

GOOD VIBRATIONS ANNUAL REPORT & ACCOUNTS





REGISTERED CHARITY NUMBER: 1126493 (ENGLAND AND WALES)/ SC048860 (SCOTLAND)

COMPANY REGISTRATION: 06683343

WELCOME



Jane Gibb Interim CEO Good Vibrations January 2024 I hope you enjoy reading this annual report. Putting it together has emphasised what an amazing and talented team of people we have at Good Vibrations, and how we have supported one another through a period of transition.

Without a permanent CEO since May 2022, we have come through this period with a strong sense of who we are, what we can achieve together, and a determination to continue to have a positive impact on the communities we work with.

It has always been a real pleasure to be part of Good Vibrations and to get the chance to play gamelan at work. I have been lucky to visit and meet people from all parts of the UK, from people in prisons to those attending our community-based projects. I've talked to them about their experiences and seen first-hand the difference taking part in our projects can make to people's lives. To have been given the opportunity to lead the organisation through this time has been a real privilege.

The power of gamelan to inspire people to work together is proven every day in the work we do.

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WHO WE WORK WITH

Good Vibrations works with marginalised people across the UK in partnership with prisons, young offender institutions, secure hospitals and community organisations supporting:



OUR VISION

To help create a safer, moreempathetic UK, where marginalised people – including those convicted of offences – are valued members of society and are able to forge fulfilling and constructive lives.

OUR MISSION

To inspire and motivate people, often with complex needs, and give them tools to help them realise their potential and build positive futures.



WHAT WE DO AND HOW

ON OUR COURSES PEOPLE WORK TOGETHER TO CREATE THEIR OWN MUSIC

It's all about listening, communicating, working as a team, problem solving and reflecting. Anyone is welcome and can benefit from taking part. We are best known for using the gamelan, Indonesian tuned percussion orchestra of gongs, xylophones and drums. It is very accessible, can be played with no previous musical experience, and encourages collaboration and confidence. Participants also learn about Indonesian culture, such as shadow puppetry, food and dance.

OUR ACTIVITIES

Gamelan courses in prisons and secure hospitals

These tend to be week-long, intensive courses with a group of about 15 people, where participants learn to play the instruments, improvise, and make music together. On the final day, we host a playthrough for the group to perform what they have learned in front of staff and guests. This year, Koestler Arts recognised the quality of the music created on two prison courses by awarding one gold and one bronze commendation.

Loophole Music in secure hospitals

Using one-to-one and group music making to support patients during their recovery through weekly sessions with in-patients and community patients. Participants are supported to play acoustic instruments, use music technology, write their own songs, and record music.

Resonate gamelan projects in the community

We run thriving community projects in Glasgow, Nottingham and now Sheffield. Everyone is welcome, particularly people with disabilities and/or mental health needs and their carers. These include weekly gamelan sessions, where players can develop their musical skills and get to know people in their community. We also run taster sessions and week-long intensive gamelan courses in partnership with local support organisations, mixing in different art forms and taking the project out to new places and to new people.

Keep in Touch

We provide a personalised support programme for those who have been part of Good Vibrations projects. This includes volunteering opportunities, connecting participants with other organisations for specialised support, and creating sharing opportunities for their experiences and opinions through podcasts, blogs and radio shows.

OUR APPROACH IS KEY TO OUR WORK

Our projects are fundamentally about building relationships - between participants and facilitators, between members of the group, between participants and staff or carers, while also exploring the relationship each participant has with themselves.

We facilitate, rather than teach, which creates a safe space and gives participants ownership of their work, which has a transformative effect. We encourage participants to explore and reflect on how they are in groups, and let awkward moments and conflict play out, as this is natural and can lead to creative problem-solving.

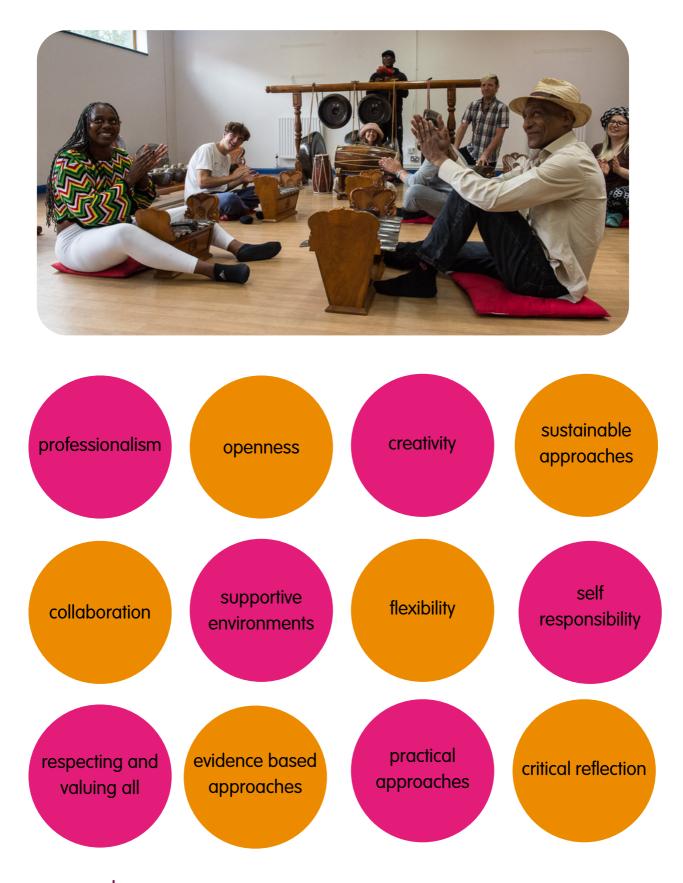
Much of our work uses gamelan because it's communal and invites collaboration. As players fit their parts in, they develop listening and non-verbal communication skills. Gamelan is melodic, not just rhythmic, which provides rich opportunities for musical development. In a group, most people will not have encountered gamelan before, meaning that they tend not to have prejudices about it. It is levelling, so everyone's contributions are equally important. As a medium, it is accessible and adaptable. Everyone can succeed at it and be challenged by it.

We value participants' life experiences, and listen to how we can better support them and act on what they say. We are working hard to build pathways for participation at all levels in our organisation.



OUR CORE VALUES

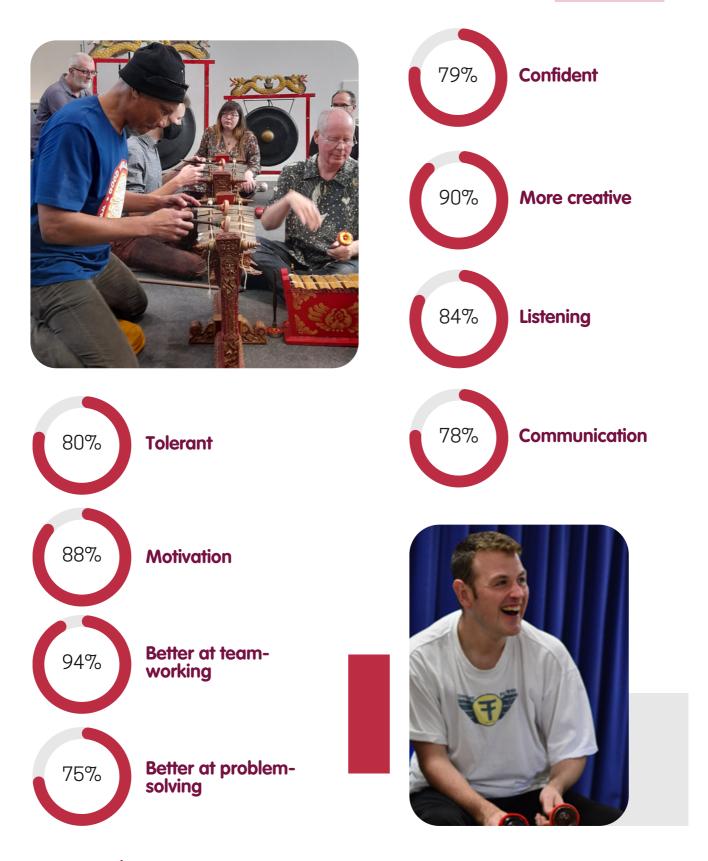
OUR APPROACH TO OUR WORK IS BASED ON 12 CORE VALUES





OUR IMPACT

Over this year, our participants say our projects help them in the following ways:





THE DIFFFERENCE WE MAKE

OUR PARTICIPANTS SAY OUR PROJECTS HELP THEM IN THE FOLLOWING WAYS:



THE DIFFFERENCE WE MAKE

INDEPENDENT RESEARCH FINDINGS DEMONSTRATE THAT OUR PROJECTS HAVE LASTING POSITIVE IMPACTS:

Long-term

"Six months after completing a course, participants experienced: greater levels of engagement; an increased openness to wider learning; improved listening and communication skills; improved social skills; improved relationships with prison staff; decreased levels of self-reported anger; and a greater sense of calmness." Winder et al., 2015

Experiencing

"Participants talk about the humanising experience of the project and the freedom it makes them feel." Caulfield et al., 2010

Achieving

"Participants develop more trust in their own ability to make meaningful, valid decisions and an ethos of collective responsibility grows. The sense of achievement experienced at the end of the week was invaluable for the recognition it provided of participants' abilities and hidden potential, which many had lost sight of during their formal education." Digard et al., 2007:13

Listening

"The facilitators encourage a culture of shared leadership and joint decision making, which enables participants to become better at communicating with, and listening to others." Henley, 2014

Co-operating

"Helped reduce anxiety levels for participants, enabling them to feel more relaxed and cope better with stress ... All participants said their social skills had improved, e.g. that they could communicate better, were more co-operative teamplayers, and more effective leaders." Winder et al., 2015

Changing

"Catalysts for change – participants take learnings and memories with them, which many treat as foundations of positive change to build upon." Caulfield et al., 2010

We are committed to continually learning about the impact of our work through independent evaluation, and responding to that. There is new research underway on our work. If you want to find out about all our research, please look at the Evidence Library: www.artsevidence.org.uk/organisations/artsorganisations/good-vibrations

AN OVERVIEW OF 2022-23

Total number of people we reached: 581

Number of people who took part on intensive week long courses: 392

Number of prisons: 8

Number of secure hospitals: 3

Number of community projects: 9

Number of people we worked with through our Keeping in Touch progression programme: 66





AN OVERVIEW OF 2022-23

THIS YEAR GOOD VIBRATIONS DELIVERED:

38 weekly gamelan sessions with 47 residents and 10 staff members in the inpatient unit at HMP Wormwood Scrubs, London.

57 Loophole sessions with 72 men, women and young people at Bethlem Royal Hospital, London, using music technology and acoustic instruments to support patients in their recovery. We also ran 9 taster sessions at Lambeth Hospitel with 17 inpatients.

28 weekly Resonate gamelan sessions with 40 men and women at Middle Street Resource Centre, Nottingham, developing musical skills and supporting mental health.

32 weekly Resonate gamelan sessions with 76 men and women with disabilities and mental health needs at Campbell House, Glasgow, with 25 support staff.

Four intensive week-long Resonate residencies in the Greater Glasgow area with 62 men and women with disabilities and mental health needs, with 38 support staff: a gamelan and adapted technology course at the Royal Conservatoire of Scotland, with shadow puppetry at the Anchor Centre, with dance at Community Lifestyles and gamelan at Gartnavel Royal Hospital.



Six intensive week-long gamelan projects in HMP Peterborough, Frankland, HMP Five Wells and HMP Moorland and HMP Send, working with 87 men and women, 42 of whom gained a NOCN Level 1 Team-working Qualification award.

Bi-monthly gamelan sessions over nine months with 57 women in HMP Styal.

One intensive week-long gamelan project in Glebe House, a residential home in Cambridgeshire with nine young men risk of offending. All received a Discover Arts Award accreditation.

An intensive week-long Beyond Performance course in collaboration with University of York.

Effective Facilitation course for 13 trainees and students at the University of York.

We ran two showcase events for participants. A Loophole music showcase took place in London with 10 people performing. In Glasgow, 11 participants took part in the recording and broadcast of a programme with Radiophrenia.



INDIVIDUAL LONG-TERM SUPPORT

We found opportunities for participants to take part in other activities and found ways to support them and share their experiences further.



Our annual Beyond Performance course was held at York University. Participants from Nottingham, Sheffield and London took part in a week-long Balinese gamelan course, finishing with a public performance of traditional gamelan, new music and poetry.

We recruited two past participants with lived experience in criminal justice system and supported them in developing their workshop-facilitating skills. This included taking part in creative workshops, safeguarding and effective facilitation training.



Participants from Glasgow Resonate collaborated on recording a project with Radiophrenia, an art radio station in Scotland. Participants worked with professional sound engineers, recording music and sounds, finding out about production, performance and audience engagement. They also learned how to edit music and sound to create an impactful production.

The group were invited to be part of a live broadcast of their work at the Centre for Contemporary Arts in Glasgow.

INDIVIDUAL LONG-TERM SUPPORT

The Loophole Showcase was a hugely enjoyable event with participants from our hospital and prison projects performing their work at the Cavendish Arms in London. We had a fantastic evening of music and poetry performed to a very high standard.

A former prisoner created the promotional artwork for the event and also designed our new CD covers.





You can see videos of the showcase on our YouTube channel

Linda, participant and Good Vibrations advisor, worked with a facilitator and US based ethnomusicologist, Dr Heather Strohschein. An article and video of their collaboration <u>From</u> <u>Nowhere to Somewhere</u> was published in Voices: A World Forum for Music Therapy, a peerreviewed journal with a focus on inclusiveness, socio-cultural awareness, and social justice. The submission was a reflection on their off-the-cuff conversations recorded over a year. They discussed their experiences of language, power, and whose voices are heard.

Some of the other ways we worked with our participants

- We enrolled with Email-a-Prisoner to stay in touch with participants from our courses.
- We produced a <u>podcast about community art</u> that was broadcast across community radio stations in Scotland.
- We worked with particpants and Editors for Impact to create a <u>community promotional</u> film.
- We trialled a participant-trustee Buddy Scheme recruiting five participants to pair up with trustees.





THE GAMELAN ROOM

After two years of preparation and planning, we launched the test site version of The Gamelan Room





We commissioned the Gamelan Room as a response to the pandemic, to find a way of playing gamelan when the real thing is unavailable. We have now created a virtual gamelan where you can explore the sounds of the instruments in the orchestra.

It works with a touch screen, mouse or keyboard and can be played in full on our website or on smaller devices. It can also be downloaded and played offline.

The Gamelan Room is made for people who have played on a real gamelan, who want to play more but don't have access to the instruments. We have also developed an accreditation so that participants can continue to develop their skills after a Good Vibrations course.

We are currently developing additional features that will enable external devices such as keyboards to play it too!



To support the use of The Gamelan Room we have developed a number of resources which can be accessed through our website. We have also designed the features to make it as accessible as possible.

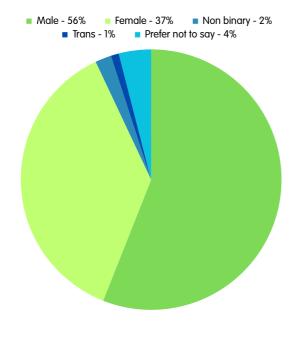
Scan this QR code to experience it for yourself





WHO WE HELPED

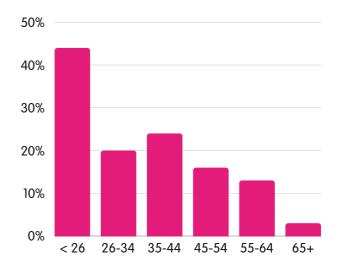
Gender of participants



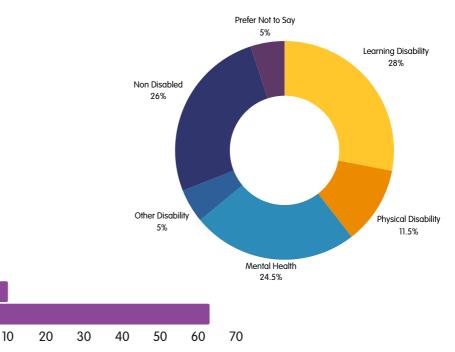
Ethnicity of participants

Mixed - White and Black African Mixed - any other mixed background Mixed - White and Asian Black/Black British - any other background Asian/Asian British - any other background Asian/Asian British Bangladeshi Asian/Asian British Indian Prefer not to say Mixed - White and Black Carribbean White - Irish Any other Black/Black British - African Chinese Black/Black British - Carribbean White - any other White Background White - British 0

Age of participants



Disability status of participants



BEHIND THE SCENES

Good Vibrations is a dynamic, learning and evolving organisation. We are committed to improving practice, and contributing to the development of arts and social justice across the UK people work together to create their own music.

Our approach

We work in partnership with a very broad range of organisations to reach the people who can most benefit from our work, and embed expertise in every project

What we did

Worked closely with partners to build and maintain relationships, co-create and design new projects. New partners this year:

- Beeston Memory Café
- Cavendish Arms
- East Renfrewshire Council
- Eco Works Community Garden
- Gartnavel Hospital
- HMP Five Wells
- HMP Moorland
- HMP Send

- HMP Styal
- Lambeth Hospital
- Mungo Foundation
- Nottingham Women's Centre
- Open Door Music
- Open Kitchen Social Club
- Sheffield Assertive Outreach Team
- Sheffield Flourish

Our approach

We are a learning organisation

What we did

- We worked with the University of Cambridge and Inspiring Futures partners to conclude this national research programme on the arts and desistence in crime
- Co-created a research paper with Owens Community College, Ohio, USA on inclusivity and language
- Partnered with the University of Wolverhampton, Royal Northern College of Music, Irene Taylor Trust and Hear Me Out to create and fund an artist care action research programme

Our approach

Creativity, flexibility and leadership are at the heart of our work

What we did

- Created a new film Resonate in the Community to promote our community work
- Took part in the week-long NCJAA exhibition, showcasing the gamelan music created on our Inspiring Futures research projects, including running a workshop for conference delegates
- Produced a new film of <u>Puppetry and Gamelan</u>
- Ran a music Loophole showcase in London
- · Worked hard to support our staff and freelance team through a time of uncertainty



BEHIND THE SCENES CONTINUED

Our approach

We are taking decisive steps to improve our diversity and inclusion at all levels

What we did

- Updated our equality, diversity and inclusion policy
- Created an EDI Action plan to become more diverse and inclusive
- We recruited two past participants with lived experience in criminal justice.
- · Created a buddy scheme with trustees and participants to share ideas and knowledge
- Ran a social media campaign for Mental Health Awareness Week

Our approach

We invest in and care for our team through skills development, consultation and participation

What we did

- Ran group Reflective Practice sessions for staff and facilitators
- Recruited three new facilitators, one new staff member, and two new trustees
- Whole team training in safeguarding
- · Provided external supervision support for our team



Our approach

We work towards improved sustainability

What we did

- Created a 'carbon map' to work out what areas we can offset as an organisation.
- Updated our Sustainability policy
- Created a Sustainability Action plan to do more to tackle the climate emergency

Our approach

We embrace technology and use it to enhance our our work and benefit our participants

What we did

- Received accreditation for a new course Introduction to Composing Music to be used with the Gamelan Room
- Developed adaptable gamelan equipment to make instruments more accessible to those with disabilities



THANKS TO OUR TEAM

Good Vibrations' work is made possible by our dedicated, creative team of freelancers, employees, trustees, volunteers, patrons, and pro bono advisors.



Staff Team

Ella Bleszynska Jane Gibb Rachel Levay (left Dec 22) Malcolm Milner Jamie Munn

Facilitator Team

Jerome Bisgambiglia Alan Bryden Emily Crossland Ceylan Hay Jason Joomun Eb Jordan Nikki Kemp Kieran Plunkett Sam Weatherald Isis Wolf Light

Trustees

Professor Laura Caulfield Rachel Driscoll Jonathan Hollow Hannah Johns Nick Jolliffe Chloe Roberts Mark Tantam Catherine Turner El Ward (retired Aug 23)

Volunteers

Mike K Steven Milligan Tony O'Hagan

Patron

Bill Bailey

Pro Bono Advisers

Emma Di Iori Ed Gibb Russell Haynes Errol MacGlashan Linda Yates

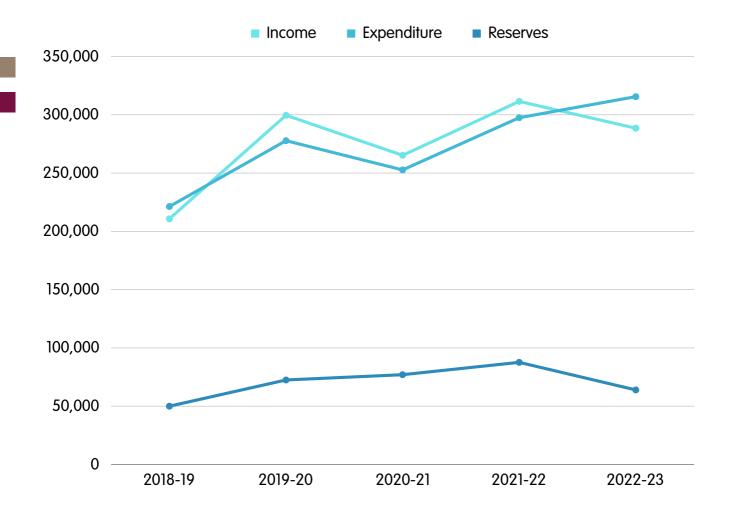
Find out more about them all here:

www.good-vibrations. org.uk/good-vibrations-team



To support our activity we were successful in maintaining income at $\pounds 288,499$ with a small drop compared to the prior year. This is a result of both strong partnerships with our funders and our ability to provide workshops consistently with no delivery restrictions. In previous years such conditions have forced the deferral of income.

We chose to overdrive delivery, utilising a proportion of our reserves to do so and our expenditure was £315,571. We started the year with the healthiest reserves position we have ever had and the Board felt it was only right to put these to good use. This usage supported ongoing prison and secure-health projects, as well as into a third Resonate community hub in Sheffield.



THANK YOU TO OUR FUNDERS

We are so grateful for the continuing support, flexibility and trust from our funders.

This year we have been supported by:

Arts Council England **Baring Foundation** Barnet, Enfield and Haringey Mental Health NHS Trust **Boots Charitable Trust Bromley Trust** Children in Need **City Bridge Trust Comic Relief Corra Foundation Creative Scotland Garfield Weston Foundation Glasgow Community Mental Health** and Wellbeing Fund **Hugh Fraser Foundation Maudsley Charity** Sheffield Town Trust The National Lottery Community Fund The Robertson Trust

Thanks also to our partners and supporters. We couldn't have made this year a success without your help:

Anchor Centre **Bethlem Royal Hospital Charles Matthews** Common Wheel **Community Lifestyles Deloitte Academy Drums for Schools** Editors for Impact Flourishing Lives Flowerpod Gamelan Naga Mas Heather Stroschein Indepen-dance John Cunningham Lloyds of London Middle Street Resource Centre Music Broth National Criminal Justice Arts Alliance North West Criminal Justice Network Radiophrenia **Reach Learning Disability** Royal Conservatoire of Scotland **Royal Northern College of Music** Safestore Fulham Sheffield Flourish University of Cambridge University of Wolverhampton University of York

We extend our gratitude to the Friends of Good Vibrations for your ongoing support of our work, and to everyone who has donated to Good Vibrations over the last year. You have helped make a real difference to people's lives.

WE STILL NEED YOUR HELP

People need the support Good Vibrations can give now more than ever.

To meet that need we need your support

There are many ways you can help. You can:

- Make a donation or become a Friend of Good Vibrations at: <u>www.good-vibrations.org.uk/support-us-individuals</u>
- Become a corporate partner and work with us to create change and increase impact. Please get in touch or visit:
- <u>www.good-vibrations.org.uk/support-us-corporates</u>
- Offer practical support in kind or join our team of pro bono advisors.
- If you would like to discuss any fundraising or sponsorship ideas, please get in touch. We would love to hear from you.



INTERESTED TO KNOW MORE?



- · Get in touch to find out more
- · Sign up to our newsletter
- Organisations talk to us and let us know what you're doing
- · Come along to watch a live performance



07791 293352



info@good-vibrations.org.uk



www.good-vibrations.org.uk

FOLLOW US



Registered charity number: 1126493 (England and Wales)/SC048860 (Scotland) Company registration number: 06683343 (England and Wales) Charity registration number 1126493 (England and Wales)

Charity registration number SC048860 (Scotland)

Company registration number 06683343 (England and Wales)

GOOD VIBRATIONS (MUSIC) LIMITED ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor L Caulfield J Hollow H Johns N Jolliffe C Roberts C Turner M A H Tantam R E Driscoll C Hendry	(Appointed 18 August 2022) (Appointed 18 August 2022) (Appointed 6 July 2023)			
Charity number (England and Wales)	1126493				
Charity number (Scotland)	SC048860				
Company number	06683343				
Registered office	10 Queen Street Place London EC4R1BE				
Independent examiner	F J Wilde FCCA MBA DChA Warner Wilde 4 Marigold Drive Bisley Surrey GU24 9SF				

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TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The charity's objects are:

1. The advancement of education and mental health, in particular but not limited to Indonesia 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.

Achievements and performance

This last year was one of consolidation for Good Vibrations, across our entire organisation we made positive steps to further solidify our position. Having managed a moving target for the previous two years which were so drastically impacted by covid-19, the charity found stable footing as the often obscured world of prisons and our other delivery settings returned to somewhat like normal for an entire year.

Our operations delivered to 581 people, up slightly from the previous year; most importantly we were able to reach 376 'intensive' participants. This is a significant increase from the 273 in 21-22 and reflects the greater opening up of our host organisations, particularly prisons, as they find a way forward post-covid. This also achieves an ongoing strategic ambition to provide our deeper impacting, week-long courses to the majority of our participants.

To support this activity we were successful in maintaining income at around the £300,000 mark, with a small drop compared to the prior year. This is as a result of both strong partnerships with our funders and our ability to provide workshops consistently with no delivery restrictions. In previous years such conditions have forced the deferral of income.

As a board we also chose to overdrive delivery, utilising a proportion of our reserves to do so – we entered the year with the healthiest reserves position the charity has ever had when matched against overhead operating costs and it was only right to put these to good use. This usage supported ongoing prison and secure-health projects, as well as giving the comfort of stretching ourselves into a third resonate community hub, in Sheffield.

Financial review

Our 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; and to safeguard against the unpredictability of the pandemic. The reserves make crucial development projects possible - e.g. artist care, buying essential IT systems to grow, and investing in business-development tools and activities. Trustees review the reserve position annually by looking at future needs, risks and long-term liabilities, and every quarter, we monitor how many months' operating costs reserves could cover.

Our reserves remain strong, exiting the year well within our three to six month policy and we are confident that our strategic alignments to long-term funders will continue to support this position. We also see opportunity in the refreshed dynamic purchasing system being utilised within the prison estate, as we directly engage to deliver our projects to prisons.

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Managing risk

Through the risk register, trustees quarterly review risks for the charity, assess their likelihood and potential impact, and then ensure mitigations are in place. The top two risks we are focused on mitigating are: the pandemic's effects on physical and mental health, sector and organisational sustainability; and team well-being and morale. We have managed these risks by setting a new two-year strategy, alternative provision and reprofiled funding, collective advocacy, being transparent about the flexibility we need from new bids, a hardship fund, advocating peoples use of government support schemes, and regular team meetings. The trustees confirm that they have paid due regard to the Charity Commission's guidance on public benefit.

Plans for future periods

While there are challenges on the horizon for all charities, as the full impact of the cost of living crisis is felt, there remains a clear need for the work Good Vibrations does because of the improvements it generates for our participants. These improvements are at the heart of our approach and will be key to continuing to secure funding, even in the current challenging environment which will propel Good Vibrations forward with ongoing stability.

Structure, governance and management

Memorandum and Articles of Association

The Trustees are the board of the company and function according to the organisation's governing document, the Memorandum and Articles of Association. We 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, one-third 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.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were: Professor L Caulfield

Professor L Gauffield	
B Cole	(Resigned 20 July 2022)
J Hollow	
H Johns	
N Jolliffe	
P Knapton	(Resigned 26 May 2022)
A Pal	(Resigned 30 March 2023)
C Roberts	
C Turner	
E Ward	(Resigned 25 August 2023)
M A H Tantam	(Appointed 18 August 2022)
R E Driscoll	(Appointed 18 August 2022)
C Hendry	(Appointed 6 July 2023)

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Key management personnel

The Executive Director and Operations Manager are the key management personnel responsible for financial management, with remuneration set by the Board and reviewed annually, in conjunction with the appraisal process and finance policy.

Staffing continued to be reset through the year. A permanent CEO remained elusive, not least because of an incredibly challenging jobs market which was impacted by rising inflation and a generally chaotic number of candidates moving through it. However, as a board we remain confident that we will place the right candidate in the following year to further cement the solid ground on which the charity stands. We also brought in an administrator just before the year-end and a fundraising manager after the year end, both appointments being crucial to our ongoing success. I'm also pleased to confirm that staff received an inflation linked pay rise during the year.

The trustees report was approved by the Board of Trustees.

Trustee

Date: 19/12/23

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INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF GOOD VIBRATIONS (MUSIC) LIMITED

I report to the trustees on my examination of the financial statements of Good Vibrations (Music) Limited (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006 (the 2006 Act). You are satisfied that the financial statements of the charity are not required by charity or company law to be audited and have chosen instead to have an independent examination.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 44 (1) (c) of the 2005 Act and section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity is required by company law to prepare its accounts on an accruals basis and is registered as a charity in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act and Regulation 4 of the 2006 Accounts Regulations; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

FJWild

F J Wilde FCCA MBA DChA

Warner Wilde 4 Marigold Drive Bisley Surrey GU24 9SF

Dated: 19 December 2023

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Current financial year					
	Unrestricted funds general	Unrestricted funds designated	Restricted funds	Total	Total
	2023	2023	2023	2023	2022
No	otes £	£	£	£	£
Income from:					
Donations and legacies	3 40,105	-	-	40,105	40,598
Charitable activities	4 45,404	-	202,259	247,663	270,870
Investments	5 731	-	-	731	37
Total income	86,240	-	202,259	288,499	311,505
Expenditure on:					
Raising funds	6 31,618	-	-	31,618	24,577
Charitable activities	7 78,291	-	205,662	283,953	272,932
Total expenditure	109,909	-	205,662	315,571	297,509
Net (expenditure)/income for the year Net movement in funds	(23,669)) -	(3,403)	(27,072)	13,996
Net (expenditure)/income for the year Net movement in funds	(23,669)) –	(3,403)	(27,072)	13,996
Fund balances at 1 April 2022	87,623	4,000	7,403	99,026	85,030
Fund balances at 31 March 2023	63,954	4,000	4,000	71,954	99,026

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

Prior financial year

		Unrestricted funds general	Unrestricted funds designated	Restricted funds	Total
		2022	2022	2022	2022
	Notes	£	£	£	£
Income from:		10 - 50 0			10 - 00
Donations and legacies	3	40,598	-	-	40,598
Charitable activities	4	59,676	-	211,194	270,870
Investments	5	37	-	-	37
Total income		100,311	-	211,194	311,505
Expenditure on:					
Raising funds	6	24,577			24,577
Charitable activities	7	62,204	-	210,728	272,932
Total expenditure		86,781	-	210,728	297,509
Gross transfers between funds Net (expenditure)/income for the year/		(2,937)	-	2,937	-
Net movement in funds		10,593	-	3,403	13,996
Fund balances at 1 April 2021		77,030	4,000	4,000	85,030
Fund balances at 31 March 2022		87,623	4,000	7,403	99,026

BALANCE SHEET

AS AT 31 MARCH 2023

• • •		2023		2022		
	Notes	£	£	£	£	
Current assets						
Debtors	11	13,554		4,842		
Cash at bank and in hand		119,844		182,464		
		133,398		187,306	. · · ·	
Creditors: amounts falling due wit	hin			·	. *	
one year	12	(61,444)		(88,280)		
Net current assets			71,954	· · ·	99,026	
Income funds						
Restricted funds	14		4,000		7,403	
Unrestricted funds	1997 - 1997 -			and the second second		
Designated funds	15	4,000		4,000		
General unrestricted funds		63,954		87,623		
				<u></u>	•	
			67,954	• x •	91,623	
			71,954	× .	99,026	
	•	•	· · ·			

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on .19/12/23.

N Jolliffe Trustee

Company registration number 06683343

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Good Vibrations (Music) Limited is a private company limited by guarantee incorporated in England and Wales. The registered office is 10 Queen Street Place, London, EC4R1BE.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure has been included where a legal or constructive obligation has been identified, this includes any irrecoverable VAT.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Donations and gifts	2,019	21,103
Donated goods and services	38,086	19,495

4 Charitable activities

	Grant funded charitable activities 2023	Course and workshop income 2023	Total 2023	Grant funded charitable activities 2022	Course and workshop income 2022	Total 2022
	£	£	£	£	£	£
Sales within charitable activities	700	34,173	34,873	12,007	27,669	39,676
Performance related grants	212,790	-	212,790	231,194	-	231,194
	213,490	34,173	247,663	243,201	27,669	270,870
Analysis by fund Unrestricted funds - general Restricted funds	11,231 202,259 	34,173 - 34,173	45,404 202,259 247,663	32,007 211,194 243,201	27,669 - 27,669	59,676 211,194 270,870

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

5 Investments

Unrestricted	Unrestricted
funds	funds
general	general
2023	2022
£	£
Interest receivable 731	37

6 Raising funds

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Fundraising and publicity		
Other fundraising costs	11,624	965
Staff costs	19,994	23,612
Fundraising and publicity	31,618	24,577
	31,618	24,577
Fundraising and publicity		

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

	2023 £	2022 £
Staff costs	100,167	76,758
Project costs	124,010	122,063
Other direct costs	17,202	12,819
Charitable expenditure heading 10	22,331	-
	263,710	211,640
Share of support costs (acc note 9)	17 460	46 166
Share of support costs (see note 8)	17,462	46,166
Share of governance costs (see note 8)	2,781	15,126
	283,953	272,932
Analysis by fund		
Unrestricted funds - general	78,291	62,204
Restricted funds	205,662	210,728
	283,953	272,932
For the year ended 31 March 2022		
Unrestricted funds - general	62,204	
Restricted funds	210,728	
	272,932	

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

8	Support costs						
		Support Go	vernance	2023	Support	Governance	2022
		costs	costs		costs	costs	
		£	£	£	£	£	£
	Staff costs	-	-	-	25,012	4,176	29,188
	Office sundries, insurance etc.	17,462	-	17,462	21,154	-	21,154
	Trustees' travel						
	expenses and meeting refreshments	-	570	570	-	90	90
	Legal and professional fees	-	543	543	-	9,116	9,116
	Other	-	-	-	-	15	15
	Independent Examiner	-	1,668	1,668	-	1,729	1,729
		17,462	2,781	20,243	46,166	15,126	61,292
	Analysed between						
	Charitable activities	17,462	2,781	20,243	46,166	15,126	61,292

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Executive Director, Operations Manager, Training and Development Manager, Fundraising and Communications Manager	4	4
Employment costs	2023	2022
	£	£
Wages and salaries	111,469	120,427
Social security costs	6,150	6,465
Other pension costs	2,542	2,666
	120,161	129,558

Key management personnel is considered to be the Executive Director and Operations Manager roles. The total employee benefits of the Charity's key management personnel was £52,023 (2022: £76,337).

There were no employees whose annual remuneration was £60,000 or more.

11 Debtors

Amounts falling due within one year:	2023 £	2022 £
Trade debtors Other debtors	1,228 12,326	2,199 2,643
	13,554	4,842

12 Creditors: amounts falling due within one year

	2023	2022
Notes	£	£
13	57,623	83,221
	740	1,213
	-	26
	3,081	3,820
	61,444	88,280
		Notes £ 13 57,623 740 - 3,081

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

13 Deferred income

	2023 £	2022 £
Other deferred income	57,623	83,221
Deferred income is included in the financial statements as follows:		
	2023 £	2022 £
Deferred income is included within:		-
Current liabilities	57,623	83,221
Movements in the year:		
Deferred income at 1 April 2022	83,221	95,263
Released from previous periods	(83,221)	(95,263)
Resources deferred in the year	57,623	83,221
Deferred income at 31 March 2023	57,623	83,221

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds			
	Balance at 1 April 2021	Incoming resources	Resources expended	Transfers	Balance at 1 April 2022	Incoming resources	Resources expended 31	Balance at March 2023
	£	£	£	£	£	£	£	£
Baring Foundation	-	7,500	(7,500)	-	-	8,100	(8,100)	-
National Foundation for Youth Music	-	24,742	(27,604)	2,862	-	-	-	-
Arts Council England	-	36,750	(36,750)	-	-	30,000	(30,000)	-
Creative Scotland	-	27,583	(27,583)	-	-	39,070	(39,070)	-
The Bromley Trust	-	10,000	(10,000)	-	-	10,000	(10,000)	-
Maudsley Charity	-	14,667	(14,742)	75	-	12,500	(12,500)	-
Nottinghamshire County Council	-	5,000	(5,000)	-	-	-	-	-
The Hugh Fraser Foundation	-	5,000	(4,819)	-	181	-	(181)	-
Anonymous donation - Participant Progression and								
Support Fund	4,000	-	-	-	4,000	-	-	4,000
GCVS	-	765	(765)	-	-	-	-	-
Boots Foundation	-	3,103	(3,103)	-	-	3,103	(3,103)	-
BBC Children in Need	-	2,463	(2,463)	-	-	2,754	(2,754)	-
National Lottery Fund	-	43,209	(39,987)	-	3,222	-	(3,222)	-
Evan Cornish Foundation	-	7,000	(7,000)	-	-	-	-	-
The Robertson Trust	-	8,000	(8,000)	-	-	6,667	(6,667)	-
Corra Foundation/Comic Relief	-	8,124	(8,124)	-	-	-	-	-
Paul Hamlyn Foundation	-	7,288	(7,288)	-	-	-	-	-
The Henry Smith Charity	-	-	-	-	-	20,000	(20,000)	-
National Lottery Fund - Scotland	-	-	-	-	-	14,147	(14,147)	-
National Lottery Fund - Keluarga	-	-	-	-	-	37,229	(37,229)	-
City of London	-	-	-	-	-	8,763	(8,763)	-
Sheffield Town Trust	-	-	-	-	-	750	(750)	-
Glasgow Health and Wellbeing Fund	-	-	-	-	-	9,176	(9,176)	-

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

14 Restricted funds

						(Co	ontinued)
4,000	211,194	(210,728)	2,937	7,403	202,259	(205,662)	4,000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

15 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	r	Novement in funds		Movement in funds	
	Balance at 1 April 2021	Incoming resources	Balance at 1 April 2022	Incoming resources 31	Balance at March 2023
	£	£	£	£	£
Digital Gamelan	2,000	-	2,000	-	2,000
Photo shoot	2,000	-	2,000	-	2,000
	4,000	-	4,000	-	4,000

Digital gamelan - this fund is set aside for the digital gamelan project

Photo shoot - this fund is for a planned photo shoot

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16	Analysis of net assets between funds								
		Unrestricted funds	Designated funds	Restricted funds	Total	Unrestricted funds	Designated funds	Restricted funds	Total
		2023	2023	2023	2023	2022	2022	2022	2022
		£	£	£	£	£	£	£	£
	Fund balances at 31 March 2023 are represented by:								
	Current assets/(liabilities)	63,954	4,000	4,000	71,954	87,623	4,000	7,403	99,026
		63,954 	4,000	4,000	71,954	87,623	4,000	7,403	99,026

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).