



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



There are lots of ways you can help



One of our facilitators, Sam, fundraised by running in the London marathon!

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.

JustGiving®

SET UP A FUNDRAISING OR SPONSORSHIP PAGE WITH JUST GIVING

- ▶ **Go to** <https://www.justgiving.com/goodvibrations>
- ▶ **Click** Fundraise for us



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.

JustGiving®

MAKE A DONATION THROUGH JUST GIVING

- ▶ **Go to** <https://www.justgiving.com/goodvibrations>
- ▶ **Click** Donate

MAKE A MONTHLY DONATION THROUGH JUST GIVING

- ▶ **Go to** <https://www.justgiving.com/goodvibrations>
- ▶ **Click** Donate
- ▶ **Click** Monthly



MAKE A DONATION THROUGH FACEBOOK

- ▶ **Go to** www.facebook.com/gvibrations/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