make mistakes and end up inside, but it's important that when the punishment is over that there is a way forward. Good Vibrations can offer a way forward and that can make a huge difference to which direction someone takes.

Good Vibrations is not about where you've been, but where you are going. They give you the support, tools and skills to help get you there.

Things for me are not perfect. I still do struggle mentally and physically, however, being a part of Good Vibrations has given me the strength to stay positive and keep moving forward and I will always be thankful for that.

RUSS HAYNES, A GOOD VIBRATIONS PARTICIPANT

There are lots of ways you can help



Katy Haigh, our Executive Director, takes part in a Muddy Run.

Start fundraising

Why not get sponsored to do a marathon, sponsored silence, mud run or parachute jump? Or organise a fundraiser like a quiz night, raffle, karaoke competition or non-uniform day? Persuade someone generous to give first, promote it to everyone you know, and thank them as they give.



SET UP A FUNDRAISING OR SPONSORSHIP PAGE WITH VIRGIN MONEY GIVING

- ▶ **Go to** uk.virginmoneygiving.com
- ▶ **Search** Good Vibrations
- ▶ **Click** Start fundraising



SELL SOMETHING ON EBAY AND DONATE THE PROCEEDS

- ▶ **Log into** eBay
- ▶ **Click** Sell and list what you want to sell
- ▶ **Tick** Donate a portion to charity

Choose the percentage you want to give and type in Good Vibrations (Music) Ltd.



CREATE A FUNDRAISER OR SPONSORED EVENT THROUGH FACEBOOK

- ▶ **Go to** Create post
- ▶ **Click** Add to your post/More/Raise money
- ▶ **Search** Good Vibrations

Create a post about your fundraiser and why you are asking people to support it.



Make a donation

There are various ways to donate to Good Vibrations, and we are so grateful for all your donations – no matter how big or small. They make a huge difference to what we can achieve.



MAKE A DONATION THROUGH VIRGIN MONEY GIVING

- ▶ **Go to** uk.virginmoneygiving.com
- ▶ **Search** Good Vibrations
- ▶ **Click** Make a donation

MAKE A MONTHLY DONATION THROUGH VIRGIN MONEY GIVING AND BECOME A FRIEND OF GOOD VIBRATIONS

- ▶ **Go to** uk.virginmoneygiving.com
- ▶ **Search** Good Vibrations
- ▶ **Click** Make a monthly donation



MAKE A DONATION THROUGH FACEBOOK

- ▶ **Go to** www.facebook.com/sgvibrations/fundraisers
- ▶ **Click** Donate

WRITE A CHEQUE PAYABLE TO GOOD VIBRATIONS

- ▶ **Post it to** Good Vibrations, First Floor, 10 Queen Street Place, London EC4R 1BE

Leave a legacy

If Good Vibrations has meant a lot to you or a loved one, please consider leaving a legacy to us to help us continue our highly impactful work.

Thank you. We couldn't do it without you.

And lastly, follow us on social media and tag us when you post your fundraisers. Then we can retweet, share and comment to support your efforts and thank you.

 @SGVibrations

 @sgvibrations

 good-vibrations

 Good Vibrations TV Channel

 goodvibrations.org

 good_vibrations_charity

Get in touch and learn more

Email: info@good-vibrations.org.uk

Call: 020 7993 6011

www.good-vibrations.org.uk



I've spent a lot of time in Indonesia and I fell in love with the sound of the gamelan. When I heard about the work Good Vibrations do, it all made perfect sense to me. You can pick gamelan up quite easily. You can get a lovely sound out of it quite straightforwardly and you can play it with other people. That's what I love. And it's almost meditative – it's a great application of a kind of music therapy in a way.

GOOD VIBRATIONS' PATRON, BILL BAILEY