

EDITION 2

FEB 2026

TWISTED MAGAZINE

AN INSIGHT INTO RIMMY



Also included in this edition:

News about Barge No.9

Real Conversations with Artists

The Reality of Mental Health

Whats On

Hard Hitting articles



IF YOU WOULD BE INTERESTED IN FEATURING IN
THE TWISTED MAGAZINE - PLEASE CONTACT US AT
INFO@INDULGENCEWITHATWIST.COM

www.indulgencewithatwist.com

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By Nicole Cousins – Founder of Twisted

Welcome to another issue of Twisted Magazine.

When I started Twisted back in 2018, it was never about chasing status or clout. It was about creating space. Space for the unheard. Space for the overlooked. Space for the artists grinding behind the scenes who just needed one platform to believe in them.

Twisted was built on one simple idea:

If no one opens the door for you — we build our own stage.

This magazine is an extension of that mission.

Inside these pages you'll find rising DJs, producers, MCs, promoters and creatives who are shaping the future of the underground. Some are playing their first big sets. Some are running their own brands from bedrooms and garages. Some are balancing life, jobs, families and mental health battles — while still chasing their passion.

And that's what Twisted is about.

Not perfection.

Not popularity.

But progression.

We are proud to be a fully inclusive platform. A disability confident employer. A space that champions both male and female talent equally. A community that believes music is more than sound — it's therapy, it's unity, it's survival.

Mental health remains at the heart of what we do. We stand alongside organisations like MIND and continue to use our platform to raise awareness, honour loved ones, and remind people that no one is alone in this scene.

The underground has always been about connection. From drum & bass to house, garage to hard dance — it's not just genres. It's energy. It's culture. It's belonging.

And Twisted is only just getting started.

Thank you to every artist who trusts us with their story.

Thank you to every supporter who shares, attends, buys a ticket, or simply believes in what we're building.

Thank you for being part of this 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.

TWISTED PRESENTS

THE UP & COMER

AWARDS 2026

BRISTOL

📍 SATURDAY 14TH NOVEMBER 2026

🔥 COMPETITION OPENS
1ST MAY 2026

YOUR TIME IS NOW.

Supporting Emerging Artists Since 2018

Twisted



SCAN ME

What Does Being a "Strong Man" Really Mean Today?



When you hear the words "strong man," what pops into your head? A guy with a six-pack? Someone who never cries? A father who works 60 hours a week to provide? This is exactly what I originally thought too. But somewhere along the line, that version of strength stopped working for a lot of us. Because while we were busy "being strong," we were also getting silently crushed under the pressure of pretending everything was fine. For years now, the idea of a strong man was simple: Don't show emotion, Handle everything alone, Be the provider and don't complain. In other words, be a robot with a swinging brick. That mindset might've helped some men power through tough times, but let's be real—it also helped a lot of us bottle things up until we exploded or shut down. Or just felt hollow inside, Let's redefine it. Not in a fake-positive way—but in a real, grounded, this-actually-helps kind of way.

1. Strength Is Saying, "I'm Not Okay" When You're Not
You know what's actually hard? Admitting you're struggling. Whether it's anxiety, burnout, depression, or just that feeling of being stuck—talking about it takes courage. And it opens the door for change.

2. Strength Is Asking for Help
Therapy, support groups, talking to your partner or friends—it doesn't make you weak. It means you care enough about yourself to not drown quietly.

3. Strength Is Setting Boundaries
Overworking to prove your worth? Taking on everyone else's problems to feel useful? Saying "no" can be stronger than saying "yes" every time. Especially when it protects your mental health.

4. Strength Is Vulnerability
That thing many of us were taught to run from. It's not weakness. It's what allows growth, and actual human relationships.

5. Strength Is Being Yourself (Not Who You Think You're Supposed to Be)
You don't need to be the "fixer," or the "always-funny friend." Being honest about who you are—and living that way—is probably the most greatest thing you can do.

Being a strong man today doesn't mean pretending you've got everything together. It means showing up—flaws, emotions, uncertainties and all. It means being kind to yourself and others. And yeah, you can still hit the gym, fix stuff, or be the go-to guy for your people. Just don't lose yourself in the process. The strongest men I know aren't the loudest, toughest, or richest. They're the ones still standing after life knocked them down—and they're not afraid to talk about it.

Helpful Links

CALM (Campaign Against Living Miserably)

<https://www.thecalmzone.net>

Offers support via phone and chat. Aimed at men aged 15-35, but open to anyone.

Mind

<https://www.mind.org.uk>

Huge range of resources, including how to find a therapist, workplace mental health, and crisis support

- **Apps worth downloading**
- **Moodfit – Mood tracking and tools for building healthy habits.**
- **Woebot – An AI mental health chatbot that helps with CBT-based support.**
- **MindShift CBT – Anxiety management designed with young adults and men in mind.**

Mental health struggles don't make you less of a man. They make you human. And getting help? That's strength. Whether you're reaching out to a friend, a therapist, or even checking out and downloading these links or apps, that's a powerful first step.

Thank you for reading



BOYS GET SAD TOO

♥ 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 ♥

Jack's Story

Hello everyone. I'd like to take a moment to introduce myself.... My name is Jack. I was born and bred in Birmingham—and proud of it (believe it or not). I also lived in Lichfield for a while. I'm 33 years old and a father to three beautiful children.

I built a very good career for myself early on, working in manufacturing. Later, life changed quickly. I had my first two children full-time on my own for two years, which meant leaving employment. I then continued raising them with another partner for a further three years, during which time we had a child of our own. Throughout all of this, I ran a successful business independently while raising my children as a family....

But behind the scenes, I was suffering in silence.

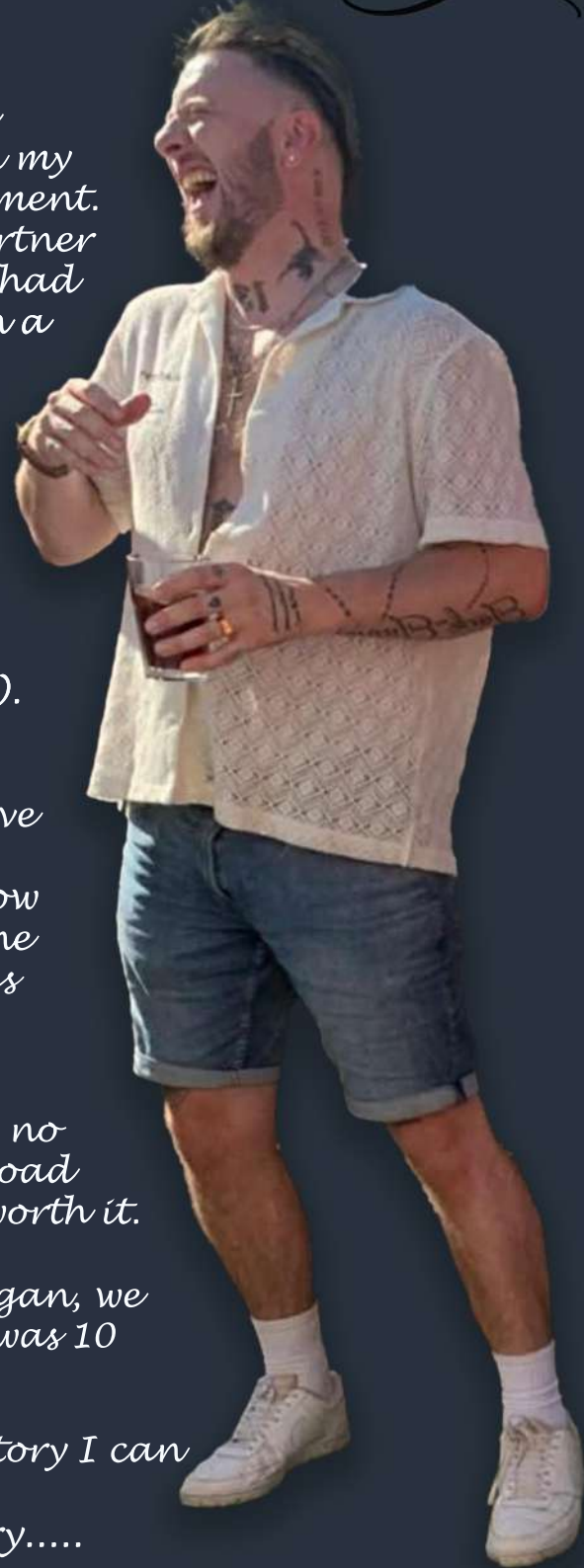
For over 20 years, I lived with undiagnosed Borderline Personality Disorder (BPD) and Complex Post-Traumatic Stress Disorder (CPTSD).

This is my story, and choosing to speak about it publicly has been one of the hardest decisions I've ever made. I'm sharing it because I want to be living proof that things can change—and to show that talking, opening up, and seeking help is one of the strongest, bravest, and most freeing things you can do.

I hope that by telling my story, I can inspire others to take that first step, no matter how long or difficult the road ahead may seem—because it is worth it.

To understand how this began, we need to go back to when I was 10 years old.....

I hope by telling my story I can help someone else....
This is Jack's story.....



I used to visit my father every other weekend, about 30 minutes from Erdington. Back then, it felt safe to play outside—kicking a football around the cul-de-sac or riding bikes over the green. While out playing, I became friends with a group of lads slightly older than me, around 14 to 16 years old.

They took me under their wing. They looked after me, taught me how to jump bikes off ramps we'd built, and always made sure I got home on time. Two of them had met my dad, and he'd also met one lad's parents—everything seemed safe and above board. (I won't be using names or naming areas for reasons that will become clear.)

One lad from this group would often spend time with me alone—playing on bikes or building forts in the woods, like kids do. When it was just the two of us, he abused me.

This continued on and off for two years, until I was 12 and my father moved to a different area. During that time, I was abused countless times. At that age, I didn't understand that what was happening was wrong. To me, it felt normal. It wasn't until after leaving that area that the reality began to sink in.

From the age of 12 until I was 32, I kept this secret. Only a select few ever heard it—and even then, it usually slipped out during breakdowns or episodes, often when alcohol was involved.

The shame and embarrassment I carried for 20 years destroyed me mentally. Alcohol—and at times substances—felt like the only way to silence the noise in my head. I can say with absolute certainty: as much as it feels like coping, it is the worst thing you can do. It prolongs the pain and can destroy relationships with friends, partners, and family.

For years, my self-esteem was nonexistent. I felt unworthy of anything, deeply insecure, and masked it all with humour, banter, and a "Jack-the-lad" persona—trying to keep the mask firmly in place around friends, family, and especially my children.

Sleep was almost non-existent. When I did sleep, flashbacks and night terrors meant it felt like I hadn't rested at all. I also experience visual and auditory hallucinations, which worsen when my mental health declines, and I suffer physical pain during periods of crisis or severe episodes.

When things became overwhelming, I couldn't see a way out. I self-harmed in an attempt to distract from the mental pain with physical pain, and I attempted to take my own life. It all became too much—years of fake smiles, forced happiness, and broken relationships.

Eventually, something changed....

I realised I had been hurting in silence for far too long—alone, ashamed, embarrassed, and believing I was a disappointment to the world. I didn't want to be here anymore.

I reached out.....

I told my parents. I told my brother. I told close friends who didn't know, and instead of the shame and judgement I'd feared for years, I was met with love, support, and understanding. (You know who you are—thank you. I love you all.)

That moment was the beginning of my journey to a better life.

I contacted medical professionals and received 18 months of therapy. Through that process, I was diagnosed with BPD and CPTSD. While there's no specific medication for these conditions, simply having a diagnosis — finally understanding why — was life-changing.....

I'm still learning about my conditions, and I will continue to do so. The more I understand myself, the easier things become.

Therapy was incredibly difficult at first. Opening up that deeply, was terrifying—but honestly, it was so worth it that I actually miss it now, and I plan to pursue more therapy in the future. It's not for everyone, but speaking as someone who's been through it, I highly recommend it. Finding the right therapist takes time, but it makes all the difference.

Over the past 12 months, I've met new people and built new friendships. I've started sharing my story when it feels right and safe to do so. Talking openly helps me heal, removes shame, and strengthens my relationships—because people can understand and support me, and I can support them too.

This isn't about sympathy. It's about understanding. It's about helping others....

If I'd had the courage I have now when I was a child—would things have been different? Maybe. But I won't say my pain made me who I am today. What I will say is that I stand here proud, and I want anyone who needs to hear this to know:

Reach out.....

Seek help....

Talk.....

It is perfectly okay to not be okay.....

You are never alone—no matter how alone you feel.....

This world is better with all of us in it....

I'm still on a long journey of healing. It isn't easy, and I won't sugar-coat it. There are big obstacles ahead, and I know I may never be "fixed"—but I owe it to myself to give it my best shot.

The future is uncertain. In the last two years, I made a police report about what happened to me (a story for another day). But I do have a future—and that's what I choose to focus on.

Thank you for reading. I hope this shows that taking that first step—simply talking—can change your life and start your own journey toward healing.

And to anyone who has experienced something similar:

It is not your fault....

We are not victims....

We are survivors....



Supporting survivors across Birmingham and Solihull

About Us

Our Purpose, Plans & Progress

At RSVP West Midlands, we believe every survivor of sexual violence deserves compassionate, respectful, and empowering support. Our vision is a reflection of that goal.

This page outlines the principles that guide our work, the policies that ensure safety and dignity for all, and the values that shape our trauma-informed approach. Whether you're a survivor, a supporter, or a professional partner, we invite you to explore how we uphold our commitment to trust, transparency, inclusivity 🍷

Together, we work toward healing, hope, and change.

Our Vision

At RSVP, we want a world that is free from sexual violence and abuse 🍷 For individuals, we make that happen through our dedicated services.

Our Mission

RSVP supports children and adults of all genders, who have been subjected to sexual violence and abuse to thrive and enjoy a future of hope and confidence ✨

We boldly stand with survivors and challenge victim blaming.

Our Stances

Sexual Abuse Perpetrators:

RSVP does not support adults who have sexually abused or sexually harmed others.

As we offer our specialist support services in safe spaces, we are unable to offer support to adults who have perpetrated, committed sexual offences or subjected anyone to sexual abuse, sexual violence or sexual harm. This includes but is not exclusive to individuals accused of, under investigation for or have convictions for sexual offences.

We recognise that there is a need to help those adults who are survivors and have also sexually abused or harmed others, to access support.

While we are unable to offer support, the following specialist organisations may be able to help. You can look into the Lucy Faithfull Foundation, & StopSo. Please note that we do not recommend an approach or organisation in particular. We leave adults seeking support to make decisions that are right for them, whenever they feel ready.

RSVP may be able to support children and young people (under 18 years of age) who have been sexually abused and also displayed sexually inappropriate, harmful or problematic behaviours towards other children, including their siblings. We can also support their parents and carers.

Sharing Counselling Notes:

We boldly challenge the sharing of counselling notes. As a survivor-led charity, we value the sanctity of the safe space that counselling offers to survivors. For many, it is the first time they are speaking up about their trauma.

That is why RSVP challenges requests to share counselling notes to protect the interests of the people we support. In accordance with Rape Crisis England & Wales' 'Keep Counselling Confidential' campaign, we do not routinely share counselling or ISVA notes with police/CPS.

Most people agree to share information as they wish to cooperate with the investigation and believe that these notes will support their case. In some instances, it does. But, in most, we know that it's used against them.

We believe people subjected to sexual violence & abuse need safe spaces to heal from trauma without fear that their private information will be shared. Our big-hearted decisions will continue to be led by the wishes and interests of the individuals we support.

DONATE

#ibelieveyou

United Against Sexual Violence and Abuse

The need for the work of The Survivors Trust is greater than ever before. Living in the wake of the #MeToo movement, victims and survivors of sexual violence have never been more aware of their rights. Reporting and demand upon support services are at an all-time high.

Our member agencies provide a range of specialist services to survivors including counselling, support, helplines and advocacy services for women, men, non-binary people and children. These agencies are mostly charities and are completely independent of the police.

Our services provide the best quality support available to survivors in the UK. Of survivors that accessed both Government funded and voluntary sector support services (our member agencies), 72% were more satisfied with their treatment at voluntary sector organisations. Survivors using voluntary services felt heard, believed and respected 92% of the time compared with 62% with the Police and 38% with Social Services. (Hear me. Believe me. Respect me. 2015.)

Although it is clear that our agencies are providing effective and life-changing care, 5% have had to close due to a lack of funding in the last 3 years. Some of these agencies had been open for over 10 years.

The Survivors Trust provides infrastructure support, networking and representation for our member agencies so that they can provide the best quality support to survivors of sexual violence as well as contribute to policy changes that can keep them open. We raise up the voices of our member agencies and their clients to push for support for ALL survivors of all types of sexual violence, no matter when it happened to them or how old they are. All of our member agencies work in line with our National Service Standards which provide assurance of consistent quality service delivery based on a survivor empowerment and involvement ethos.

Our Work

- We provide infrastructure support, networking and representation for our member agencies that provide a range of direct services to survivors including counselling, support, helplines and advocacy services for women, men and children
- We provide free and confidential support and information to survivors of all types of sexual violence
- We deliver accredited training to members, government agencies, police, health professionals and schools that promotes sensitive and informed responses to survivors
- We raise awareness about rape and sexual abuse and its effect on survivors, their supporters and society at large
- We promote effective responses to rape and sexual abuse on a local, regional and national level
- We support working in ways that demonstrate understanding of the role of gender in the impact of sexual violence and abuse on women, men, non-binary people and children
- demonstrate a commitment to supporting survivors equally regardless of their gender, background or experience

What we have achieved so far with your support Over the last ten years:

- We have set up five new rape support centres
- We successfully lobbied for a three-year support fund for member organisations
- We have supported lobbying and campaigning for the Independent Enquiry into Sexual Abuse
- Our organisational membership doubled to 130
- We established the all-party parliamentary group for adult survivors of sexual abuse
- We developed an accredited training package for Independent Sexual Violence Advisors (ISVAs) and have trained around 200 ISVAs
- We have established national service standards
- We have joined and taken active roles in national steering groups in the Crown Prosecution Service, NHS, Ministry of Justice, Home Office among others
- Provided key inputs into Raped, an award-winning Channel 5 documentary. This film is now used nationally in training
- We have conducted Consent and the Law training in schools
- We developed links with Broadchurch and Thirteen Reasons Why to provide support and to ensure the honesty of the storylines
- We were funded by the NHS to run a conference that brought together survivors, commissioners and member organisations, out of which the report Survivors' Journeys, Survivors Voices was produced. This has been disseminated across Whitehall.

Twisted
Proud to support
RSVP



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



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

Who We Are

We are a dedicated team driven by a shared purpose to restore the barge and enhance community well-being through our CIC status. Join us as we share inspiring stories about our volunteers, our passionate supporters, and the rich history of the barge that connects us all.

[FIND OUT MORE](#)



What We Do

We are preserving the historic Barge No. 9, transforming it into a unique venue & café. Anchor Point House, focuses on promoting well-being through various programs, while our fundraising efforts help sustain these vital projects.

[FIND OUT MORE](#)

Will's Story

William Gilroy, the founder, embodies the power of second chances.

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

TECH



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

Late At Night (Extended Mix) – Maddix & Lilly Palmer

Hype Boy (Extended Mix) – Lilly Palmer

Mindflux - Evolution (XLS Remix)

Underground (Original Mix) – O.B.I.

Klankerschranz (Original Mix) – David Temessi & Two Half Broke Dudes

Join Me (Extended Schranz Rework) – Lightforce & KSN (ESP)

Fuck Up (Chris Hawkins Remix) – Marco Remus

Adagio For Strings (Original Mix)

Trip To Mars (Original Mix) – Space 92

We Are One – O.B.I.

Rave Generation (Extended Mix) – Maddix

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

12.03.26

EP 3

CONNEXIONS CLUB PRESENTS

SUKI10C

THIRSTY THURSDAYS

21 BOPDESLEY STREET

BIRMINGHAM

B5 5PJ

6PM-1AM

zeba

NEKKY

MISTA X



MC DADDY G

THE GUVNA • JAKEEQ • H:BREAKS • M.R.B
CAPTAIN APATHY KINGPIN • RAIDR • AK1
TEDDY J

HOSTED BY

RAGNARTHE1ST • ULLAH • CHARLIE MAC
T5 MONTANA • JAB • MC KOLAPSE • LECTURAH
TWISTED MC OJ • MYSTER DARK • CHEZ
MC WONDER • PREZ • TOPPAH



ODD WORLD
EVENTS



WHAT'S ON...

Drum and Bass Kitchen

Coming to you 28th March we are back! Good food and good vibes well into the night so bring an empty stomach and your dancing shoes!

Saturday 28th March 2026

The Engine Rooms Rehearsal Studios in London

6:00pm til 2:00am

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £11.25

Multi Function Brighton - Amplify, Azza & Grima

On Saturday 28th March, MF are back for the first event of 2026 at Volks Nightclub Amplify ft Azza & Grima Levela +Many More O2 Victoria Warehouse Manchester.

Saturday 28th March 2026

The Volks Nightclub in Brighton

11:00pm til 7:00am (Last entry 6:45am)

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £16.75

ShutdownRaves Old Skool Reload

Friday 6th March 2026

Tramps Nightclub in Worcester

Minimum Age 18+

STANDARD TICKET AVAILABLE ON SKIDDLE - £9.05

The Jungle Weekender - Amsterdam

Friday 6 - Sunday 8 March, 2026

Club Panama in Amsterdam

Friday - Sunday 13:00 - 03:00

Minimum Age 18+

WEEKEND PASS AVAILABLE ON SKIDDLE - £153.15

The Annual Drum & Bass Children's Hospital Charity Fundraiser

PART 2

Saturday 14th March 2026

LAB11 in Birmingham

2:00pm til 10:00pm

Minimum Age 18+

DONATION TICKETS AVAILABLE ON SKIDDLE - £10.00



WHAT'S ON...

Stricty Jungle Classics

STRICTLY JUNGLE CLASSICS w/ KENNY KEN, FUTUREBOUND, L DOUBLE +
Matrix & Futurebound | Futurebound | Kenny Ken | Mark XTC | North Base
DJ JACK BANNER | DiamondED | L Double | Jack Banner | DAVIE DEE
MC B | Mc Frost | MC BIC | Digga | Easy D
Saturday 21st March 2026

10PM - 4AM

Kable, Manchester

Minimum Age 18+

GENERAL RELEASE AVAILABLE ON SKIDDLE - £13.45

Planet V Presents V Classics

The seminal Planet V is back for their first show of 2026... a classics special.

Saturday 28th March 2026

Dugout Folkestone

1pm - 1am

Minimum Age 18+

SECOND RELEASE AVAILABLE ON SKIDDLE - £28.13

Invicta Bass 1st Birthday

Selecta's On The Terrace

21st March 2026

The Volks Nightclub in Brighton

11:00pm til 7:00am (Last entry 6:00am)

Minimum Age 18+

GENERAL ENTRY AVAILABLE - £40.00

NU-ERA

Eastside Euphonics presents: NU:ERA

Logan D | Starz & Deeza

Friday 6th March 2026

Infinity, Sudbury in Sudbury

10:15pm til 3:30am (Last entry 2:30am)

STANDARD ENTRY AVAILABLE ON SKIDDLE - £11.25

Tidal Rave

Two rooms of pure fire! Funktion One sound powering the finest
House, Jungle, Garage & DnB all night long!

Friday 6th March 2026

Tide Nightclub in Brighton

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

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £11.25

VIP ENTRY AVAILABLE ON SKIDDLE - £22.25



WHAT'S ON...

Clockwork Orange - Fabric London

Saturday 21st March 2026

Fabric London in London

2:00pm til 10:00pm

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £40.13

Heavy House Society - Sidney Charles

Invisible Wind Factory

Saturday 28th February 2026

Invisible Wind Factory Liverpool in Liverpool

10:00pm til 3:00am (Last entry 11:30pm)

Minimum Age 18+

STANDARD ENTRY AVAILABLE ON SKIDDLE - £25.00

ShutdownRaves Old Skool Reload

Friday 6th March 2026

Tramps Nightclub in Worcester

Minimum Age 18+

STANDARD TICKET AVAILABLE ON SKIDDLE - £9.05

RNB MANIA | Newcastle's

R&B Festival

Saturday 14th March 2026

NX Newcastle in Newcastle Upon Tyne

3:00pm til 9:00pm (Last entry 5:00pm)

Minimum Age 18+

FINAL RELEASE AVAILABLE ON SKIDDLE - £28.60

Bedlam in Bournemouth

ft Bou, Mozey + more

Saturday 21st March 2026

O2 Academy Bournemouth in Bournemouth

10:00pm til 4:00am (Last entry 1:00am)

Minimum Age 18+

FORTH RELEASE AVAILABLE ON SKIDDLE - £27.65



WHAT'S ON...

Mid Life Crisis Avin it Large at The Barge

Saturday 11th April 2026

The Barge Inn Honeystreet in Pewsey

6:00pm til 12:15am

Minimum Age 18+

GENERAL RELEASE AVAILABLE ON SKIDDLE

We Are One presents Old Skool Ibiza over 30s Night

Sat 14 Mar 2026

Atique (Above Velvet Nightclub), WR1 3QN

6:00 PM - 11:45 PM

Minimum Age 30+

GENERAL RELEASE AVAILABLE ON SKIDDLE - £19.00

Milkshake, Ministry of Sound Presents: Y2K Rave

Tuesday 3rd March 2026

Ministry Of Sound in London

Ministry Of Sound in London

Minimum Age 18+

STANDARD TICKETS AVAILABLE - £8.02 - £16.90

Detox Presents: Mason Collective

Friday 6th March 2026

Twelve Wolverhampton in Wolverhampton

9:00pm til 3:00am (Last entry 10:30pm)

Minimum Age 18+

FORTH RELEASE AVAILABLE ON SKIDDLE - £24.45

Worried About Henry - Andy C, Dimension, Hybrid Minds, Sub Focus

Saturday 14th March 2026

Blackstone Street Warehouse in Liverpool

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

Minimum Age 18+

GENERAL FINAL AVAILABLE ON SKIDDLE - £40.40



'A pioneer, a survivor of every era, and still doing it for the love — Ammy remains a cornerstone of the South Coast underground'

Ammy – A South Coast Pioneer of Jungle & Drum & Bass. One of the pioneering DJs of the early Junglist and Drum & Bass movement, Ammy is a true veteran of the South Coast scene. His journey behind the decks began remarkably early — spinning records at just 14 years old at Martines in Eastleigh (circa 1984–87).

If you were ever at the legendary under-18s nights — “Nappy Night” or “Jelly & Ice Cream” (or whatever name you remember them by) — chances are it was Ammy controlling the soundtrack. Back then, his roots were firmly planted in hip hop and electro, and he was deeply involved in the breaking scene as well.

As the rave explosion took hold, Ammy transitioned into hardcore, playing at some of the era's most iconic events, including Fantazia, Rainedance, Obsession, and Sterns (circa 1989–92). It was during this period that he connected with Anil Sood of Paradox, founder of Tripp2 Records. That meeting marked a turning point, as Ammy became a dedicated *Junglist soldier*.

Alongside his jungle and hardcore roots, he also immersed himself in the R&B scene, playing alongside names such as DJ Flash and Firin' Squad.

Having built lasting relationships with countless DJs and MCs over the decades, Ammy proudly says he's “torn between the scenes” —and that's exactly how he likes it. Whether it's Drum & Bass, Hardcore, R&B, House, Garage or beyond, you're just as likely to find him on the lineup. A regular and respected figure on the local circuit, he's still out playing most nights — and not just confined to DnB or hardcore.

Present days now working with martin ward under the title of the time tunnel all about the old skool rave house

In Ammy's own words: “If you see me, come say hi..it's people like you who made me what I am. I'm not an arrogant or stuck-up DJ... not like most of 'em! (jokes aside)... I'm just a DJ after all, playing what you guys ask me to.”

'ONE LOVE'



AMMY

INTERVIEW WITH

INTERVIEW QUESTIONS FEATURING - 'AMMY JASSAL'

AMMY - who is he?

- What came first for you — music or photography?

Music

- Do you remember the first event you ever shot? What was going through your head?

Well it was with a partner of mine - Anil we ran an event called 'Paradox' together on the South Coast. I booked photographers who would take pictures of groups of people and I didnt like the results - it didnt capture our nights the way I wanted them to.

PHOTOGRAPHY – CAPTURING THE SCENE

- You've shot some of the biggest music events in the UK & around the World - what does it take to survive in that environment with a camera?

Well I like pictures that show atmosphere and a picture you would like to remind you of the event, because it is will also be a memory.

- When you're in a dark rave, heavy bass, chaos everywhere, how do you find the moment?

It is scary I will admit, as you have only got a tiny screen to guess how your pictures are going to look and there is nothing you can do until you finally get home and hope for the best lol...

- What separates a "good photo" from a photo that captures the energy of Drum & Bass or a rave culture moment?

There is quite a few photographers I admire and yes, I look to see what they do to give me ideas for my own photography.

• Is there a shot you've taken that means more to you than the rest?

Well to be fair theres always a 'I might aswell go home now, I got the money shot', but every event is different. I guess there is always a one off picture you will never get again.

• Do DJs and Artists realise how much photographers shape their legacy?

Yes!! I get a lot asking for pictures etc Lots of brands ask me if they can use pictures etc. It helps them just as much as me

• Have you ever had to capture a moment while personally feeling overwhelmed yourself?

Yes... when you do a huge event its breathtaking and very overwhelming

• What's the hardest thing about being behind the camera at high-pressure events?

Getting those shots that will secure your place with events and brands

DJ LIFE – BEING ON BOTH SIDES

• How does being a DJ change the way you photograph DJs?

I always take photos the way I would want pictures for myself and my own events.

• When you're behind the decks, do you think visually as well as musically?

Yes ofcourse - I sometimes take pictures as I am DJ'ing lol

• Is there more pressure playing a set or delivering photos from a major event?

I think its music and playing a set. Its all about seeing people happy and that makes it for me in both DJ'ing and photography.

• What kind of energy do you bring as a DJ compared to the energy you capture as a photographer?

I am a 'people pleaser'. In my DJ'ing and photography, so I try and bring the same energy with music and in my pictures.

• *Have you ever photographed an event and thought, “I wish I was playing tonight”?*

All the time!!! Usually at old skool events

CARER LIFE – REAL LIFE BEHIND THE SCENES

• *You’re not just in the music industry — you’re also a carer for your mum. How does that shape you as a career inspired man?*

I have had to ‘reshape’ DJ’ing and photography to fit in with the caring. I have been a carer for 28 years in total now for my Mum.

• *How do you balance high-energy event life with the responsibility of caring?*

You have just got to make it work sensibly and work smart. You become very time dependant on commitments etc - you gotta make it work!

• *Does caring give you a different perspective on fame, ego and success?*

To be fair, I have always done it all for the love, but yes the pay is a bonus - and always remember to stay humble.

• *Have there been moments where you’ve had to choose between career and family?*

Yes, quite a few times I have turned down events. Events abroad now I do go to. I do have a few family who help. I know its not really a break because im working, but it is a break

• *What has being a carer taught you that the music industry never could?*

Dont take life for granted, enjoy it while you can.

INDUSTRY TRUTH

- *The music scene looks glamorous online — what don't people see?*

The hard graft working with promoters DJ's, MC's and Videographers trying to please everyone.

- *Is photography in this industry respected enough?*

Yes, I think now we are used a lot for promoting.

- *What advice would you give to young photographers trying to break into rave culture?*

Do what you love with your own style and to be unique

- *What's one myth about the scene you'd like to challenge?*

It is not all glamorous...

- *Has the culture changed since you first started?*

YES! there were no photos lol... Back in the day, there was no evidence and no memories either

PERSONAL

- *What keeps you grounded?*

Talking to my mum about stuff - shes usually right.

- *When do you feel most proud of yourself?*

When pictures go out and they get lots of likes and seeing that I have made someones profile picture who you know is super fussy etc

- *Do you ever struggle with burnout?*

Yes... trying to please people. Sometimes over working and stressing etc

• *What motivates you when you're exhausted?*

Watching films, bed and rest!!

• *If everything stopped tomorrow — what would you want people to remember you for?*

Being kind to everyone you meet. You will meet a lots of people on the way up and the same people on the way down so always be polite x

• ⚡ **QUICK FIRE ROUND**

• *One DJ who always delivers energy?*

Jaguar Skillz

• *Black & white or colour?*

Colour

• *USB or vinyl?*

USB

• *Sunrise set or warehouse 2am?*

2am

• *One track that defines your journey?*

Run DMC - Walk This Way

• *One word that describes your Mum?*

BESTEST!!

• *One word that describes you?*

Happy :)



Ammy

Ammy's Final Word's of inspiration....

'Our father, who rhymes in heaven, Hyper D be thy name. Thy kingdom come, its bass and drums, on earth as it is in heaven. Give us this day our daily beats, and forgive all the haters, as we forgive those who hate against us, and lead us into junglism, and deliver us from dub step. For thine is the rhymes the power and the glory, the bass line and the vinyl, for ever and ever....'

Amen !!!

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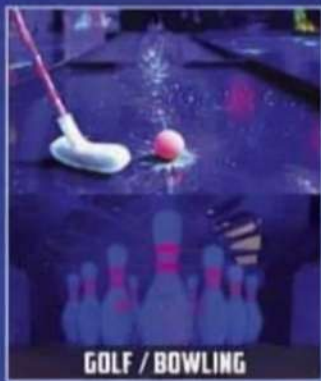
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WITH *mind* IN MIND

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.

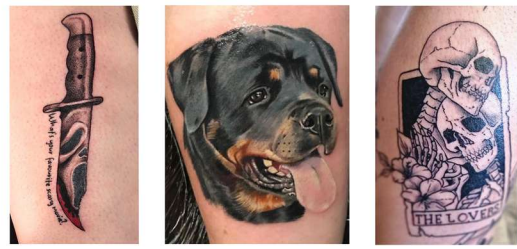
Twisted Apparel shop was created with ravers in mind, we stock t-shirts, hoodies, jackets and clubbing accessories for DJs, MCs, Producers and Ravers alike.

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)

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- ◆ 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



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**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>



THE RIG DIRECTORY

EMAIL

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UNCUT SOUNDSYSTEM	SOUND SYSTEM / DJ HIRE	@UNCUT_SOUNDSYSTEM
WONKEY GOOSE AUDIO	FULL SOUND SYSTEM HIRE	@WONKEYGOOSE
ZIRK	EVENTS TEAM / FESTIVAL PLANNER / ARTIST LIAISON / GRAPHIC / MOTION DESIGN / ART AGENCY	HTTPS://ZIRK.CO.UK
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ZIRO-JUNK	FESTIVAL CLOTHING	

TOP 10 DNB

TOP TEN DNB TRACKS JAN 2026

1. Haven feat. Kaitlin Aragon – I Run (Number 1 on Dance Singles Chart, Jan 22/30)
2. Skepsis – One Last Tear
3. Brodie, Sudley – DNA
4. Wilkinson, Mougleta – Eternity
5. Cesco, IRAH, Mr Williamz – Say Less (Cesco Remix)
6. S.P.Y, The Melody Men – Sweet Sound
7. K Motionz – Generator
8. Chase & Status, Hedex, ArrDee – Liquor & Cigarettes
9. Sub Focus, bbyclose – On & On
10. Mozey – The Recap

TOP TEN DNB TRACKS FEB 2026 SO FAR

1. Sub Focus & bbyclose – "On & On"
2. Kanine – "Feel The Vibration"
3. Morgan Seatree & Sub Focus – "Say My Name" (Sub Focus Remix)
4. 4am Kru & Emiko – "Old School Lovin'"
5. Particle & Simula – "Chrome"
6. goddard. & Jazza's dance party – "sweet little light"
7. Pola & Bryson – "Klaxon"
8. IAMDoomed – "Crime Scene"
9. Fox & Zero T – "Move Kinda Different"
10. Tantrum Desire – "Don't Look Back"

TOP 10 DNB TRACKS TO LOOK OUT FOR IN MARCH

1. Black Sun Empire – Walk The Line
2. Break & Charli Brix – Lost Break Remix (
3. Audio & Prolix – Flip Mode (
4. Friction & T & Sugah – Set Me Free (
5. SMG – Cloaked
6. Amplify & Master Error – Mortal (
7. DJ Hybrid – Downbeat (
8. Hoax – Spearfisher (
9. Waeyz – Backhanded Wobbler
10. Alix Perez – Reset ☑

TOP 10 HOUSE & DANCE

TOP 10 HOUSE & DANCE TRACKS JANUARY 2026

1. Think About Us – Sonny Fodera, D.O.D, Poppy Baskcomb
2. Come Closer – FENCHVRCH
3. Into My Life (feat. Joyce Sims)
4. Release The Pressure – Calvin Harris, Kasabian
5. Talk of the Town – Fred again.., Sammy Virji, Reggie
6. Coming Up (It's Dare) – Odd Mob, OMNOM, HYPERBEAM
7. Come Find Me – MK, Clementine Douglas
8. Mitsubishi (feat. Muki) – Gorgon City, Muki
9. Better Records – Kyle Walker, Nate Katz
10. GET A JOB – Ship Wrek

TOP 10 HOUSE & DANCE TRACKS FEBRUARY 2026 SO FAR

1. HAVEN. - "I Run" (Kaitlin Aragon)
2. Sonny Fodera, D.O.D & Poppy Baskcomb - "Think About Us"
3. MK & Chrystal - "Dior"
4. Ben Hemsley & Gaskin - "If Your Girl"
5. Calvin Harris ft. Jessie Reyez - "Ocean"
6. Armand Van Helden x Mike, Tiësto, Dido - "Thank You (Not So Bad)"
7. Dimitri Vegas & Like Mike, Tiësto, Dido - "Thank You (Not So Bad)"
8. FISHER - "Rain"
9. John Summit - "I Wanna Go (Remix)"
10. Peggy Gou - "D.A.N.C.E."

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

1. Gorillaz - "The Mountain" (Album Release: March 20, 2026)
2. Fcukers - "Ö" (March 27, 2026, Ninja Tune)
3. Calvin Harris & Kasabian - "Release The Pressure"
4. Rossi. & Jazzy - "High On Me"
5. Gorgon City (feat. MUKI) - "Mitsubishi"
6. MK & Clementine Douglas - "Come Find Me"
7. James Hype - "More Of The Same" (feat. Tita Lau)
8. Prospa - "Love Songs" (feat. Kosmo Kint)
9. LF SYSTEM - "Taking Over" (feat. Obi Franky)
10. PAWSA - "TOO COOL TO BE CARELESS"

TOP 10 GARAGE & BASSLINE

TOP 10 GARAGE & BASSLINE JANUARY 2026

1. "Badder" – Shermanology, Champion
2. "Match My Mood" – Sammy Virji, Spice, Flowdan
3. "Contact" – Gorgon City, Interplanetary Criminal
4. "Eple" – Badger
5. "SEND DEM" – Hedex, Holy Goof, Doktor MPH
6. "Only Human (MPH Remix)" – KH, Four Tet, Nelly Furtado,
7. "Verdansk" – Skepsis, Cajama
8. "Still Sincere" – MJ Cole, PinkPantheress
9. "Wanna Party (feat. Dennis G)" – Silva Bumpa, Wideboys, Dennis
10. "Cops & Robbers" – Sammy Virji, Skepta

TOP 10 GARAGE & BASSLINE TRACKS FOR FEB 2026 SO FAR

1. S1 Dubz – Bad Dog
2. Dec Duffy – Fight
3. Herve – killer sound
4. MPH, Yolanda Be Cool ft. Kim English – Tremble
5. KMK – my soul
6. Lash (UK) – Goes Off
7. Sweet Female Attitude – DJ Play It
8. Ejeca – Jalek Speed Garage Mix
9. Lockerz – Comeback
10. Dread MC – HEAR THIS ONE

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

1. Sammy Virji, Spice, Flowdan - "Match My Mood"
2. NOTION - "Hooked"
3. Gorgon City, Interplanetary Criminal - "Contact"
4. Badger - "Eple"
5. Skepsis, Cajama - "Verdansk"
6. MJ Cole, PinkPantheress - "Still Sincere"
7. Hedex, Holy Goof, Doktor - "SEND DEM"
8. MPH, EV, Chris Lorenzo - "Run"
9. Silva Bumpa, Wideboys, Dennis G - "Wanna Party"
10. AC Slater, Kaleena Zanders, NuBass - "Lose My Mind"

TOP 10 DUBSTEP & GRIME

TOP 10 DUBSTEP & GRIME JANUARY 2020

1. Dr. Ushū - Camden Town (Original Mix)
2. Borne - For A Minute
3. Skepta, Fred again... , PlaqueBoyMax - Victory Lap
4. Flava D, Stush - Energy (Original Mix)
5. Zero, Riko Dan - Dubplate Fly (Original Mix)
6. Scrufizzer, Flava D, Peekaboo - Pump It Up (Original Mix)
7. Casey Club - Borehole (Original Mix)
8. Borne, Taiki Nulight - Disguise (Original Mix)
9. BadKlaat, P Money, Peekaboo - Old School
10. Killa P, SKALA UK - Different Style (Extended Mix)

TOP 10 DUBSTEP & GRIME TRACKS FOR FEB 2020 SO FAR

1. Sir Spyro - "2ND SQ" (Deep Medi)
2. Sir Spyro - "Diagonal" (Deep Medi)
3. Sir Spyro - "Be Afraid" (Deep Medi)
4. Sir Spyro - "Patch Bae" (Deep Medi)
5. Ternion Sound - "Unreleased Vault No. 3"
6. Breakage ft. Riko Dan - "CTRL"
7. Wraz, Darkai & Mikrodot - "Massive / Dosed"
8. Turno & Virus Syndicate - "Shellingham"
9. Carré - "Hibiscus EP" (Tempa)
10. Yizzy & Devlin - "WHY YOU WATCHING ME 2.0"

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

1. Hamdi & LYNLY - Orchid Original Mix
2. ENiGMA Dubz - Machine Learning EP
3. Kwizma - Macaw EP (Deep Dark & Dangerous)
4. Wolf'd & SerpentEyes feat. Grim Sickers - Hallelujah EP
5. CØNTRA x Pushloop - Elysian EP
6. Pinch & Lorem - Perdido Original Mix
7. Yizzy x Devlin - WHY YOU WATCHING ME 2.0
8. Strategy & Rotate - On Rotation (140 / Deep Dubstep)
9. Thelem - Walking The Minarets (Chapters)
10. Radikal Guru feat. Dan Man - Know Yourself (Moonshine Recordings)

TOP 10 TRANCE & TECHNO

TOP 10 TRANCE & TECHNO TRACKS JANUARY 2025

1. You & Me (Vintage Culture Remix)
2. Angels Never Die - Indira Paganotto
3. Sacrifice - Sara Landry
4. Razor - Klangkuenstler
5. Simulation (SCRIPT Remix) - Chris Avantgarde, Anyma
6. A Prayer for the Dancefloor" - Charlotte de Witte (feat. Conduit)
7. Conduit)
8. Activate - Amelie Lens
9. Phantaxxy - Pan-Pot
10. World Of Strobe - AIROD
11. Your Mind (HNTR Remix) - Adam Beyer x Bart Skils

TOP 10 TRANCE/TECHNO TRACKS FOR FEB 2026 SO FAR

1. Three Drives - Greece 2000 (Max Styler Extended Rework)
2. Age Of Love - The Age Of Love (Charlotte de Witte & Enrico Sangiuliano Remix)
3. Hi-Gate, Shugz, Trance Wax - Pitchin' (Shugz & Trance Wax Remix)
4. Eli Brown - Be The One(KI/KI - 5AM (Extended)
5. Maddix, Fêlès - My Gasoline
6. Talla 2Xc, DSTRTD SGNL - Dreams (Extended Remix)
7. Argy, Son Of Son, Anyma - Voices In My Head (Amelie Lens Remix)
8. Alex M.O.R.P.H., Paul Denton - Teleporter (Extended Mix)
9. Amelie Lens - Activate
10. KI/KI - 5AM (Extended)

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

1. Armin van Buuren & Jorn Van Deynhoven – Lost In Time
2. Armin van Buuren, Richard Durand, Dicosis – Always You
3. Ferry Corsten, Ruben de Ronde, NRG2000 – Rise Up
4. XiJaro & Pitch & Adara – Goodbye
5. Billy Gillies & Betsy – Fair
6. AA Meeting (John O'Callaghan & Bryan Kearney) – Summit (Sean Tyas Remix)
7. Andrew Rayel & EXTASIA – Sun Never Rose
8. Charlotte de Witte – A Prayer for the Dancefloor (feat. Conduit) [
9. Lilly Palmer & Space 92 – Vicious Chords
10. Indira Paganotto – Angels Never Die



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raising money
for mind



Huge Congratulations and well done to Vicky, Stig & Becky on a great day

Thanks to all who came and helped on the day

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**

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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 Indulgence With A Twist 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>

Karl's Story

Karl Mountstephens
1st August 1985 - 2nd September 2025
Twisted Magazine Remembrance Story

This is an interview with a mother who lost her son to suicide — a loss no parent should ever have to endure. Claudia speaks with honesty about Karl: the joy he brought into every room, his love for music and family, the struggles he carried quietly, and the devastating reality of losing him. This conversation is not only a tribute to her son, but a reminder of the importance of listening, speaking out, and seeking help.

Karl's personality — what was he like?

... incredible, he would light up any room with his smile, he just managed to get everybody up singing and dancing and he was just the soul of any family gathering, he embraced everybody, he just loved everyone and everyone loved him, very very social person.

What made him happy in life?

.. his music work, achieving buying a house, family, friends and his son being born, he loved to entertain others too he was always having parties with his friends.

When did Karl first fall in love with music?

.. when he was young, he was very close to his uncle he is a dj and producer (James Mounstephens AKA Synyx) I think that's probably where his love came from, he was his first influence for sure.

Was Karl diagnosed with any mental health conditions?

... No no he wasn't, but he did have bouts of mental anguish during life which we always managed to get back on an even keel with and sort out what ever pickle he was in.

Karl produced and actually released three tracks onto Apple Music. The titles of these seem very purposely chosen and seem to be no coincidence: Uncalming, Undefined and Unsimplified. Do you think these are a reflection on his own thoughts about himself? And why?

... Yes definitely and the way he viewed himself, Karls zest for life was affected by his mental health surrounding his personal life, relationships and financial issues and he wouldn't ask for help from medical professionals, or anyone infact.

Karl felt like his way out was to end his life on his terms. As a parent myself, I can't imagine what you're feeling. What would you say to a parent going through something similar to yourself or dealing with a child with mental health issues?

Get them help. Just get them help, go to the doctor, get phycologists involved, whatever it is they are going through just try get them to talk and just be present for them.

Karl passed away quite recently, last year in September. What do you do personally that helps you cope with the grief?

I post on Facebook statuses and pictures, just saying how much he is missed and loved

Have you got a message for men out there who are struggling with their own mental health?

Speak to someone, if it's not family if you have trusted friend's, if you don't have that that just keep knocking on your doctors door to just say help me.

Claudias last words to Karl “don't you do anything stupid spuds, don't you dare. I Love you ...”

Claudia's message is simple yet powerful — be present, encourage conversation, and do not stop asking for help. Karl was deeply loved, hardworking, and full of life, yet the weight of words and hidden pain became too heavy to carry alone. If sharing his story helps even one person knock on a doctor's door, speak to a friend, or feel less alone, then his legacy becomes one of awareness, compassion, and hope. Music was at the core of who Karl was. It wasn't just something he enjoyed — it was part of his identity. Producing and creating gave him purpose and a space where he felt truly himself. In music, he found connection, energy, and something he genuinely loved.

I asked Claudia how she would like Karl to be remembered and suggested that, in her own words, she write a simple tribute to Karl to sum up how he will always be thought of: “Letter about Karl, if there was perfect son to be had, Karl was it. A gentleman. Kind. Loving. Always there to help. The life and soul of any party or gathering whether that be family or friends. An amazing father. He had a love for life which was taken far too soon. He will always be missed.

We want to personally thank Claudia for her strength and bravery in opening up about Karl and sharing her feelings and thoughts. After speaking with her for nearly an hour, I was left with a clear impression of what a truly wonderful and selfless person she is. Even after experiencing the unimaginable pain of losing her son, she still finds the strength to help others and be kind, she encourages parents to seek support and urges people to speak out so that other families might not face the same heartbreak. That courage deserves real recognition and heartfelt credit.



LINKS TO APPLE MUSIC FOR KARL'S (Mount Muzik) RELEASED TRACKS

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.”



Jonathon Ardon aka Little Ginge
10.03.1999 - 12.02.2026 💙🕊️
AGE: 26



Ryan Wolverson
16.09.1992 - 22.07.2020 💙🕊️
AGE: 27



Karl Mountstephens
01.08.1985 - 02.09.2025 💙🕊️
AGE: 40



XXXXXX
- 💙🕊️
AGE:

“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 🇺🇸

MEN'S MENTAL HEALTH

A Conversation We Can't Ignore

Overall UK/England & Wales Suicide Figures

Registered suicides (latest official annual data):

In 2024, there were approximately 6,190 deaths by suicide registered in England and Wales — a rate of about 11.4 suicides per 100,000 people.

Suicide rates in 2024 remained broadly similar to 2023.

Longer trend context:

For suicides that occurred (not just registered) up to 2023 in England & Wales, there were 5,570 suicide deaths — 10.4 per 100,000 population.

Provisional 2025 Data (England)

Official reporting for 2025 is still provisional, but early administrative data (to Oct 2025) shows patterns:

Between Oct 2023 and Oct 2025, there were 8,453 suspected suicide deaths in England reported:

- 74.7 % male, 25.3 % female.
- Age breakdown (Oct 2023–Oct 2025):
 - 10–24 years: 867 (10.3 %),
 - 25–44 years: 3,098 (36.6 %),
 - 45–64 years: 3,245 (38.4 %),
 - 65+ years: 1,243 (14.7 %).

In Quarter 3 2025 (July–Sept), 1,433 suicide deaths were registered in England — with an 11.0 per 100,000 rate.

Gender Differences

Men consistently make up the vast majority of suicides, around three-quarters of deaths, a pattern seen across the UK and supported by multiple data sources.

Age & Risk Patterns

Males aged 50–54 have among the highest suicide rates (e.g., 27.5 per 100,000 in England & Wales).

Suicide is a leading cause of death for young people (under 35) in the UK.

2025/2026 Reporting Notes

ONS annual suicide statistics for 2025 registrations will be published autumn 2026.

There is also near-real-time surveillance data up to Jan 2026 being produced to monitor trends.

Lets make a difference TODAY..





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

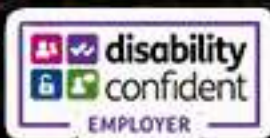
List of mental health helplines from the Helplines Partnership

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



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EVERYONE FOR THE SUPPORT



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