

EDITION 3

MARCH 2026



TWISTED TALKS TO NICKY BLACKMARKET



Also included in this edition:

THE LEGACY CONTINUES:
NICKY BLACKMARKET INTERVIEW

Interview with MC E Dappa

News about Barge No.9

The truth about men & mental health



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IF YOU WOULD BE INTERESTED IN FEATURING IN THE TWISTED MAGAZINE - PLEASE CONTACT US AT info@twistedofficial.com

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By Nicole Cousins – Founder of Twisted

Welcome to the March issue of Twisted Magazine.

March is where the energy really starts to build. The year is no longer just beginning — it's moving, and you can feel that momentum right across the scene. More releases, more events, and more artists stepping forward and making themselves heard.

That's what Twisted was built for.

We've never waited for opportunities — we create them. This platform exists to give space to the unheard, the overlooked, and the ones putting in the work behind the scenes.

Inside this issue, you'll find exactly that. Rising DJs, producers, MCs and creatives all pushing forward, each with their own story, their own journey, and their own reason for doing what they do.

And alongside that new wave, we're proud to feature a true pioneer — Nicky Blackmarket. A name that has helped shape drum & bass culture from the very beginning, and a reminder of the foundations this scene is built on.

Respect the roots. Push the future.

Because Twisted has always been about progression over perfection.

We continue to stand as an inclusive platform for everyone — supporting artists from all backgrounds, championing equality, and creating real opportunities without barriers. If you've got passion, you've got a place here.

Mental health remains at the heart of what we do. This scene can be intense, and it's important we look out for one another. Through our support of organisations like MIND, we'll continue to raise awareness and remind people they're never alone.

Music is more than sound.

It's connection.

It's release.

It's survival.

As we move closer to the Up & Comer Awards 2026, the level of talent coming through is inspiring. The next generation is here — and they're not waiting.

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

MEET THE TEAM



NICKIE

Meet Nickie - Founder

In 2018, Nickie launched Twisted with one goal: to create real opportunities for rising artists across the music industry. Through events, collaborations, and community projects, she continues to support emerging talent — while also raising awareness and funds for charities close to her heart, including MIND and RSVP.



JACK

Meet Jack - Director

Jack joined the team in August 2025, bringing with him a deep passion for music and a strong love for drum & bass jungle, house and garage. He's taken to DJ'ing like a duck to water, quickly developing his skills and confidence behind the decks. Driven, creative and committed, Jack is passionate about helping push the business forward while actively supporting the charities we advocate, making him a powerful addition to the Twisted family.



COLIN

Meet Colin - Rig Developer & Head of Sound

Colin is the creative and technical genius behind Hillbilly Acoustics and the driving force behind the sound of Twisted. He designed and built the Twisted rig from the ground up and continues to engineer its powerful, signature sound at every level. With his deep knowledge, innovation, and passion for audio, Colin plays a vital role in shaping the future direction and growth of the business.



VINCE

Meet Vince - DNB Manager & Magazine Editor

DJ Jekz is a long-standing figure in the UK Drum & Bass scene, hailing from Margate, Kent. Best known as the face of Drum and Bass Bible, he's spent years championing the culture and pushing both established and emerging DJs. Now hosting a twice-weekly show on Sunset Sol Radio, working with DancefloorEmporium.com, and managing events listings for Twisted Magazine, Jekz continues to give back to the scene that shaped him.



TIJN

Meet Tijn - Web Developer and IT guru

Tijn is one of Nickie's closest and longest-standing friends and a vital part of the Twisted journey. Now working professionally in IT as a web application developer, Tijn recognised the limitations of the previous Twisted website and took on the challenge of rebuilding it entirely from scratch — delivering the outstanding platform you see today. His dedication, technical expertise and belief in the vision make him a huge part of Twisted's core team.



TECH

Meet Tech - aka David George - Tech Guru

DJ Tech has been active in the underground dance scene since 1993, playing countless rave and club events across the years. A true scene veteran, he's the bandleader of festival rave band Beat Jugglers and the founder of RESET — a multi-genre dance night in Luton. Now part of the Twisted team as our Tech Guru, he brings decades of experience and underground energy to the movement.

UP & COMER AWARDS 2026

NOVEMBER 14TH 2026
10PM - 3PM

NICKY BLACKMARKET

B2B

RAY KEITH

OTHER LINE UP TO BE ANNOUNCED

BASEMENT 45 - BRISTOL

2 ROOMS

**DRUM & BASS
IN ROOM 1**

**HARD DANCE
IN ROOM 2**





"Finally, It All Made Sense: My Journey to a Late ADHD Diagnosis"

For much of my life, I was aware that my brain would act and think things differently to others.

I was constantly losing things, forgetting appointments, zoning out in conversations, I would take on so many different tasks and projects all at once, everything was left till the very last minute. I quickly labeled myself as lazy, inconsistent, disorganized — someone who just couldn't "get it together."

It wasn't until adulthood — long after school, just after I'd took the steps to be diagnosed — that I learned the truth: I have Attention-Deficit/Hyperactivity Disorder. ADHD. A neurodevelopmental condition, I was never tested for it as a child, there was very little awareness for these conditions back then, Many children who are now adults slipped through the net, So why would mine have been any different?

ADHD Isn't Just for Kids

Like many adults, I grew up with the stereotypical attitude that ADHD was something young boys had — kids who couldn't sit still or stop blurting out answers in class. But ADHD is much more complex, and it doesn't disappear with age. In fact, for many of us, symptoms evolve and become more profound as time goes on. We may not be bouncing off the walls, but our minds are often racing, unfocused, or in overdrive. Many adults — especially females, go undiagnosed for years. Because they often present with inattentive symptoms, like daydreaming, forgetfulness, or difficulty following through, rather than the more obvious hyperactivity that tends to catch teachers' attention in school settings.

Living Undiagnosed: The Cost

Before I knew I had ADHD, I'd view my difficulties as personal failings. Every missed deadline, every time I got overwhelmed at the smallest of tasks or had a meltdown over the smallest of things— it reinforced the belief that I wasn't trying hard enough and I felt a failure. The anxiety started to build up over the years. I became an expert at masking — Being the joker of any situation, the clown of any party. I just loved to make people laugh and smile, but my brain was running into overdrive behind closed doors and in my own head laughing and smiling was the last thing I wanted to do.

Getting diagnosed, The turning point

Getting diagnosed with ADHD as an adult was a relief. It explained so much — the quirks, the creativity, the hyperfocus, the spontaneous act now, think later way of living. Everything that is me, but this time, I don't feel like a failure, I have a reason for doing and thinking the way that I do!

Navigating Life After Diagnosis

Life since diagnosis is a journey. Some days are still hard, I've learned strategies that support my ADHD brain, not fight against it.

I break tasks and my time into smaller manageable chunks. I try to forgive myself when I slip up — because I do still slip up and I'm sure always will. And most importantly, I connect with others who've walked the same path. The adult ADHD community is filled with people who understand, who don't need me to explain why repetitive tapping out a beat at any given time is the most normal thing to do.

It's Never Too Late

If you suspect you might have ADHD, or you've been quietly wondering for years, know this: it's never too late to seek answers. You're not too old. You're not making it up. And you're not alone. Getting diagnosed as an adult isn't the end of the story — it's the beginning of a new chapter, one rooted in understanding, acceptance, and the freedom to finally stop pretending and start living. I'm still learning, still unlearning, and my perception of ADJD is forever growing — but now I'm doing it with understanding and self-awareness.

***"Getting diagnosed didn't change who I am —
it helped me finally understand who I've always been"***



BOYS GET SAD



UP & COMER AWARDS 2026

Bristol | 14th November 2026

The countdown begins.....

The Up & Comer Awards 2026 returns this year with one clear mission — to spotlight the UK's rising DJs, Producers and MCs across multiple genres of music and give them the stage they deserve.

From Drum & Bass to House & Garage, Hard Dance to Techno and beyond, this competition is built for the underground. It's for the artists putting in late studio hours. The DJs refining their craft behind the decks. The MCs sharpening bars and commanding energy.

This isn't about algorithms.....
It's about talent.
It's about progression.
It's about impact.

Key Dates

Applications Open: 1st May 2026
Applications Close: 31st July 2026

Public Voting Opens: 1st August 2026
Public Voting Closes: 15th October 2026

Live Awards Event — 14th November 2026 — Bristol

Why It Matters

The Up & Comer Awards were created to build real opportunity in an industry where emerging artists are often overlooked. Too much talent sits in the shadows. Too many skilled creatives go unseen.

This platform exists to change that.

Finalists gain exposure, recognition, performance opportunities, and access to a growing network of promoters, brands and industry supporters who believe in nurturing the next generation properly.

Awards Night — Bristol 2026

On Saturday 14th November, Bristol becomes the epicentre of rising UK music culture. Expect a multi-genre celebration featuring:

- Live DJ sets
- MC showcases
- Producer highlights
- Award presentations
- Networking opportunities
- A high-energy, multi-room experience

This isn't just an awards ceremony. It's a launchpad.

Your Moment Starts Now

If you've been building your sound.
If you've been perfecting your mix.
If you've been sharpening your bars in the background —

This is your time.

Applications open 1st May 2026.
The stage awaits in Bristol — 14th November 2026.

A Message From Twisted

At Twisted, we've always believed the underground is where the real culture lives. The Up & Comer Awards aren't just about trophies — they're about community, progression and creating space for artists who deserve to be heard. We stand for inclusivity, opportunity and supporting talent at every level.

“Because when one artist rises, the whole scene rises with them.”

Rise..... Be Heard..... Be an Up & Comer Winner

E-DAPPA

Early Life & Music Beginnings

• For people who might not know your journey yet, can you introduce yourself and tell us how MC E Dappa first came to life?

“Im MC E DAPPA and first started mcing in the late 90s starting off with garage . I was ten years old when I first performed on the microphone along side my brother ‘Devileye’ who is the one who got me into MC’ing”

• You started writing bars around 1998 during the Garage era – what was the scene like back then?

“Not gonna lie, as a young lad I wasn’t really out playing much — my voice hadn’t even dropped yet 😊 But from what I do remember, grime wasn’t really around at that time. It was all about 2-step and the classic UK Garage era.”

• You originally performed as Evil D alongside your brother Devil Eye – what do you remember most about those early days?

“The tunes were banging and the love was different back then. There wasn’t much ego, and hardly any internet either. I didn’t even know about my first booking — I just saw the name ‘Evil D’ under the legendary Five Alive and thought someone had nicked my name 😊... but nah, it was actually me!”

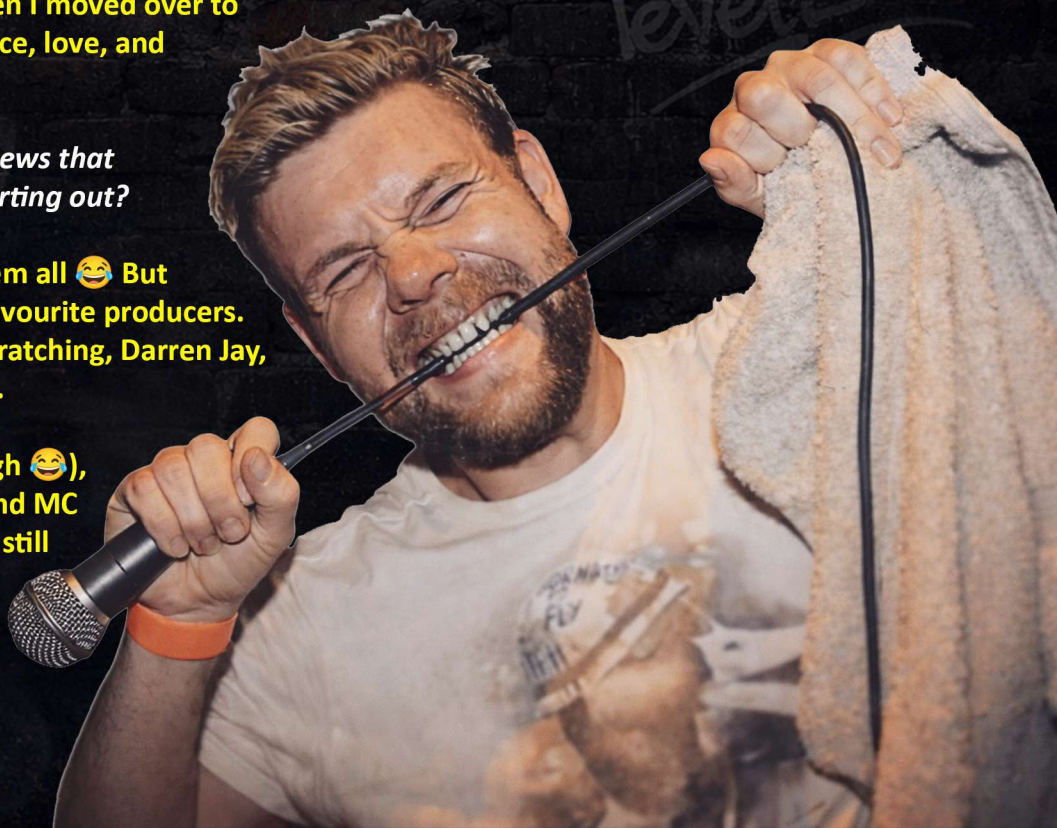
• What made you transition from Garage into Drum & Bass, and how did that change your style as an MC?

“I couldn’t really connect with the randomness of grime — random kicks, random snares, and a lot of turf wars... just felt like pure negativity. But when I moved over to jungle and drum & bass, I found peace, love, and unity. (RIP Fats)”

• Who were some of the artists or crews that inspired you when you were first starting out?

“Ahhh mate... too many to name them all 😊 But DJ-wise, Aphrodite was one of my favourite producers. Then you’ve got DJ Hype with the scratching, Darren Jay, Mickey Finn, and Nicky Blackmarket.

MC-wise... MC MC (na na na nigh nigh 😊), MC Fats with the vocals, Skibadee and MC Fearless — that Prophecy 89.5 set is still one of my favourites (RIP Skibba). Then Eksman came later and changed the game, along with Harry Shotta.”



Career Highlights

- You've worked with artists like DJ Spektral, vibes, sc@r and MC,s Fearless and Harry shotta – what collaborations have meant the most to you?

“Doing sets with a few headliners has definitely given me some standout moments. Of course, Nicky Blackmarket is one. But having Roni Size hand me his own mic and invite me to jump on his set... that's a memory that's right up there. Meeting DJ Vibes and doing multiple sets with him at Dose was another big one. Even when he gave me a shout-out at a random night in London while I was in the middle of the dance — all I could think was, ‘he knows my name!’ 😊 It's the little things, isn't it? And getting to perform at the Up & Comers Awards alongside so much up-and-coming talent, seeing how far the scene has come... it's beautiful, really.”

- Tell us about the track “Emotions” – how did that come about and what was the energy around that release?

“Wow... I haven't thought about that tune in a while. That was actually my first release with my friend Mr Teeps — bless him, he's not been well, so sending my love brother. It came out on Jebar's label in Russia, Liquid Brilliance, around 2015. I was going through a rough patch at the time, and I remember recording a guitar riff — I play a couple of instruments — so I did the lead, rhythm, and even sang the vocals, while Mr Teeps handled the rest. It had a real summertime vibe to it... and honestly, it helped me get through some tough times.”

- Looking back over your career, what moments made you think “this is exactly where I'm meant to be”?

“I remember one night I had a triple booking — a radio show, a set at Elevated Bass, and then jumping on the mic with Spektral at Motion, I think in Milton Keynes. I swear down... when I was shouting my bars — ‘who are ya? who are ya? who are ya?’ — and hundreds of people were shouting back ‘I'm a mother f**king raver' ... the buzz was unreal. When the crowd knows your bars and shouts them back at you, there's nothing like it. Big ups to everyone who's supported me over the past 26+ years — love you all.”

- What do you think makes a great MC in Drum & Bass or Garage?

“Well, for me — and I say this to all MCs that ask — the best MC is the one who knows when to shut the f**k up 😊 Let the DJ mix. Let the crowd actually hear the blend. With DJ Spektral, we've got a proper structure. From the intro, he might build into a double drop — I'll let that roll without spitting so the mix can breathe. Then for the next 16 bars, I'll come in on the mic while he cues up the next track. When I stop (yeah... shut the f**k up again 😊), he'll hit another double drop, then into the breakdown. Rinse and repeat. And one big rule — never talk over vocals... unless it's your own tune of course 😊”

- When you step on stage, do you prepare bars or read the crowd and flow with the vibe?

“Over 26 years I've built up a lot of written material, but I freestyle too. I love singing as well — that always goes down well. But for me, it's all about reading the crowd and getting a real reaction. There's no point shouting ‘who's having a good time?’ to a dead crowd... just to have that one bloke on a chair shouting ‘yeahhhh!’ 😊👊”

QUICK FIRE ROUND #1

- Favourite MC of all time?

“MC MC... he had it all — double time, half time, could sing, and had serious presence on the mic.”

- Favourite DJ to work with?

“DJ Spektral — all day, every day. The geezer's an absolute god on the decks.”

- Garage or Drum & Bass?

“Oooo... that's like asking me to pick a favourite out of my kids 😊 But if I had to — drum & bass, by a margin.”

- *Vinyl or digital?*

I love vinyl I learnt beat match on a pair of belt drive kams but what you can do on today's gears craps all over analogue

- *Best rave you ever played?*

Epidemik or Motion

- *One word to describe the UK rave scene?*

"Split. Sadly, that peace, love and unity isn't really there anymore. You've got people who hate jump-up, others who hate jungle, others who hate neuro... when back in the day, we used to love it all."

Mental Health & EUPD

- *You've been open about living with EUPD (Emotionally Unstable Personality Disorder). When did you first realise something wasn't quite right?*

"It was around 2018 when it really became noticeable. I was dealing with court and fighting to see my daughter, which finally came to an end by 2020 — but unfortunately, the EUPD didn't."

- *What was the diagnosis process like, and how did it affect your life at the time?*

"Wow... that was a really tough time. I was going through doctors, the mental health team, and I ended up messing myself up with addiction, which only made things worse. I was sectioned after trying to take my own life, and honestly, it felt like I was in One Flew Over the Cuckoo's Nest — like I didn't belong there. I wasn't 'mental'... I was just a bloke going through a really rough patch."

- *How does EUPD impact you personally and professionally?*

"It's a daily swing — some days I'm happy and cheerful, other days I'm moody, low, and just want to hibernate. I take quetiapine daily to help stabilise things, and it does help — but if I don't take it, I really feel it."

- *Has music and performing helped you manage your mental health?*

"100% yes!!! Drum & bass has never told me what to do... apart from dance 😊 It's never forced me into anything I don't want to do — just pure freedom. But really, all music depends on my mood. If I'm angry, it's Linkin Park. If I'm sad, Dido. If I'm in a funny mood, garage or funk. And I do love a proper rock-out to AC/DC too."

- *What are some misconceptions about EUPD that you wish people understood better?*

"Well, sadly, a cousin of mine once said I was 'blagging it' and using it as an excuse... I won't name them, but that stuck with me. I'm not a doctor — I'm just a simple blacksmith (documentary watcher 😊) — but I've been told by professionals what I have, what it does, and how to manage it. I know how I feel, and I know how I react. It's just sad when someone calls you a liar when you're not lying. It's a bit like people with Tourette's — some still think they're putting it on. People can be so naive... sometimes you just wish they'd take the time to learn a bit more."

Strength & Resilience

- *What has helped you stay strong and keep pushing forward during difficult times?*

"My children, my family, and my friends — they're everything. Without them, I honestly think I'd be lost... probably homeless and caught up in addiction."

- *Have there been moments where the music scene actually supported you when you needed it most?*

"I really noticed it on the day of my 'Full Steam Ahead' event. Someone let me down last minute with a sound system and decks, but Nickie from Twisted stepped in and saved the day with her decks. Then Sy Fi and Hannah came through last minute with a sound system and a van. Even Stevie Wonder that day lifted me mentally — so much love to everyone involved. Thank you all for blessing me xxxx"

- *What advice would you give to someone in the music industry who might be struggling with their mental health but feels they can't talk about it?*

"Let it out — don't let it build up. You need to talk, even if it's to a helpline like Samaritans or Talk to Frank. Please, just talk. I wouldn't want anyone to go through what I've been through." 💙

⚡ QUICK FIRE ROUND #2

- *Reload or double drop?*

"Double drops all day." 🔥

- *Festival or underground rave?*

"Proper dirty underground rave — sweat literally dripping from the ceiling, pure energy."

- *MC battles or lyrical flows?*

"Lyrical flows — but it was battles where I really learned the science of MCing."

- *One tune that always destroys a dance?*

"'Turbulence' by Moving Fusion — absolute banger of a tune."

- *Dream DJ to MC for?*

"Andy C or A.M.C... two absolute legends, but A.M.C just takes it for me."

- *Most underrated MC in the scene?*

"Dynamite — he deserves way more recognition. Even though he's absolutely smashing it, I still think he deserves a proper Legend Award."

🔥 The Scene Today

- *You've seen the scene evolve over decades — how do you feel about the current Drum & Bass and Garage movement?*

"I love that garage is making a comeback with that classic sound. And with drum & bass, I definitely lean more towards the older stuff. There's so many tunes out there nowadays — a lot of it can sound quite similar."

- *What should new MCs focus on if they want to build a lasting career?*

"Stay away from drugs and alcohol — easier said than done, I know. Keep writing every week, stay fresh, stay committed. And if people say they don't like it, don't take it to heart — use it. Not everyone eats meat, not everyone eats fish... just make your thing for the people who feel it." 🍌

- *Is there anything about the old rave scene that you think today's scene is missing?*

"Yeah... peace, love and unity — that's what it should be all about." 🙌

⚡ FINAL QUICK FIRE ROUND

- *Tea or coffee?*

"Tea." ☕

- *Early set or closing set?*

"Closing is pressure, but that's where I perform best."

- Bars written or freestyle?
 - “Mostly written — that’s where the quality comes from.”
 - One word your friends would use to describe you?
 - “Lad — simple as that.”
 - One word to describe music?
- Beautiful

★ Closing Questions

- What does the future hold for MC E Dappa? Any projects coming up?

“Got a release coming on April 17th with DJ Spektral on Grand Theft Audio — keep your eyes peeled for that one 👁️ Also got a mix landing soon with the legendary Dope Ammo, so that’s a big one — don’t miss it!!

We’ve also got a brand new event called Up For It on March 28th — I’m running that with my boys Spektral, Scott Charles, Sinik, Savagee, Dee Chase, Danzee and Jay Razor.

We’re bringing through some serious up-and-coming talent alongside the heavyweight Revolt Sound System 🗣️ It’s going down at McCartheys Bar in Bletchley — and it’s FREE ENTRY... so no excuses, get yourselves down there!! 🔥”

- If there’s one message you’d like readers to take away from your story, what would it be?

Don’t give up on your dreams — no matter how long it takes. Stay smiling and keep smashing it.”

- Finally, where can people follow your music and support what you’re doing?

“You can find me on Facebook & Instagram — Mark E Dappa Hubbins, TikTok — @edappa89, and SoundCloud — MC E Dappa.”

💡 And Final Question....

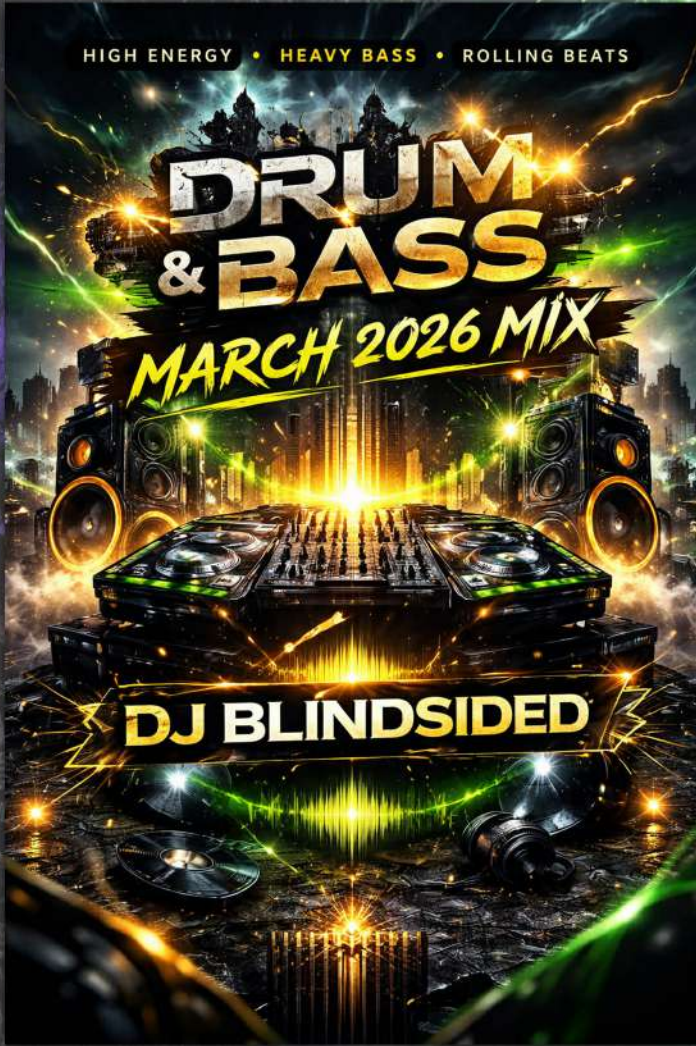
- What does Twisted mean to you in music and in life?

“Twisted has been one of my biggest supporters from day one — not just as an agency, but throughout my whole music journey. They’ve also supported me through my mental health and wellbeing. To me, Twisted is family.

Love you gang ❤️”

“Shout out Ashman & Treble — big respect every time 🙌”





DOWNLOAD LINKS



DOWNLOAD LINKS



DOWNLOAD LINKS

DISTROKID

Come and join us at the Mid Life Krisis Events family Summer fun day. A day of music and laughter and fun in the sun for the family at Swindons Supermarine Sports and Social Club...

The day raises ALL proceeds for the Swindon and Gloucestershire branch of MIND and the knife crime awareness foundation Owens World. The event makes no profit what so ever and all our vendors donate to our cause.

On the day there are live bands, djs, circus and juggling work shops, animal feed and petting zone, bounce zone, live Samba band and performance. Come and browse our market and crafts area, indulge the arts and our record fair and enjoy great food and drink from our vendors. The event is for all ages and Under 16s go FREE all day.

Saturday 18th July ~ 12pm till 10pm..tickets available via skiddle - click the QR code

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
MANDIS MAGIC FACE PAINTING - ABES BRICK CORNER

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

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

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

PERFORMANCES
WOBBLEZHOOPZ - BLEM - MAKE UP BY SHAZ
BLANK CANVAS - WISPA - MORE TBA

FOR MORE INFORMATION CONTACT MIDLIFE KRISIS

Logos: Swindon Lions Club, Child's Mobile Farm, Ministry of Samba, Slickerbox, Sloggers, The ROKI, Mind Swindon and Gloucestershire, Fest & You, HELP for HEROES, NoareVinyl

EDGE OF HOPE

A Family-Friendly Community Day

AUGUST 2026

THIS IS A CHARITY EVENT
Raising Money for Mental Health

📍 Grounds of Lowestoft & Yarmouth Rugby Club

🚗 Parking available at **Pleasurewood Hills**

Bringing Community Together With Hope

🎵 Live Music 🌟 Fireworks Display 🍔 Food & Local Vendors

🧡 Wellbeing & Mental Health Support 🎈 Family-Friendly Atmosphere

*This isn't just a one-day event. It's about connection. It's about support.
It's about standing together.*

♥ We are stronger together.

♥ We support each other.

♥ We heal together.

We Are Calling On:

- ★ A headline celebrity act
- 🎵 Bands & Musicians
- 🎤 Motivational Speakers
- 🍔 Food Vendors & Stalls
- 🧡 Wellbeing Services
- 💡 Sponsors & Practical Support

Confirmed So Far:

- ✓ Staging
- ✓ Professional Sound
- ✓ Fencing & Security
- ✓ Electrics
- ✓ Parking
- ✓ Incredible Volunteers

If you know someone who would love to support a powerful community cause - get in touch!

Community Backed. Built With Heart.

We are working with a limited budget and truly need community support to make this day as powerful as it deserves to be.

nickie@indulgencewithatwist.com 📧 hello@barge9.co.uk

#mentalhealthmatters

“I Thought No One Would Believe Me.”

A personal account of sexual assault, silence, and the impact on my mental health — shared to help other men know they are not alone.

I never thought I would tell this story.

Not because it didn't matter — but because I didn't think it counted.

When people talk about sexual assault, they don't usually picture someone like me. I didn't either. I thought men were supposed to be strong. I thought we were supposed to “handle it.” I thought if something happened to us, we should just move on.

So I stayed silent.

For years, I carried what happened like it was my fault. I questioned myself constantly. Did I misunderstand it? Should I have reacted differently? Why didn't I stop it?

*Those questions turned into shame.
And that shame turned into anxiety.*

I became withdrawn. I struggled to trust people. My sleep changed. My temper shortened. I felt numb sometimes — and overwhelmed at others. But I didn't connect it to what had happened.

Because men aren't “supposed” to be victims.

That belief nearly broke me more than the assault itself.

*The hardest part wasn't what happened.
It was believing anyone would take me seriously.*

I convinced myself that if I told someone, they'd laugh. Or dismiss it. Or say I should have been stronger. So I buried it. I focused on work. On distractions. On anything that meant I didn't have to sit alone with it.

*But buried things don't disappear.
They grow.*

My mental health declined slowly, quietly. I didn't call it trauma. I called it stress. I didn't call it depression. I called it “just a bad patch.”

Eventually, I realised I couldn't keep pretending I was fine.

Speaking about it for the first time was terrifying. My voice shook. I felt exposed. But something unexpected happened.

I was believed.

And in that moment, something shifted.

*I learned that sexual assault does not define masculinity.
Silence does not equal strength.
And asking for help is not weakness.*

*What happened to me was not my fault.
And if you're reading this and something similar happened to you — it wasn't yours either.*

*Men can be survivors.
Men can struggle.
Men deserve support.*

Sharing this isn't about reliving pain. It's about breaking a cycle. If even one man reads this and feels less alone, then speaking out is worth it.



**You are not weak for being hurt.
You are not broken.
And you are not alone.**

“Silence nearly broke me. Speaking saved me.”

Twisted
Proud to support
RSVP



rape & sexual violence project

Supporting survivors across Birmingham and Solihull

Contact Us

Telephone: 0121 643 0301

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

Telephone helpline: 0121 643 4136

Email:

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

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

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

For all training enquiries: trainer@rsvporg.co.uk

Make a referral

Postal address:

RSVP
PO Box 9558
Birmingham
B4 7QE

NB. Postcode for sat nav and our actual location:

B2 5RS

You can also download the RSVP Adult Counselling & Wellbeing Services Leaflet, the RSVP Adult ISVA Leaflet, the RSVP Training & Consultancy Leaflet and the RSVP Poster.

DONATE

#ibelieveyou

THE SILENT CRISIS: MEN, SUICIDE & THE FIGHT FOR LIFE IN THE UK

Across the UK, a crisis continues to grow — one that often goes unseen, unspoken, and misunderstood. Suicide remains one of the biggest killers of men in Britain today. In fact, it is the leading cause of death for men under 50. This is not a small issue. This is not rare. This is happening every single day.

THE NUMBERS WE CAN'T IGNORE

Recent data shows the scale of the problem:

- Around 5,700+ suicides were registered in 2024 across the UK
- Approximately 3 in 4 suicides are male (around 74%)
- That equates to roughly 14 men every day losing their lives to suicide
- Male suicide rates sit at around 17 deaths per 100,000, compared to around 5–6 per 100,000 for women

Behind every statistic is a person. A friend. A dad. A brother. A son.

And the reality is — men are far more likely to suffer in silence.

WHY ARE MEN AT GREATER RISK?

There is no single cause — but patterns are clear.

Many men still grow up with the idea that they must be:

- Strong
- Emotionless
- Independent

But this pressure can become dangerous.

Research shows:

Men are far less likely to talk about mental health struggles
Only a small percentage will open up to friends or seek professional help
Stigma, pride, and fear of judgment stop many from speaking out

Add in factors like:

- Financial stress
- Relationship breakdowns
- Loneliness
- Substance misuse

...and it becomes a perfect storm.

THE AGE GROUPS MOST AT RISK

While suicide affects all ages, certain groups are hit hardest:

- Men aged 40–54 have some of the highest rates
- Young men under 35 are also heavily affected — with suicide being a leading cause of death in that group

This is not just one generation. It's across the board.

BREAKING THE SILENCE

One of the biggest dangers around suicide is silence.

When men don't talk:

- Problems build
- Isolation grows
- Hope fades



But here's the truth:

'Talking saves lives'.

Even one conversation can be the difference.

SUPPORT IS OUT THERE (AND IT WORKS)

If you or someone you know is struggling, there is real help available across the UK:

- Samaritans – Call 116 123 (free, 24/7)
- CALM (Campaign Against Living Miserably) – Focused on men's mental health (5pm–midnight helpline + webchat)
- Shout – Text SHOUT to 85258 for free, confidential support
- NHS – Speak to your GP or call 111 for urgent mental health help

These services are:

Confidential

Non-judgemental

There to listen

THE TWISTED MESSAGE

At Twisted, we stand for community, connection, and giving people a platform.

And this matters more than music.

We are part of a culture where people come together — in clubs, at events, through sound — but behind that energy, real lives are being lived.

So here's the message:

- Check your people.
- Start conversations.
- Look out for each other.

Because strength isn't staying silent.

Strength is speaking up.

YOU ARE NOT ALONE

If you take one thing from this article, let it be this:

No matter how heavy things feel right now — there is help, and there is a way through.

And someone, somewhere, is ready to listen.



A logo consisting of a stylized, hand-drawn brain icon on the left, followed by the word 'mind' in a lowercase, handwritten-style font.



Barge Preservation Community Project & Wellbeing Programmes

DONATE



We are a Lowestoft Community Organisation dedicated to restoring Barge No.9, transforming it into a vibrant Floating Event Venue, Cafe & Restaurant. Our Community Wellbeing Initiative will be funded by profits from Barge No.9.

Please note that Barge No. 9 is privately owned by William Gilroy.

Welcome to Barge No.9

Our mission is to restore Barge No. 9 into a vibrant museum, event space & cafe that fosters social connections, and celebrates our rich nautical history. Through our well-being initiative at Anchor Point House, we aim to support mental health and wellness in the community, providing resources and programs that contribute to overall well-being.

Our four projects feed into and support one another, all for the benefit of our community. Each initiative plays a vital role in preserving history, fostering social connections, and enhancing well-being. Discover how we're making a difference together through these transformative projects:

[BARGE NO. 9 PRESERVATION](#) - [BARGE NO.9 EVENT VENUE](#) - [COMMUNITY WELL-BEING PROGRAMS](#) - [RAISING FUNDS](#)

Will's Story



Growing up in a chaotic environment with a father in prison and a mother battling severe mental illness, Will became self-sufficient at just five years old. His journey took him through foster homes and children's institutions, including the troubled Oakwood School. By the age of 13, he found some stability with a foster family in Lowestoft, but this was short-lived as he was later placed in unsafe adult housing. In search of a fresh start, he traveled to America to reunite with his mother, only to face abandonment again when she was sentenced to life in prison for murder.

With no support, Will faced challenges that led him to crime and drugs. However, while in prison, one officer recognised his potential and encouraged him to pursue his education. With dedication, Will excelled in his GCSEs and later achieved A-levels, ultimately securing a place at Goldsmiths, University of London—an incredible feat straight from prison. This single act of belief changed the course of his life.

While Will successfully built a corporate career, he never forgot the young people who, unlike him, didn't receive the same opportunities. This realisation sparked his desire to create something meaningful for his community... & then he saw the Barge.

Will & the Barge

Lowestoft, once a bustling fishing town, now faces challenges like poverty, high unemployment, and mental health crises, where waiting times for support exceed 18 weeks. Will envisioned a safe, inspiring space for people of all ages—a place where young individuals can learn valuable skills, older residents can build friendships, and those struggling with mental health can find connection and healing.

The opportunity arose in 2023 when Will discovered Barge No. 9, a historic 1928 Yorkshire vessel that had previously served Cadbury's and even refuelled wartime ships. Despite being abandoned and rusting, Will saw its potential to become a vibrant hub of community life.

Since then, a diverse group of over 40 volunteers, aged 16 to 90, has come together to restore the barge. From apprentices and engineers to retired tradesmen and young people seeking purpose, they gather twice a week to work, learn, and support one another. This project has already transformed lives—one ex-military volunteer shared how it gave him "purpose and a family again." Once complete, Barge No. 9 will house a restaurant & event space, with profits reinvested into a Community Wellbeing Programme at Anchor Point House.



TECH



March 2026 DJ Tech's Hard Dance Top 10 (In No Particular Order)

Into Twilight (Trance Atlantic Remix)

Join Me-Lightforce, Ksn (Esp) (Extended Schranz Rework)

K4NE & Ascendant-Just Remember

Nicole Moudaber/Space 92-Eyes On Me (Original Mix)

Bycance vs Teknical Disturbance-DJ TECH REMIX

ASTRO (Police In Paris Remix)

Cause & Effect-Reborn

Rocketman_and_stisema_feat_lulu_voxx_-_energy_(extended_mix)

Kiss_My_Acid_(Extended_Mix)

Phenomenom- DJ TECH REMIX

NICKY

BEATCRAZEMARKET★



Early Days & Foundations

• *You started DJing ridiculously young — around 14 years of age... Do you remember the exact moment where music stopped being a hobby and became everything?*

“Funny question... I reckon I’d always been thinking about it, even if I didn’t realise it at the time. I think I’ve always wanted to do music from a really early age. My mum was a jazz dancer, and she knew people like Cleo Laine, Johnny Dankworth, and Ronnie Scott — even before he had the club — so music was deeply rooted in me from the beginning.

When I first started, there wasn’t any jungle — there wasn’t really music as we know it today. So I think the passion was always there, but I didn’t quite know how to follow it, or what that path looked like.

It was probably just a natural progression, going the way I did, and obviously getting involved with the shop helped guide me in the right direction.”

• *You came up playing electro and all sorts before jungle really formed. How important was that wide musical grounding to the DJ you’ve become today?*

“Extremely, extremely important — because that’s the foundation of where I’m coming from. Breakbeat music, that’s where it all started. It was all breakbeat-influenced.

Obviously, hip-hop in the beginning, because of the breaks — and that’s where it all comes from.”

• *Pirate radio was the backbone back then — what did stations like Pulse FM and Eruption FM mean for the scene, and for you personally?*

“It was everything — it was the lifeline. It really was. It was like the old-school internet, a whole way of life for everyone.

You had that triangle — the shops, the radio stations, the raves — and everything revolved around that. That was the culture. That was how it all connected.

Everyone had the radio on all the time. You’d be tuned in at a specific time, waiting to hear whoever you wanted to listen to. Nowadays, it’s different — it’s not as important to catch something live because people just listen back. Everything’s about replay now.

But back then, you couldn’t really listen back unless you recorded it on tape. So it was all about being there in that moment, tuned in live.

That was the initiative, that was the promotion — it pushed the music, it pushed everything that was going on. The radio was the information centre for everything.”

• *London in the late ’80s and early ’90s was bubbling. Could you feel jungle turning into something bigger while you were in it?*

“Yeah, I mean, I knew it was — because that’s where we were going. We’d found our direction. We’d found our niche, so I’d say yeah, definitely.

We were always heading that way from the early days — when I was in the shop upstairs, before we even had downstairs. We were speeding up acid house records to +8 on the decks, just mixing, experimenting.

Then we started mixing in hip-hop breaks as well — things like bonus beats, Kenny Dope, Masters at Work — playing them at 33 on 45 and speeding them up, blending them with the acid house.

That was really the beginning of trying things out, just seeing what we could do, you know what I mean? It was the early doors of what we were moving into.”

Blackmarket Records & Scene Building

• *Blackmarket Records wasn't just a shop — it was a hub. What made you realise breakbeat and jungle needed their own space?*

“That was the direction we were going — that was it.”

• *When you created that breakbeat department, did you know you were helping shape what would become drum & bass?*

“Well, it's just that we knew it was something new — but it was also the direction we'd been heading in from the beginning.

Semi-consciously, not even fully aware of it — but that's the way we were going, unknowingly. Yeah... just making something completely new.”

• *For younger DJs who never experienced record-store culture, what did places like BM-Soho give the scene that the internet can't replace?*

“It was a community — it really was. It was a meeting point, a hub where everyone would come together.

From my little shop, from that basement, so much would happen. People would meet, connect... and from those meetings, things would grow.

A lot of people went on to do things just from linking up in that space.”

• *Do you miss the shop?*

“Of course I do — I'd be lying if I said I didn't. Obviously, things change and we have to move on, but yeah... that was a special time. You can never take that era away, you know what I mean?”

• *Do you think DJs today miss something by not having that physical community around vinyl digging?*

“Yes... and no. Because things have moved on — it's a lot different now.

Back in the day, something like getting a promo tune could take ages, but that was just how it was, you know what I mean? That was part of the process.

Now everything's a lot quicker. Things have changed, and we're in a completely different place now... so yeah — yes and no.”

DJ First, Always

• *You've produced music, but DJing has always been the core. What is it about playing tunes that keeps you locked in after all these years?*

“Yeah... I mean, I just love playing to a crowd — like the Pied Piper, you know? Making people dance. That's what it's all about.

People ask me, ‘What do you like better — this or that?’ and I always say... the whole lot. Everything. That's what keeps me interested in it. I can go and play an old-school set, or I'm still playing new stuff — and I love that. It's great playing with Millie all the time now as well, she keeps me on my toes.

I could go and play '92 somewhere, then go back to '95 — and it's just wicked. The scene now, we've got genres within the genre. It's like Doctor Who — I love that, because you can dip into different eras, and it's all still part of the same thing.

That's what makes it so exciting — all these different eras, all these different sounds, but still under one umbrella.

I've played a jungle set in one room, then gone into another room and played proper old school — '91 to '93 — and both crowds are just as up for it. Both just as excited. It's wonderful."

• *You've played all over the world — do crowds still feel different city to city, or has drum & bass become one global language now?*

"Everywhere's different—absolutely everywhere you go, there's a different vibe. That's why I still love playing as many gigs as possible. I can play five, six, even seven times across a day and night sometimes. I just love playing music. It's not about anything else—it's about catching those different energies in different places. Every crowd brings something new. You can feel it straight away. One city might be on a hype, another might be more about the groove—but that's what makes it exciting.

I love playing a massive festival just as much as I love playing a small, intimate club. Sometimes those little clubs have the maddest energy. It's all about the vibe."

• *How do you approach a set now compared to the '90s? More instinct, or more control?*

"I think it's all about balance—it's always been a balance. Back in the day and even now, you've got your little go-to mixes, your VIP bits that you know work and you like to blend together. Every DJ has those. But really, it's about the crowd. You've got to look at them, feel what they're on, and then go with it. You can't just stick to a plan—it doesn't work like that. The energy in the room tells you everything. So yeah, you come prepared, but it's instinct that takes over on the night."

• *Is there a moment behind the decks that still gives you goosebumps when you think about it?*

"Yeah—every time. Honestly, every time I step behind the decks, I still get that feeling. I get excited. I just think to myself... I'm truly blessed to do what I'm doing. To be able to play music and make people dance—that's everything. You're giving people escapism. For that moment, whatever they're going through, they can let it go and just be in the music. You can't get better than that. You can't be more blessed than that."

Drum & Bass Then vs Now

• *Early jungle was raw, sometimes chaotic. Do you ever miss that unpredictability?*

"No, because you can still have that. It's all about reading the crowd. You can switch it up at any moment—go completely bonkers and flip the whole vibe. That unpredictability is still there if you know how to use it. You can turn a crowd on its head in seconds. That's the magic of it."

• *How do you feel about the way drum & bass has evolved — bigger festivals, cleaner production, wider audiences?*

"It's progression—that's what it is. I'm happy with it, and I'm happy with the way it's gone. Everything changes, nothing stays the same. And that's a good thing. It's just wonderful to see what it's grown into and how far it's come."

• *What do you think the current generation gets right that your era maybe didn't?*

"I'd say it's just different—it's different people, different times. Technology has definitely made things a lot easier now, without a doubt. But that's just how it was back then, and this is how it is now. Every generation has its own way of doing things. It's not really about what's right or wrong—it's just different, isn't it?"

• *And what do you think should never be lost, no matter how big the genre gets?*

"We should never lose the character of the scene. That's the most important thing. No matter how big it gets—you can't lose that."

Longevity & Perspective

• You've stayed relevant without chasing trends — what's the key to longevity in this scene? You've been around forever in the scene and you'll always be forever in the scene even when you are gone as a Legend who pioneered Drum & Bass and Jungle music...

“ Ah That's lovely - Just enthusiasm—complete enthusiasm. And loving what I do. That's the most important thing. But I'm only here because of the people. Every single one of them. You can't ever forget that. The crowd, the ravers, the supporters—they're the reason I'm doing this. My job is to give them enjoyment, to give them escapism... take them on a mad journey for a few hours. That's what it's all about.”

• What advice would you give DJs coming up now who want a real career, not just viral moments?

“Stay true to yourself. And enjoy it—you've got to completely enjoy what you're doing. This isn't just a job, it's a lifestyle. And if you don't love that lifestyle, then it's not for you. There'll be weekends where you've had no sleep, you're constantly on the move—but you do it because you love it. That's what keeps you going.

At the same time, you've got to look after yourself. As you get older, you realise your body can't take everything the same way it used to. So you've got to eat properly, rest when you can, and take care of yourself. It's all about balance. But most importantly—enjoy every moment. Because if you're not enjoying it, what are you doing it for?”

• Looking back, is there anything you'd do differently — or do you believe everything had to happen exactly as it did?

“No—I'm happy. I'm happy with everything that's happened, and I'm happy with everything that's going on now.”

• When all's said and done, how would you personally like your contribution to drum & bass to be remembered?

“I just hope I've contributed to the scene I love. That's all I can say really. How it's remembered—that's not for me to decide. That's for everyone else. But it is nice to be appreciated. To go places and be recognised for what you've done... that means a lot. I never let it go to my head—it's just nice.”

“My mum always used to say something to me, and it's stayed with me my whole life. I even said it at an awards ceremony once, and the whole place went off... ‘It's nice to be important, but it's more important to be nice.’ That's something I live by. Because it doesn't cost anything to be nice—and that's what really matters at the end of the day.”

Working with the Next Generation

• You've been part of drum & bass since the very beginning, and now you're also working alongside your daughter, DJ Millz. How does that feel for you on a personal level?

“It's the ultimate, isn't it? When she was younger, I always thought it would be nice if one of my kids got into music—but you never know if it's actually going to happen. So to see her doing it now... yeah, it's the ultimate —she keeps me on my toes! It's wonderful.”

• Is it ever surreal sharing line-ups, studios, or behind-the-scenes moments with your own daughter in a scene you helped build?

“You can't get any better than that. It's brilliant.”

• When you're working together, is it more about guidance from your side — or do you find yourself learning from her perspective too?

“No—no I'm learning in a different capacity as well! We're both learning. She's learning, and I'm still learning too—we're all learning all the time. No one ever knows everything in this game. The moment you think you do, that's when you stop growing.”

- *Has collaborating with Millz changed the way you experience DJing or the scene itself?*

“Yeah—it’s opened my mind up. Working with her, seeing things from a different perspective... it gives you a fresh outlook. It keeps things exciting.”

- *Do you consciously step back to let her carve her own identity, or is that something that’s just happened naturally?*

“Organically—definitely. It’s just happened naturally.”

- *Looking at her journey so far, what makes you most proud — musically or otherwise?*

“Everything—honestly, everything. She’s smashed it. In such a short space of time, she’s really made her mark. But what I’m most proud of is that she’s gone in her own direction and is carving her own path. That’s what it’s all about.”

⚡ Quick-Fire Round

- *Vinyl or digital?*

Both—they’re two different things. You can’t beat vinyl on the decks, that feeling is special. But we’re in a different era now, and digital has its place too. So for me, it’s nice to have both.”

- *Small sweaty rave or big festival stage?*

“Both—again, like I said before, they’re completely different. You can’t just pick one. They each bring their own energy. That’s what makes it special.”

- *Jungle or Drum & Bass?*

“Both—again, you need that balance. You’ve got to have a mixture. It can’t just be one or the other. It’s everything together that makes it what it is.”

- *One tune that still works every time?*

“Honestly—there’s too many. I couldn’t just pick one or two. There are so many tunes that have that effect. That’s the thing now—the sets are so packed. There’s so much music I want to play, sometimes I feel like I need longer just to fit it all in. There’s just too much good music out there.”

- *Best country you’ve played outside the UK?*

“Again, there’s too many—I couldn’t just pick one. Every place has its own vibe, its own culture. That’s what makes it special. But if we’re talking about places that have really held Drum & Bass as a scene for years and years, two stand out—Germany and Canada. They’ve had their own strong scenes for a long time. I’ve been going to Germany since around ’94, and Canada as well. Back then, you wouldn’t even know what was happening out there unless you went—you didn’t have the internet like now. But those two places have always had something special when it comes to Drum & Bass.”

- *Long blends or fast cuts?*

“Depends on the tune, depends on the moment. Again—you need both. You can’t just stick to one style. Within a set, you use everything. That’s what keeps it interesting.”

- *Late ’90s or right now?*

“Again - both. It’s great—it’s great to have been through the 90s and still be going now. I feel blessed. Back then, it was the underground. Not everyone understood it—but that was our thing. “I was lucky—my mum always pushed me. She’d say, ‘go and do what you need to do, follow your thing.’ She understood it. She even used to describe the 90s as the underground scene—like the scenes from her time. So yeah, without a doubt... she got it.”

• *Record shop or radio studio?*

“Again—it’s all part of the triangle. The radio, the record shop, the raves... they all connect. You can’t just have one without the others—it’s all of it together that builds the scene.”

• *QPR win or a perfect set? 00*

(shout-out to Queens Park Rangers)

“Don’t say that—don’t say that! I’ll go football, then straight to a set... but once I’m on the decks, I forget about everything else. It’s all about the music at that point.”

• *Back-to-back with Millz: nerves or pure enjoyment?*

“Pure enjoyment. You get a few butterflies, but that’s just excitement—it’s all part of it. When you’re up there together, it’s just a great feeling.”

• *Dad mode or DJ mode — which one’s louder?*

“They’re both bloody loud!”

• *Watching her play out for the first time — unforgettable?*

“Madness—absolute madness.

The first big one she did was New World Order festival in Essex, and it was packed. The place was vibing, the energy was incredible. I remember she said to me the monitors weren’t great and asked, ‘Is it always like this?’ And I thought... not always! But she handled it. She pulled it off—and when the place went bonkers, that was it. That moment really cemented it for me. I thought, yeah... she’s got this.”

“To Nicky....

Thank you will never feel like enough. For the years, the energy, the music, and the moments... for the foundations you’ve helped build and the doors you’ve opened for so many. You haven’t just been part of Drum & Bass—you’ve helped shape its soul. What you’ve given to this scene goes far beyond the decks. It’s in the memories, the inspiration, and the escapism you’ve created for generations of ravers.

And on a personal level, thank you—for your time, your humility, your kindness, and the way you continue to give back to the culture and the people within it.

From all of us at Twisted...

Respect always. Gratitude forever.”

Nicky Blackmarket

*“it’s nice to be important but it’s more important to be nice”
Nicky’s Mum*

WHAT'S ON...

The Mid Life Crisis Charity Summer Funday and Fete

Saturday 18th July 2026

Supermarine Rd, Swindon SN3 4BZ in Swindon

12:00pm til 10:00pm

Minimum Age

GENERAL RELEASE AVAILABLE ON SKIDDLE - £10.15

Wednesday Club: House, Tech House, Electro & Hip Hop

Wednesday 18th February - Wednesday 27th May 2026

5-13 Vale Royal, London, London, N7 9AP

10:00pm til 4:00am

Minimum Age 18+

GENERAL RELEASE AVAILABLE ON SKIDDLE - £11.00

30 Years of Playaz: DJ Hype, Original Sin, Taxman, Tyke, & more

Thursday 2nd April 2026

14 Bohemia Place, Mare Street, London, E8 1DU

6:00pm til 3:00am

Minimum Age 18+

STANDARD TICKETS AVAILABLE - £6.00 - £15.00

Document Presents: CamelPhat

Thursday 2nd April 2026 [Easter Thursday]

30-64 Pennywell Road, St Judes, Bristol, BS5 0TL

7:00pm til 3:00am (Last entry 9:00pm)

Minimum Age 18+

STANDARD TICKETS AVAILABLE ON SKIDDLE - £33.63

Dirty Stop Out

Thursday 2nd April 2026

21-22 Essex Street, Birmingham, B5 4TR

2:00pm til 11:00pm (Last entry 4:30pm)

Minimum Age 18+

GENERAL RELEASE AVAILABLE ON SKIDDLE - £6.00



WHAT'S ON...

Mr Traumatik tour 2026 LC BASS EVENTS presents the official Mr Traumatik UK tour 2026

Thursday 2nd April 2026

Stars Lane, Yeovil, BA20 1NR

9:00pm til 3:00am

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £22.25

Hospital30 Norwich

Thursday 2nd April 2026

The Adrian Flux Waterfront - Norwich, NR1 1QH

9:30pm til 3:00am (Last entry 11:00pm)

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £18.90 - £23.63

Fabio & Grooverider +

Charlotte Devaney & Voice MC

Friday 3rd April 2026

Market Yard, Justice Lane, Frome, BA11 1BE

7:30pm til 12:00am

Minimum Age 18+

STANDARD TICKET AVAILABLE ON SKIDDLE - £22.50

DJ EZ, MPH & MORE 360

Saturday 4th April 2026

Unit 4, The Yard, Bardwell Rd, Neepsend, Sheffield, Sheffield, S3 8AS

1:00pm til 11:00pm

Minimum Age 18+

TICKETS AVAILABLE ON SKIDDLE - £23.93 - £31.90

WHSE Presents: Easter Saturday with Hybrid Minds + more

Saturday 4th April 2026

Ultra Warehouse - 9 Downing Road, Derby, DE21 6HA

5:00pm til 1:00am (Last entry 8:00pm)

Minimum Age 18+

TICKETS AVAILABLE ON SKIDDLE - £40.15 - £60.50



WHAT'S ON...

Utopia Presents

Down The Rabbit Hole

Saturday 4th April 2026

9:00pm til 3:30am

The Attic Torquay - 13 Torwood Street, Torquay, TQ1 1ED

Minimum Age 18+

GENERAL RELEASE AVAILABLE ON SKIDDLE - £8.50

Basslayerz Takeover

Saturday 4th April 2026

Unit Nine - 9 Bridgeturn Avenue, Old Wolverton,
Milton Keynes, MK12 5QL

9:00pm til 4:00am (Last entry 11:00pm)

Minimum Age 18+

TICKETS AVAILABLE ON SKIDDLE - £28.13

ON A MISSION - Easter special

Saturday 4th April 2026

EngineRooms - West Quay Road, Southampton,
Southampton, SO15 1GZ

10:00pm til 4:00am (Last entry 12:00am)

Minimum Age 18+

GENERAL ENTRY AVAILABLE - £16.50 - £27.50

Eyrese x Kings of the Amen

Presents: Jump up vs Jungle

Friday 10th April 2026

A.I.R Rooftop Bar And Lounge -

15 Colin Campbell Court, Plymouth, PL1 1PZ

8:00pm til 2:00am (Last entry 10:00pm)

Admission free - SKIDDLE LINK

Vybz Kartel - Free

Bashment Party

Friday 10th April 2026

The Lighthouse Bar And Club i- 62 Rivington Street, London, EC2A 3AY

9:00pm til 3:00am (Last entry 2:00am)

Minimum Age 18+

Admission free before 12:00am - £11.25 - £16.75 AFTER



WHAT'S ON...

Trance Sessions Presents

Iain Cross & Nick The Kid

Saturday 11th April 2026

Babylon Lounge Club Hereford - 15A West Street, Hereford, HR4 0BX

8:00pm til 3:00am (Last entry 11:30pm)

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £11.25

DJ APOSTLE PRESENTS :

Girls Love Bassline

Saturday 11th April 2026

YourHouse - 7 North Street, Wolverhampton, WV1 1RE

9:00pm til 3:00am (Last entry 1:30am)

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £19.50

In:Sync: Badger +

Window Kid + Sir Spyro

Friday 24th April 2026

The Vault Bournemouth - 39 Poole Hill, Bournemouth, BH2 5PW

Minimum Age 18+

STANDARD TICKET AVAILABLE ON SKIDDLE - £22.25 - £25.00

Drum and Bass Classics

London All Dayer

Saturday 25th April 2026

Unlocked Shoreditch - 118 Curtain Rd, London, EC2A 3AY

2:00pm til 10:00pm (Last entry 7:00pm)

Minimum Age 18+

TICKETS AVAILABLE ON SKIDDLE - £17.85 - £28.85

TNu:Bass Generation Presents:

Hazard + support

Saturday 25th April 2026

The Full Moon And Attic Bar - 1 North Street, Bristol, BS1 3PR

9:00pm til 2:00am (Last entry 12:00am)

Minimum Age 18+

TICKETS AVAILABLE ON SKIDDLE - £11.25





**THE RIG
DIRECTORY**



Our History

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

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

The Concept

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

The Goal

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

“One directory - One culture - Real support”

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

<http://therigdirectory.com>

09.04.26

EP.4

CONNEXIONS CLUB PRESENTS

THIRSTY THURSDAYS

6PM-1AM



BLARE

JAKEEQ B2B CHARLIE ADAMS

MISSY J B2B THE GENERAL MANAGER (TGM)

MIDKNIGHT

STRANGR B2B H:BREAKS (140 CYPHER W/
SPECIAL GUESTS)

RT3DNB

KINGPIN B2B TICKZ

DUBMINX B2B CALIO

HOSTED BY

MC DADDY G

MC WONDER

ULLAH

JAB

SENSEI

PREZ

TWISTED MC

& OJ



SUKI10C

21 BODESLEY STREET
BIRMINGHAM
B5 5PJ



ODDWORLD
THE JUNGLE



TOP 10 DNB

TOP TEN DNB TRACKS FEB 2026

1. Chase & Status – Backbone
2. Bou & IRAH – F.U.N
3. Hedex – MHTR (Semi-Automatic)
4. Sub Focus & Dimension – Ready To Fly
5. Turno – Rave Out
6. Serum & Voltage – Gunfinger
8. Wilkinson – Balance
9. K Motionz – High Note
10. Kanine – Want You
10. Mozey – The Reca

TOP TEN DNB TRACKS MARCH 2026 SO FAR

1. A Little Sound, Bish, Genetics – I Just Can't Get Enough
2. Kanine – Power
3. Teddy Killerz – Lightweight
4. Gydra – Zip
5. Drumsound & Bassline Smith – Shine A Light
6. Document One – Frequencies
7. Misanthrop – Flashback
8. L-Side & MC GO – Deep In The Trenches
9. Minor Forms & Kublai – Super Chaos
10. Tyrone & Minus NCL – Voyager

TOP 10 DNB TRACKS TO LOOK OUT FOR IN APRIL

1. Kanine – Back Again
2. Bou – Baddadan VIP 2026
3. K Motionz – Feel It
4. Hedex – Lowkey
5. Sub Focus – Wildfire
6. Dimension – Satellite
7. Serum – Dangerous Sound
8. Turno – Night Shift
9. Metrik – Skyline
10. Sota – Real Talk

TOP 10 DUBSTEP & GRIME

TOP 10 DUBSTEP & GRIME FEB 2026

1. Skrillex – Badders
2. Central Cee – BAND4BAND
3. Hamdi – Counting
4. Skepta – Gas Me Up
5. Flowdan & Sammy Virji – Shella Verse
6. Stormzy – Toxic Trait
7. Peekaboo – When I'm Gone
8. Dave – Verdansk
9. Skream – Midnight Request Line
10. JME – 96 Bars of Revenge

TOP 10 DUBSTEP & GRIME TRACKS FOR MARCH 2026 SO FAR

1. Hamdi – Skanka VIP
2. Central Cee – Limitless
3. Sicaria – Bloodshed
4. Skepta – Round Here
5. Peekaboo – Reload
6. Stormzy – Big Man Ting
7. Joker – Titan
8. Dave – War Ready
9. Cesco – Move Too Mad
10. JME – Integrity

TOP 10 DUBSTEP & GRIME TRACKS TO LOOK OUT FOR IN APRIL

1. Hamdi – Pull Up
2. Central Cee – Top Flow
3. Peekaboo – Baddest
4. Skepta – Levels
5. Sicaria – Rinse Out
6. Stormzy – Shut Down 2
7. Joker – Darkside
8. Dave – 6AM In London
9. Cesco – Bassline Pressure
10. JME – Reloaded

TOP 10 GARAGE & BASSLINE

TOP 10 GARAGE & BASSLINE FEB 2026

1. Sammy Virji – If U Need It
2. Oppidan – Mr Sandman
3. Conducta – Still Faded
4. Skepsis – Freak
5. Interplanetary Criminal – No Time
6. Bru-C – Paradise
7. MPH – Rush
8. TS7 – All Night Long
9. Higgo – Sunshine
10. Jamie Duggan – Play It Back

TOP 10 GARAGE & BASSLINE TRACKS FOR MARCH 2026 SO FAR

1. Silva Bumpa – Move With Me
2. Skepsis – Lose Control
3. Oppidan – Don't Stop
4. TS7 – Body Move
5. MPH – One Night
6. Bru-C – Lately
7. Interplanetary Criminal – Pressure
8. Jamie Duggan – Back Again
9. Higgo – Tell Me
10. Darkzy – Rinse It

TOP 10 GARAGE & BASSLINE TRACKS TO LOOK OUT FOR IN APRIL

1. Silva Bumpa – Take Control
2. Skepsis – Rave Mode
3. Oppidan – Need You
4. TS7 – Bassline Energy
5. MPH – Hold It Down
6. Bru-C – Party People
7. Interplanetary Criminal – Back 2 Basics
8. Jamie Duggan – Soundboy
9. Higgo – All Night
10. Darkzy – Selecta

TOP 10 HOUSE & DANCE

TOP 10 HOUSE & DANCE TRACKS FEB 2026

1. Calvin Harris & Ellie Goulding – Miracle
2. Peggy Gou – (It Goes Like) Nanana
3. Fisher – Take It Off
4. Dom Dolla – Saving Up
5. Sonny Fodera – Mind Still
6. John Summit – Where You Are
7. MK – Lies Lies Lies
8. Fred again.. – Adore U
9. CamelPhat – Home
10. Chris Lake – In The Yuma

TOP 10 HOUSE & DANCE TRACKS MARCH 2026 SO FAR

(Alternating – 2026 ONLY)

1. Sonny Fodera & D.O.D – Somedays
2. Peggy Gou – Back To You (2026 release)
3. Dom Dolla – Girl\$
4. John Summit – Tears
5. Calvin Harris – Blessings
6. Chris Lake – Ease My Mind
7. MK – My Head Is A Jungle (2026 edit)
8. Ewan McVicar – Groove Control
9. ANOTR – How You Feel
10. Fisher – Atmosphere

TOP 10 HOUSE & DANCE TRACKS TO LOOK OUT FOR IN APRIL

1. Sonny Fodera – Moving Blind 2026
2. Peggy Gou – Electric Love
3. Dom Dolla – Body Language
4. John Summit – Lost In You
5. Calvin Harris – Summer Nights
6. Chris Lake – Shake It
7. MK – Back & Forth
8. Ewan McVicar – Groove Theory
9. ANOTR – Relax My Eyes VIP
10. Fisher – Take Me Higher

TOP 10 TRANCE & TECHNO

TOP 10 TRANCE & TECHNO TRACKS FEB 2025

1. Charlotte de Witte – Roar
2. Armin van Buuren – Lose This Feeling
3. Amelie Lens – Feel I
4. Above & Beyond – 500
5. Adam Beyer – Explorer
6. Giuseppe Ottaviani – No More Alone
7. Reinier Zonneveld – Eat Sleep Rave Repeat
8. Aly & Fila – Rising Sun
9. HI-LO – Hypnos
10. Cosmic Gate – Vertigo

TOP 10 TRANCE/TECHNO TRACKS FOR MARCH 2025 SO FAR

1. Adam Beyer, GENESI, Aya Anne – DNA
2. Armin van Buuren – Forever & Always
3. Charlotte de Witte – Sanctum
4. Giuseppe Ottaviani – ID
5. Amelie Lens – Higher State
6. Above & Beyond – Carry Me Home
7. Reinier Zonneveld – Pulse
8. Aly & Fila – Sunrise In Cairo
9. HI-LO – Dimension X
10. Cosmic Gate – Open Your Mind

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

1. Charlotte de Witte – The Realm
2. Armin van Buuren – Destination
3. Amelie Lens – Pulse Control
4. Giuseppe Ottaviani – Musica
5. Adam Beyer – The Signal
6. Above & Beyond – Always
7. Reinier Zonneveld – Acid Story
8. Aly & Fila – Eternal
9. HI-LO – Hypnotise
10. Cosmic Gate – Your Mind

7 YEARS OF CONNEXIONS CLUB:

DADDY G'S EARTH STRONG

PARTY 28.03.26

10PM-3AM



JINX w/

MARGAMAN x MC DADDY G

K-JAH w/

STARTAH

SUPPORT FROM

CALLO

CYBERGROOVE

CAPTAIN APATHY

JAKEED

KINGPIN

KOMATOSE

TICKZ

HOSTED BY

JAB

NEHANDA

DJ

SENSEI

TWISTED MC

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CLASSIFIEDS

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That place for events has everything you need to kick off an unforgettable celebration! Whether you're planning a large outdoor gathering for your business or an intimate family party, we've got you covered. From band stages, golf, and bowling to VIP bars and discos, we offer it all. Contact us today for more information, and let us help bring your event to life!

A percentage of all profits will go towards supporting those with mental health struggles and loneliness.



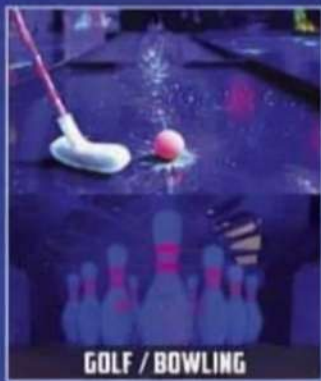
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EVENT IN A TENT



ARTISTS / BANDS



GOLF / BOWLING



TABLES / CHAIRS / FLOORING



DJ / LIGHTS / SOUND



VIP BAR / LED FURNITURE

**COUNCIL AND COMMUNITY EVENTS - WEDDINGS AND SPECIAL OCCASIONS - CORPORATE
SCHOOLS, COLLEGES AND UNIVERSITIES - CAMPSITES - PUBS**

✉ info@thatplaceforevents.uk ☎ 07534455776 🌐 thatplaceforevents.uk

 [that place for events](https://www.facebook.com/thatplaceforevents)  [that place for events](https://www.instagram.com/thatplaceforevents)

WITH  MIND IN MIND

CLASSIFIEDS



SEE ALL OUR LATEST STREETWEAR IN OUR ONLINE STORE

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

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

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

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

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

"For clothes as loud as you are"

"Music writes us all"

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

Your
Advertising
Here



KARMA



TATTOO STUDIO

27 BROAD STREET, BRIDGTOWN
WS11 0DA



SCAN ME

SATURDAY 18TH JULY 2026 - 12PM TILL 10PM

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

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

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



TWISTED RIG

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

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

THIS ISN'T JUST SOUND.
THIS IS TWISTED.

FOR MORE INFORMATION EMAIL: TWISTEDEVENTS@INDULGENCEWITHATWIST.COM
OR CALL : 07840 932967



THE RIG DIRECTORY

THE RIG DIRECTORY - WHERE SOUND SYSTEMS STAND TOGETHER

BORN IN 2022 FROM A SIMPLE IDEA:

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

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

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

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

ONE DIRECTORY. EVERY RIG. REAL IMPACT.

IF YOU WOULD LIKE TO GET INVOLVED SEND AN EMAIL TO
RIGDIRECT@INDULGENCEWITHATWIST.COM

WWW.HTTPS://THERIGDIRECTORY.COM



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

REMEMBERANCE PAGE FOR THOSE WE HAVE LOST

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



Jonathan Ardron aka Little Ginge
10.03.1999 - 11.02.2026 💙🕊️
AGE: 26



Ryan Wolverson
16.09.1992 - 22.07.2020 💙🕊️
AGE: 27



Karl Mountstephens
01.08.1985 - 02.09.2025 💙🕊️
AGE: 40



Barry Gregory
09.10.1975 - 13.02.2021 💙🕊️
AGE: 45

“The music didn’t fade when they left —
it found a far deeper meaning...”

We want to honour your loved ones while raising awareness for mental health —
to have someone special listed, please contact us at info@indulgencewithatwist.com



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 🇺🇸



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

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

Email: 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

InfoLine: 0300 123 3393 to call, or text 86463

Email 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

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

Email 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

Helpline: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org



999

Helpline Numbers

Helplines and crisis contacts

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

YoungMinds

www.youngminds.org.uk

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

Helpline: 0800 58 58 58

Webchat: 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

SANeline: 0300 304 7000

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

Help Us Get Recovering Addicts & Alcoholics Out Fishing!



SCAN TO DONATE



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

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

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

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

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



TWISTED APPAREL

Supporting Mens Mental Health

SEE ALL OUR LATEST STREETWEAR IN OUR ONLINE STORE

Twisted Apparel x Men's Mental Health

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

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

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

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



~For clothes as loud as you are~

~Music unites us all ~

<https://twistedapparel.store>



DO YOU WANT TO ADD TO OUR
REMEMBRANCE PAGE FOR THE
NEXT EDITION?

LOOKING TO ADVERTISE?

ALL PROCEEDS GO DIRECTLY TO



DONATE & ADVERTISE HERE:

https://www.justgiving.com/page/twistedmagazine/moneyformind?utm_medium=FA&utm_source=



SCAN TO DONATE



WWW.TWISTEDOFFICIAL.COM

TO ADVERTISE CONTACT NICKIE ON HER FB DM'S OR EMAIL
INFO@TWISTEDOFFICIAL.COM

♥ TWISTED MAGAZINE – GET INVOLVED ♥



Your Voice... Your Story... Your Tribute...

Twisted is more than a magazine....

It's a community... A movement... A platform built to support each other through music, creativity, and connection.... And now... we're opening the page to YOU....

FEATURE IN TWISTED

**Are you a DJ, MC, producer, promoter, brand owner or creative?
We're inviting artists and community members to submit:**

- Artist Features
- Interviews
- Opinion Pieces
- Personal Stories
- Brand Spotlights
- Event Highlights

- ★ Share your journey
- ★ Promote your passion
- ★ Inspire someone else
- ★ Be part of something bigger



♥ **SUPPORTING MIND**

Twisted proudly supports MIND, focusing on mental health awareness — especially men's mental health.

You can get involved by:

- Sponsoring a page
- Donating through your feature
- Running a fundraising spotlight
- Dedicating your article to someone

Together, we can use music and media to make a real difference.

REMEMBRANCE PAGE

Each edition includes a dedicated Remembrance Page.

If you would like to:

- Honour a loved one
- Share a tribute message
- Include a photograph
- Support mental health awareness in their name

We would be honoured to include them.... Because no one should ever be forgotten.

 **CONTACT - To submit an article, raise money for MIND, or place someone on the Remembrance Page: nickie@indulgencewithatwist.com**

♥ **Thank You for Supporting Twisted** ♥

Music... Community... Awareness... Unity...

**Together we rise.
Together we remember.
Together we make change.**

The Twisted Team ♥



Created in association with
TWISTED OFFICIAL
 and
THE DRUM & BASS BIBLE
 THANK YOU TO
 EVERYONE FOR THE SUPPORT



www.indulgencewithatwist.com

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