

EDITION 5

MAY 2026



# RAVE ROYALTY – OPUS III ICON KIRSTY HAWKSHAW

Also included in this edition:

EXCLUSIVE INTERVIEW & UNSEEN  
FOOTAGE FROM KIRSTY HAWKSHAW

HEART-RENDING INTERVIEW  
WITH JAY MC KOLAPSE

WHATS ON NEAR YOU

ALL ABOUT MENS MENTAL  
HEALTH& THE HELP AVAILABLE



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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 May issue of Twisted Magazine.

May has been a powerful month for Twisted — emotional, inspiring, and a reminder of exactly why this platform matters.

This issue carries real depth.

We are honoured to feature the amazing Kirsty Hawkshaw — an incredible voice, an iconic artist, and someone whose journey through music continues to inspire across generations. From her unforgettable impact with Opus III to her lasting influence across electronic music, Kirsty's story is one of talent, strength, creativity, and pure passion for the scene.

We also share Jay's harrowing interview — a brave, honest, and deeply moving account that deserves to be heard with respect. These are the stories that remind us why conversations around trauma, survival, mental health, and speaking out are so important. It takes real courage to open up, and Jay's words will stay with many people.

At Twisted, we will never shy away from the difficult subjects.

Because silence helps no one.

Alongside the interviews, we bring you all the latest what's on, updates from across the scene, new releases, events, artists making noise, and the people continuing to push music and culture forward.

We also continue to include helplines and support information, because music brings people together — but support keeps people here. No one should feel alone, and if even one person reaches out because of something they read in these pages, then this magazine has done something important.

Twisted has always been about more than music.

It's about people.

The voices that need space.  
The stories that need telling.  
The artists that deserve a platform.  
The ones still fighting their way through.

As we continue moving towards the Up & Comer Awards 2026, the talent, passion, and resilience in this community is undeniable. The next generation is stepping forward — and Twisted will keep making space for them.

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

## **“Maybe We’re Just All Pretending We’re Fine”**

There’s a weird thing men do where we’ll be one minor inconvenience away from a full emotional collapse... and still answer “yeah mate, all good” with absolute confidence.

Dog died? “Yeah, fine.”

Work stress keeping you up at night? “Living the dream.”

Haven’t felt genuine peace since 2017? “It is what it is.”

Honestly, men deserve Awards for the performances we put on daily.

Because a lot of men aren’t actually okay. We’re just unbelievably good at acting normal while internally running on low battery mode and way to much caffeine.

### **The Male Superpower: Emotional Hide and Seek**

Most men grow up learning that emotions should be treated like internet browser tabs:

- keep too many open and eventually the laptop loses its mind
- so better to just close everything and pretend it’s fine.

### **By adulthood, loads of us have become self contained.**

We can discuss the footy results for 45 minutes.

We can explain how to cook a steak for just right results.

We can compare drill brands like we work in B and Q.

But ask:

“How are you really doing?”

And suddenly it’s:

“Yeah... bit tired.”

“Tired” has quickly become the male code for:

- stressed,
- overwhelmed,
- emotionally confused,
- or questioning every life decision after lying awake at 2am remembering an embarrassing thing from Year 8 in school.

### **The Weird Pressure on Men Now**

Men today are in a strange spot.

Back in the day, the expectation was basically:

“Never cry. Work hard. Die quietly.”

Now it’s more like:

“Be emotionally open... but not too much. Go therapy. Meditate. Journal. Communicate. Be vulnerable. But also stay confident, successful, emotionally stable, physically fit, financially secure and try not to annoy anyone.”

No wonder everyone’s exhausted.

A lot of men are trying to heal while also pretending they’re not struggling because we still think falling apart makes us look weak.

So instead of dealing with emotions properly, we do what men have done for generations:

- go to the gym aggressively,
- buy things we don’t need,
- become obsessed with pointless things
- or suddenly decide we need a £4,000 mountain bike to “clear our head” and head to The Wrekin.

But guys. You don’t need a mountain bike, you need a conversation.



## **Loneliness Looks Different for Men**

Male loneliness is sneaky because men are often surrounded by people.

We've got group chats, music mates, pub mates, gaming mates, work mates, and yeh we have a laugh but somehow we still don't talk about anything real.

A lot of male friendships are built around activities instead of feelings. Men bond shoulder-to-shoulder rather than face-to-face. Which is why some conversations between men sound like we're negotiating with a hostage. One mate finally opens up:

"Been struggling a bit mentally bro"

The other responds:

"Yeah same anyway look at this video of a bulldog on a skateboard."

That's support. That's brotherhood.

But seriously, loads of men don't realise how emotionally isolated they are until something big happens — breakup, burnout, grief, panic attacks — and suddenly they've got no idea how to talk about what's going on inside their own head.

## **Men Don't Always Get Sad. Sometimes We Just Go Weird.**

This is the thing nobody talks about enough.

Men's mental health issues don't always look like crying in the rain listening to sad music.

Sometimes it looks like:

- getting angry because someone chews too loudly,
- working constantly because sitting still feels terrifying,
- ghosting everyone,
- drinking "just to relax,"
- becoming emotionally unavailable,
- or spending six hours researching trainers and tracksuits that you can't afford.

A lot of men don't break down dramatically.

We slowly disconnect.

That's why people miss it.

The guy making everyone laugh is often hanging together with duct tape and a bag of emotions.

## **Maybe Mental Health Isn't About "Fixing" Men**

Here's a different way to look at it.

What if men's mental health isn't just about stopping men from falling apart?

What if it's about helping men actually enjoy being alive?

Because functioning isn't the same thing as living.

You can:

- go to work,
- answer emails,
- pay bills,
- hit the gym,
- post memes,
- and still feel emotionally flat

A healthy mind isn't just "I survived another week."

It's:

- feeling connected,
- feeling calm occasionally,
- laughing properly,
- being honest,
- resting without guilt,
- and not treating vulnerability like it's a crime.

## **The Good News? Men Are Slowly Getting Better At This**

Bit by bit, things are changing.

Men are opening up more. Mates are checking in properly. Therapy isn't seen as some dramatic last resort anymore.

And honestly? Most men don't even need massive emotional movie speeches.

Sometimes they just need one conversation where they don't feel judged for being human.

Because despite what people think:

- strength isn't pretending nothing affects you,
- masculinity isn't emotional lockdown
- and saying "I'm struggling" doesn't make you less of a man.

It just makes you a person.

A stressed, confused, emotional person...

...but still a person.

Socials-

@Primal Instincts

@Breath Of Life

@Andys Man Club

@Twisted Official UK

Be part of a community, have a sense of purpose and never feel alone again.



# TWISTED UP & COMER AWARDS

## HOW TO ENTER:



### GENERAL REQUIREMENTS

- One (1) entry per person per category
- Maximum of three (3) genre submissions (where applicable)
- All participants must have a minimum of 3 months' experience



### 5.1 DJ SUBMISSIONS

- 15–20 minute video (MP4 format)
- Matching WAV audio file
- Must clearly show:
  - DJ and equipment
  - Use of pitch control
- Sync button use is not permitted
- No MCs or external performers



### 5.2 MC SUBMISSIONS

- 3–5 minute video performance
- Must include the words: **“Up & Comer”** and **“Twisted”**
- Must be front-facing and clearly audible
- Matching WAV file required



### 5.3 PRODUCER SUBMISSIONS

- Video showing track within a DAW
- Matching WAV file



### BY SUBMITTING YOU AGREE YOUR TRACK MAY BE:

- Uploaded for public voting
- Made available for download by users



### 5.4 SUBMISSION METHOD

Entries must be submitted via:

- [www.twistedofficial.com](http://www.twistedofficial.com)
- File transfer (e.g. WeTransfer) to: [info@twistedofficial.com](mailto:info@twistedofficial.com)

Each submission must include:

- Full name
- Artist/DJ name
- Contact details



### 6. CONTENT & CONDUCT REQUIREMENTS

All submissions must:

- Be original work owned by the entrant
- Not infringe copyright or third-party rights
- Not contain offensive illegal defamatory or explicit material
- Be suitable for public viewing

**⚠ FAILURE TO COMPLY MAY RESULT IN DISQUALIFICATION.**



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TWISTED PRESENTS

NOV

UP &

2026

# COMERS

THE FUTURE IS OURS

SATURDAY  
**14TH**  
NOVEMBER  
2026

BASEMENT  
**45**  
8 FROGMORE ST  
BRISTOL  
BS1 5NA

**10PM**  
-  
**3AM**

**2**  
ROOMS



ROOM 1 - HARD DANCE

ROOM 2 - DRUM & BASS

HEADLINER

**THE FAT  
CONTROLLER**

HEADLINERS

**NICKY  
BLACKMARKET  
RAY KEITH**

WINNER OF 2024 UP & COMER AWARDS

**DJ TECH**

SECRET HEADLINER  
YET TO BE ANNOUNCED

OTHER DJS FROM  
UP & COMERS 2024

TBA

OTHER DJS FROM LAST  
UP & COMER AWARDS

TBA

IN ASSOCIATION WITH



THE  
DRUM & BASS  
BIBLE



AMMY'S  
PHOTOS

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PUREFM

# TECH



**May 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)**



# MAY TO JUNE: KEEP THE CONVERSATION GOING

Mental Health Awareness Month into PTSD Awareness Month

**Awareness is not just a month. It is every check-in, every conversation, every hand held in the dark, and every person reminded that they matter.**

May is used across the world to push mental health into the open, and in the UK Mental Health Awareness Week 2026 ran from 11-17 May with the theme of action. It is a reminder that awareness has to become something real: a message sent, a conversation started, a friend checked on, or support asked for before the weight gets too heavy.

June carries that message forward into PTSD Awareness Month, with PTSD Awareness Day marked on 27 June. PTSD is still misunderstood. It is not limited to war or one type of trauma. It can affect anyone who has lived through fear, loss, abuse, violence, serious accidents, medical trauma, grief, bullying, or any experience that left the body and mind feeling unsafe.

At Twisted Magazine, mental health has never been just a subject for a page. It is part of the reason the platform exists. Behind the artists, DJs, MCs, promoters, ravers, writers and crews are real people - some carrying battles nobody can see. Someone can be smiling in the crowd, smashing a set, supporting everyone else, and still be struggling in silence.

PTSD and trauma can show up in different ways: flashbacks, nightmares, panic, anger, emotional shutdown, guilt, exhaustion, trust issues, avoiding places or people, or constantly feeling on edge. For some people, music becomes an escape. For others, it becomes a lifeline. A track, a mix, a radio show, a dancefloor, or one person checking in can help someone hold on.

The music scene is more than entertainment. It is connection. It is family for people who may not feel they fit anywhere else. That means we all have a part to play. Notice when someone goes quiet. Ask twice if you feel they are not telling you the truth. Listen without judgement. Do not make people prove their pain before they deserve kindness.

May reminds us to talk about mental health. June reminds us to understand trauma. Both months remind us that healing does not follow a straight line. People do not just 'get over it'. They rebuild, recover, relapse, try again, and keep going - often with scars no one else can see.

So from Twisted Magazine, this is the message: check on your strong friends, your loud friends, your quiet friends, the ones always laughing, the ones always busy, and the ones who say they are fine a little too quickly. And check on yourself too. You are not broken. You are not weak. You are human. Your story is not over.

## NEED SUPPORT NOW?

If someone is in immediate danger, call 999.

For urgent mental health help in England, call NHS 111 and choose the mental health option.

Samaritans: 116 123 free, any time, day or night. Mind: mind.org.uk





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NEXT EDITION?

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# TOP 10 DNB

## TOP TEN DNB TRACKS APRIL 2026

1. AKAS & DJ Hybrid - Close Your Eyes (DJ Hybrid Remix)
2. Amoss - Ghost Signals
3. bogdvn - Death Bite
4. Bonez - Pull This One
5. Burntboi & Sub Zero - Scotch Bonnet
6. Business As Usual - Pocket Watch
8. Coda feat Milo (UK) - Dun Kno
9. Conrad Clear & Sweetpea - 10 Minutes
10. Deep Inc - Reboot

## TOP TEN DNB TRACKS MAY 2026 SO FAR

2. K Jah - Premonition
3. Top Cat - Over U Body (Vital Elements Remix)
4. Chrome - Illuminati
4. Harley D - Bad
5. Wagz - Stolen Hours
6. Son, Kravitz & Mad Sam - Ring Di Alarm
8. Serum - Wave Riders (VIP Mix)
9. ATMOS - Never
10. AMDOOMED - Transmission
10. Kasra & Waeyes - Onyx

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

1. The Sauce & Porcelyn - Scandal
2. Silvz - Green Street
3. Paul T & Edward - Mash Up The System
4. Cloud Lord - Phase Control
5. L-Side & Subsid - Is What They Say
6. Magenta - Ninja Turtle
7. Upgrade - Knock
8. Harley D & Scotty - Undertone
9. Traumatize - Mr Nice Guy
10. Bennie - Break It Down

# TOP 10 GARAGE & BASSLINE

## TOP 10 GARAGE & BASSLINE APRIL 2026

1. 4TGANG - Hope In The Jungle
2. Nina - Don't Wanna Stop
3. ASTRLPickle - Enter The Rave
4. Youngsta - Plastic People
5. Cup & String feat MC Neat & Sarah Pellicano - Only One
6. Casual Observer - Observation 3
7. Efan - Like It Hot
8. Om Unit - Rustt
9. HLRTY - Slingshooters
10. Lone - Affinity

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

1. ATW, Interplanetary Criminal & Main Phase - Twisted
2. Myriad - Deep Dive
3. Camille Doe - Turn This Up
4. Sigma, Scrufizzer, Jamakabi & YUSSI - CHARGIE (YUSSI Edit)
5. Parashoot - Take Me Up
6. HLRTY & COIDO - Odiso
7. Hypho feat Logan\_olm - Steel Pulse
8. Mak & Pasteman - Hallowed
9. Zacattacq - Rock The Bass
10. Bodymind - 444

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

1. IN2RVM - The Way You Walk
2. Yoke - Rhythm And Flow
3. Sebasti - Sthella
4. Rick Marshall - Frequency
5. JVMES - Poison The Dance
6. Greazus - Cut It Out
7. Baktrax - Elevate (VIP)
8. D-Region & Code - Lie To Me
9. Gruv42 - Found My Way
10. Kid Ellipsis - Rock You Like

# TOP 10 DUBSTEP & GRIME

## TOP 10 DUBSTEP & GRIME APRIL 2026

1. Caspa - Dollars
2. Dedman - Scorched
3. Distance - Eventuality
4. Garrett Fields - Wombo
5. Prynox - Hot Springs
6. SPNR - Low Slug
7. Tenshu - Togetha
8. That Vital Guy - I Know U Hear Me
9. Weapons Grade - Your Bullet In My Headtop
10. Wraz. & Substance - Minotaur

## TOP 10 DUBSTEP & GRIME TRACKS FOR MAY 2026 SO FAR

1. SHOSH & Rhiannon Roze - Hot
2. HIJINX feat Vitamin G - Don't Ask Why
3. Duckworthsound & Dread MC - No Police
4. Shy FX & Kingh - Nobu (Sir Spyro & Capo Lee Remix)
5. Bennie - Off Radar
6. Froidy - There For U
7. Spence - Taste
8. Pengo - What U Know
9. Shifu - Wibbler Flow
10. TERMZ - Propane

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

1. Amidy & Dead Rose - Heights
2. HALIENE - Right Love
3. Virus Syndicate - Leng Man
4. e.llo - Strained Thoughts
5. Mikrodot & Criso - Big Beats
6. Flora.noise - Impedance
7. Miles Gaines & The Game - Waiting (OnDaMike Remix)
8. Toal & MC Vortex - Wax On
9. N-Type - Hotplate
10. Somebodyyyy - Ronaldo Shuffle

# TOP 10 HOUSE & DANCE

## TOP 10 HOUSE & DANCE TRACKS APRIL 2016

1. Ari Bald & CJ Scott - Spoon Bait
2. Ash Reynolds - Disco Spectacular
3. Barrio B - Boomah
4. Benwal, Entasia & Baron Von Trax - Final Dance
5. Boo Williams - The Awakening
6. Crackazat - Watchu Say (Mana's Dub)
7. Dino Lenny - Piano Lessons At Eight
8. Eoin DJ - Pure U
9. GENNARO - Enigma
10. Harry Romero - Feels Good

## TOP 10 HOUSE & DANCE TRACKS MAY 2016 SO FAR

1. Dam Swindle & DJ Minx - Back To The Old School
2. Supershy - Pyrenees
3. Dan Ivy & Biyi - Location
4. Kolter - U Gotta Believe
5. Cinthie - U Gotta Believe
6. Folamour feat LYMA - Won't Let U Down
7. Kerri Chandler - Kerriosity
8. Fouk - Head Spin
9. Riva Starr & Ziyon - Take Up The Space
10. DJ Sneak - Lovin' Me

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

1. Sir E.U & Sami - Survival
2. Belladonna - El Ritmo
3. Funk Mediterraneo - Tribe Secret
4. Alixia Mistral - The Way You Move
5. Bantukemistry - Zoma
6. Duran Y Garcia - Fus-ion
7. Seamus Haji feat Hazel Fernandes - Dance With You
8. Michael Gray & Mike Dunn - You & Me
9. Big Miz - Wanna Get Down
10. Flashdancers - Everybody Sing

# TOP 10 TRANCE & TECHNO

## TOP 10 TRANCE & TECHNO TRACKS MAY 2026

1. Push - Breakpoint
2. 808 State vs Humanoid - Vasco
3. Alex M.O.R.P.H. & Cheryl Barnes - Embrace Me
4. Andy Martin - Mechanical Vals
5. Jurgen Vries - The Theme (Amy Wiles Remix)
6. Axel Karakasis - Backlash
7. Storm State & Jennifer Rene - Start A Fire
8. Charlotte de Witte feat CERES - Amor
9. Wavetraxx - Acid Spirit
10. Clotur & Vault Records - Arkadia

## TOP 10 TRANCE/TECHNO TRACKS FOR APRIL 2026 SO FAR

1. Klint - Prism
2. Chicane - Low Sun
3. Hemka - Breathe
4. Access 3 - Promised Land
5. Planetary Assault Systems - Labyrinth
6. Flip & Fill - 6 Days (On The Run)
7. Tensal - Renovatio
8. Manian feat Aila - Turn The Tide
9. Raxon - Basick Beat
10. Hyperlogic - Only Me

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

1. Mystic Pulse & R4dium - Reckless Party
2. Batu & Donato Dozzy - Exhale
3. Sid Jenkins & Alyshka - No Shower, Full Power
4. Sepehr - Fool's Ovation
5. Human Behavior - Freakshow
6. IM KELLAR - Internal Horse
7. Just Josh - Control
8. Kallax - TIKI
9. Nick De Wit - Skyhigh
10. Red Rooms - Blind Spot



A woman with a crown of flowers and a large moon in the background.

# OPUS III

## 🎵 Music & Emotion

*Q. Your voice has soundtracked so many emotional moments for people — do you approach recording from a technical space or an emotional one?*

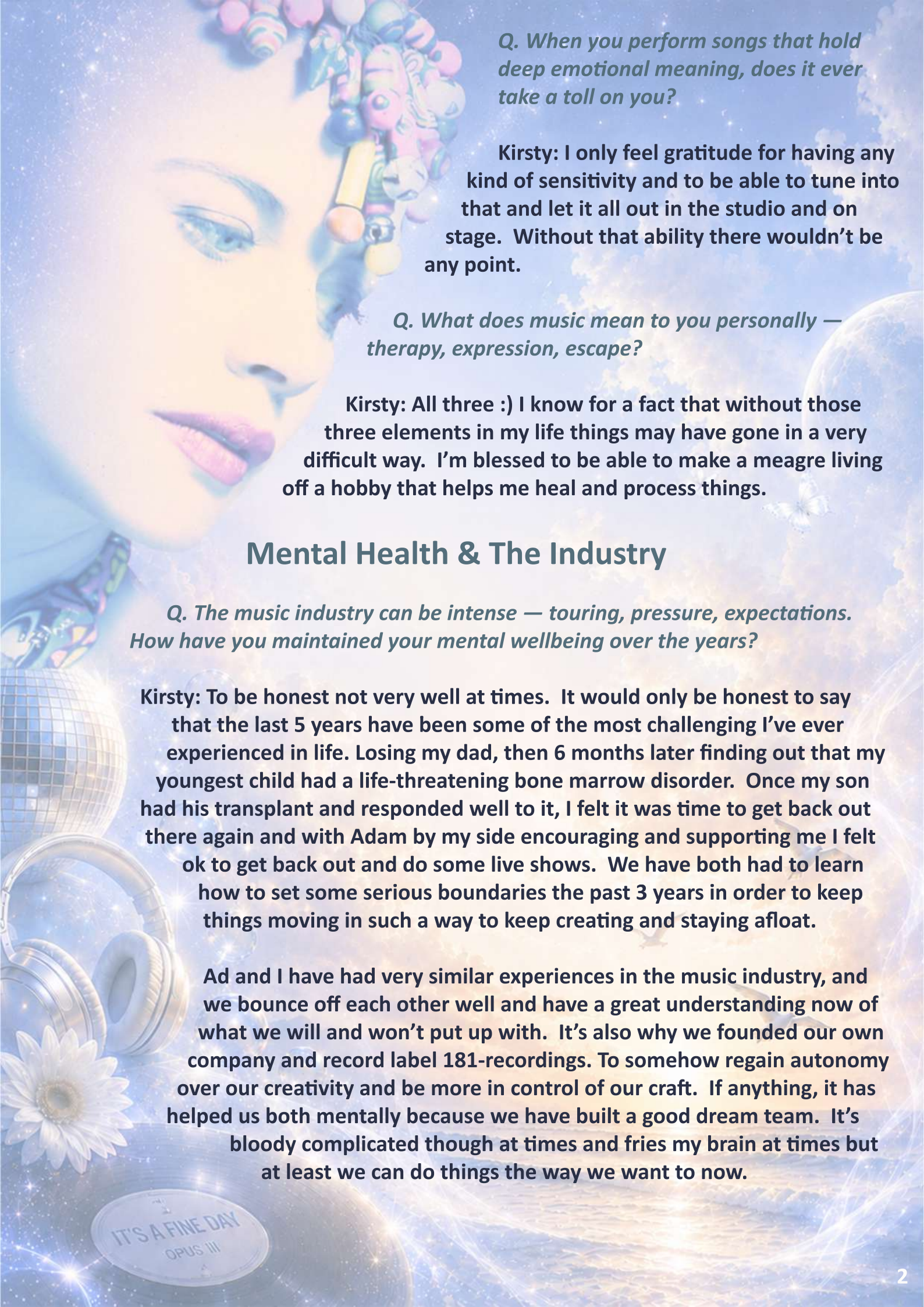
**Kirsty:** Well, it all depends on the task at hand. If I'm composing or producing with a collaborator let's say I am recording vocals myself then I have to juggle a bit and go into technical mode. But mostly I would say it's a combination of emotion that I need to work through within myself or perhaps understand and then focus on editing take after take until it works. I'll often get a feeling about something then figure out some chords that reflect on that feeling then one layer is covered for which I can then write some lyrics or hum a melody till eventually it all starts to fall into place. One thing I have always struggled with is being told what to do when in the studio, I can't bare it because I don't like being controlled in anyway, so I learned how to use logic and it's very liberating for me having that control over my environment when opening up my channels. Singing is for me personally a reveal of deeper complex layers that I have no way of explaining or want to explain in great detail. It's so personal I guess, and what I like about sharing it is that listeners can interpret what I've done in their own way.

*Q. Do you feel electronic music allows more emotional vulnerability than other genres?*

**Kirsty:** Not sure how to answer that, from experience I think it's quite a battle getting the message across when there is so much backing and noise to compete with. The secret is to request the absolute minimum backing to write over and then hand what I've done it over to the producer or collaborator to add all the seasoning after.

*Q. How do you protect your creative sensitivity in an industry that can be quite harsh?*

**Well,** the benefit of getting older is that I am less sensitive to any criticism. I limit social media these days because it's a horrendous distraction and takes us away from our focus. I'm blessed to still be able to daydream and make space for that because I feel it's very important for my mental health. I enjoy simple things like gardening and have been hanging out with the robins and making a new mini pond for a toad I found. I've been in this industry for over 30 years now and don't focus too much time on things like likes and statistics, because I'm wise enough to know it's a hook that was created by a company and algorithms and is mostly about clicking on adverts in between the lure. That is not the life I want to prioritise. I know I have my place, and I try to keep my council as best as possible and avoid drama. However, I will assert myself as and when necessary, things like people sampling me or exploiting me, ripping me off etc - I'm not afraid to address such things. Mostly though I'm too busy keeping house, assisting Adam with our business and the kids when they come home, loving our dogs, gardening and cooking.



*Q. When you perform songs that hold deep emotional meaning, does it ever take a toll on you?*

**Kirsty:** I only feel gratitude for having any kind of sensitivity and to be able to tune into that and let it all out in the studio and on stage. Without that ability there wouldn't be any point.

*Q. What does music mean to you personally — therapy, expression, escape?*

**Kirsty:** All three :) I know for a fact that without those three elements in my life things may have gone in a very difficult way. I'm blessed to be able to make a meagre living off a hobby that helps me heal and process things.

## **Mental Health & The Industry**

*Q. The music industry can be intense — touring, pressure, expectations. How have you maintained your mental wellbeing over the years?*

**Kirsty:** To be honest not very well at times. It would only be honest to say that the last 5 years have been some of the most challenging I've ever experienced in life. Losing my dad, then 6 months later finding out that my youngest child had a life-threatening bone marrow disorder. Once my son had his transplant and responded well to it, I felt it was time to get back out there again and with Adam by my side encouraging and supporting me I felt ok to get back out and do some live shows. We have both had to learn how to set some serious boundaries the past 3 years in order to keep things moving in such a way to keep creating and staying afloat.

Ad and I have had very similar experiences in the music industry, and we bounce off each other well and have a great understanding now of what we will and won't put up with. It's also why we founded our own company and record label 181-recordings. To somehow regain autonomy over our creativity and be more in control of our craft. If anything, it has helped us both mentally because we have built a good dream team. It's bloody complicated though at times and fries my brain at times but at least we can do things the way we want to now.

IT'S A FINE DAY  
OPUS III

*Q. Did you ever feel pressure to separate “artist” from “person”?*

**Kirsty:** I am a person most days. Mother, wife, friend, and an artist when in the studio, on stage or in the garden (currently working on a Japanese style grassy knoll)

*Q. What advice would you give to younger artists struggling with anxiety or self-doubt?*

**Kirsty:** Keep telling yourself no matter how frustrated you get to.....

**A:** not compare yourself to anyone else, trust your instincts and don't think fame will bring happiness.!

**B:** Stop scrolling and turn the phone off and instead ask yourself, “how do I feel about this day, and what am I going to do about it”!

**C:** Surround yourself with real vibrations like nature, flowing places, and keep company with people who lift your spirits and who support your goals.

**D:** Read books on self development.

*Q. Do you think the conversation around mental health in music has improved — or is it still surface-level?*

**Kirsty:** I once saw a major label promote “we care about your mental health” They don't care at all. The only way to keep mentally well is to take responsibility because no one else will do that for you.

*Q. Have there been moments where stepping back was necessary for your wellbeing?*

**Kirsty:** I do it all the time. I only write when I want to write, and I never seek awards or recognition. I've taken many years out as and when it has been necessary.

## Grammys & Recognition

*Q. You were nominated for a Grammy — what did that moment represent to you personally?*

**Kirsty:** I was part of an album that was nominated for a Grammy. “These hopeful machines” by BT. I wrote a song called Million Stars that featured heavily on that album. Props also to Matt Lange who played a huge part in that album spending countless hours and months working on the production and finer details.

“Validation, pressure, pride... something else”?

*Q. Did Grammy recognition change how the industry treated you — or how you viewed your own career?*

No, the industry is still mostly misogynistic. Us vocalists almost have to kick off a stink or react to get the message across about this and I've had it lowering myself on such a level. All that matters to me now is cracking on with some new music and revisiting some of my back catalogue and re-doing them so I can own the rights.

To be honest I wasn't aware of it until you asked the question and had to ask Grok 🤖 Grok answered and made me aware of "These hopeful machines".

*Q. Drum & bass has always thrived underground — do you think mainstream awards like the Grammys truly understand electronic subcultures?*

Kirsty: I heard you have to pay around 30k to apply to be a participant, so I'll leave it there and say "not important"!

*Q. How did it feel representing a scene that started in pirate radio and warehouses on such a global stage?*

Kirsty: I contribute as a molecule in a very big body of water. I work hard and try to also be supportive as and when needed. What happens will happen the rest is none of my business.

*Q. Do awards matter to you now — or does impact and longevity mean more?*

Kirsty: Impact and longevity and good health mean more than an award. But we do have a few scattered around the house which Adam said I was due. The annoying thing was that despite having a Top 10 record and a number 1 selling album we had to pay for them 🤖.

*Q. Do you think drum & bass will ever have its own defined category at major awards shows?*

Kirsty: Only by the ones who have hijacked it no doubt. That is already happening and they don't really care about where it came from. I have witnessed a few squabbles and cock blocking from some of the old skollars and find it immature and sad because we are now in sniper alley and should be respectful of our own distances in this scene not competitive.

*Q. If you could see one part of electronic music better represented at the Grammys, what would it be?*

**Kirsty:** Chillout music 🙏

## 💬 Legacy & Purpose

*Q. When fans tell you a song helped them through something dark, how does that affect you?*

**Kirsty:** I did my job to help them process something that needed a soundtrack at the time. I am grateful to have been of help in some way by also helping myself.

*Q. Do you think vulnerability in music is a form of strength?*

**Kirsty:** Yes, our job is to bring solace, joy, excitement, reflection, introspection to those who are suffering through our music. If you somehow become popular then don't get above your station, stay humble.

*Q. What does longevity mean to you now compared to the start of your career?*

**Kirsty:** Gratitude. And having my health.

*Q. If you could speak to your 19-year-old self-entering the industry, what would you say?*

**Kirsty:** Tell that wanker who wants you to demo a song to stop touching your leg!

*Q. What message would you want artists — especially women in electronic music — to hear right now?*

**Kirsty:** Just make your music and go independent.

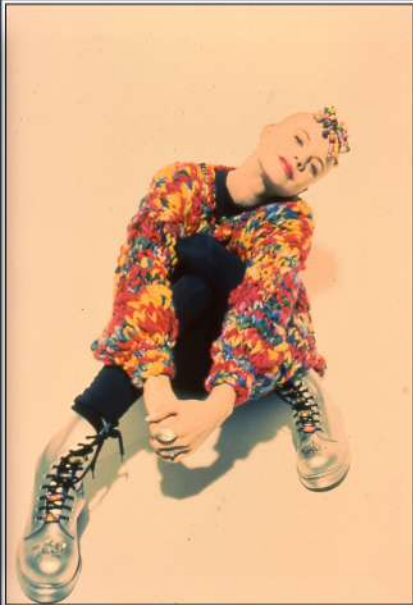
*Kirsty Hawkshaw*

IT'S A FINE DAY  
OPUS III



CREDITS

Richard Wakefield - Photographer | Simon Fowler - Photographer | Jo Grover - Make Up & Special FX Artist



**PHOTO CREDITS**

Richard Wakefield - Photographer | Simon Fowler - Photographer | Jo Grover - Make Up & Special FX Artist



## IN REMEMBRANCE OF MC CONRAD

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<https://www.instagram.com/remembermcconrad/>

**MC Conrad, real name Conrad Thompson, was born 16 April 1972 and died 30 April 2024, aged 52.**

MC Conrad, born Conrad Thompson, leaves behind a powerful legacy as one of drum and bass culture's most important voices. Across more than three decades, he helped shape the sound and spirit of rave and atmospheric DnB, blending hip hop-inspired flow, soulful vocals and a deep respect for the music. His iconic partnership with LTJ Bukem took him around the world and became a defining part of the scene, while his work on tracks, live sets and his own label Resonance showed his dedication to pushing the genre forward. Loved not only for his talent but for his warmth, humour and kindness, Conrad will be remembered as a true pioneer, an advocate for MCs, and a hugely respected figure whose influence will continue to live on through drum and bass.

# WHAT'S ON...

**DAL Presents: Live at Rough Trade**

**Monday 1st June 2026**

**6:30pm til 10:30pm**

**"Join PSM, The Drop Jonnies, Berena and Danny's  
Always Late for their final gig of the academic year!"**

**Admission £7.00**

**18+**

**Hanover Street, Liverpool, L1 4AF**

**Milkshake, Ministry of Sound Presents: THE BEACH RAVE 2026**

**Tuesday 2nd June 2026**

**10:00pm til 4:00am**

**"Milkshake, Ministry of Sound Presents:  
THE BEACH RAVE Tuesday June 2nd 2026."**

**Admission £8.02 - £16.90**

**18+**

**103 Gaunt Street, London, SE1 6DP**

**Bullets And Octane**

**Tuesday 2nd June 2026**

**7:00pm til 11:00pm**

**"Hard Rock Outfit Bullets And Octane Have  
Announced A Run Of, Bringing Their Explosive  
High-energy Live Show Back Across The Country."**

**Admission £18**

**18+**

**3 Greenland Place, London, NW1 0AP**

**The House and Garage Orchestra - 10th Anniversary**

**Friday 5th June 2026**

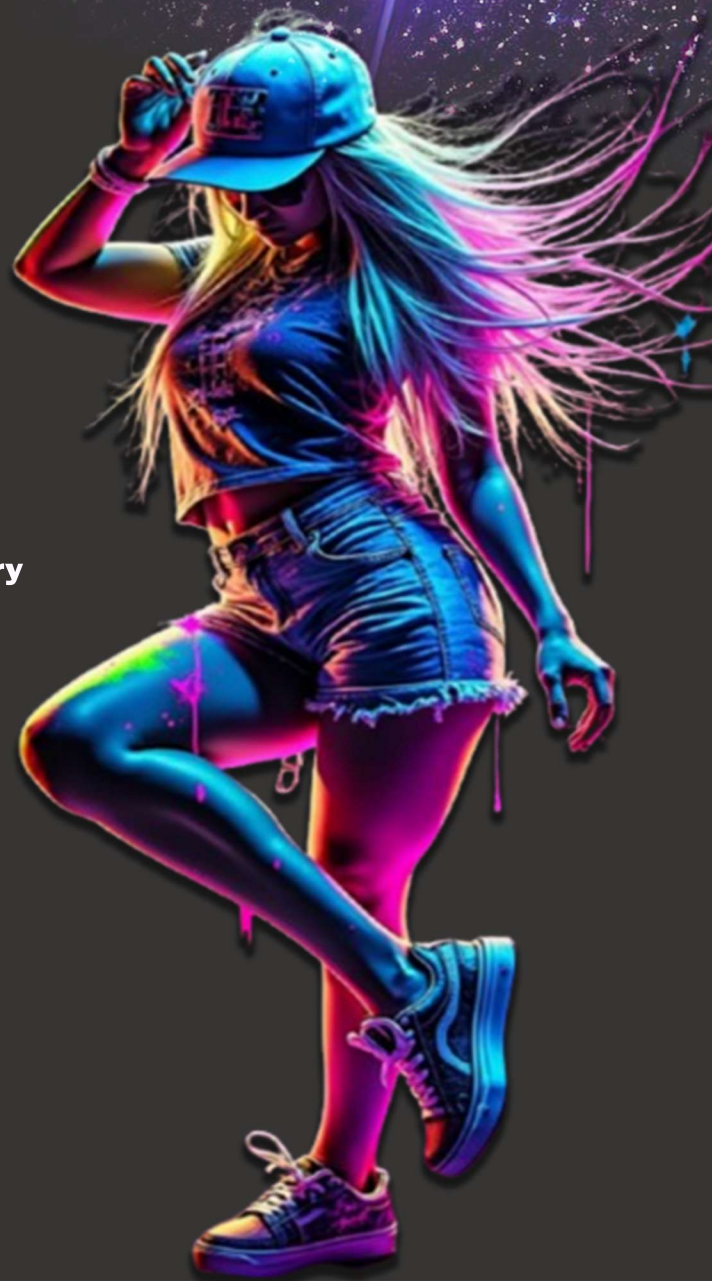
**4:00pm til 11:30pm**

**"Experience one of the biggest House and  
UK Garage live music events of the year as  
The House and Garage Orchestra  
celebrates its 10th Anniversary."**

**Admission £22**

**Not shown on accessible Skiddle page**

**Park Drive, Maldon, CM9 5JQ**



# WHAT'S ON...

**InTheHouse - June International Pride Month Takeover**  
**Friday 12th June 2026**  
**11:00pm til 5:00am**

**"A men's only invite on a neon journey through all the best decades of house music. Kink, fetish and neon welcome!"**

**Admission £8 - £12**  
**18+**

**Richmond House, 15 Bloom Street, Manchester, M1 3HZ**

**Lost In Disco**  
**Saturday 13th June 2026**  
**8:00pm til 1:00am**

**"Lost In Disco returns on Saturday 13th June for London's greatest night of classic disco."**

**Admission £22.25 - £66.25**  
**18+**

**310 Uxbridge Road, London, W12 7LJ**

**World Cup Kick-Off BBQ: Oxford Day Party**  
**Saturday 13th June 2026**  
**2:00pm til 11:00pm**

**"Rep your nation in a jersey! Dancehall, R&B, hip hop, rap & afrobeats with DJ Ji-Tin and Nilo."**

**Admission £6.00 - £11.25**  
**18+**

**Abbey House, Oxford, OX1 1HB**

**Acoustic Night | Intimate Music**  
**Tuesday 16th June 2026**  
**7:30pm til 10:30pm**

**"An evening of intimate music with a range of flamenco, folk & soul."**

**Admission £8.00**  
**Age not specified**

**10 Western Road, Hove, BN3 1AE**



# WHAT'S ON...

## **Red Laser Summer Diskoteque \*Part 1**

**Friday 5th June 2026**

**7:00pm til 1:00am**

**"Red Laser land at the Carlton Club for another Suburban Diskoteque in the range."**

**Admission £6 - £8.00**

**18+**

**Rowan Lodge 113 Carlton Road,  
Manchester, M16 8BE**

## **Rhinestone Fest: London, June 6th, 2026**

**Saturday 6th June 2026**

**4:00pm til 11:00pm**

**"Rhinestone Fest rolls into London on the 6th June at the iconic Between The Bridges! London, y'all ready for a BIG ole Country music festival?!"**

**Admission £23.98**

**18+**

**The Queen's Walk, London, SE1 8XX**

## **Summer Fest at the Beach**

**Saturday 6th – Sunday 7th June 2026**

**Saturday 11:00am til 10:30pm;**

**Sunday 11:00am til 10:00pm**

**"Experience an unforgettable weekend of live music, iconic performers, and non-stop entertainment as the coastline comes alive for Summer Fest at the Beach."**

**Admission £37.52 - £3080.00**

**Family friendly; children must be accompanied by an adult**

**Weston-Super-Mare Beach, Weston-Super-Mare**

## **Soul Skate**

**Thursday 11th June 2026**

**7:00pm til 11:00pm**

**"The best way to begin the end of your week. Roll into the weekend with a laid back mix of funk and soul."**

**Admission £18.00**

**18+**

**117 Bruce Grove, London, N17 6UR**



# WHAT'S ON...

**Sk8star London Headline Show**

**Tuesday 16th June 2026**

**7:00pm til 11:00pm**

**"US underground star SK8STAR lands in London for his first EU headline show at Bush hall on June 16th, with special guests."**

**Admission £22.25**

**16+**

**310 Uxbridge Road, London, W12 7LJ**

**RollerBoogie**

**Friday 19th June 2026**

**7:00pm til 1:00am**

**"Rollernation's Friday night skate."**

**Admission £18.00**

**18+**

**117 Bruce Grove, London, N17 6UR**

**Angels of Darkness - A Tribute To The World of Goth**

**Friday 19th June 2026**

**7:30pm til 11:00pm**

**"Step into the shadows with Angels of Darkness, the ultimate tribute to Gothic music's timeless legends."**

**Admission £16.75**

**14+**

**402 Moseley Road, Birmingham, B12 9AT**

**RNB MANIA | London's R&B Festival**

**Saturday 20th June 2026**

**2:00pm til 10:00pm**

**"London, are you ready to experience the very best of R&B music? R&B MANIA comes to The Steel Yard on Saturday 20th June 2026!"**

**Admission £11.00 - £19.25**

**18+**

**13-16 Allhallows Lane, London, EC4R 3UE**





### DOWNLOAD LINKS



A poster for the 'KUMO' event. It features a central graphic of a glowing liquid drop. The text includes 'THIRSTY THOUSANDS', '6PM-1AM', 'KUMO', 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 'HOSTED BY' 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 emerging from dark water in a jungle 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 shows a DJ in a dark, hooded outfit performing at a DJ booth in a club. 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 'Drum &amp; Bass May 2026 Mix by DJ Blindsided'. 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.', 'TUNE IN. TURN IT UP. FEEL IT.', and 'MIX AVAILABLE MAY 2026 ON: SPOTIFY, MIDLANDS, SOUNDCLLOUD, YOUTUBE'. It also lists 'FEATURING: EXCLUSIVE DUPLICATES, FRESH RELEASES, CLASSIC ANTHEMS, SEAMLESS MIXING'.

### DOWNLOAD LINKS





ODDWORLD



# THIRSTY THURSDAYS

EP. 6

## Gallah

H:Breaks & Dedman

Borderline Massive

xomega.

Zatifah

Connexions Club Cypher

DJ Ski

Mc Daddy G

Twone

TwObait

3rose

OJ

Twisted Mc

& more!



Thursday 11th  
June  
2026  
18:00-01:00

Free entry

SUK10C  
21 Bordesley Street  
Birmingham  
B5 5PJ



## MAN FOUND WITH EYES AND MOUTH STUCK TOGETHER AFTER TORTURE AT CHASEWATER IN BURNTWOOD

Cops hunt thugs who superglued victim's eyes and mouth shut in horrific attack near Midland beauty spot

By **Sunday Mercury**

16:13, 18 Oct 2012

Updated 15:25, 24 Oct 2012

**COPS are hunting thugs who tortured a man near a Midland beauty spot – by supergluing his eyes and mouth shut.**

The un-named victim was discovered with the horrific injuries on wasteland close to Chasewater reservoir in Burntwood, near Staffordshire.

Detectives have so far failed to make any arrests in the shocking attack last month, which sources claim may be linked to an unpaid debt.

### DEHUMANISING ATTACK

Leading criminal investigative psychologist Dr Keith Ashcroft said the use of super-glue by the gang was an attempt to de-humanise their victim.

The Manchester-based expert explained: "It may be an attempt to deface, to try to take their victim's identity away."



Chasewater reservoir in Burntwood, where the victim was found on wasteland close to the beauty spot.

**“ It may be an attempt to deface, to try to take their victim's identity away.**

– Dr Keith Ashcroft  
Criminal investigative psychologist

### POLICE APPEAL

Anyone with information is urged to contact Stafford- or Crimestoppers anonymously on **0800 555 111**.

### WHAT WE KNOW

- Victim found on wasteland near Chasewater reservoir, Burntwood
- Eyes and mouth superglued shut in brutal torture attack
- Incident happened last month
- No arrests have been made
- Possible link to unpaid debt

# JAY KOLAPSE

## WHEN THE MUSIC IS THE ONLY THING LEFT

A raw and honest conversation about mental health, music, survival and the journey back from the darkest places.

### **They Tried to Silence Him. He Found His Voice Louder Than Ever.**

Near the quiet edges of Chasewater reservoir — a place more often associated with calm walks and open skies — something brutal unfolded that would leave a permanent mark, not just on one man, but on everyone who hears his story.

Jay MC Kollapse Newbrook was the victim of a shocking and calculated act of violence. In an attack that went far beyond physical harm, his identity was targeted, his voice threatened, his very presence almost erased. It was the kind of incident that makes headlines for all the wrong reasons — the kind people read, shake their heads at, and move on from.

But this isn't that kind of story.

Because what happened next is what matters.

Behind every headline is a human being forced to rebuild from something most people couldn't imagine surviving. The aftermath isn't just about wounds — it's about silence, isolation, questions that don't have easy answers, and the long road back to something resembling normality. It's about learning how to exist again when someone has tried to strip that away from you.

And yet — somehow — Jay didn't disappear. He didn't stay silent.

He didn't let that moment define the end of his story.

Instead, he found a way to channel it.

Through music, through lyrics, through raw expression — he's taken something meant to break him and turned it into something powerful. Not polished. Not manufactured. Real. The kind of real that cuts through noise and forces you to listen.

At Twisted Magazine, we've always stood for the voices that don't get heard loud enough — the ones that come from pain, resilience, and truth. Jay's story isn't just about survival. It's about identity, strength, and the fight to reclaim both.

This isn't just an interview.

This is a conversation with someone who faced the unthinkable — and is still standing.

Still creating.

Still speaking.

And most importantly... still being heard.

So, for those who may not know ..  
this is jays story...

“SOMETIMES THE  
LOUDEST PEOPLE  
IN THE ROOM ARE  
FIGHTING THE  
QUIETEST BATTLES.”

# 02 WHO IS JAY KOLAPSE?

**Jay, can you introduce yourself and tell us who Jay MC Kolapse Newbrook is?**

My name's MC Kolapse Newbrook. Before everything happened to me, I'd always wanted to be an MC, but I never really had the confidence to properly go for it.

After the attack, it completely stripped me of who I used to be. I became like a shell of the person I once was and lost a lot of myself mentally and emotionally.

Music became the thing that helped me try to rebuild myself and get back to who I was before all of that happened. Before then, I was caught up in the wrong lifestyle, always trying to make money through dodgy hustles and doing things I shouldn't have been involved in. At the time, that was just the environment and mindset I was stuck.

**Do you think that's from the area that you were brought up around the gang life, really?**

Yeah, 100%. A lot of it came from the environment I grew up around and the gang culture that was normalised where I lived. Looking back now, I'd definitely say a lot of young people get groomed into that lifestyle by older people.

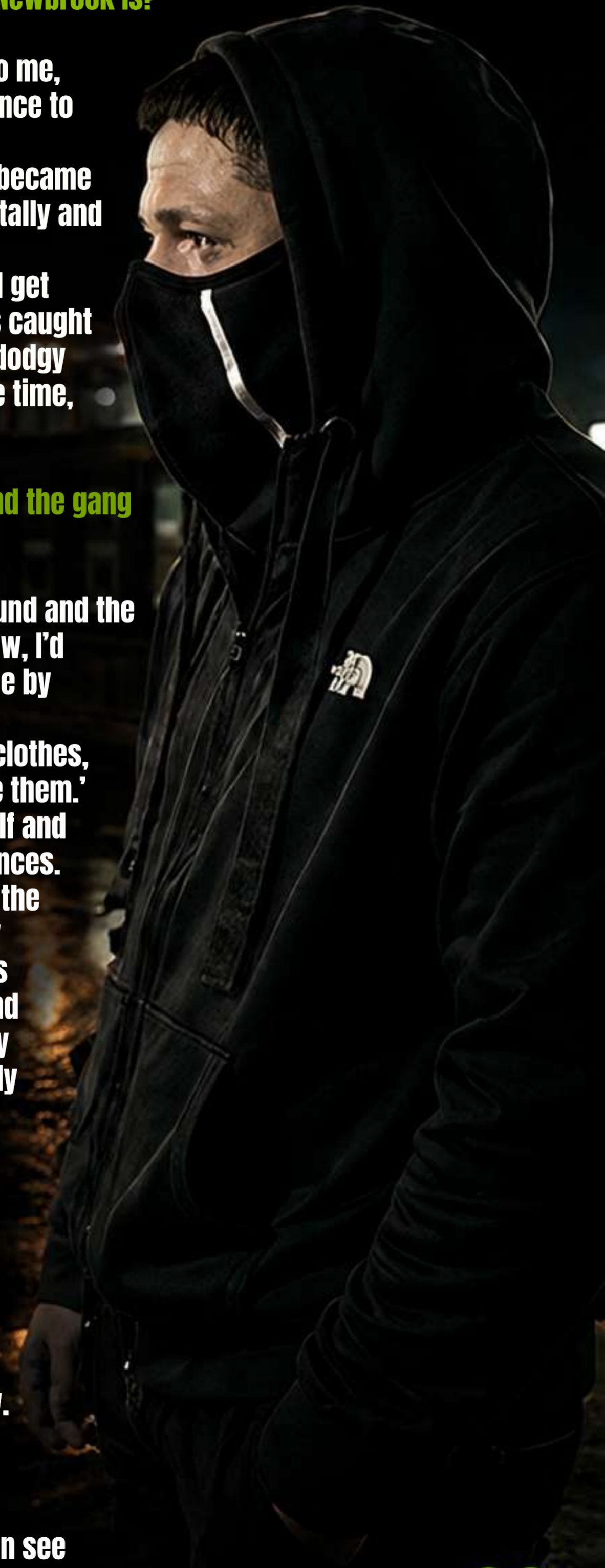
When you're younger and you see people with money, designer clothes, status and respect, you naturally start thinking, 'I want to be like them.' So you end up doing little things for them, trying to prove yourself and get involved without really understanding the risks or consequences. That mindset eventually put me in some really bad situations. At the time, I got caught up around people who were involved in money laundering and other illegal activity. They'd use younger people's bank accounts to move money through, give them a small cut and keep the majority themselves. When you're young, you don't fully realise how dangerous the people behind it can be or how quickly things can spiral out of control.

I was naïve and made mistakes, and eventually it led to serious consequences. Even after I tried to distance myself from that lifestyle, there were still people who associated me with it, and that's where a lot of the problems started."

**How old were you when this happened?**

I was around 18 or 19 when everything happened, and I'm 34 now. People still say I look young today, so you can imagine how young, naïve and immature I was back then.

At that age, I trusted people far too easily and put faith in people I shouldn't have trusted in the first place. Looking back now, I can see how vulnerable I really was at the time. It was a harsh lesson to learn, but it definitely made me grow up very quickly.



# 03

“ BEHIND THE ARTIST IS A REAL PERSON - THIS IS MY STORY.

**Before everything that happened with regards to the attack, what was your life like for you day today?**

Before the attack happened, my life wasn't actually too bad on the surface. I was doing car body repair and paintwork during the day, going to college part-time and also working at Joe's Pizza from the age of 15, so I was earning decent money for my age – around £200 a week at the time. The biggest issue was the people I surrounded myself with. I was heavily influenced by older people and the lifestyle around me, and at that age I genuinely believed they were more like family to me than my actual family. Looking back now, I think a big part of that came from feeling like I wasn't getting the support, attention or connection I needed at home. When people outside of your family start showing attention or connection I needed at home. When people outside of your family start showing you what feels like loyalty, acceptance or love, especially when you're young, it's very easy to get pulled into the wrong environments without fully realising it.”

**How did music first come into your life and what role did it play for you back then?**

Music first came into my life through the people I was around at the time. A lot of the older lads I knew were connected to the Birmingham Drum & Bass scene and gang culture, so that's where I first heard Drum & Bass and MCing properly.

I became obsessed with it straight away.

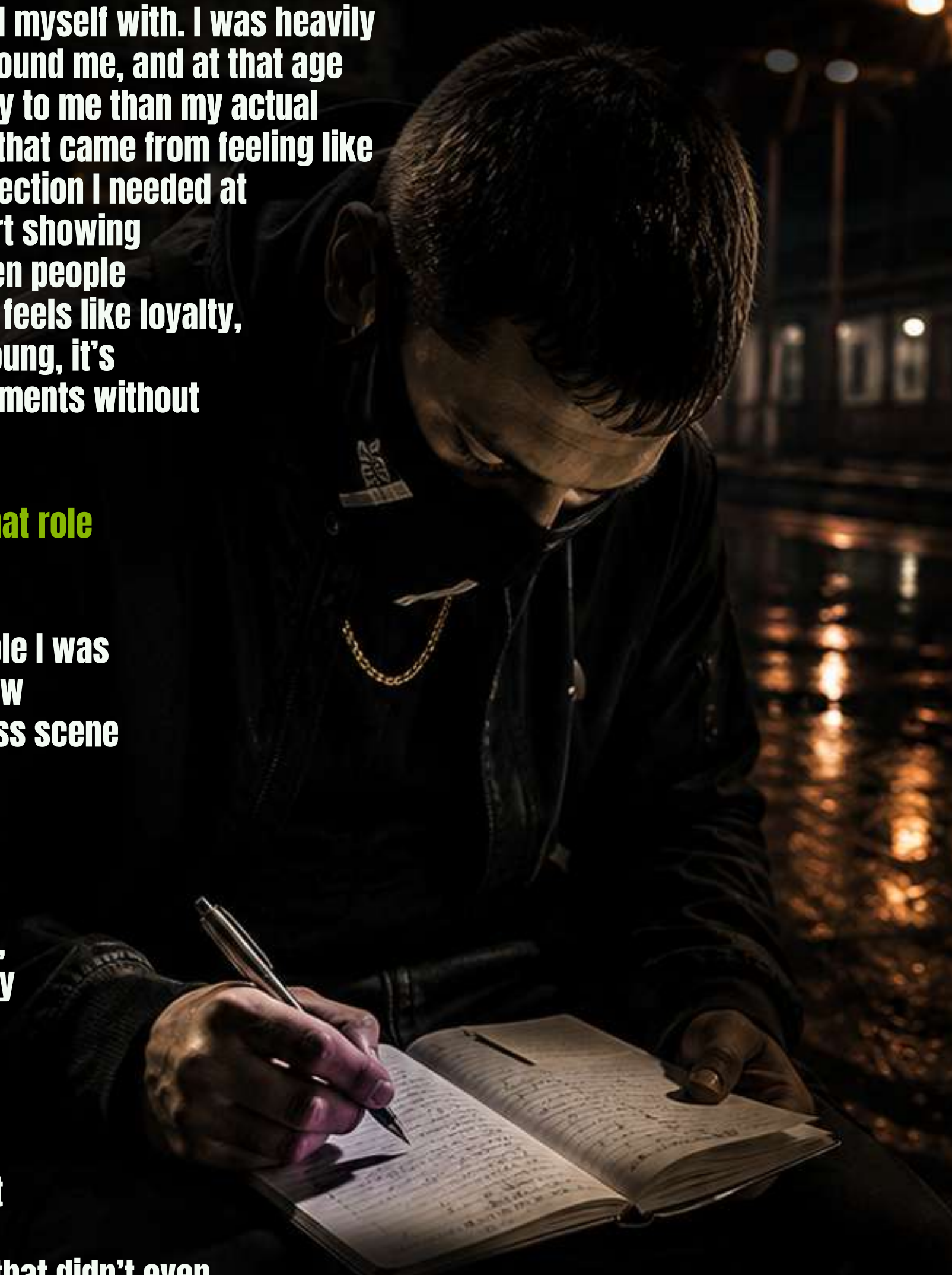
I used to listen to MCs like Trigga, Bassman, Hershey, Funsta and Stevie Hyper D constantly, learning all their bars word for word. I probably knew some of their sets better than they did themselves at one point.

That's what made me think, 'Imagine if I could write my own lyrics and know them that well.' So I started trying to write my own material. At first, if I'm honest, it was terrible. I was just

rhyming anything together, making up words that didn't even exist and trying to sound hype without really understanding structure or storytelling.

Things changed when I entered a few competitions judged by Eksman. He gave me advice that genuinely changed the way I approached music. He told me the energy and pace I had were already there, but my lyrics lacked depth, storytelling and connection. He explained that I needed to slow down, take my time writing and focus on meaning rather than just rushing bars together.

That was probably the first time in my life I properly listened to advice from someone and took it seriously. Instead of brushing it off, I went away, studied what he'd said and completely changed the way I wrote music. Once I started doing that, everything improved. I went back into the competitions and ended up winning five times after that, which gave me a huge confidence boost and made me realise I could actually become something within music if I fully committed to it.”



# 04 MUSIC SAVED HIM

**You ended up pushing through to Belgium?**

**Yeah, things really started progressing for me when I began getting booked in Belgium regularly. At one point, I was travelling over there nearly every weekend.**

**What's strange looking back is that after returning to the UK from events like Bassman's Birthday Bash, I still struggled to get booked properly in parts of the UK scene. There was almost a stigma at the time where if you became known mainly through the Belgian circuit, some people in the UK overlooked you.**

**I was making music and collaborating with artists and producers connected to that scene, including names like Jack Ripper, Ironlung and Bou when they were still building their names as well. I was constantly working with different producers, recording vocals and featuring on tracks, and because those songs were doing well in Belgium, it opened a lot of doors for me over there.**

**The crazy thing is, I wasn't even travelling over there originally to perform at raves. Most of it started from behind-the-scenes work - recording vocals, collaborating on tracks and building relationships through music production. That alone created opportunities and eventually led to bookings and recognition within that scene. It taught me that there's so much more to music than just being on stage. There are so many ways to build yourself within the industry through production, songwriting, vocals and networking behind the scenes. It also made me realise how important it is to listen to advice and learn from people around you. Sometimes your own vision can be very one-dimensional, but the right people can help you see opportunities and possibilities you'd never have noticed yourself. At the end of the day though, it still comes down to the individual and how much they truly want it. You can be given opportunities and guidance, but it's up to you whether you actually push yourself to make something from them.**

“

MUSIC HAS ALWAYS BEEN MY ESCAPE. FIND ALONE IT BECAME MY HEALING.

04

# 05

## THE INCIDENT / THE DARK PERIOD

Jay, a lot of people see you as someone who is extremely confident and outspoken, but often people only see the public image rather than the person behind it. Having spoken with you personally and investigated everything you've been through, it feels important to talk about the incident and the impact it had on your life. Do you think people misunderstand who you really are and what you've had to overcome?

No, you're probably the only person I've ever properly told the full story to. With everyone else, I usually avoid talking about it because, for a long time, what happened made me feel weak and less of a person – even though deep down I know that's not the truth.

Most people don't actually know that I was left for dead or that I went through four days of trauma and torture. And when people hear the word 'torture', they don't really understand what that actually means unless they've experienced something like it themselves. People hear the word and think of films or TV, but the reality of it is something completely different.

It's not even a word people use often because most people can't truly imagine what it involves or what it does to someone mentally afterwards. What I went through changed me massively as a person, and it's something that's taken me years to even begin talking about openly.

**PRESSURE.  
ISOLATION.  
OVERTHINKING.  
SELF DOUBT.  
DARK THOUGHTS.  
SILENCE.**

A combination that can destroy the strongest people.

# 06

That's why a lot of people misunderstand me. They only see the confident version of me on the surface, but they don't see everything underneath that or understand what I've had to overcome just to get to where I am today.

I was found near Chasewater, but that's not where it actually happened. I was taken to Willenhall, where the people involved were from.

At the time, me and my mate had been trusted by this dodgy guy to move some of his vehicles around because the police were trying to seize his assets. One of the cars was a Ford Cougar and, being 18-year-old lads who hadn't even passed our driving tests yet, we thought it was the best thing ever. My mate was driving it and, after we'd already returned it once, we decided to take it back out again for another joyride.

They'd seen us return the car earlier, so when we took it out again, they must have thought we were trying to steal it, but that genuinely wasn't the case. We were just stupid young lads having a laugh. We had beers, had Bassman CDs playing and were just enjoying ourselves without thinking about the consequences.

Then the car started running out of petrol. Two girls associated with the men involved knew where we'd broken down and told them where we were. When the two men arrived, my mate ran off and left me there on my own.

I stayed in the car because, in my head, there wasn't much point running. They knew where I was from, they knew where I lived and people involved in that kind of lifestyle weren't people you simply escaped from. To me, running would only have made things worse later on. So I stayed there and my mate disappeared. Nothing ever happened to him afterwards – he eventually moved to Spain.

After the attack, CID offered me money, protection and even a safe house if I gave information on the people responsible, but I refused all of it. What hurt me most was that the same mate who left me there was encouraging me to inform on them afterwards. That's when I realised he was never really my friend. Not only had he left me for dead, but he was willing to benefit from what happened to me afterwards as well.

Everything started from Chasetown High Street, where the car eventually broke down. That's where the two men approached the vehicle. They came either side of the car so I couldn't get out and started punching me repeatedly through the windows. One of them dragged me from the car, assaulted me further and forced me into the boot.

They put a Staffy lead around my neck, covered my face in superglue, glued my eyes shut, put glue in my mouth and up my nose, then forced a hike drawstring bag over my head which stuck to my face because of the glue. I couldn't see anything. All I could hear was tools being shaken around next to my head and people moving around me while I was trapped there not knowing what was going to happen next.

That whole experience left a massive psychological impact on me and it's something that still affects me now. I still have bad days and moments where everything comes back to me mentally, but at the same time I also look at how far I've come compared to the person I was afterwards.

I'm nowhere near the broken person I became back then. I still struggle at times, but I also know that if I hadn't pushed myself to keep going, mentally I don't know where I'd be today.

**“They tried to take my eyes, my voice, my identity”.**

**“Either kill me or let me go”.**

# 07

## Can you explain some of the injuries that you sustained?

After they got me into the car, they drove me out towards some sort of reservoir area. I still couldn't see anything at that point because they'd already glued my eyes shut and forced the pull-string bag over my head.

They stripped me down to just my boxers and cut off the little side bag I had on me. That had everything in it – my cards, my passport, everything. Looking back now, I genuinely think a lot of it was about money and what they believed I had access to. They'd heard rumours that money was going into my bank account and I think they believed there was more behind it. They later tried saying it was because they thought we'd stolen the car, but I never believed that was the real reason. To me, they were just the type of people who thought they could take whatever they wanted from whoever they wanted.

They carried around this tin full of tools the entire time. Every time they opened it, I knew pain was coming next. I still couldn't see anything – they were dragging me around by my neck using a Staffy check chain lead that tightened the harder they pulled it.

They took me into canals and repeatedly dunked me underwater while I was still in my boxers. They'd force me all the way under, leave me there struggling, pull me back up and then push me straight back under again. It felt never-ending.

After that, they marched me through fields and wooded areas for what felt like miles. I honestly believe a lot of it was psychological torture as much as physical violence. I had no idea where I was, where they were taking me or what was going to happen next. All I knew was that I was walking half-naked through isolated areas with a lead around my neck and a bag glued to my face, thinking surely someone must see what's happening and help – dog walkers, people nearby, anyone – but no one ever came.

The whole time they kept shaking this tin of tools next to my head. Then they started using them on me. They tried cutting my ears, my nose and my fingers. I still have scars on my fingers today from where they tried to cut them off. They had pliers, bolt croppers, scissors – whatever they could use to inflict pain. It felt like they were trying to cause as much fear and suffering as possible.

Afterwards they threw me back into the boot again, hit me repeatedly around the head and kept threatening me, saying they had a gun. Every time I moved or made noise they'd hit me again and tell me they'd shoot me next time.

At one point I remember just saying to them, 'If you're going to kill me, just kill me. If you're not going to kill me, let me go home.' That's how mentally exhausted and broken I was by that stage.

The hardest part of all of it wasn't even knowing what was coming next because I couldn't see anything. All I had was my hearing. Every sound became terrifying because I didn't know if the next thing I heard was going to be another attack or the moment they killed me.

That experience completely changed my understanding of fear and trauma. Even now, I still think about how terrifying it must be for people who permanently lose their sight, because when your vision is gone and all you can rely on is sound, every second feels amplified. It's one of the most frightening things I've ever experienced."

The stabbing happened after they took me back to a flat. By that point I still couldn't properly see because of the superglue and the bag over my face. They were trying to force me to take my boxers off, but I refused. I just kept saying, 'I'm not doing that, so if you're going to kill me, just do it here.'

After that, they put me into a bath. From the smell of it, I could tell there was bleach in the water and there was definitely salt in there as well because I could feel the grit of it against my skin. They were telling me to rub it into my wounds.

# 08

Before that happened though, they'd already put me down on this freezing cold garage floor and started attacking me again. They kept hitting me around the head while slicing at my arms over and over. I could just feel the knife cutting into me repeatedly. Every time I reacted or made noise, they'd threaten to shoot me. Eventually I got to the point mentally where I thought, 'I'll take the knife wounds over being shot.' That's how broken down I was by then.

When they dragged me upstairs afterwards, I still couldn't see where I was going. I remember hearing water moving around in the bath and someone again telling me to take my boxers off. I refused again, so they physically forced me into the bath instead and told me to rub the bleach and salt into the cuts. To this day, I still don't fully understand why they did that – whether it was to increase the pain, clean the wounds or just psychologically torture me further.

The whole time this was happening, they constantly kept telling me I was worthless. They were saying nobody cared about me, that I was homeless, that my family didn't care and that if they killed me nobody would even notice or care. That psychological side of it was almost as damaging as the physical violence itself.

At one point I remember just saying back to them, 'Well, if that's the case then just do it or let me go home.' I'd mentally reached a point where I just couldn't process any more fear or pain.

The superglue was one of the worst parts physically afterwards. They glued the bag onto my face so I couldn't remove it. They glued my eyes shut, my mouth, my nose – everything. Even now I still have issues with my teeth because the glue bonded onto the back of them. I remember being in hospital afterwards literally trying to scrape dried superglue from my teeth with a butter knife they'd given me.

Trying to peel glue from your face, eyes and mouth while processing everything that had just happened was horrific. It's something that's stayed with me mentally ever since. It really was one of the darkest periods of my life.

Eventually they drove me back out towards Chasewater. They didn't leave me right at the top by the reservoir, more halfway down towards Burntwood.

Before they let me go, they finally took the bag off my head and removed the collar and lead from around my neck. They wrapped me in a bedsheet and dumped me near the side of the road. But before that happened, they forced me to give them my grandad's address. They kept threatening that if I told anyone what had happened or spoke to the police, they'd go back and kill him. At the time, they knew everything about me because I'd previously been staying at one of their houses and doing things for them. I genuinely thought I was part of their circle back then, so they knew exactly who mattered to me most.

My grandad has always been the one person who's been there for me through everything. He's the person I care about more than anyone and probably the only family member I'd genuinely do anything for. They knew that.

They took me outside my grandad's house just so they could prove they knew where he lived. Even after I gave them the address, they still kept threatening me the whole time, saying they were going to kill me anyway.

# 09

At that point, mentally, I was completely broken. I didn't know where I was, whether I was going to live or die, or how much longer it was going to carry on for. It felt like being trapped in limbo.

I remember at first I was emotional, begging them and trying to reason with them, but eventually something in me just switched. I got to the point where I thought, 'What's the point in begging? They're going to do whatever they want anyway.' So I just turned around and said, 'Either kill me or let me go. I can't do this anymore.'

Not long after that, they drove me towards Burntwood, wrapped me in the bedsheet, left me at the side of the road and drove off.

## So how were you found in the end, Jay?

In the end, I was found while I was trying to walk back to my mum's house. A police car happened to come past at exactly the right moment – honestly, probably the only time in my life they ever showed up exactly when I needed them to. By that point though, I didn't even really feel like I needed help anymore. I think I was completely numb from everything that had happened. The cuts on my arms were wide open from where I'd been stabbed and sliced. Some of them were literally hanging open like mouths, but because of the adrenaline and shock, I didn't even realise how serious the injuries were at the time. I genuinely thought I could just walk home and deal with it myself. Not long before all of this happened, my mum had kicked me out, so I'd ended up sofa surfing and staying with one of the same men who later tortured me. At the time, I was doing whatever they asked just so I had somewhere to sleep and somewhere to belong.

Looking back now, I realise how vulnerable I really was then. A lot of the people around me only wanted to know me if I had something they could benefit from – drugs, money, connections, anything. Even something as small as having a couple of joints on me was enough for people to suddenly offer me somewhere to stay for the night. I remember my mum used to tell me all the time, 'These people aren't your real friends. They only want you around when you've got something they can gain from.' At the time, I could never fully understand what she meant. But after everything I went through, that became one of the biggest lessons of my life. A lot of people only want to know you when there's something in it for them. When there's nothing left to gain, most disappear. It's one of the harshest but realest truths I've ever learned.

There were reports about the severity of what happened, including attempts to take away your identity. When they left you, you must bear in mind that your eyes were still superglued shut. So it wasn't, like you could see where you were going.

When they left me, my eyes were still completely superglued shut, so it wasn't like I could even properly see where I was going or what was around me.

The hospital later told me that one of the only reasons they were able to open my eyes without surgery was because I'd been crying so much throughout everything that happened. The tears had stopped the glue fully bonding onto my eyeballs and eyelids. They told me that if it had sealed completely, they would've had to make incisions to physically cut my eyes open again.

At the time, I actually felt weak for crying so much, but realistically it was an unbearable amount for anyone to go through.

I could barely breathe properly for a long time afterwards because of the chain they'd had around my neck and the way they'd dragged me around with it tightened. My neck was heavily bruised and swollen. I couldn't turn my head properly for weeks without being in agony. Even basic movement hurt.

Then, while I was still trying to process everything physically and mentally in hospital, there were press and reporters turning up around me as well, trying to get pictures and ask questions. I honestly didn't even fully understand what was happening around me at that point. I was completely traumatised, exhausted and overwhelmed by everything."

# 10

## How did all this impact you mentally and emotionally after what happened?

Mentally and emotionally, it affected me really badly, if I'm honest. Even after everything that had happened, I was still technically homeless when I came out of hospital.

What hurt me as well was that a lot of the family members who hadn't wanted anything to do with me before suddenly started wanting to help once they realised how close I'd come to dying. Before

all of that, people judged me because of the lifestyle I was involved in and the mistakes I'd made.

But after the attack, it was almost like people's attitudes changed overnight because they realised how serious it really was. The problem for me was that I couldn't forget the fact they hadn't been there beforehand. So when people suddenly offered me places to stay or support afterwards, I actually turned a lot of it down because part of me felt abandoned long before any of this happened.

That's one of the things people don't really see after something traumatic happens. People focus on the incident itself, but they don't always understand what comes afterwards mentally – the trust issues, the isolation, the confusion and the feeling of trying to rebuild yourself while processing everything at the same time.

## What was the hardest part of the recovery, and do you really feel like you've recovered from what's happened?

“Looking at it long term, I do know I've recovered a lot compared to where I was back then. I'd say I'm probably around 60% more confident now and much more aware of who I am and where I want to go in life.

Even though there are still times where I feel lost, I now understand my priorities better and try to focus on the positive things I can take from life rather than only the bad. There's still a lot I carry mentally, but I've learned how to keep moving forward with it instead of letting it completely consume me.

The recovery itself was a really long and difficult road. One of the hardest parts was how badly it affected my confidence and ability to communicate with people. I remember going to the shop with my daughter's mum at the time and physically not being able to speak properly. Even basic conversations felt impossible.

I went to sign on at the job centre and they were getting frustrated because I wouldn't answer questions myself. They kept telling my partner she couldn't speak for me and that I had to talk on my own, but they didn't understand that mentally I felt like I'd completely lost my voice as a person.

After everything that happened, I genuinely struggled to communicate, trust people or even function normally in social situations. It felt like a huge part of who I was had been stripped away, and rebuilding that confidence took years.

## Did you get the right sort of help after? Were you offered counselling and therapy and sort of? Were you given anything at all?

No, I wasn't really offered any proper help afterwards. I didn't get counselling, therapy or any real support for what had happened to me. Looking back now, I probably needed it massively, but at the time I was basically left to deal with everything on my own.

Sleep became a huge problem for me after the attack and, honestly, it still affects me now. Back then it got so bad that I struggled to hold down jobs properly. I was mentally exhausted all the time and people around me didn't really understand why.

At the time, I felt constantly criticised and demoralised by people around me. I'd hear things like, 'You can't keep a job,' or 'You can't stick to anything.' Even things involving my daughter would get brought into it, with people saying I should be doing better for her.

Then later on, my relationship broke down after my partner cheated on me following ten years together, and that pushed me even further mentally. It felt like every bit of stability I had left was falling apart around me.

That period probably sent me to one of the lowest points of my life. I started questioning everything about myself. I didn't respect myself, I didn't love myself and I genuinely struggled every day just to function normally. Even walking out the front door could feel overwhelming mentally.

One thing I eventually realised though was that I couldn't recover purely for other people – I had to want it for myself as well. Before then, I always believed I could keep going just for my daughter or for the people I loved, because my daughter means everything to me. But mentally I'd reached a stage where I couldn't even see my own value as a person anymore.

# 11

That's the part people don't always understand about trauma and mental health. It doesn't just affect one area of your life – it affects your confidence, your relationships, your ability to work, your sleep, your self-worth and the way you see yourself every single day.

**Do you not just think that the systems massively let you down?**

Yeah, definitely. Looking back now, I do feel like the system massively let me down after everything that happened. The only real help I was ever offered came from CID officers, and even then it was mainly centred around me giving evidence and informing on the people responsible. They were offering to move me away to places like Liverpool, put me in safe houses and relocate me if I cooperated fully. But outside of that, there wasn't really any proper mental health support, counselling or guidance to help me deal with what I'd been through.

At the same time though, I was trying to rebuild myself through music. I was writing my own lyrics, trying to improve and turning up to any open mic nights or events where people were willing to give newcomers a chance on the microphone.

That became my outlet more than anything else. Instead of having proper support systems around me, I threw myself into music because it gave me something to focus on and something positive to build towards.

**I know that you've been criticised in the past for not turning up to events. And I think that because people don't know your story, they think, oh, he's just a letdown. He's not turned up again. But do you think by opening up and telling people what's happened to you, there'll be a little bit more understanding about what's happened because I know previously you felt very weak and I feel, but you're the one of the bravest people I know.**

Honestly, I think there's only two people I've ever properly told the full story to, and that's you and your boyfriend. Everyone else has only ever heard tiny snippets of what happened because most people can't even process the small amount I've shared with them, let alone the full reality of it.

Every time I talk about it properly, I relive parts of it again mentally. I still get these horrible sensations that instantly take me back to having that bag over my head with no vision at all. I remember the sounds more than anything – the clanging of spanners and tools next to my head, hearing them shake tins full of tools while I was sat there unable to see what they were about to use on me next.

That was one of the scariest parts psychologically because all I could do was imagine what was inside that tin. You hear tools rattling around and your mind starts going through every possibility. They were already using bolt croppers and other tools on me, trying to cut parts of me, so I remember thinking, 'Please don't let there be something worse in there.'

I sustained countless stab wounds and slash wounds. I had glue all over my face and head, cuts to my fingers and ears, a fractured skull and a bleed on the brain. Even after surviving all of that, I still came out of hospital homeless and completely mentally broken.

I actually remember asking the hospital if there was any way I could stay there longer just because I had nowhere else to go. That's how low I'd got mentally. I genuinely felt like nobody wanted me and nobody cared whether I lived or died.

For most of my life I've felt like I've had to survive everything on my own, and rebuilding my confidence afterwards was one of the hardest things I've ever had to do. One of the biggest things that helped me was eventually getting into work again. Even though the job itself wasn't great money and wasn't really what I imagined myself doing long term, mentally it changed everything for me. It forced me to communicate with people again, rebuild confidence and slowly start feeling like a person again. That job gave me structure, purpose and positivity at a time where I genuinely had nothing. As difficult as it's been, it's helped me grow massively mentally, to the point where now I honestly feel more confident in myself than I ever have before."

**When something like this happens, which most people in their lifetime will never understand. People often don't see what comes after. What was the hardest part of your recovery process for you? What do you think has been the most difficult thing?**

The hardest part of recovery for me has definitely been being around large groups of people again. Even now, if there's a sudden loud noise or a crowd building around me, it can instantly become overwhelming. It's almost like I get this feeling beforehand that something's about to happen and my whole body automatically goes into survival mode. I'm constantly on edge without even meaning to be.

# 12

A lot of people don't understand trauma responses either. If someone moves suddenly near me or catches me off guard, I'll flinch automatically, and people make jokes about it because they don't understand why I react like that. I've had people say things like, 'What's wrong with you?' or make stupid comments without realising what's actually behind those reactions.

The closest comparison I can give is probably to people who've been through war or military trauma.

I've spoken to people who served in the army and some of the symptoms they describe are very similar to what I experience. Hyper-awareness, always feeling alert, struggling in crowds – it changes the way your brain reacts to situations permanently.

I've tried expressing parts of what happened through music over the years. There are little lines, hidden meanings and references to it scattered throughout my lyrics and bars, but I've never really sat down and written one full piece purely about the whole experience from start to finish.

I think part of the reason for that is because focusing on it too deeply for too long mentally takes me straight back there. I can touch on it in pieces creatively, but continuously reliving every detail is something I still struggle to fully face even now.

**Is that because going back into that is quite a scary place for you to be and because you've not had the right therapy and help, you haven't been able to get over, I don't think you'll ever get over something like that, but be able to come to terms with what happened?**

Yeah, I think so. A big part of me has always tried to put it behind me and move forward, almost like becoming a completely different version of myself from the person I was back then. I try to think of it as rising above it all – like mentally I'm stronger now, I'm not involved in that lifestyle anymore and I'm in a better place than I used to be. I try to tell myself that what happened doesn't control me anymore.

But the reality is, some days still hit differently. No matter how much progress you make or how hard you try to move forward, certain memories, feelings or situations can suddenly bring everything back without warning.

I don't think you ever fully 'get over' something that traumatic, especially without proper support or therapy afterwards. You just learn ways to live with it, manage it and keep pushing forward the best you can.

**From the man that I met 10 years ago to the man you are now, you were homeless when I met you. You didn't have a job when I met you, and now you're in full-time work. You've been there seven years. You've been in your own home, you've got your own place, you pay your own bills and you've changed massively. So, then you should be very proud of that, and you have massively changed your life around.**

The biggest thing I've learned is that the person I am today was built through struggle and pain. Without going through difficult experiences, I honestly don't think I would've learned half the lessons I know now.

As horrible as it sounds, I'd never wish what I went through on anybody, but sometimes people don't realise how fortunate they actually are because they've never experienced real trauma or hardship. Some people hit one bad moment in life and feel like everything's falling apart, but when you've genuinely been through life-changing situations, it gives you a completely different perspective on what really matters.

Over the years, I've had to become very selective with who I surround myself with. Now I only want positive people around me – people who genuinely want to see me do well and move forward in life.

Music became the biggest turning point for me mentally. Once I found music properly, it felt like I'd finally found purpose. It gave me something to focus on completely. I became obsessed with it in a positive way – just music, music, music all the time. It helped boost my confidence, gave me direction and made me feel like I was finally good at something for the first time in my life.

For years, I never really knew what my purpose was supposed to be. I thought maybe it was just about getting a normal job and surviving, but when I got into music properly, everything changed mentally for me. That's when I realised that if I could do music full-time for the rest of my life, that would genuinely be my dream.

The reality is though, especially in this scene, most events happen on weekends and it's hard to fully survive financially from that alone unless you reach a certain level. So you still have to balance work and normal life alongside it.

But when I look back now compared to the person I was years ago – homeless, struggling mentally, without stability or direction – I know I've changed massively. I've got my own place, I work full-time, I've built a life for myself and I'm still continuing to grow. That's something I never thought I'd be able to say back then."

# 13

**A lot of people would struggle to move forward from not just that. There's an awful lot more trauma that we won't go into. before all that happened and that drove you to that end result.**

**A lot of what happened later in my life was also affected by trauma I'd already experienced beforehand. By the time everything happened to me, I'd already spent years burying pain deep inside instead of actually dealing with it properly. My way of coping back then was basically to distract myself however I could. I'd do reckless things, get involved in stupid situations and keep myself constantly occupied because the more chaos there was around me, the less I had to sit still and think about what I was really feeling inside.**

**At the time, I genuinely thought that if I stayed distracted enough or numbed myself enough, I could avoid dealing with everything mentally. But the problem is, eventually reality always catches back up with you.**

**As soon as everything went quiet again and I was left alone with my thoughts, all the emotions and trauma would come crashing back down on me. That's when I'd get stuck in really dark thought processes where I knew I shouldn't feel the way I did, but mentally I couldn't stop myself from falling back into it.**

**I think that's something a lot of people don't understand about trauma and mental health. You can spend years trying to outrun it, bury it or distract yourself from it, but unless you actually process it properly, it never fully goes away.**

## **What do you think kept you going during your darkest moments?**

**What's kept me going through the darkest moments has definitely been the people around me who genuinely cared and supported me when I needed it most. Not just family by blood, but the people who became family through the way they stood by me and helped me rebuild myself.**

**Over the years, I've gained more respect for certain people through their actions than I ever did from a lot of people in my life beforehand. Real support isn't just words – it's the people who consistently show up for you, push you forward and believe in you when you can't even believe in yourself.**

**Honestly, I couldn't imagine being where I am today without that support. People like yourself have done things for me that I never really experienced growing up. You've been there for me, encouraged me, pushed me towards opportunities and helped build my confidence back up again. Music has also been a massive part of keeping me going. Between the support I've had from people around me and the outlet music gave me mentally, those are probably the two biggest things that saved me.**

**Even with work and normal life, having people encourage me and push me into getting jobs or staying focused helped massively, because at the end of the day I realised nobody else was going to build my life for me. If I don't work, nobody's paying my rent. If I don't push myself forward, there's nobody there to fall back on.**

**That mindset forced me to become stronger, more independent and more determined to keep building a better life for myself despite everything I'd been through.**

## **Do you see yourself as a survivor, a fighter or something entirely different?**

**Honestly, I'd probably say all three – a survivor, a fighter and someone who's completely rebuilt themselves through everything they've been through. I survived what happened to me, I've kept fighting through all the mental and emotional aftermath of it, and I've continued pushing myself forward no matter how many setbacks life has thrown at me. Sometimes I look at situations around me now and see people completely breaking down over things that, to me, feel so small compared to what I've experienced. I don't mean that in a disrespectful way, but it genuinely makes me realise how differently trauma shapes people and how different everyone's life experiences really are.**

**When you've been through extreme situations, it changes your perspective on life completely. Things that might feel world-ending to one person don't hit the same for someone who's survived serious trauma. In a strange way, it actually makes me feel more humble and grateful for how far I've come, because I know the level of pain and darkness I've already managed to survive through. That's why I keep pushing forward. A lot of people would've given up after even one of the things I've been through, but I'm still here, still building and still trying to become a better version of myself every day.**

## **Are you still receiving support now, whether that's medical, mental health or from other people around you?**

**To be honest, the support I've really had has come from the family I've chosen around me, not necessarily the family I'm related to. The people who've genuinely helped me are the people who stayed consistent, stood by me and supported me through everything when I was at my lowest. That chosen family and the close people around me have been the biggest source of support I've had mentally and emotionally.**

# 14

**They're the people who helped me rebuild my confidence, pushed me forward and reminded me that I was still worth something at times when I struggled to see it myself.**

**I find it scary that you went through all of that and you were given no help. I know you went to the GP and you were told to go away?**

**At one point, I couldn't sleep properly at all unless I had a smoke before bed. It wasn't about going out partying or getting heavily into drugs – it was literally just one joint at night because my head wouldn't switch off otherwise and I physically couldn't sleep. I remember going to the GP for help because I knew myself that I didn't want to rely on that just to get through the nights, but instead of actually looking at what I'd been through, I felt like I was instantly stereotyped. The doctor basically told me it was because I smoked weed, that I was lazy and that I just needed to get a job. I remember sitting there thinking, 'Have you actually looked at my medical records?' Everything that happened to me was documented there. The trauma, the injuries, everything. But it felt like none of that mattered and I was just being dismissed as another young lad causing problems. That was one of the hardest things mentally – feeling like people judged the symptoms without understanding the reason behind them. The reality is, I've worked for most of my life. The only real period where I wasn't working was when my daughter was born and I became a stay-at-home dad for a while. Other than that, I've always tried to stay in employment and keep pushing forward no matter how difficult things were mentally.**

**How important has having the right support network been in your recovery journey? Do you think that you didn't really have any support? You didn't have a network around you?**

**To be honest, I didn't really have any proper support network around me at the time, especially not medically or mentally. There wasn't counselling, therapy or any real structured help after everything happened. A lot of it was just me trying to survive and work things out on my own. Even now, sitting here talking about it like this is something I never thought I'd be able to do. Just a couple of months ago, I probably wouldn't even have agreed to this interview. I would've avoided it completely because opening up about it scares me. One of the biggest fears for me is how people might react when they hear it. I still worry about people taking the piss out of it, judging it or not understanding the seriousness of what I went through. That's always been in the back of my mind and it's one of the reasons I kept so much of it buried for years. But at the same time, if speaking openly about it can help even one person who's struggling with trauma, mental health or feeling completely alone, then to me it's worth it. That's genuinely the only reason I'm willing to talk about it publicly now – because I know what it feels like to feel trapped mentally and feel like there's no way forward. If my story helps someone else keep going and not give up on themselves, then something positive can come from all the pain I went through.**

**What would you say to someone going through trauma right now who feels like they've got no way out, that they feel like they're a failure or less of a person because they've gone through that? What would you say to them?**

**I'd say first of all that nobody should ever feel like they're completely alone. We've got a mental health support group on Facebook and there's always someone there willing to listen, talk or help in whatever way they can. Sometimes just having someone who understands and actually listens can make a massive difference. I also think men especially need to start talking more openly to other men about what they've been through. There's still such a stigma around men showing emotion or admitting they're struggling mentally. A lot of men are made to feel weak for opening up, when really it takes far more strength to speak honestly about your pain than it does to hide it. Crying doesn't make you weak. Showing emotion doesn't make you weak. If anything, being able to finally talk about trauma and face what you've been through is one of the strongest things a person can do. Even sitting here talking about this today is probably one of the hardest and biggest things I've ever done in my life. For years, I've only told a handful of people the full truth about what happened to me – literally only a few people including the surgeon treating me in hospital and a couple of close people around me. Most people have never heard the full story because even hearing small parts of it can be overwhelming for them. That's why I'd say to anyone struggling right now: don't keep everything buried forever. Find the right people, the people who genuinely care, and talk when you're ready. No matter how broken you feel, you're not weak for surviving trauma – you're strong for still being here and continuing to fight through it.**

# 15

## Has music played a role in your healing since the incident?

100%, without a doubt. You know yourself because you've taken me to a lot of events I've been booked for, and you've helped me massively as an artist because you understand that half the time it's never about me wanting to let people down. Sometimes I physically and mentally just can't do it. I struggle a lot in certain environments, especially around large crowds. It becomes overwhelming and I start feeling like I need to get out straight away. It's difficult to explain unless you've experienced it yourself, but it can feel really intense and consuming. The hardest part is continuing to push yourself despite feeling like that. Confidence isn't something that disappears one day and suddenly comes back the next – it's something you have to slowly rebuild over time. I think a lot of people see this confident version of me on the outside, but the reality behind it is very different.

**You're cocky you come across as very cocky and very confident. but you're completely the opposite to that. But you give this persona and I think that possibly its because of what's happened to you?**

Yeah, definitely. I put on a front a lot of the time because I don't want to get hurt again. I think I've developed this mindset where I always feel like I need to be ready for anything, so I never get caught off guard the way I did back then. Sometimes people mistake that for arrogance or for not caring, but it's more of a defence mechanism than anything else. Before everything happened, I was a lot more relaxed and trusting. I never really believed something like that could happen to me. Even in that moment, when people around me ran off, I still didn't think the situation would end the way it did. I just tried to deal with it the best I could at the time. What happened changed a lot in me mentally, and I think that's why people now see this tougher exterior – it's really about protecting myself.

**Do your experiences come through in your lyrics now? And if so, how has your sound or messages changed?**

Since everything happened, I've definitely become a lot more open emotionally. I talk far more about my feelings, what's in my heart and the things I've been through, whereas before it was more about putting on that typical 'laddish' front. A lot of people hear certain lyrics or bars and take them literally, especially in rave or MC culture, but music is deeper than that. There are often double meanings behind what's being said. Music is storytelling, emotion and expression all rolled into one, and people interpret it in different ways. For me, writing has always been about feeling rather than following rules. I use a lot of multisyllabic rhymes and different flows, and people don't always realise that music doesn't have to fit perfectly into a mathematical structure to work. It's about emotion, rhythm and energy. That's why, when I perform, I feel the music more than I see it. Confidence has been a huge journey for me as well. I know people used to notice things like me closing my eyes on stage or struggling in certain situations, but a lot of that came from anxiety, adrenaline and everything I'd been through mentally. Over time, though, performing has helped me grow massively. Playing in places like Belgium in front of thousands of people gave me a completely different level of confidence and perspective. Music has definitely been both an escape and a form of therapy for me. It's become the place where I can say everything, I've been through without having to explain myself directly. People can either connect with it or let it pass over them, but the people who really listen will always hear the emotion and pain behind the lyrics. After what happened to me, I could have easily stayed stuck in that lifestyle, because for a lot of people from those environments, it feels like there are only ever two paths. But music gave me something else to focus on. It gave me purpose, confidence and a way to rebuild who I was as a person. A lot of people misunderstood me in the past. They'd think I was ignorant or distant, when really I was struggling with trust, anxiety and the effects of trauma. That's why conversations like this are important, because you never truly know what someone has been through until you take the time to understand them. Since then, I've rebuilt myself through my work ethic and my passion for music. Every event, every performance and every step forward felt like progress towards becoming the person I wanted to be. At the end of the day, everyone wants to do something they genuinely love rather than feeling trapped in something that gives them no purpose – and for me, music became that purpose.

**Do you feel strong enough now than you did before mentally or emotionally?**

Yeah, I definitely feel stronger now, both mentally and emotionally, but music can be a difficult industry to navigate. One minute you're doing really well, people are talking about you, you're performing regularly and everything feels positive – then if you step away for a while or things slow down, it can feel like people quickly move on to the next thing.

# 16

Staying relevant is probably one of the hardest parts of the scene. There are so many people trying to break through now, and you've also got some of the biggest names becoming even more involved in the scene, which naturally makes it harder for up-and-coming artists who are still putting in the groundwork. It feels like there are fewer smaller events and grassroots opportunities than there used to be as well. Back in the day, there always seemed to be new events popping up and more chances for people to build themselves up naturally. The drum & bass scene has always been quite difficult to break into and can sometimes feel very closed-off, but I've always tried to stay true to myself, focus on my own journey and keep pushing forward in my own lane rather than chasing validation from others. To me, being seen as a role model or a hero isn't about fame – it's about resilience. It's about going through difficult experiences, struggling mentally, facing trauma and still finding a way to keep moving forward. Life can knock you down very easily, especially after going through something major, and sometimes it only takes one small thing to pull you back into a dark place mentally. That's why I try to approach everything with as much positivity as I can. If people see strength in me, I think it comes from the fact that no matter what I've been through, I've refused to let it completely define or destroy me.

## Do you see yourself so hero or do you see yourself as less than a person for going through what you went through?

Talking about it now does help, and in many ways it's made me stronger, but there are still moments where I've struggled with feeling less of a person because of what happened. Part of that comes from knowing that, at the time, people took advantage of me when I was vulnerable and overpowered me. For a long time, that affected the way I saw myself. I kept thinking about the situation as a weakness, even though the reality is I survived it and came out the other side. That's something I've had to learn to recognise over time. I've never been the stereotypical intimidating person physically. I've always been quite small, looked younger than my age and never really been someone who relies on physical presence to make people back down. Because of that, I think some people assumed they could target or test me more easily. But surviving something like that changes your mindset. It forces you to become mentally stronger, even if you still carry certain insecurities from it. Looking back now, I realise that getting through it and continuing to move forward says far more about my strength than the situation itself ever could.

## What do you want people to understand about violence trauma and its long term impact?

Going through everything taught me that violence, crime and that whole lifestyle never really leads anywhere positive. The deeper you get into it, the more surrounded you become by people who don't genuinely care about you as a person. A lot of the time, people only value what you can do for them or what they can gain from you in that moment. When things are going well, everyone wants to be around you, but when you've got nothing or you're struggling, a lot of those same people disappear. That's one of the hardest lessons I've had to learn in life. At the same time, I've also learned that there are genuine people out there – people with real morals who don't want anything from you other than friendship, loyalty and honesty. The real ones are the people who stand by you whether you're succeeding or at your lowest point. It's taken me a long time to understand the difference between people who are around for convenience and people who truly care. Genuine people don't come along very often, which is why, when you do find them, you value them properly.

## Do you think enough is being done to support victims of serious attacks like the one that happened to you?

Over the last few years, I think people have definitely started taking mental health more seriously, especially when it comes to men's mental health. Years ago, a lot of men felt like they couldn't speak openly about how they were feeling because they'd be judged, ignored or seen as weak for doing so. For a long time, mental health in general wasn't always treated with the seriousness it deserved. People would often dismiss it or assume someone was exaggerating what they were going through. But now, because of how widespread these struggles have become, people are finally starting to recognise how real and serious mental health issues actually are. The statistics around suicide and mental health struggles are heartbreaking, and it shows just how many people are silently battling things every day. That's why it's so important for people to feel able to speak openly and honestly about what they're going through. At the same time, I think there's also a mindset of trying to keep pushing forward and not letting those struggles completely define you. Everyone has their own battles, but sometimes being strong means choosing to keep going, keep growing and becoming the hero of your own story despite everything you've faced.

# 17

**If your story can help even one person, what would you want them to take from what happened to you?**

Honestly, the biggest thing is talking to the right people and using the support that's genuinely there for you. Not the people who only show up when it's convenient, but the people who truly stand by you through everything. Those are the people who help you grow, rebuild yourself and move forward as a person. I also think it's really important to keep yourself busy with things that improve your confidence and mental wellbeing. Even if it's something small, or even work you're not getting paid for, just being around people, learning new skills and pushing yourself into situations outside your comfort zone can make a massive difference. For me personally, work and putting myself into social environments helped more than I can explain. At first, it was terrifying. I struggled with basic interactions and had no confidence at all. Even something as simple as asking for help in a shop felt overwhelming. I used to rely on other people to speak for me because I'd overthink everything and convince myself I couldn't do it. Over time though, forcing myself into those situations slowly rebuilt my confidence. Now I can approach people directly, communicate properly and handle situations that I never thought I'd be able to deal with before. That growth didn't happen overnight – it came from constantly pushing myself, even when I felt uncomfortable or anxious. There was a time where I genuinely felt empty, worthless and like I'd lost who I was completely. I honestly never thought I'd get back to being the person I am today. That's why I always say to people that things can improve, even when you feel at your lowest. Sometimes progress starts with the smallest steps, but those steps eventually change everything.

**What's next for you, both personally and musically? Where do you think your direction is?**

Music is still something I want to fully pursue, without question. The biggest challenge at the moment is balancing it alongside working nights and managing everyday life. When you're working late shifts and losing most of your weekends, it becomes difficult trying to fit everything into such a small amount of free time. At the same time, I know I need to get back into the studio consistently, start uploading content regularly again and push myself back into the scene properly. I've never disappeared – I'm still here, still creating and still involved in music – but I know people only really see what's visible online or at events. I've released bits here and there and worked on a few tracks, but I want to get back to being fully active again. More than anything, I want to get back to performing consistently and being booked regularly, because there was a point where things were going really well for me. Unfortunately, there were times when my mental health got the better of me and I struggled to show up or commit to things the way I wanted to. That's something I've carried guilt over, because I never wanted people to think I didn't care or that I was unreliable. The reality was that I was battling things internally that most people didn't understand. That's one of the reasons opening up in this interview is important to me, because I've never really spoken publicly about any of this before. Hopefully, by sharing my experiences honestly, people will understand things from a different perspective. Sometimes when I couldn't attend something or had to step away, it wasn't because I didn't want to be there – it was because mentally I physically couldn't cope in that moment. I've also learned a lot about knowing your worth within music and events. There comes a point where artists have to value their own time, energy and effort. A lot of people only see the performance side of things, but they don't always see the mental pressure, travelling, preparation and emotional energy that goes into showing up, especially when someone is already struggling internally. Even simple things like respect, support or being treated fairly can make a huge difference to how someone feels in those environments. For me, this whole journey has been about rebuilding confidence, learning my value as both a person and an artist, and proving – to myself more than anyone else – that I can still keep pushing forward despite everything I've faced.

**Are there any projects, releases or collaborations we should be watching out for from you in the future?**

Right now, I've got a lot of music in progress and plenty of collaborations underway with different artists. I'm determined to fully throw myself back into it again and become as active as I used to be. At one point, I was probably one of the most featured MCs in the bass scene – I worked on well over 150 collaborations with all kinds of artists. For me, it was never about someone's status or name value. If I heard a track that I genuinely loved and felt passionate about, I wanted to be involved. That's always been my mindset. As long as the music was real, powerful and something I connected with, I'd work with anyone. Now my focus is on getting back into the studio consistently, returning to events and reconnecting with the music scene properly again. I want to keep building, collaborating and working with as many people and platforms as possible.

# 18

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**19** Being part of the Twisted movement has also meant a huge amount to me personally. I've been involved from very early on, and what stood out straight away was that it was never just about music or events – it was about people, support and genuinely trying to make a difference.

From the beginning, Twisted has always used its platform to support important causes, especially around men's mental health, trauma awareness and helping people going through difficult situations. Whether that's through charity live streams, raising awareness or simply giving people a place where they feel understood, there's always been a real sense of purpose behind it.

That's why it feels more like a family than just a music brand or a team. A lot of us involved have experienced our own struggles and traumas in different ways, and I think that's why there's such a strong level of understanding and connection between everyone. We all genuinely care about helping people, supporting one another and trying to create something positive within the scene.

**Finally, if you could sum up your journey in one message to the world, what would it be?**

Honestly, my mindset now is just to keep moving forward and keep pushing no matter what life throws at me. There are always going to be difficult moments where things feel heavy or uncertain, but when that happens, it's about adjusting your focus rather than giving up.

Life, music and personal growth all come with struggles, and there are times where everything can feel hopeless. But I've learned that you have to keep grinding through those moments and stay focused on where you want to get to, even when it's hard to see the bigger picture.

At the end of the day, it all comes down to being real with yourself, staying true to who you are and continuing to grow through whatever challenges come your way.



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.

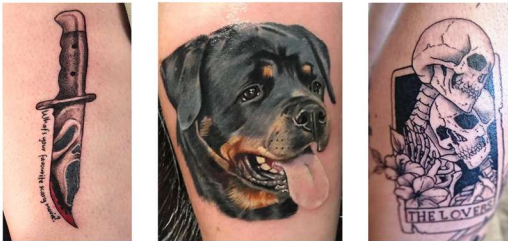
Our collaboration projects with various brands are always coming out with new products, so keep your eyes peeled!

"For clothes as loud as you are"

"Music writes us all"

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

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LICENSED BAR - FOOD

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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.

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To advertise here will cost you £1 per issue for a standard size or £2 for a large advert. All money from this will be donated to the charity - MIND



**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”**

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

**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**

**ATTRACTIONS**  
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  
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**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  
BLANK CANVAS - WISPA - MORE TBA



**FOR MORE INFORMATION CONTACT MIDLIFE KRISIS** THE POP-UP FESTIVAL COMPANY

**THIS SUNDAY ON...**

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**MEN'S MENTAL  
HEALTH MATTERS.  
LET'S TALK  
ABOUT IT.**

**WHAT'S GOING ON  
IN THE SCENE?  
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& REAL TALK!**

**THE POLITICS  
BEHIND THE SCENES  
& WHAT THE MEDIA  
WON'T TELL YOU!**



**VINCE**

**JACK**

**NICKIE**

**SUNDAY**

**21ST  
JUNE**

**DON'T MISS IT!**



**6PM  
GMT**

**WATCH ON**



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REAL CHANGE.**

**ONE CONVERSATION CAN CHANGE EVERYTHING!**



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We're building a brand new ticket platform for **promoters** – whether you're putting on small local events or large-scale shows.



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**BUILT FOR PROMOTERS, NOT AGAINST THEM**

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We're asking as many people as possible to jump on the site and **TEST IT** for us to make sure everything runs smoothly.

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- ✓ HELPS US BUILD SOMETHING THAT BENEFITS THE **WHOLE SCENE**

### HOW TO TEST:

- CLICK AN EVENT (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 BEFORE LAUNCH.**

**LET'S BUILD A TICKET PLATFORM THAT ACTUALLY WORKS FOR ALL PROMOTERS!**

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

**THANK YOU!**



In Loving Memory

## Andy

3rd June 1976 - 21st May 2026

Andy was taken from us all far too soon. He leaves behind the person he loves the most, his daughter, Ava.

If you knew Andy, you knew a man with a huge heart. He was a quick-witted man who always had a joke ready and loved making people laugh.

He loved hard, laughed loud and was a very proud dad.

To everyone that knew Andy, thank you for loving him and keeping his memory alive.

“

*To my dad,*

I miss you so much, you were the best dad in the world. You always made me laugh and looked after me.

I will miss everything about you, the smile and the hugs the most. I'm going to be brave for you. I will never forget you.

*Love you forever*

*Ava xx*

# 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

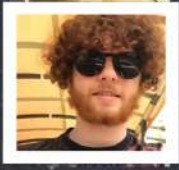


Richard 'Blowa' Blower - 22.08.1989 - 03.09.2014 🇺🇸🕊️ AGE: 25  
EDITION 1

We want to honour your loved ones while raising awareness for mental health — to have someone special listed,  
please contact us at [info@indulgencewithtwist.com](mailto:info@indulgencewithtwist.com) 🇺🇸

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“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.

#### 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



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)



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