

EDITION 4

APRIL 2026



# TWISTED DEEP DIVES INTO JUMPING JACK FROST



Also included in this edition:

THE HISTORY BEHIND DRUM & BASS  
WITH JUMPING JACK FROST

Interview with RUSH GBH

Top 10 Tunes for the past quarter

All the latest events on in your area



[www.twistedofficial.com](http://www.twistedofficial.com)

IF YOU WOULD BE INTERESTED IN FEATURING IN THE TWISTED MAGAZINE - PLEASE CONTACT US AT [info@twistedofficial.com](mailto:info@twistedofficial.com)

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By Nicole Cousins – Founder of Twisted

Welcome to the April issue of Twisted Magazine.

April feels like a shift. The energy isn't just building now — it's moving with purpose. You can see it in the releases, hear it in the sets, and feel it in the people stepping forward and owning their space.

And that's what Twisted has always stood for.

Creating opportunities. Opening doors. Giving a voice to those who deserve to be heard.

Inside this issue, we continue that mission.

We're proud to feature a true legend of the scene — Jumping Jack Frost. A pioneer whose influence runs deep through drum & bass culture, and whose story is a reminder of where this all began and how far it's come.

Respect the roots. Push the future.

We also bring you Rush GBH, also known as The Phoenix — a powerful story of resilience, growth, and rising again. Proof that no matter what life throws at you, there's always a way forward.

Alongside the music, we continue to focus on what really matters.

Mental health remains at the core of Twisted. This month, Jack's follow-on article takes a brave and necessary look at rape and sexual violence against men — a subject too often left in the dark. These conversations are not easy, but they are vital. Silence helps no one. Speaking up can change everything.

We also share updates from Barge No. 9 and the incredible work being done within the community, alongside the latest news on what's on, new releases, and the artists continuing to push boundaries across the scene.

Because this platform is — and always will be — about people.

The unheard.  
The overlooked.  
The ones still fighting to be seen.

As we move closer to the Up & Comer Awards 2026, the level of talent coming through is undeniable. The next generation isn't coming — they're already here.

To everyone featured — respect.  
To everyone supporting — thank you.  
To everyone still finding their way — keep going.

This isn't just a magazine.  
It's a movement.

Stay loud....  
Stay authentic....  
Stay Twisted....



*Nicole Cousins*  
**Founder – Twisted**



For better  
mental health



## ***“The Inability to Rest Without Guilt: Why So Many Men Struggle to Switch Off”***

### **Rest That Doesn't Feel Like Rest**

It's a familiar scene: the day is coming to an end, the to-do list is technically done, and there's finally time to relax. But instead of feeling relief, there's a quiet discomfort. A voice creeps in: You could be doing more. For many men that struggle with their mental health, rest doesn't feel satisfying—it feels undeserved.

### ***The Trap***

Modern culture has blurred the line between ambition and self-worth. Being practical is no longer just about getting things done—it's quickly become a measure of identity and rest is starting to feel like you're falling behind.

For men especially, whose sense of value has often been tied to providing, achieving, or progressing, doing nothing can feel like doing something wrong.

### ***A Personal Moment***

I remember the moment I realized I didn't know how to relax anymore.

I'd finally get some time to myself, sit down, and within five minutes I'd feel restless, I'd go and clean or sort a cupboard — anything to feel like I wasn't wasting time.” Nothing in my life is majorly troubling me. But rest just seems to come with a deep wave of anxiety that I can't really explain.

### ***Why Rest Feels Uncomfortable***

For many when the distractions stop, thoughts surface. This can come in many forms, Uncertainty about the future. Questions about purpose or Lingering stress that hasn't been processed. For men who aren't used to engaging with those thoughts directly, staying busy can feel safer than slowing down.

### ***The Cost of Never Switching Off***

The inability to rest doesn't just affect mood—it affects your mental health more widely.

- The Constant low-level stress becomes the bassline mood in general
- Your Sleep quality drops, even when there's time to rest
- Your Motivation begins to fade and soon gets replaced by fatigue

Ironically, the drive to stay productive can cause the very burnout that destroys your get up and go altogether.

### ***Redefining Rest as Strength***

The solution isn't to abandon ambition—it's to rethink rest.

Rest is NOT you refusing to put the effort on. It's part of sustaining it.

Learning to rest without guilt means separating self-worth from the constant output of not doing enough. It means recognising that doing nothing, at times, is not laziness—it's maintenance. For many men, that shift doesn't come naturally. It has to be learned and I genuinely hope you guys find your own way of doing that.

### ***The shift that changes everything***

The turning point is subtle but can be so powerful:

- Stop treating rest as a reward
- Start treating it as a requirement

Not:

- “I'll rest when I've done enough”

But:

- “I rest so I can function properly”

That's the difference between burnout and sustainability.



BOYS GET SAD





### **Learn the difference between real rest vs fake rest**

A lot of people think they're resting—but aren't.

Fake rest:

- Scrolling social media
- Half-watching TV while still checking your phone
- “Relaxing” but mentally still on work

Real rest:

- No demands or expectations
- No performance
- No overload

Good examples:

- Sitting outside doing absolutely nothing
- Walking without no goal or purpose to where your heading
- Listening to music, kicked back with your eyes closed

If your brain still feels noisy afterwards, it wasn't rest—it was distraction.

### **Lets re-phrase that guilt thought**

When the thought appears:

“I should be doing something”

Don't argue with it—just replace it:

- “Resting is part of doing something”
- “This is how I stay recharged in order to be the best version of myself”
- “Stopping to recharge now prevents the burnout later”

You're not trying to take away that thought of feeling guilty—just re-phrase it to make you view it as something positive.

### **Start small (seriously)**

If you try to suddenly “be great at resting,” it backfires (plus there's risk of getting ear ache from your partner.)

Start with:

- 10 minutes of real rest
- No phone, no task

Do that consistently.

You're training a habit, Not just flipping a switch off

### **Make it predictable (not bigger yet)**

Before increasing anything, lock in consistency.

- Same time
- Same type of rest
- Same duration (10–15 min)

Why does this even matter:

- Your brain stops seeing rest as a threat
- It becomes something that is then expected

Think:

“This is just what I do at 3pm”

Not: “Should I rest right now?”

Do this for a few days to a week until this becomes your routine and I really hope you guys start to feel the benefits. Changing your mindset is everything. When we do this, we change everything.

Were all in this together so keep fighting the fight X

### **Useful Links**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.mensmindsmatter.org](http://www.mensmindsmatter.org)

[www.menwhotalk.org](http://www.menwhotalk.org)

### **Socials : Primal Instincts and Breath Of Life**

**BOYS GET SAD TOO**

# UP & COMER AWARDS 2026

NOVEMBER 14TH 2026  
10PM - 3PM

**NICKY BLACKMARKET**

**B2B**

**RAY KEITH**

OTHER LINE UP TO BE ANNOUNCED

**BASEMENT 45 - BRISTOL**

**2 ROOMS**

**DRUM & BASS  
IN ROOM 1**

**HARD DANCE  
IN ROOM 2**





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### HOW TO TEST:

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(THESE ARE FAKE EVENTS)
- ADD TO BASKET**  
TICKETS
- PAY USING THE**  
DETAILS BELOW

### USE THESE TEST CARD DETAILS:



CARD NUMBER:  
**4242 4242 4242 4242**



EXPIRY DATE:  
**ANY FUTURE DATE**



CVC CODE:  
**ANY 3 DIGITS (E.G. 123)**

**THIS IS A TEST SYSTEM - NO MONEY WILL BE TAKEN.**



**THE MORE PEOPLE THAT TEST IT,  
THE BETTER WE CAN MAKE IT  
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**LET'S BUILD A TICKET PLATFORM  
THAT ACTUALLY WORKS FOR  
ALL PROMOTERS!**

**DROP FEEDBACK IN THE COMMENTS OR DM US AFTER TESTING!**

**THANK YOU!**

# Follow-Up Jack's Story

# Jack's Story

Hello everyone,

I've had some news come about from the story I shared in Edition 2. For those of you who haven't read it, this may not make much sense—there is a link to Edition 2 below. I mentioned that I couldn't share the names of places in my story due to a police report and said this could be a story for another day. So, this is that day.

For reasons I won't disclose, I was at the police station regarding something else. During a conversation, the abuse that happened to me was brought up, and I was asked if it had ever been reported. It hadn't. They then asked if I was willing to make an official report. Honestly, I didn't want to. Too much time had passed, I had put what happened behind me, and I had just started therapy.

However, the sexual abuse officer I was dealing with mentioned that it could help other cases and people. All the information I could remember—where he lived, his name, age, and description—could help fill in the blanks in other cases. So I agreed, hoping it might help someone else.

I made the report officially, and within a week or so, the officer rang me. They told me that what I had shared had initially raised five red flags on the system, meaning that the information I provided related to five cases over the last 20 or so years.

Following this, the police worked through the case to find out exactly who this person was. I only knew his first name and didn't know the exact address, but I could point out the house where he used to live. The police picked me up one day and drove me around the estate, where I identified the house so they could check records of who had lived there.

From this, they found his last name and confirmed exactly who he was. The police also confirmed that my description of him from all those years ago matched his current appearance, so they were confident they had found the person I was describing. He was arrested and questioned by the police. He claimed he didn't know what I was talking about and denied everything, including ever knowing me.

I then had to undergo an interview with the police at a separate location, where I was filmed from multiple angles. This was to be used as my evidence. It was an extremely difficult thing to do, as they asked for every detail I could remember. Personally, I remember a lot, but going over it again and again takes its toll. However, it had to be done. They can use this video in court for several reasons, one of them being if I didn't want to attend should the case ever reach that stage.

Once this was completed, my father was also interviewed. The police travelled down south to speak with him in person. After some time, the police called to say they were satisfied with the information and evidence and would be submitting the case to the CPS to decide whether it should proceed to court. This is the difficult part. The police later contacted me to say that, unfortunately, the CPS had decided there was not enough evidence for the case to have a realistic chance of convincing a jury. As it was essentially my word against his and so much time had passed with no physical evidence, they concluded that it would be unlikely to succeed. As you can imagine, this hit me hard. The news came four weeks before the release of this edition. The upset I feel is unbelievable, but what takes over is anger, and trying to deal with this has been incredibly difficult.



# Jack's Story

I would like to say that the officers involved in my case were amazing, and I can't thank them enough for the time and effort they put into trying to find me justice. I've also been referred for therapy by the police, so there is a form of aftercare. I was told that if I ever needed to talk, I could contact the officer who mainly handled my case.

What comes from this is weighing up whether I agree with the outcome. Is this a blessing in disguise? One reason could be that I would have had to go to court and relive everything again while being questioned and challenged by defence lawyers trying to discredit me in any way possible—potentially for days or even weeks. If the outcome had been not guilty, the upset and anger I feel now would likely have been even worse. So perhaps it is a blessing, and I have to believe in the system and that it is protecting me in some way. However, that is hard to see with the way I'm feeling.

There is one thing to come from this. Although I cannot be told details, I have been informed that what I reported will help someone and may be used against him. So it wasn't a complete waste of time. I can take comfort in knowing that the pain and upset I have endured were not for nothing, and that my experience is helping someone else. This is what I set out to do in the first place. Maybe one day I will get my justice—perhaps my case could be reopened in the future alongside others against him. Just maybe.

For now, I will be focusing on the future and the future only, with the amazing ongoing support of my family, partner, and friends. Moving forward, I will be putting my energy into being a father, into the Twisted business, and into my newfound love for DJing. It is really helping my mental health, giving me an avenue to be creative and allowing my mind to feel free. Things are going surprisingly well and have opened up opportunities from people who believe in me—sometimes more than I believe in myself. Those people make this journey worthwhile: real ones who stand by me, check in on me, and want the best for me with nothing in return.

Thank you for reading. I've used this as a way to vent and help myself. As far as my mental health is concerned, it has been a struggle, but the people around me haven't let me fall far at all.

So my message from all of this is simple: even when things don't go the way you want or expect, it doesn't mean it's over. Keep fighting. Keep pushing. Keep opening up. Keep surviving. We are not victims—we are survivors. Let me leave you with this:

If you have made it through addiction or mental illness, you have something—because a lot of people don't. If you are still here today, battling those demons, you have something, because many didn't wake up today because they couldn't make it. But you did. So keep going. We're in this world together—let's make sure we leave it stronger than we found it.



*God bless you all.*

# Breaking the Silence

## Sexual Assault Awareness Month – April 2026

April marks Sexual Assault Awareness Month (SAAM) — a time to raise awareness, stand with survivors, and challenge the silence that too often surrounds sexual violence.

Sexual assault is far more common than many realise. Across the UK, thousands of people experience sexual violence every year — and yet, many cases go unreported. Fear, shame, stigma, and lack of support stop people from speaking out. This is why awareness matters. This is why conversations matter.

At Twisted, we believe in using our platform not just for music and culture — but for real-life issues that affect our community.

### It Can Happen to Anyone

Sexual assault does not discriminate. It affects:

- Women
- Men
- Non-binary individuals
- People of all ages, backgrounds, and lifestyles

Men's mental health is often overlooked in these conversations, and many male survivors feel unable to come forward due to stigma. That needs to change.

No matter who you are — your experience is valid.  
Understanding Consent  
Consent is simple — but it's often misunderstood.

#### **Consent is:**

- Freely given
- Clear and enthusiastic
- Ongoing
- Reversible at any time

#### **Silence is not consent.**

Being under the influence removes the ability to give consent.  
Pressure, manipulation, or fear means consent is not present.

Understanding this is key to prevention.

#### The Impact Runs Deep

Sexual assault doesn't just affect someone in the moment — it can have long-lasting effects on mental health, including:

- Anxiety
- Depression
- PTSD
- Substance misuse
- Trust and relationship difficulties

Everyone processes trauma differently. There is no “right way” to feel.

### Support Is Out There

If you or someone you know has been affected, support is available. You are not alone.

In the UK, organisations like Rape Crisis England & Wales provide confidential support, advice, and resources for survivors of sexual violence.

NHS Sexual Assault Referral Centres (SARCs) offer medical care, emotional support, and forensic services — even if you choose not to report to the police.

For mental health support, Mind offers guidance and help for those struggling.

### Standing Together

Awareness is more than just a campaign — it’s a movement.

We all have a role to play:

- Believe survivors
- Challenge harmful behaviour
- Educate ourselves and others
- Create safer environments in nightlife and events

In our scene — in clubs, festivals, and events — safety should never be optional.

### *A Message from Twisted*

*At Twisted, we stand for community, inclusion, and support.*

*We stand with survivors.  
We stand against silence.  
We stand for change.*

*If sharing this helps even one person feel seen, heard, or supported — it matters.*

### *If You Need Help*

*You are not alone.  
You are not to blame.  
And support is always there — even if it doesn’t feel like it right now.*



TWISTED



SEXUAL ASSAULT  
AWARENESS MONTH

**Twisted**  
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**RSVP**



rape & sexual violence project

Supporting survivors across Birmingham and Solihull

## Contact Us

Telephone: 0121 643 0301

Choose option 1 for counselling and wellbeing services and option 2 for ISVA/advocacy services

**Telephone helpline: 0121 643 4136**

### Email:

For general enquiries and Adult and Children's Counselling, Pre-Counselling Support, Wellbeing Social Groups, Helpline, Taste of Recovery Support hub, Webchat and Specialist Asylum Seeker Services: [info@rsvporg.co.uk](mailto:info@rsvporg.co.uk)

For all Advocacy (ISVA) Services (including Adult, Children's, Race & Equality and LGBT+ Advocacy): [isva@rsvporg.co.uk](mailto:isva@rsvporg.co.uk)

For our Specialist Sex Worker Advocacy (ISVA) Service: [kerr@rsvporg.co.uk](mailto:kerr@rsvporg.co.uk)

For all training enquiries: [trainer@rsvporg.co.uk](mailto:trainer@rsvporg.co.uk)

## Make a referral

Postal address:

RSVP  
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Birmingham  
B4 7QE

NB. Postcode for sat nav and our actual location:

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# **TECH**



**April 2026**

**DJ Tech's**

**Hard Dance Top 10**

**(In No Particular Order)**

**Mark EG & Nostic - Kindred Spirits (Original Mix)**

**Johnetic-Velocity Control (DJ TECH REMIX)**

**That Acid (Extended Mix)**

**Never Gonna Stop (Extended)**

**Go Fast (Extended Mix)**

**JAUFREY & Mike Mooie  
Blah Blah Blah (Lilly Palmer Extended Remix)**

**Breathless (Original Mix)**

**Let Me See Ya (Extended Mix)**

**The Call (Extended Mix)**

**The First Rebirth (Mad Dog Remix)**

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LOCAL MUSIC ♥ LOCAL PEOPLE ♥ REAL IMPACT

TOGETHER WE CAN MAKE A DIFFERENCE

# JUMPING JACK FROST

## 🔥 40 YEARS STRONG

Q. First of all — 40 years in the game. How does that feel when you actually say it out loud?

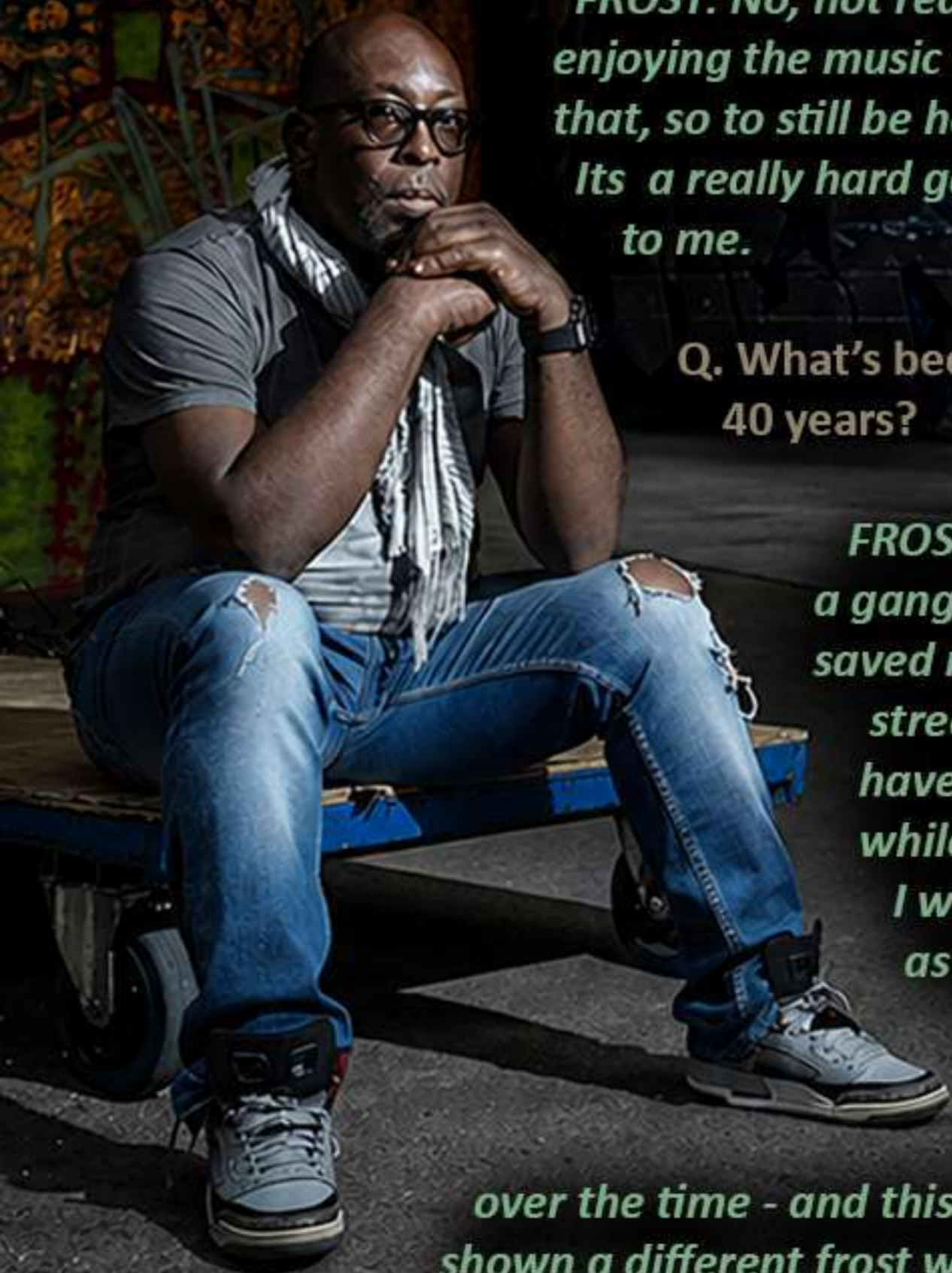
*FROST: It feels quite surreal, to be honest. To know I've been doing this for that long... I feel fortunate and blessed. It's been a bit of a rollercoaster, a lot of ups and downs, but I'm still here and still doing what I love. A lot of partying, a lot of drinking drugs and thats all stopped now and I am more successful now than I have ever been and I am blessed to be in the position that I am in now.*

Q. When you think back to the young Frost in Brixton, could you ever have imagined four decades of this?

*FROST: No, not really. Back then you're just living in the moment, enjoying the music and the culture. You don't think about longevity like that, so to still be here 40 years later is something I never really imagined. Its a really hard game, so to still be here after 40 years - thats just crazy to me.*

Q. What's been the biggest change in you personally over those 40 years?

*FROST: Well when I first started, when I was young - I was a gang member in Brixton. I got into the music scene and it saved my life - because you know when you come from the streets and you go in to another environment, you still have that street mentality, you know.. so it took a little while to shake that off, and you still have that rough edge, I was still violent and I was still short tempered and not as understanding as I am now. I got into partying, taking loads of drugs, drinking and being around the wrong people, and it takes a time to find your feet, so I think there has been three different versions of me over the time - and this version now - is probably the best. Every decade has shown a different frost which is a good way to put it.*



Q. If you had to describe your 40-year journey in two words, what would they be?

*Frost: Very Blessed and grateful*

## THE ROOTS – FROM BRIXTON TO RAVES

Q. Growing up in Brixton, how much did local sound system culture shape your foundation?

*FROST: Well you know, sound system culture, it was everything because thats where I grew up. I was going to sound systems when I was like 9 years old, with my Uncle and my Dad. Its been my whole life, Because I was carying speaker wires when I was 9 - 10 years old... Its been my whole life - ever since I can remember I have been around sound systems you know...Big sound systems and loud music and just the whole culture what I grew up in. I was totally immersed in it since I was a very young child.*

Q. What did those early Soul II Soul nights at the Africa Centre teach you about crowd connection?

*FROST: Well, I dont know - its where I did my apprenticeship. Jazzy B is a very good friend of mine, and Trevor Nelson as well.. They were both DJs there.. and I was there every Sunday, just listening to the music, taking in the vibe and just learning about you know - crowd reaction and crowd responses and how to work a crowd. I learnt a lot from being around those guys - It was like a church or me.. I went every Sunday without fail, this was just before the acid house era. When the acid house scene exploded I just moved over to that, you know.*

Q. Before jungle, you were playing funk and hip hop — do you still hear those influences in your sets today?

*FROST: Well yeah, because my label V Recordings with Bryan Gee is very funk based - the music that we put out in drum and bass is very funk and soulful - soulfully based and it hits the roots of our inspirations in the music that we release today. You dont hear any crazy noisy stuff coming out of V - its all very groovy and funky and its ingrained in that. You can hear that it comes from that culture.*

Q. When acid house exploded, did it feel like a revolution was happening?

*FROST: Oh definately! When acid house exploded it was a revolution.. it was like a musical revolution - not just a musical revolytion but a cultural revolution, because now we were meeting people from all different backgrounds, all races, all colours, it didnt matter what class you were - it didnt matter because we were all together - this acid house movement and it was a chance for us to explore different cultures, different people and meet people we might never have met. The whole acid house thing brought so many people together. It was a blessing, as I said because I would never ever have met some of those people if it wasnt for that music. It scared the Government to death - because they wanted to keep us all in our little areas and pockets - they didnt want us all coming together the way we did..*

## 🗄️ BUILDING HISTORY – V RECORDINGS & THE JUNGLE ERA

Q. Forming V Recordings with Bryan Gee in 1992 changed everything — what do you remember about that moment?

*FROST: We started V Recordings in 1992 after we had some demos sent to us by some young producers from Bristol - Roni Size and Krust. We went down to Bristol to meet with them, we all got on very well - they were so young at that time and at that point we decided to start the label - they were so talented so thats why we started the label.*

Q. When you signed artists like Roni Size, DJ Die and Krust, did you know you were building something timeless?

*FROST. No - liten, we just liked the music, liked the vibe, and we knew that it was something special, it was something different - which is what we were all in it for - the new music, the new vibe, we had no idea that it would have the impact that it had on rave culture and the history of this music - I mean we had no idea but we did kow we had something brewing - something very special.*

Q Over 40 years, what's been the proudest V Recordings moment?

*FROST, I think the proudest moment for us was being at the Mercury Music Prize and watching Roni Size represent and win that Mercury Music Award. We were all there together as like a family that day, and I think that is the proudest moment. There have been many, many proud moments in my time, but I think that night was the proudest bar none.*

Q. What has kept the label relevant across four decades?

*FROST. The sheer music and the commitment of the artists and undoubtedly the commitment of my business partner, Bryan Gee, who has been consistantly brilliant. There has been times, when I, when I had to go to rehab and I took a year out - and I went missing for a year, and Bryan kept the label solid - he kept the ship afloat, he kept everything going when I lost the plot. I admit, Ilost the plot for a little bit and Bryan just kept it all going. So I have to say, and I need you to say this, if it wasnt for Bryan, keeping it going when I had completely lost the plot the label would not be what it is today.*

## 🔥 “BURIAL” & CULTURAL IMPACT

Q. “Burial” is still one of jungle’s most iconic anthems — did you know at the time it would become historic?

*FROST, This tune will be released again very soon on Death Jam - very are just getting ready to re-release it. Everyone is going to hear it again now and know this tune. The original mixes are coming out with new mixes, new features - it will be out within the next two, three months.*

Q. When “Burial” charted, did it feel like underground culture had broken into the mainstream?

*FROST. It was crazy you know, because I remember making the record and knowing that year at Notting Hill Carnival - going and hearing it playing from literally every single sound system, hearing it on every radio station. Not just jungle DJs playing it, but reggae DJs - everyone played that record. It was a crossover for all people of all genres - it was mind blowing to produce a record tht had such a massive impact. Its a tune that symbolises Jungle music.*

Q. Why do you think it still works in sets today — even with a whole new generation on the dancefloor?

*FROST. Its a very feel good record.. it makes everyone feel happy. Its got a great hook - its just one of those records that makes everyone feel good. Everyone sings along to it and everyone knows that hook.*

Q. Does playing it now feel different knowing it’s part of a 40-year legacy?

*FROST. Not really no. I stil love playing it. Its one of those records that will last forever. Its a huge buzz een n ow if you play it and the crowd starts going off and singing the hook - you can play it anywhere - even at a wedding and people will get own to it - everyone knows it. Even people that dont like jungle, (IS THERE SUCH A PERSON!!) they love and know this record. For it to be coming out again now on Death Jam - one of the worlds biggest labels - its just crazy.*

## RADIO YEARS & SCENE INFLUENCE

Q. From pirate radio to Kiss 100 to Mi-Soul — how important has radio been in your journey?

*FROST. If it wasnt for the radio, I dont think I would be here. I started off on pirate radio, and people noticed me there so thats how I got noticed. I went from there to KISS and I was there for 8 years, and now Im on Mi Soul which is like a family, so radio is a massive part of my whole journey. and its why I still do it - I just love it.*

Q. What did those years on air teach you about shaping the culture, not just playing in it?

*FROST. When you cut your teeth on radio, its a differet kind of DJ you know. Being on the radio is different than playing out in the clubs - you have to be a lot more informative, a lot more communication with your audience. I tend to play a different kind of music on the radio - more accepted for people in their houses, and in their cars rather than bangers - those club bangers. Its a different kind of music all together and a different vibration all together. Its something that I have always enjoyed and its how people first got to know me. Its something thats always with me.*

Q. Over 40 years, how has the relationship between DJs and audiences changed?

*FROST: For me - I keep it the same as always. Ive always been omeone that plays new music - breaks new records. Try to make the crowd dance, try to make them feel happy*

## MENTAL HEALTH & GROWTH

**Q.** You've spoken openly about mental health in recent years — would you have been able to do that earlier in your career?

**FROST.** *Well I dont know - as you grow up and grow as a person you kind of become more aware and more aware of your responsibilities as an elder statesman and to be transparent in the struggles that I faced. I hope that my story can help others, so they dont have to walk the same path as me yanno.. I think its really important to share your story of when things havent gone well and why they havent gone well. Your story can help someone else not go through what you went through, you know what Im saying - so I think its really important. When I wrote my book, I was quite nervous at first about sharing so much about my struggles, but then I thought it was really important that I did that. just to help other people to recognise that this is not the way to go. Or if they are stuck in the same situation of how to get out of it and that they aren on their own - thats massively important. That they know other people have walked this path and they have been OK after.*

**Q.** Looking back over three decades, what were the hardest periods personally?

**FROST.** *The hardest period for me was being a drug addict, and having to get myself out of being a drug addict. Because when you are a drug addict, you dont really see it at first You have to really get to the fucking rock bottom first before you realise you need to sort your life out. You have to ask yourself what part do I play in my own suffering. Im a completely differen person now - I had to ask myself - what part did I play in my own suffering - what part did I play to get me to where I am today. Its been quite a journey, but its something that I am quite happy to share with everyone, just to save other people from going down that path.*

**Q.** Has the scene become more supportive when it comes to mental health?

**FROST,** *I think definatly. People are a lot more transparent about their lives. People are more open to talk about their lives and their struggles. I think we are now at a place where its ok to talk and its ok to tell people to tell people you are not ok..*

**Q.** What advice would 2026 Frost give to 1996 Frost?

**FROST:** *Say no to drugs.. but then again, everyone has to walk a path you know. Unfortunately the music culture is around drugs and alcohol. The thing about it, when I was young and first got into this business, I never used to take drugs. I didnt start taking drugs until I was about 35. I used to look at people tking drugs and think they were crazy!*

## EVOLUTION OF DRUM & BASS

**Q.** Jungle in the '90s vs drum & bass today — what's the biggest shift?

**FROST.** *I dont know.. I think that today there is a lot more people involved in it. Its become very monitorised. Its like a real big business now.Its a worldwide business. There are*

*different kind of sub genres, some I like - some I dont.. but as long as people like it - thats fine. You dont have to like everything - you dont have to like every record but I repect every record. I respect every artist, I dont like everything - but I dont have to like everything, because someone else does.*

**Q. What do you think newer artists should understand about the foundations of the culture?**

*FROST. I think that people should educate themselves on where this comes from, and you need to know where you are coming from to know where you are going - you know what I mean? I think its important they know the history behind it all and the people that founded it, and understand the generations that came before them. They are standing on the shoulders of other people, so I think its imporatnt for them to know that and a lot of them do. A lot of them are so respectful of the founding fathers and of the business. I get so much respect from all the youngsters that are in the business now - really polite, respectful, its lovely to see them all growing. Myself and Bryan - we run a program called 'THE V LEGACY' Where we take 12 young people and give them all the tools to succeed in this business - from talks about mental health, remix programs, its a six month program that gives them all the tools to succeed in the business. Its something that we are both very proud of.*

**Q. Do you feel a responsibility now as one of the scene's elders?**

*FROST. Yeah I do.. I feel a responsibility to protect not just the music but to protect and guide the younger generation that can come into this and end up going the wrong way. I am very protective and I am trying to show the right message and to give the right energy, so people can see that this is the way to go. Be business like - dont get caught up in shit - and really focus on your craft.*

**Q. What keeps you hungry after 40 years in the game?**

*FROST. I think naturally, I am very much like - 'whats next - whats next'. Im at an age now where I kind of choose what I want to do and what I dont want to do.. I dont do everything that I am offered - I choose very carefully now . I have made some very smart financial decisions which has allowed me the opportunity to pick and choose what I do now. But Im still very hungry and I am still very passionate you know..*

## **40-YEAR CELEBRATION SEGMENT**

**Q. If you could curate your own "40 Years of Frost" lineup, who's on it?**

*FROST. Myself, Bryan Gee, Carl Cox, Paul 'Trouble' Anderson - may he rest in peace if he was still here - Fabio & Grooverider, Mickey Finn, Slipmatt, Billy Bunter, Sacha, Todd Terry, - I think that would be my line up..*

Q. What's the one tune that defines each decade for you?

*FROST. Acid House Era - 1990 - Land of Confusion by Armando - The Hardcore Era - Hurt You So - by Johny L - The Jungle Era - Leviticus Burial - Juming Jack Frost.*

Q. What would you like your legacy to be when people talk about Jumping Jack Frost in another 40 years?

*FROST. I would like people to see me as a pioneer and fought for young people to be ok in this business and that I was a good person.*

Q. Are we celebrating properly this year — anything special planned?

*FROST. The re release of Leviticus Burial By Jumping Jack Frost on Death Jam*

### ⚡ QUICK FIRE – 30 YEAR EDITION

Q. Vinyl or USB in 2026?

*FROST. USB*

Q. One rave that sums up your career?

*FROST. I cant think of only one - theres far too many to do that*

Q. One artist who surprised you the most?

*FROST. Ahh thats hard because there are so many amazing artists*

Q. Most emotional moment in 30 years?

*FROST. The night of the Mercury Music Prize*

Q. Jungle is \_\_\_\_\_ ?

*FROST. LOVE*

### 🌅 LEGACY & REFLECTION

Q. After 40 years in music, what do you hope people truly understand about your journey?

*FROST. That you can do it too..*

*Jumping  
Jack  
Frost*

Q. When people hear the name Jumping Jack Frost in 20 years' time, what do you want them to feel?

*FROST. Pride*

Q. What does success mean to you now compared to when you first started?

*FROST. Success now is - when I first started it was about personal accolades - now its about helping young people acheive and giving the, the tools and the belief - thats success for me now*

Q. Has music saved you in any way?

*Frost. Music saved my life - if it wasnt for music I would probably be dead or in jail now*

## ❤️ GRATITUDE

Q. Who do you feel most grateful to when you look back over the last 40 years?

*Frost. Bryan Gee - my boy, Paul 'Trouble' Anderson, Dave Lee and ofcourse - My Mum...*

Q. What would you say to the ravers who have supported you from the jungle days until now?

*Frost. Thank you for all your love, your belief in me, for your trust and for putting up with me for 40 years.*

Q. Is there anyone you wish you could thank publicly?

*FROST. Thank you to God - because without God I wouldnt be here today and I wouldnt be the person I am now.*

## 🌍 THE FUTURE

Q. What excites you about the future of drum & bass?

*FROST. The future is a mystery - we are yet to create it and thats whats so exciting about it..*

Q. What would make the next chapter of your career feel complete?

*FROST. To just wake up another day..*

Q. Is there anything you still feel you haven't done yet?

*FROST. No - I think everything I have wanted to do, I have done and every day I wake up is just another blessing*

CLOSING STATEMENT ; If you could leave the culture with one message, what would it be?

*FROST. What the world needs now is LOVE...*





### DOWNLOAD LINKS



A poster for the KUMO event. It features a large, colorful, teardrop-shaped graphic. The text includes "THIRSTY THOUSANDS", "KUMO", "6PM-1AM", and a list of artists: BLARE, JAKEEQ B2B CHARLIE ADAMS, MISSY J B2B THE GENERAL MANAGER (TGM), MIDKNIGHT, STRANGR B2B H-BREAKS, RT3DNB, KINGPIN B2B TICKZ, DUBMINX B2B CALIO. It also lists hosts: MC DADDY G, MC WONDER, ULLAH, JAB, SENSEI, and PREZ. A QR code and "SUK110C" are at the bottom left.

### DOWNLOAD LINKS



A poster for Twisted DJJaX Jungle Depths. It features a person with glowing green eyes in a dark, jungle-like setting. The text includes "TWISTED DJJaX", "JUNGLE DEPTHS", "OUT NOW", and "FREE DOWNLOAD". The website "WWW.TWISTEDOFFICIAL.COM" is at the bottom.

### DOWNLOAD LINKS



A poster for DJJaX Roots vs Reload Mix. It features a DJ in a dark, hooded outfit performing at a DJ booth. The text includes "DJJaX", "ROOTS vs RELOAD MIX", "OUT NOW", and "FREE DOWNLOAD". The website "TWISTEDOFFICIAL.COM" is at the bottom.

### DOWNLOAD LINKS



A poster for DJ Blindsided Drum &amp; Bass Mix. It features a stylized eye graphic and a speaker. The text includes "NEXT LEVEL DRUM &amp; BASS", "DRUM &amp; BASS", "MAY 2026 MIX", "BY DJ BLINDSIDED", "HIGH ENERGY. HEAVY BASS. PURE D&amp;B.", "2HRS OF THE BEST JUMP UP, JUNGLE AND DRUM AND BASS SELECTIONS.", "FEATURING: EXCLUSIVE DUPLICATES, FRESH RELEASES, CLASSIC ANTHEMS, SEAMLESS MIXING.", "TUNE IN. TURN IT UP. FEEL IT.", "MIX AVAILABLE MAY 2026 ON: SPOTIFY, SOUNDCLOUD, YOUTUBE", and "FRAGMENT BY BLINDSIDED FOR MIXED D&amp;B &amp; DRUMS".

### DOWNLOAD LINKS



**FULL SPECTRUM  
DRUM & BASS  
2026** **OUT NOW**

★★★★★ "DOWNLOADING" NOISIA	★★★★★ "QUALITY" KLEU	★★★★★ "DOPE!!" DJ CRAZE
★★★★★ "VIBES" TOTAL RECALL	★★★★★ "DOPE!" JFB	★★★★★ "SOME VERY COOL TRACKS IN HERE" PESHAY
★★★★★ "DOWNLOADING" CHRIS.SU	★★★★★ "GREAT RELEASE" VOLATILE CYCLE	★★★★★ "SOME BANGERS ON THIS!" RAGGA TWINS
★★★★★ "WILL SUPPORT CLUB AND RADIO" RAY KEITH	★★★★★ "REALLY GOOD SELECTION, WICKED!" EZ ROLLERS	★★★★★ "GREAT" APHRODITE
★★★★★ "HUGE ALBUM! LOVE IT!" TRINITY	★★★★★ "VIBES" DILIGENT FINGERS	★★★★★ "WICKED TUNES" KEITA

**GA**

**FULL SPECTRUM  
DRUM & BASS  
2026**



**GA**

**OUT NOW  
ON BANDCAMP**

**FULL SPECTRUM  
DRUM & BASS  
2026**

1. CONRAD SUBS - HOURS
2. SOLA & JFAL - KICK DAT
3. PRVAIL X GENESIS ELIJAH - BAD MANNERS
4. OCTO PI - FIRE CORAL
5. LEVEL STATE - ON & ON
6. ROLAZ - INNER THOUGHTS
7. DIALECTIVE & KYSLINE - FADING MEMORIES
8. RED MANTA - HAUNTED
9. KEVALA - STUCK
10. JENSKE - RUNNING WITH THIEVES
11. REPLETE - MUON
12. RIVALTECHNIQUE - FEEL ALIVE
13. ANNGREE - CODEBREAKER
14. FILTHY PHILP - KISS OF LIFE VIP
15. IVAH RANKS X NICE NINE - BABYWRONG
16. QWAKE - WILD NIGHTS
17. DANSTA - GOT THAT BLOW
18. ACTA PON IT - TA TA TA
19. DA TU & MZCL - SLOW (INKWELL REMIX)
20. KRANA - LETTING GO
21. AFR CULTURE - BIG DIPPER
22. SPEKTRAL (UK) & E DAPPA - IN THE RAVE



**GA**



**VOL 3  
DRUM N BASS**

**OUT NOW  
CLICK THE LINK**

**OUT NOW**



**TO BUY  
MUSIC  
RELEASES**

# EVENTS TO LOOK OUT FOR

## RESTORATION *The Sunday Project*

140 | Drum & Bass | House | Jungle | Oldskool  
Sunday 3rd May 2026 | 14:00-22:00

**DJs**

GFP • Jack Sprat • Jackal  
Milo Dose • Missy B • Nicky G • Pedder  
Random • Soma • TNT Sounds

**MCs**

Ashman • Hypeman • Playa • Testsite

**FREE ENTRY**



Sassy's Bar serving  
FREE Cocktails From 16:00



**The Black Horse**  
23 Hastings St, Luton

**SHED DA BASS**  
PRESENTS  
**BANK HOLIDAY BASS**

*Marvelous*  
JUNGLE SET  
*Coin*

**MIZLA** **JWILZ**

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CONDITIONS, MIZLA, RANTZ, NINGE,  
ALI, LEWZ, FLUX, LSW, HUNTER,  
MC's  
J-WILZ, FIRE, XCANNING, SK b2b S2Z,  
RORZ, RAVNATION,

2nd May Bank Holiday 2026  
Queens Head, 1 Temple Street Aylesbury  
HP20 2QA  
3pm Till 2am  
£10 ENTRY 18+ MUST HAVE ID

Shed Da Bass Events/Radio shed\_da\_bass\_events\_radio

**OXIDE NEUTRINO** **The GARAGE GARDEN** **So Solid Crew**  
At Halley's Comet

**Welcoming back headline act Oxide & Neutrino plus ROMEO from So Solid Crew**

Supported by TKP CREW  
AND OTHER LOCAL DJs

Bringing back the golden era of garage —  
big tunes, big vibes, full nostalgia

**Saturday 12<sup>th</sup> September**  
1pm - 6pm outside / 6pm - 12am inside



PUREFM

**SATURDAY 18TH JULY 12PM TILL 10PM**

# **SUPER MILKIN THE MARINE**

**PRESENTS THE MID-LIFE KRISIS FAMILY FETE**

**@SUPER MARINE SPORTS CLUB  
NEAR SOUTH MARSTON SN3 4BZ**

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LIVE BANDS - DJs - MARKET - CRAFTS AND ARTS  
LICENSED BAR - FACE PAINTING - HANDS ON ACTIVITIES  
BOUNCY CASTLE AREA - ANIMAL ZONE  
CIRCUS AND JUGGLING SKILLS - PERFORMANCES - FOOD  
MINISTRY OF SAMBA - FANDANGOS  
THE TRINITY COLLECTIVE  
CHLOES ANIMAL FARM - CHASE YOUR DREAMS  
MANDIS MAGIC FACE PAINTING - ABES BRICK CORNER

**The Mid life Krisis family fete returns bigger and better than ever to Supermarine. Raising all our profits for local charities, so buy your ticket(s), tell a friend and come and see us on Saturday the 18th July**

**DJs** COTSWOLD TECH COLLECTIVE - MID LIFE KRISIS  
TWO MEI FT DEZIGNATE B2B MADDZY - THE SHINE EYE GALS -  
DJ MENACE B2B GSTYLE - NOIZEE NEIGHBOURZ - TOAD - PHILG - RAZBO

**BANDS** SHUT THE FRONT DOOR -  
MATCHBOX MUTINY - TYLER HARVEY -  
LOVE HORN UNICORNS - BE LIKE WATER

**PERFORMANCES**  
WOBBLEZHOOPZ - BLEM - MAKE UP BY SHAZ  
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**HELP for HEROES**  
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# RUSH GBH AKA THE PHEONIX

## **Who is Rush GBH aka The Phoenix DJ?**

*Hi my name is Mike from Bedford in the UK. I have been a musician and producer since the early 90s and made a track in 2003 that went to number 1 in the German techno charts. I also ran several record labels such as GBH Records.*

## **Where did the name The Phoenix come from?**

*When I lost my dad to cancer I wanted him to be a part of my journey so I changed my name to The Phoenix. Like a phoenix he rose from his ashes.*

## **Was that change personal, musical, or both?**

*Personal. Completely personal. The name carries my dad with me everywhere I go.*

## **Did the rebrand mark a fresh start or a new direction for you?**

*At the time we were going through lockdown so we were doing a lot of live streams at home. I did not really think about whether it would have an effect on my bookings. It was about honouring my dad more than anything else.*

## **What first got you into DJing?**

*I first got into DJing when tapes were a thing. I used to listen to all the rave tapes back in the early 90s and started going to raves around the same time. First raves I remember were Mindwarp and Oscars on Clacton Pier. One day my parents were away and I got my dad's speakers and decks, invited a few friends around. That was it. I was hooked.*

## **Do you remember your very first set or rave?**

*I remember playing my first set at Trader Jacks in Ipswich. I played before DJ Dougal. I was a bag of nerves having never played on professional equipment before. But I got through it and never looked back.*

## **How would you describe your sound in three words?**

*Hard. Euphoric. Beats.*

## **What genres are you focused on right now?**

*Hard Trance, Hard Techno, Happy Hardcore, Jungletek.*



**Do you plan your sets or read the crowd in the moment?**

*I always have the start planned and then improvise from there. Every club is different. When I was playing out all the time no two sets were ever the same. Each club and area would have a different vibe and I would read it and respond to it.*

**What sets you apart from other DJs in your scene?**

*The energy I bring to each set. My character on stage is completely different to the person I am in real life and I think that is why I got so much love. These days you need to be the whole package. Producing, DJing, events, social media. You have to be everything.*

**What has been your biggest challenge so far?**

*Keeping yourself motivated especially after getting endless doors shut in your face. That voice in your head telling you that you are not good enough is the biggest challenge any artist faces.*

**Was there ever a moment you nearly gave up?**

*All the time. I felt I was not worthy through a lack of self belief. It came and went in waves throughout my career.*

**How did you push through that?**

*The belief that one day the break would happen. And it did. When all was lost I had an opportunity to go to Italy and make a track that changed my musical career forever.*

**What is the biggest lesson you have learned in the industry?**

*Never give up if you are good enough it will happen. Right place right time is real. That one email I sent to the number one DJ in my scene changed everything. I went to Italy. Made a track that went to number one in Germany for sixteen weeks. Got played on Radio One. Sometimes one door is all you need.*

**You experienced the loss of your dad to cancer. How did that impact you personally?**

*Times were incredibly hard. When I lost my dad we were on the verge of going into lockdown so I was grieving in isolation at the same time as trying to teach online.*

*My life spiralled out of control.*

*The darkness that mental health brings took a grip and would not let go.*





*RUSH - 2018*

**Did that moment change your outlook on life or your music?**

*It put everything into perspective and I found a new purpose in life. Sometimes the things that break you are also the things that build you.*

**Has that experience influenced your drive or direction as an artist?**

*It kickstarted my journey to try and make a difference. Raising cancer awareness. Raising money for the charities that supported my dad and others like him.*

**You went on to start Stomp for Cancer. What inspired you to create that?**

*Losing my dad brought me to starting Stomp for Cancer which began as an online event where I completed both a 24 and a 36 hour DJ marathon, raising money for Great Ormond Street and Macmillan Cancer Trust. This year I am doing an exclusive 72 hour DJ set raising money for both cancer and mental health charities.*

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**How important is it for you to use your platform for something bigger than music?**

*Everything I do now has purpose behind it. I am using my platform to build an online community around music and mental health awareness. The two are more connected than people realise.*

**Do you feel like music and community helped you through that time?**

*Without my friends and online community I do not think I would have managed to get through lockdown. Having Stomp for Cancer gave me a purpose to carry on. It gave me a reason to get up in the morning when there were not many other reasons available.*

**You have stepped into writing as well. What inspired that move?**

*Necessity really. I developed severe carpal tunnel syndrome in both hands from years of working with machinery and suddenly the one thing that had kept me going, my gardening business, was taken away from me overnight. One evening I was trying to design a website that was going nowhere fast and I started writing captions for my French Bulldog Rubble's calendar. One sentence led to another. And then another. And before I knew it I had a world.*

## How does writing compare to expressing yourself through music?

*It is more similar than you would think. When I first played one of my own tracks to a large audience there is this moment where you feel the room respond and you get this tingle up your spine. That rush of knowing something you created is connecting with another human being. Writing gives me exactly the same feeling. Different tools. Same soul.*

## Tell us about Rubbles World. What is it and where did the idea come from?

*Rubble's World is a middle-grade fantasy series about a French Bulldog who one winter's night is taken to a magical world called the North, where he is chosen as Lightbringer. His mission is to restore light to its dying stars, completing five trials across the kingdom to bring them back before they go out forever. The idea came from Rubble himself. He has been by my side through everything. I asked myself one day what would Rubble do if he could actually save me. And the answer became a world.*

## What message or story are you trying to tell through Rubbles World?

*On the surface it is a magical adventure for children. But underneath there is a hidden layer I have never spoken about publicly until now. The North is not just a magical realm. It is a representation of a human subconscious mind. The enemy extinguishing the stars is not a villain in the traditional sense. It is the owner. It is Mike. Fighting for his life in a coma. Rubble does not know he is there to save the person he loves most. He thinks he is on an adventure. But every star he restores brings his human one step closer to waking up. That is the message. It is okay to sit in the dark. Because somewhere out there something that loves you unconditionally is fighting to bring your light back. That something for me was Rubble.*

## Do your experiences in music influence your writing?

*Absolutely. When you are a DJ you are essentially a storyteller. You take a crowd on a journey. You build tension, create peaks and valleys, read the room. A great DJ set has a beginning, a middle and an end just like a great book. Music was my therapy for over a decade. Writing does the same thing. Rubble's World is where I put everything I could not say out loud. Connect. Heal. Bring the light.*

## Can we expect more projects like this in the future?

*Rubble's World is just the beginning. Twelve books. Twelve mental health themes. Twelve years of stories. I am also developing Learn to Love in the Dark, a schools programme delivering mental health workshops through storytelling and live DJing across England. A National Lottery Arts Council funding application of 9,500 pounds has been submitted. A digital platform is in development. A 72 hour DJ marathon for Great Ormond Street this May. This is just the start.*



**What can a crowd expect from your sets?**

*High energy hands in the air anthems with the occasional misleading side quest.*

**Are you more about high energy or building a vibe?**

*It depends on the crowd but I can often be seen deck surfing.*

**What is your go-to track that always works?**

*Rushtex - Exorcism of Chucky.*

**What is the craziest crowd moment you have experienced?**

*Hearing my track being played at the Qlimax party in the Netherlands to a crowd of 30,000. That moment I will never forget.*

**Are you producing music as well as DJing?**

*I have produced a lot of music over the years. The last one was a remake of James Blunt's Monsters made as the anthem for Stomp for Cancer.*

**Do you have any upcoming releases?**

*I am currently working on new material that bridges the gap between my DJ identity and my Mental health advocacy work. The next release will reflect where I am now as an artist rather than where I have been. Watch this space.*

**Has your sound evolved since becoming The Phoenix DJ?**

*Not really. I have always played anthems regardless of genre. I am a great believer in pushing the up and comers. If it is good I will play it regardless of genre.*

**What direction are you taking your sound in?**

*I have always been led by energy rather than genre and that will never change. I want every set and every track to feel like what Rubble's World feels like on the page. Something that takes you somewhere you did not expect and leaves you feeling more alive than when you arrived.*

**What are your thoughts on the UK music scene right now?**

*The scene has changed so much over the years. Back in the day you got to know the promoters, gave them a tape and boom you were in. Now you have to have your fingers in so many more pies. But the talent is still there. The passion never changes.*

**Do you think it is harder or easier to break through today?**

*Harder in some ways, easier in others. Social media gives you a direct line to your audience that we never had before. But everyone has that line now so cutting through the noise is the real challenge.*



### **How important is social media for DJs now?**

*Essential. If you do not have a large social media following you will not get booked. That is just the way the game has gone. Everyone is struggling, even promoters, so the only way you can guarantee getting booked is if you can guarantee putting bums on seats.*

### **What does music mean to you personally?**

*Music is the key to life. No matter how you are feeling music will always be there for you. There is music for every feeling in the world. It has saved me more times than I can count.*

### **What motivates you when things get tough?**

*When things are tough I think of where I have come from, what I have achieved and what I have overcome. I have been through enough to know that tough is temporary. Purpose is permanent.*

### **Who are you outside of music?**

*Outside of music I am a father to three incredible children who are my whole world. I am a debut author with a children's fantasy series currently being considered by literary agents. I am a mental health advocate building a schools programme called Learn to Love in the Dark. I am a former professional gardener who once grew a 400lb pumpkin and fed the homeless with it. I am autistic and neurodivergent and proud of every part of that. And I am a man who lost everything and rebuilt himself from scratch.*

## **QUICK FIRE**

### **Vinyl or USB?**

*Vinyl.*

### **Clubs or festivals?**

*I love playing to a big crowd but I also love the intimacy of a small club. Both for different reasons.*

### **Old school or new school?**

*Old school.*

### **MC or no MC?**

*No MC. However I do like a host. They hype up the crowd without chatting bare lyrics over vocals.*

### **Dream back-to-back set with who?**

*Mark EG.*

### **One track you wish you made?**

*None. Everything I have made has been exactly what it needed to be at the time.*

### **How important is supporting up-and-coming artists?**

*They are the future stars of the scene. Without them the scene will become stagnant and fall apart. It is important that organisations like Twisted exist to help highlight them and give them a platform.*

### **What is next for you?**

*Keep making people smile through my music, my books and through my livestreams. Build Learn to Love in the Dark into something that reaches every child who needs it. Complete the 72 hour marathon for Great Ormond Street. And keep showing up every single day. That is the job.*

### **Where can people follow and support you?**

*Facebook: RushGBH  
TikTok: RubblesWorld*

### **Any shoutouts?**

*Thanks to Nickie for highlighting my mission and supporting what I am building. And to my mum for bringing me into this mad crazy world and never once doubting that I belonged in it. Love and Light to everyone who has ever stood in the dark and kept going anyway.*

***“To love the light, you must first learn to love the dark”.***  
***Love and Light.***  
***Mike.***

***Dedicated to  
Mike's Dad  
Cecil John Steward  
25th Feb 1943 - 28th Oct 2020***





# Solventless Cup

PRESENTED BY



GREENROOM

2026



# DEEKLINE

PERFORMING LIVE (FRIDAY 7/10)

**JULY 9-10 2026**  
BUFFALO, NEW YORK  
[SOLVENTLESSCUP.COM](http://SOLVENTLESSCUP.COM)

# WHAT'S ON...

## **Dom Whiting – Drum & Bass**

### **On The Boat**

2 May 2026

7:00pm – 11:00pm

High-energy drum & bass boat party cruising through London.

Admission: £35–£45

Age: 18+

Address: Tower Millennium Pier, Tower Pier, London, EC3N 4DT

## **London Jungle Drum & Bass:**

### **Grooverider, Jumpin Jack Frost, GQ,**

### **Chickaboo**

2 May 2026

11:00pm – 4:00am

Old school jungle meets heavyweight drum & bass legends.

Admission: £20–£30

Age: 18+

Address: EarthH, 11–17 Stoke Newington Road, London, N16 8BH

## **dnb family: Spring Session**

2 May 2026

2:00pm – 9:00pm

Daytime drum & bass session with rising talent.

Admission: £10–£20

Age: 18+

Address: Basing House, 25 Kingsland Road, London, E2 8AA

## **Delta Heavy – London**

2 May 2026

7:00pm – 11:00pm

Big-room drum & bass energy from one of the biggest names in the scene.

Admission: £25–£35

Age: 18+

Address: The Steelyard, 13–16 Allhallows Lane, London, EC4R 3UE

## **Teletech London: Cloudy + more**

8 May 2026

10:00pm – 6:00am

Hard techno rave with high-intensity energy.

Admission: £15–£25

Age: 18+

Address: E1, Unit 2, 110 Pennington Street, London, E1W 2BB



# WHAT'S ON...

## **Durante, Mia Aurora, GYS**

8 May 2026

10:30pm – 3:30am

Progressive house and melodic electronic night.

Admission: £15–£20

Age: 18+

Address: The Lower Third, 26 Denmark Street, London, WC2H 8NJ

## **I Love Garage – House Party**

16 May 2026

1:00pm – 7:00pm

UK garage day party with classic and modern sounds.

Admission: £10–£20

Age: 18+

Address: House Party, 61 Poland Street, London, W1F 7NU

## **Back To Reality & Groove Yard LDN – 12 Hour Party**

23 May 2026

3:00pm – 3:00am

Soulful house and garage day-to-night session.

Admission: £15–£25

Age: 18+

Address: UNDR, 3 Thorpe Close, Ladbroke Grove, London, W10 5XL

## **Garage Nation Brunch & Day Party**

30 May 2026

12:00pm – 7:00pm

UK garage brunch with party vibes.

Admission: £25–£40

Age: 18+

Address: Scala, 275 Pentonville Road, London, N1 9NL

## **30 Years of Drum&BassArena – London**

30 May 2026

10:00pm – 5:00am

Celebrating three decades of drum & bass.

Admission: £25–£40

Age: 18+

Address: XOYO, 32–37 Cowper Street, London, EC2A 4AP

## **Raindance at fabric 2026**

30 May 2026

1:00pm – 10:00pm

Old school rave, jungle, hardcore and DnB.

Admission: £20–£35

Age: 18+

Address: fabric London, 77A Charterhouse Street, London, EC1M 6HJ



# WHAT'S ON...

## **R&B Lovers Outdoor Party – Birmingham**

2 May 2026

3:00pm – 12:00am

Outdoor party with R&B, hip hop and party classics.

Admission: £15–£25

Age: 18+

Address: Luna Springs, Lower Trinity Street, Digbeth, Birmingham, B9 4AG

## **NBG Drum & Bass – Bristol**

26 May 2026

6:00pm – 11:00pm

Jump up and dancefloor drum & bass session with rising names.

Admission: £10–£20

Age: 16+

Address: The Full Moon & Attic Bar, 1 North Street, Bristol, BS1 3PR

## **Biggest Day Party LDN EAST**

May 2026 (multiple dates)

3:00pm – 10:00pm

Day rave with house, garage, Afrobeats and commercial vibes.

Admission: £15–£30

Age: 18+

Address: LDN EAST, 30 Stephenson Street, London, E16 4SA

## **SLAMDUNK FESTIVAL**

23 May 2026

11:00am – 10:00pm

Huge pop-punk, emo and alternative festival with multiple stages and major international acts.

Admission: £90–£120

Age: 14+ (under 16s with adult)

Address: Hatfield Park, Hatfield, AL9 5NQ

## **Baltic Weekender 2026**

29 May 2026

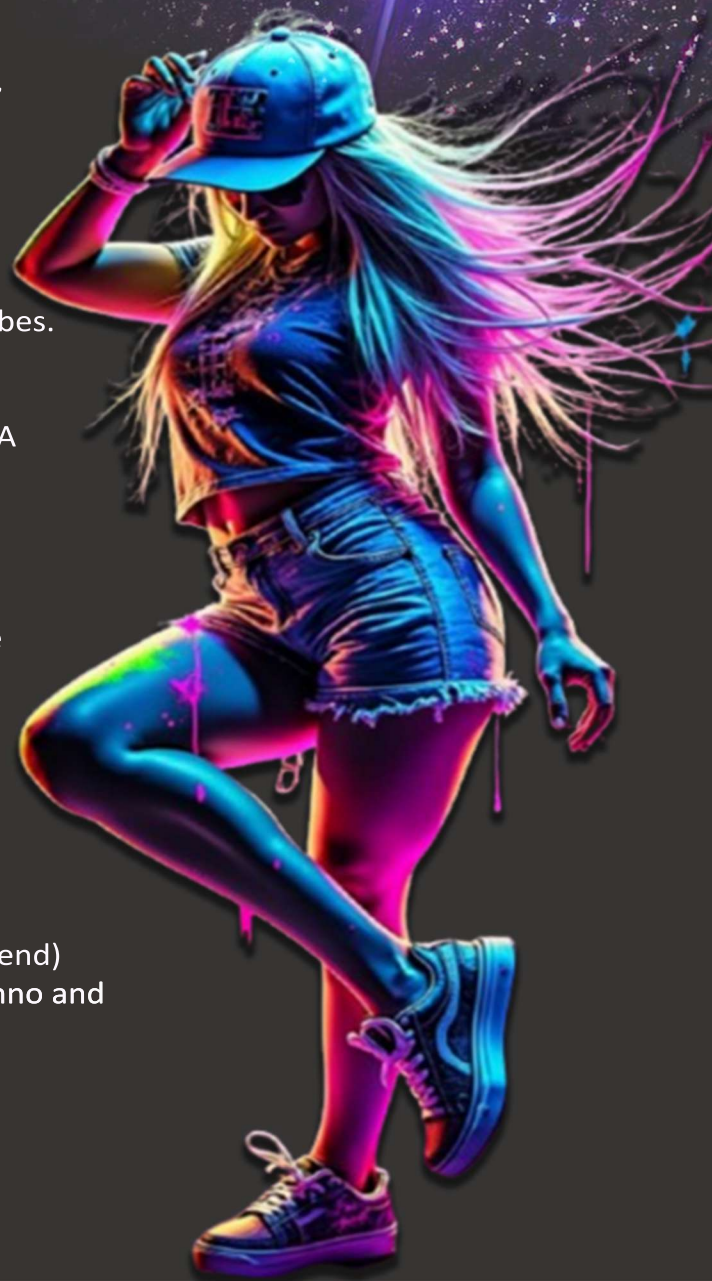
2:00pm – 11:00pm (opening day – times vary across weekend)

Multi-venue electronic music festival featuring house, techno and underground DJs across Liverpool's Baltic Triangle.

Admission: £70–£110

Age: 18+

Address: Baltic Triangle, Liverpool, L1 area



# WHAT'S ON...

## **Document Presents: Armand Van Helden, Redlight, Sarah Story**

30 May 2026

7:00pm – 3:30am

House, disco and tech house in a warehouse setting.

Admission: £25–£40

Age: 18+

Address: DOCUMENT, 30–64 Pennywell Road, St Judes, Bristol, BS5 0TL

## **CUE London – XOYO**

23 May 2026

10:00pm – 4:00am

House, deep house and minimal club night.

Admission: £10–£20

Age: 18+

Address: XOYO, 32–37 Cowper Street, London, EC2A 4AP

## **Mungo's Hi Fi x Time To Move Summer Day Party**

2 May 2026

2:00pm – 10:00pm

Reggae, dub and sound system culture with heavy basslines all day.

Admission: £15–£30

Age: 18+

Address: The Prospect Building, 45 Feeder Road, Bristol, BS2 0SE

## **Rosado Street Party – Bristol**

3 May 2026

3:00pm – 10:00pm

Street party vibes with house, disco and summer energy.

Admission: £10–£20

Age: 18+

Address: Afterdark, St Stephens Street, Bristol, BS1 1EQ

## **SPEKTRA x Junction 2 Open Air**

3 May 2026

2:00pm – 11:00pm

Massive techno open-air session with heavyweight European artists.

Admission: £30–£50

Age: 18+

Address: The Prospect Building, 45 Feeder Road, Bristol, BS2 0SE

## **ZONE 1 Yard Party – Black Swan**

16 May 2026

1:00pm – 11:00pm

Outdoor yard party with jungle, DnB and reggae soundsystem vibes.

Admission: £10–£20

Age: 18+

Address: Black Swan, Stapleton Road, Easton, Bristol, BS5 0PS



# EVENTS TO LOOK OUT FOR

**BABAS x ON THE BLOCK**  
BABAS

**ON THE BLOCK**  
DRUM N BASS  
£3 OTD

15TH AUGUST | 20:00 – 04:00  
BABA'S BAR, MAIN STREET, COLCHESTER

DJ'S MEISTER x SUBLO x JBDNB  
L-IAM x MAK x DURTZ x MR DAN  
SHAPESHIFTA x LIL MISS SANDI  
LADY ELUSIVE B2B DEECHASE

MC'S SUPERIOR x ASHMAN x TREBLE x  
SKIMATIK x E DAPPA x CHATTER MATTER  
x KAPPZ x FRANBO x ROEY D x NATURE

FRIDAY 26 JUNE 2026  
9PM - 2AM

PREFLYER

# Break

+ SUPPORT TO BE ANNOUNCED

**SUBURBIA SOUTHAMPTON**

TICKETS ON FATSOMA, STARTING AT £5  
FREE ENTRY AND BOTTLE COMPETITION ON FACEBOOK

PREFLYER

TRIBAL DRUM SYNDICATE

ADHDNB

TRACK SHACK STUDIOS

UNBSHOW

# Jacks Jungle

HALLEYS COMET, BRADVILLE, MK13 7AW  
23/05/2026 6pm - 12pm

DJ HYBRID

DOPE AMMO

Headline acts DJ HYBRID AND DOPE AMMO

CUE DIS  
STEADY  
SYFI  
ARCHIE  
SWITCH



# A FLOATING BASS EXPERIENCE



20TH JUNE 2026 |



12PM - 8PM



ON THE CANAL BETWEEN

BLETCHLEY → LEIGHTON BUZZARD

DJS

Skins **b2b** Bamz

Spektral

Mblaze **b2b** Bruno

King Yoof

Deechase **b2b** Lady Elusive

Scott Charles

Blockzie **b2b** Dubminx

Darkspark

Dave Skandal **b2b** Rassclarke

Trapo

Sinik **b2b** Savagee

MCS

E Dappa , DVZ ,Ashman,Treble,Carnage,DT's DoubleTop,

Danzee, Anger, Hypeman, Jay Razor

CHARITY EVENT



FREE ENTRY BUT DONATIONS TO MIND ON ENTRY

FROM £1 UP...

# MANNYFEST

## HEADLINERS

KINGS OF THE ROLLERS FT EKSMAN  
CAMO & KROOKED

PMONEY x WHINEY / THE SAUCE FT STRATEGY

## LINEUP

BENNY L x T>I x DJ SS FT CARASEL

GLXY x SUSTANCE

JUMPIN JACK FROST / CHIMPO

DRUMSOUND & BASSLINE SMITH

PARTICLE x DOGGER x MINDSTATE FT FOXI x SLAY

NORTH BASE FT FROST

COLLETTE WARREN x BEN SOUNDSCAPE

STANDARD PROCEDURE

KAZ x INDIKA

SAPPO x JACK BANNER FT FRISKO / RAASCLARKE x SKANDAL

JOSIE / GEMMA ROSE / RUBEZ / DAVID DEE

PRECINT

IDRA  
23RD MAY 2026  
14.00 - 23.00



IDRA skiddle

**BIG DAVE'S CAFE**  
PRESENTS  
**JAMAICAN MI HUNGRY**  
**6TH BIRTHDAY BASH**

**SAT 30TH MAY** | 5PM - 8PM  
FOOD

**AFTER PARTY 8PM - 11PM**

**TOP LIVE DJS** | **SOUND SYSTEM** | **AUTHENTIC JAMAICAN FOOD**

**MUSIC POLICY**  
5PM - 8PM: REGGAE • DUB  
DANCEHALL • LOVERS ROCK  
8PM - 11PM: RAGGA • JUNGLE  
DNB

**BIG DAVE'S CAFE**  
1 NEWPORT STREET • LEICESTER • LE3 9FU

# RAVE STATION RADIO DJ SPIVEE

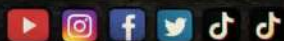


**SUNDAY**  
2PM - 4PM (UK TIME)

LIVE ON YOUTUBE & RAVESTATIONRADIO.COM

TEXT LINE: 07378 463420

WWW.RAVESTATIONRADIO.COM



FOLLOW @RAVESTATIONRSR

**THE RAVE PAGE**

**ON THE BLOCK**

BLOCKZIE PRESENT'S  
MAY 30TH | 7 PM - 4 AM  
EAST TILBURY, LEMZ STUDIO

**LEMZ STUDIOZ**

**DJ'S ON THE BLOCK**  
BLOCKZIE | AFLEX | SKINZ  
MISTA BUDZ | RUMDROP  
DR PEPPER | NITRUX  
SIMPLEX | LADY ELUSIVE B2B  
DEECHASE | MISCHIEF B2B  
SST1 | GS B2B AR-V B2B VIBEZ

**MC'S ON THE BLOCK**  
M-TEK | BOY-C | MAC 1 | SIX  
SUPERIOR | MR BLAX | PRANKSTA  
ASHMAN | BENNY SNOW  
TREBLE | E DAPPA | KENNY  
LYNDY GEE | KAPPZ | BEANIE  
DT'S DOUBLETOP | SKIMATIK

1 4 . 0 5 . 2 6

CONNEXIONS CLUB PRESENTS

6PM-1AM

SUKI10C

21 BORDLESLEY STREET

BIRMINGHAM

B5 5PJ

THIRSTY THURSDAYS

EP. 5

TAKEOVERS

*WOBL*

CURTN | NOCTRNL  
MANDEM

*RVLTN.*

PIXEL | TECHTILE  
DRIBBZ | MONCHI

*ET*  
**AUDIO**

INTROSPECTIVE  
DRU1D MC | CRIXX

LINEUP

CALIO • KEENY • CRUX • CNA • KINGPIN • TICKZ • HIBREAKS • JAKEEQ

HOSTED BY

ULLAH • MC DADDY G • JAB • OJ • TWISTED MC • CHEZ



ODDWBRLD



# TOP 10 DNB

## TOP TEN DNB TRACKS MAR 2026

1. Chase & Status & Stormzy – Backbone
2. Hedex – Lowkey (VIP)
3. Bou – Closer
4. Sub Focus – Wildfire (VIP)
5. K Motionz – Round Ere
6. Serum – Buss The Red
8. A.M.C – Energy (Rework)
9. Kanine – Feel The Vibe
1. Simula – Rifle
1. Turno – Rave Out

## TOP TEN DNB TRACKS APR 2026 SO FAR

1. Hedex – No Limits
2. Bou & IRAH – Selecta
3. K Motionz – High Note
4. Kanine – Feel It
5. Sub Focus – Wildfire (VIP)
6. Serum – Buss The Red
7. Mozey – Run It
8. Simula – Rifle
9. Turno – Rave Out
10. Voltage – Badman Sound

## TOP 10 DNB TRACKS TO LOOK OUT FOR IN MAY

1. Sub Focus – Push The Tempo
2. Dimension – Satellite VIP
3. Hedex – Major Sound
4. Bou – Badboy Energy
5. K Motionz – Mad Ting
6. A.M.C – Throttle VIP
7. Kanine – Get Down
8. Simula – Power Shift
9. Serum – Jump Up Reload
10. Turno – Riot Mode

# TOP 10 GARAGE & BASSLINE

## TOP 10 GARAGE & BASSLINE MAR 2026

1. Sammy Virji – Shut It Down
2. Skepsis – Lose Control
3. Interplanetary Criminal – No Time
4. Darkzy – Midnight Request
5. Oppidan – Lose Control
6. TS7 – Ruff Sound
7. Conducta – Still Moving
8. Jamie Duggan – Back 2 Basics
9. MPH – Rush
10. DJ Q – Feel The Bass

## TOP 10 GARAGE & BASSLINE TRACKS FOR APRIL 2026 SO FAR

1. Sammy Virji – Shut It Down
2. Skepsis – Lose Control
3. Interplanetary Criminal – No Time
4. Darkzy – Midnight Request
5. Oppidan – Lose Control
6. TS7 – Ruff Sound
7. MPH – Rush
8. Jamie Duggan – Back 2 Basics
9. Bullet Tooth – Skankin'
10. DJ Q – Feel The Bass

## TOP 10 GARAGE & BASSLINE TRACKS TO LOOK OUT FOR IN MAY

1. Sammy Virji – Bassline Skank
2. Darkzy – Reload It
3. Oppidan – Garage Energy
4. Skepsis – Heavy Bassline
5. Conducta – UK Sound
6. TS7 – Bassline Movement
7. MPH – Roll Through
8. Jamie Duggan – Club Control
9. Interplanetary Criminal – Late Night
10. DJ Q – Sound System

# TOP 10 DUBSTEP & GRIME

## TOP 10 DUBSTEP & GRIME MAR 2020

1. Subtronics – Mind Pluck
2. Skepta – Gas Me Up
3. Marauda – Casket VIP
4. D Double E – Frontline Reload
5. SVDDEN DEATH – Torment
6. P Money – Bars & Dat
7. Virtual Riot – Simulation VIP
8. AJ Tracey – Package Delivered
9. HOL! – Movement
10. Novelist – Different Flow

## TOP 10 DUBSTEP & GRIME TRACKS FOR APRIL 2020 SO FAR

1. Subtronics – Mind Pluck
2. Skepta – Gas Me Up
3. Marauda – Casket VIP
4. D Double E – Frontline Reload
5. SVDDEN DEATH – Torment
6. P Money – Bars & Dat
7. HOL! – Movement
8. AJ Tracey – Package Delivered
9. Sam Binga – Bad 4 Me
10. Novelist – Different Flow

## TOP 10 DUBSTEP & GRIME TRACKS TO LOOK OUT FOR IN MAY

1. SVDDEN DEATH – Ritual
2. Skepta – Shutdown (VIP)
3. Marauda – Hexed
4. AJ Tracey – London 2.0
5. Virtual Riot – Cyber Mode
6. P Money – Reload Bars
7. Subtronics – Drop Zone
8. D Double E – Street Energy
9. HOL! – Distortion
10. Novelist – Next Chapter

# TOP 10 HOUSE & DANCE

## TOP 10 HOUSE & DANCE TRACKS MAR 2025

1. Chris Stussy – Desire
2. Calvin Harris – Miracle
3. PAWSA – Dirty Groove
4. Becky Hill – Outside Of Love
5. Cloonee – Fine Night
6. Joel Corry – Another Friday Night
7. Mau P – Beats On Repeat
8. Nathan Dawe – Heart Still Beating
9. FISHER – Take It Off
10. LF SYSTEM – All Night Long

## TOP 10 HOUSE & DANCE TRACKS APR 2026 SO FAR

1. Chris Stussy – Desire
2. Calvin Harris – Miracle (Club Mix)
3. PAWSA – Dirty Groove
4. Becky Hill – Outside Of Love (VIP)
5. Cloonee – Fine Night
6. Joel Corry – Another Friday Night
7. Mau P – Beats On Repeat
8. Nathan Dawe – Heart Still Beating
9. John Summit – Eat The Bass
10. LF SYSTEM – All Night Long

## TOP 10 HOUSE & DANCE TRACKS TO LOOK OUT FOR IN MAY

1. Chris Stussy – Frequency
2. Calvin Harris – Summer Love
3. PAWSA – Underground Vibe
4. Becky Hill – Dancefloor Tears
5. Mau P – Raw Beat
6. Joel Corry – Party All Night
7. Cloonee – Night Shift
8. Nathan Dawe – Lights Down
9. FISHER – Club Tool 2026
10. LF SYSTEM – Energy Flow

# TOP 10 TRANCE & TECHNO

## TOP 10 TRANCE & TECHNO TRACKS FEB 2025

1. Armin van Buuren – Space Case
2. Charlotte de Witte – Roar
3. Above & Beyond – Always
4. Amelie Lens – Pulse
5. Gareth Emery – Exposure
6. Adam Beyer – Explorer
7. Andrew Bayer – Dream State
8. HI-LO – WTF
9. Cosmic Gate – Mirador
10. Eli Brown – Razor

## TOP 10 TRANCE/TECHNO TRACKS FOR MARCH 2025 SO FAR

1. Armin van Buuren – Space Case
2. Charlotte de Witte – Roar
3. Above & Beyond – Always
4. Amelie Lens – Pulse
5. Gareth Emery – Exposure
6. Adam Beyer – Explorer
7. HI-LO – WTF
8. Eli Brown – Razor
9. Enrico Sangiuliano – The Techno Code
10. Cosmic Gate – Mirador

## TOP 10 TRANCE/TECHNO TRACKS TO LOOK OUT FOR IN APRIL

1. Armin van Buuren – Euphoria
2. Charlotte de Witte – Acid Wave
3. Above & Beyond – Northern Lights
4. Amelie Lens – Dark Pulse
5. Gareth Emery – Forever (VIP)
6. Adam Beyer – Drumcode X
7. Andrew Bayer – Skyline
8. HI-LO – Control
9. Cosmic Gate – Elevation
10. Eli Brown – Machine Code

UKG • DRUM & BASS • ELECTRO • UK BASS • PROG • HARDCORE • GARAGE

# UPFORIT

MULTI GENRE DAY FESTIVAL



MULTI GENRE  
DAY FESTIVAL  
MIDDAY - 10PM

DJS

**SPEKTRAL**

DIATRIBE SHOWCASE

SCOTT CHARLES

SINIK **B2B** SAVAGE

SLUMBER JACK

DEECHASE **B2B** LADY ELUSIVE

LUKE TEKNOLOGY **B2B** SPIN LARDEN

ECTOMORPH | VESSEL

MCS

E DAPPA • DANZEE • RAZOR  
ASHMAN • TREBLE • HYPEMAN



SATURDAY 27TH JUNE

**MCCARTHYS**

SPORT BAR • BLETCHLEY • MK2 2SN



GOOD VIBES ONLY • RESPECT THE RAVERS • NO BAD ENERGY





# TWISTED APPAREL

*Supporting Mens Mental Health*

**SEE ALL OUR LATEST STREETWEAR IN OUR ONLINE STORE**

## **Twisted Apparel x Men's Mental Health**

At Twisted Apparel, part of the Twisted brand, we're all about streetwear, music, and real community — and that includes standing up for Men's Mental Health. Behind every DJ set, every rave, every late-night studio session, there's a human being. And sometimes that human being isn't okay — and that's okay.

Our shop brings together everything from MP3s to T-shirts, hoodies, and clubbing paraphernalia — but more than that, we create clothing with meaning. Twisted Apparel releases new ranges all the time, alongside regular collaborations, limited editions and one-offs — each drop designed with ravers, DJs, MCs, producers and music lovers in mind.

We built Twisted Apparel for the culture — for those who live for the music, the energy and the connection. But we also recognise the pressures that come with it. That's why our Men's Mental Health message runs deeper than just words on fabric. It's about normalising conversation, breaking stigma, and reminding every man in our scene that it's okay to not be okay.

Our collaboration projects with various brands continue to push new ideas, new drops and new statements — so keep your eyes peeled. Because this isn't just streetwear. It's awareness. It's support. It's community.



~For clothes as loud as you are~

~Music unites us all ~

<https://twistedapparel.store>



**THE RIG  
DIRECTORY**



## **Our History**

Founded in 2022, The Rig Directory was built on a simple but powerful idea: bring sound systems from across the country together in one central platform. A place where promoters, venues, and organisers can easily find the right rig for their event — while actively supporting sound system culture and the charities that matter to it.

Since launch, we've worked with some of the biggest and most respected rigs in the industry, creating a space that represents the scene properly and professionally.

## **The Concept**

Every sound system listed on The Rig Directory is given its own dedicated page, fully editable by an admin at any time. Each page can showcase photos, social media links, contact details, price lists (if desired), and any key information that helps highlight the system, its services, and its identity. Each rig also chooses a charity they want to support. We link this directly on their page, allowing visitors to see who the sound system supports and donate straight to the chosen charity — no middlemen, no hidden cuts. To be listed on the directory, we simply ask for a one-off minimum £5 donation to the sound system's chosen charity. After that, any further donations are completely optional. Once set up, the page is theirs to share, promote, and use as a professional reference point. At a glance, people can view a rig's setup, services, and contact details — making booking easier and more transparent for everyone involved.

## **The Goal**

Our goal is to give sound systems the visibility they deserve, present them at their best, and raise funds for meaningful causes at the same time. We know times are tough, which is why we've kept the minimum donation low — a fiver felt fair and accessible. Of course, anyone is welcome to donate more, but the focus is on inclusion, support, and strengthening the scene as a whole.

**“One directory - One culture - Real support”**

To be listed on the directory, we simply ask for a one-off minimum £5 donation to the sound system's chosen charity. After that, any further donations are completely optional. Once set up, the page is theirs to share, promote, and use as a professional reference point.

**<http://therigdirectory.com>**

WITH  MIND IN MIND

# CLASSIFIEDS



SEE ALL OUR LATEST STREETWEAR IN OUR ONLINE STORE

We're all about our Streetwear and music and we are part of the Indulgence With A Twist brand.

Our Shop sells all sorts of merchandise, from MP3s, T Shirts, Hoodies down to all sorts of clubbing paraphernalia.

Our Clothing range, Twisted Apparel releases new ranges all the time, along with regular collaborations, limited additions and one offs.

Twisted Apparel shop was created with ravers in mind, we stock t-shirts, hoodies, jackets and clubbing accessories for DJs, MCs, Producers and Ravers alike.

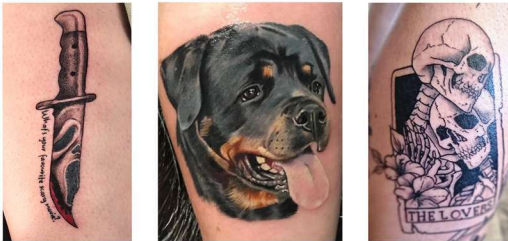
Our collaboration projects with various brands are always coming out with new products, so keep your eyes peeled!!

"For clothes as loud as you are"

"Music writes us all"

[www.https://twistedapparel.store](https://twistedapparel.store)

Your Advertising Here



# KARMA



## TATTOO STUDIO

27 BROAD STREET, BRIDGTOWN  
WS11 0DA



SCAN ME

**SATURDAY 18TH JULY 2026 - 12PM TILL 10PM**

**SUPER MILKIN' & MARINE**  
PRESENTS  
**THE MID-LIFE KRISIS FAMILY FETE**

LIVE BANDS - DJs - MARKET - CRAFTS AND ARTS  
FACE PAINTING - HANDS ON ACTIVITIES - BOUNCY CASTLE AREA  
ANIMAL ZONE - CIRCUS AND JUGGLING SKILLS - PERFORMANCE  
LICENSED BAR - FOOD

The family fete returns to Supermarine Sports and Social Club raising money for charity



TWISTED RIG

NOT JUST LOUD - SURGICAL CLARITY WITH BASS THAT HITS YOUR CHEST.

FROM SMALL ROOMS TO BIG SPACES, THIS RIG BRINGS HI-FI PRECISION ON STEROIDS. EVERY FREQUENCY DIALLED IN. EVERY DROP FELT.

THIS ISN'T JUST SOUND. THIS IS TWISTED.

FOR MORE INFORMATION EMAIL: [TWISTEDEVENTS@INDULGENCEWITHATWIST.COM](mailto:TWISTEDEVENTS@INDULGENCEWITHATWIST.COM) OR CALL: 07840 932967



## THE RIG DIRECTORY

THE RIG DIRECTORY - WHERE SOUND SYSTEMS STAND TOGETHER

BORN IN 2022 FROM A SIMPLE IDEA:

PUT EVERY SOUND SYSTEM IN ONE PLACE - EASY TO FIND, EASY TO BOOK, AND BUILT TO SUPPORT SOUND SYSTEM CULTURE AND CHARITY.

EACH RIG GETS ITS OWN CUSTOM PAGE WITH PHOTOS, SOCIALS, PRICES, CONTACT DETAILS AND MORE.

EVERY RIG CHOOSES A CHARITY THEY CARE ABOUT - AND ALL IT TAKES TO JOIN IS A ONE-OFF £5 DONATION STRAIGHT TO THAT CHARITY.

PROMOTE YOUR RIG. SUPPORT YOUR SCENE. GIVE BACK WHILE DOING IT.

ONE DIRECTORY. EVERY RIG. REAL IMPACT.

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# Help Us Get Recovering Addicts & Alcoholics Out Fishing!



SCAN TO DONATE



Scan to donate  
to Kyle's fundraiser  
"Getting recovering  
addicts and alcoholics  
into fishing"

**Fish4Recovery** is a charity that provides a lifeline for those battling addiction and mental health challenges. We use fishing as a peaceful escape to help clear the mind, find calm in the chaos, and reconnect with the sport.

- ◆ **Support recovery** from substance & alcohol addiction
- ◆ **Help improve mental health** through the healing power of **fishing**.

I started Fish4Recovery because I know firsthand how **fishing** can transform lives, giving me freedom from addiction and a sense of peace I never thought possible. Your donations will provide the necessary equipment, licenses & transportation to get people out on the water.

Find us @**Fish4recovery** on Facebook, Instagram, and Tik Tok or contact Kyle on **07777138491**

# REMEMBRANCE PAGE FOR THOSE WE HAVE LOST

“This is what mental health looks like when it’s ignored.  
Remember them. Speak up. Check in. Please stay.”



Steven ‘DJ Hurtz’ Spencer - 24.08.1984 - 29.11.2025 🇺🇸🕊️ AGE: 41  
EDITION 1



Thomas Smith - 20.04.1987 - 30.12.2020 🇺🇸🕊️ AGE: 33  
EDITION 1



Chris Wright - 22.03.1983- 24.10.2022 🇺🇸🕊️ AGE:39  
EDITION 1



Aaron-Louis Kingsley Enderby - 24.11.1992 - 01.04.2022 🇺🇸🕊️ AGE: 29  
EDITION 1



Robert Williams - 29.06.1984 - 10.02.2020 🇺🇸🕊️ AGE: 35  
EDITION 1



James Clinton - 18.12.1986 - 23.06.2025 🇺🇸🕊️ AGE: 38  
EDITION 1



Connor James Dean O'toole - 1995 - 2021 🇺🇸🕊️ AGE: 26  
EDITION 1



Richard ‘Blowa’ Blower - 22.08.1989 - 03.09.2014 🇺🇸🕊️ AGE: 25  
EDITION 1

# REMEMBERANCE PAGE FOR THOSE WE HAVE LOST

“This is what mental health looks like when it’s ignored.  
Remember them. Speak up. Check in. Please stay.”



Jonathan Ardron aka Little Ginge 10.03.1999 - 11.02.2026 🇺🇸🇬🇧 AGE: 26  
EDITION 3



Ryan Wolverson 16.09.1992 - 22.07.2020 🇺🇸🇬🇧 AGE: 27  
EDITION 3



Karl Mountstephens 01.08.1985 - 02.09.2025 🇺🇸🇬🇧 AGE: 40  
EDITION 3



Barry Gregory 09.10.1975 - 13.02.2021 🇺🇸🇬🇧 AGE: 45  
EDITION 3





999

## Helpline Numbers

### Helplines and crisis contacts

If you are at all concerned about your health or the health of a friend or family member, you may find useful information from one of the sources below.

#### Hub of Hope

Hub of Hope is the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, we can help. Use the address to search the directory <https://hubofhope.co.uk>

#### Samaritans

Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

[www.samaritans.org](http://www.samaritans.org)

116 123 (free to call from within the UK and Ireland), 24 hours a day

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

#### Mind

Mind offers advice, support and information to people experiencing a mental health difficulty and their family and friends. Mind also has a network of local associations in England and Wales to which people can turn for help and assistance.

Lines are open Monday to Friday 9am to 6pm (except bank holidays).

[www.mind.org.uk](http://www.mind.org.uk)

InfoLine: 0300 123 3393 to call, or text 86463

Email [info@mind.org.uk](mailto:info@mind.org.uk)

#### Rethink Mental Illness

Rethink Mental Illness works to help everyone affected by severe mental illness, such as schizophrenia and bipolar disorder, recover a better quality of life. It provides effective services and support and campaigns for change through greater awareness and understanding.

[www.rethink.org](http://www.rethink.org)

National Advice Service: 0300 5000 927 (Open 9:30am to 4pm, Monday to Friday)

Email [advice@rethink.org](mailto:advice@rethink.org)

(Rethink was formerly called the National Schizophrenia Fellowship)

#### PAPYRUS UK

PAPYRUS is the national charity dedicated to the prevention of young suicide. They support young people under 35 who are experiencing thoughts of suicide, as well as people concerned about someone else.

Their HopelineUK service is open 9am – midnight every day of the year (including weekends and bank holidays).

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Helpline: 0800 068 4141

Text: 07860039967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)



999

## Helpline Numbers

### Helplines and crisis contacts

If you are at all concerned about your health or the health of a friend or family member, you may find useful information from one of the sources below.

#### YoungMinds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Parents helpline: 0808 802 5544 (Mon-Fri from 9.30am to 4pm, excluding bank holidays)

#### Campaign Against Living Miserably (CALM)

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Open 5pm to midnight, every day of the year.

[www.thecalmzone.net](http://www.thecalmzone.net)

Helpline: 0800 58 58 58

Webchat: [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/)

#### Sane

SANE services provide practical help, emotional support and specialist information to individuals affected by mental health problems, their family, friends and carers.

SANeline is open between 4pm and 10pm, 365 days a year.

Support Forum: [www.sane.org.uk](http://www.sane.org.uk)

SANeline: 0300 304 7000

Textcare: [https://www.sane.org.uk/what\\_we\\_do/support/textcare/](https://www.sane.org.uk/what_we_do/support/textcare/)

#### NHS mental health services

Find information, advice and local services on the NHS website. You can also get advice from the NHS 111 phone service.

#### Shout

Get help

To start a conversation, text the word 'Shout' to 85258. Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you.

If your life is at imminent risk, please call 999 for immediate help.

#### Other sources of mental health help and information

List of mental health helplines from the Helplines Partnership

Mental Health Foundation provides useful information on a range of mental health difficulties, as well as resources to support your wellbeing Mentally Healthy Schools has a wide range of

information for schools and teachers to support young people's mental health Mental Health and Money Advice provides practical advice and support for people experiencing issues with mental health and money Me and My Mind has some useful information for young people who may be having unusual experiences, such as paranoia or hearing voices



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EVERYONE FOR THE SUPPORT



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