

Feb 2024

# SEPARATE

Special  
News...



- \* Hushwing - a musicians take on sustainability
- \* Music Map outlining CM's gigs and releases
- \* A topical piece on neurodivergency in music
- \* An exclusive CM announcement
- \* Mens mental health, Talk Club and More

Lets Talk:  
CM Social

# UP AND COMING

**CM Live:** On the 7th of March, The Royal Oak is the place to be. Watch Finding Mary, Technicolour Steam Train, and Badlands take the stage. Dancing, drinks, and three animated acts, all for FREE; what more could you want?  
IG: @findingmary\_band @technicoloursteamtrain @badlands.band



**Intrusive:** One of CMs' finest hard rock bands will be taking on their first Bristol headline. Catch them at Zed Ally on the 21st of February for a night full of adrenaline.  
IG: @intrusive\_official



**Untrue:** After debuting their new front woman [Carlotta Ryan] at the January CM social, they have hit the ground running and scored their first headline gig at The Exchange in Bristol. With support from CMs' Blade of Grass on the 14th of March, grab your tickets ASAP!  
IG: @untrueband @bladeofgrassband



RELEASES!

**The Zaffiros:** This alt rock 3 piece is releasing another banger- 'Alibi'. Available on all streaming services from the 15th of March or if you can't wait, watch them live before then at St James Wine Vaults, March 2nd.  
IG: @thezaffiros



**Jules:** "Cascade" is a song that encapsulates the daunting emotions one faces when falling in love. Dreamcaster's front woman is set to release her solo venture exclusively on soundcloud February 24th. Tune in for some folk pop rock magic!  
IG: @julesmakesmusic\_



**Sober Sundays:** Their much anticipated second single will soon be ours! Releasing March 1st, "More Than Yourself" is set to be another alt indie knockout.  
IG: @\_sober\_sundays

**Other Routes** *by Hannah Eve Kilgore*



I feel you in the drop of my eyelids  
driving back, the rain has settled into a deep  
mist that rests across my brow and becomes  
the heaviness of our touching hands  
leaving me with no other choice but deep  
sleep

leave me with no other choice but to write  
again  
I've no choice but to stretch my fingertips  
out and let them dangle across the page  
like feet over a materess

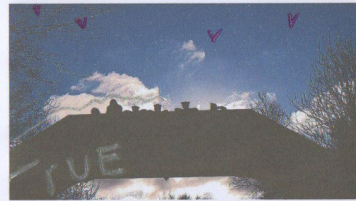
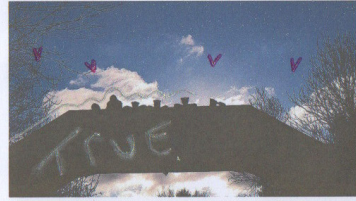
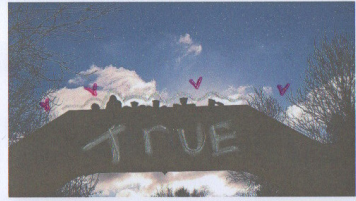
The sign says

Other Routes

and the windscreen wipers quicken and then  
slow themselves like the unsteady heartbeat  
of dorest weather

I make the most of the August heat and  
when September finally comes  
I beg her to be kind.





# CM SOCIALS ARE BACK!

On the 30th of January, 2024, CM had its first social of the year in Komeidia's Electric bar. We had four incredible acts, an amazing team running it (@cm.socials.bath) and the crew who made it all happen at the venue, and a frantic Zine gal running around taking bad pictures and scribbling notes in order to try and capture the essence of a bloody brilliant night. We digress,

## The Paper Crowns: Acoustic Opener (@papercrownsmusic)

And what an opener it was. The crowd gathers round the stage, anticipation tangible in the air as The Paper Crowns, cool in all black, begin the set. The set, full of pushed rhythms and complex guitar parts, played to perfection by Oliver and Alex, has the audience swaying, eyes closed and Han's sultry vocals emanate an intoxicating sound. The bass and drums fits perfectly together, thickening the texture.

Ike's saxophone adds a biting rasp, adding melodic complexity to the performance. Alex's vocals add a new perspective to this set, both vocalists providing clean harmonies and astute lyrics. The final song brings in a new element of

talent; Using each member and a different rhythm for each, the band create a complex polyrhythmic display of clapping within their song. This acoustic set was impeccable, full of songs to absorb and a well placed cover of Dusty Springfields' 'Spooky'; just think what they're like when they're amped up!

## Chase the Wild: Second set, First Year Extravaganza (@chasethewild)

The energy that radiates from the next set is electric. Straight into the first track, this excitement is maintained, with clean guitar chugs from Ben and punchy drums from Ed. Insanely tight, the strong vocals pop against Matt's shimmering guitar, paired with Oscar's keys that add a gorgeous higher range. With each new track played, it is clear that this band lives by the 'work hard, play hard' ethos, with every melody being an ear worm in the best way. Bass keeps the warmth in this set, with Ted's tone perfectly fitting into the scene. On stage, each member is having the time of their life, which imprints on the audience, and we can't get enough of the crowd participation.



This set has it all: claps, singing back, the guitarists venturing off stage and into the crowd, and even having everyone down on the ground, waiting to jump up at the last chorus. Packed with fun, this is a band with a clear direction, and immense talent.

**Untrue: Third Set, and a debut for their new lead singer  
[@untrueband]**

Untrue's first gig since the line up change, and we're lucky enough to be present for the debut! Starting strong, Carlotta's vocals are gorgeous and rounded, punctuated with a bouncing riff and hard hitting drums that we can feel through the floor. On stage, in all black, this band is a picture of grunge-rock sophistication, with the lead singer in lace, maintaining that sexy, darker appearance. We're swept into Jacob's bouncing bass line, fusing well with the edginess of Adam's guitar. Each song is full of power and palpable emotions due to Carlotta's addictive stage presence. A perfected cover of Lola Young's 'Conceited' which has a beautiful twist on it adds a new tone to the set. A crowd invigorator, this set has everyone dancing and shouting their support. Keep an eye out for the next one!



**Custard: Last but not least, the sweetest treat of all  
[@abandcalledcustard]**

And, just like that, we were the final act of the night; Custard. We're taken along a path lined with mystical chord progressions, punctuated with assertive drums. Jazz's voice is fluid, melting into each melodic line. This set is escapism at its finest. The blending of the brass and the guitar really creates this magical, hazy adventure, but the transitions between each section are nothing but sharp and purposeful. The bass in this, a last-minute stand-in from Ike no less, adds warmth to the lower end, while Bran's keys keep that lighter, airy dimension. The use of trumpet is well matched with the vocals, either doubling alongside or splitting away from each other into their own entities, still complimenting the individual parts of the music. The last set of the evening is full of ambience and creativity; a huge success to end the first 2024 social.



# HUSHWING

## The Musician's Take on Sustainability

There is no secret that the music industry affects the climate, with festivals producing 25,800 tonnes of waste annually in the UK alone, and live music emitting 405,000 tonnes of greenhouse gases every year. While efforts are being made, such as Glastonbury's immense work to be carbon neutral, or companies like Reverb reshaping the way that concerts affect our climate, there is still much to be done.

I had a chat with Hushwing (@hushwingofficial), a third-year acoustic folk/alt-indie duo here on CM, who are passionate about sustainability. Here is what was said:

### **Why is the environment something that you feel is key to your brand?**

*Jack:*

"I think everything that inspires us is all about the environment. Whether it's the ocean or the woods, we've both grown up around that our whole lives, so we want to protect that."

*Izzy:*

"I also just think, why wouldn't you make that decision? For me, there is no other alternative, we try to do that in our day-to-day lives anyway, so it wouldn't make sense not to promote it as well."

### **What do you think of current efforts being made in the industry?**

*Jack:*

"It's so important, there's no reason not to [make these efforts]. Events typically have a lot of waste because of packaging, and having to get equipment to venues. Finding a way to combat that, even if it's donating to a charity that helps offset carbon emissions, would still make a difference."



*Izzy:*

“It’s hard not to create some emissions; it’s unrealistic if you’re putting on a big event. But there are so many companies now that give the opportunity to combat emissions. We’ve started using ‘Ecologi’ which is a brand that you can pay to plant a tree; so when we make our merch we will be using that.”

*Jack:*

“Particularly for merch, because of the transportation and plastic packaging.

The main thing here is the carbon footprint. If we can donate some of the money we make of the stock towards this charity and plant trees, we can fully offset it.”

*Izzy:*

“[Coldplay] I went to their tour and they had the electric bikes that produce the energy to the concert in the standing area, and they also had kinetic flooring; it was almost like a trampoline type thing, which was really cool because people generated the venue.”

## What would you like to see more of?

*Izzy:*

“Obviously for most bands, the main income is from merch at gigs and there are so many ways to make your merch more sustainable.

*Jack:*

“The toughest thing is the packaging it comes in, cos when you order bulk from like 99% of the companies, each item is individually wrapped in single use plastic when there’s absolutely no need for it.”

*Izzy:*

“Trying to make [merch] as sustainable as you can is probably the biggest thing you can do, because clothing is such a fast fashion thing. Even if you’re bulk ordering a lot of stock you can still use sustainable materials. Some brands let you do sustainable delivery where it’s delivered on foot or by bike. It’s just taking little steps which would be nice to see more of.”



A man and a woman are sitting on a tree stump. The man is leaning against the tree trunk, wearing a brown jacket and blue jeans. The woman is sitting on the stump, wearing an orange jacket and dark pants. The background is a solid green color with a faint silhouette of a tree on the right side.

*Jack:*

“I think the issue isn’t necessarily the smaller bands, it’s the fact that a lot of bigger names aren’t doing it themselves and therefore the companies have no incentive to do sustainable stuff. If bigger names started saying ‘we want you to stop doing that or we won’t use you’, they’d miss out on a customer, therefore they’d miss out on profit.”

### **What steps do you both take in order to be more sustainable?**

*Izzy:*

“Jack and I, when possible, will save money over time to buy something that is sustainably made and is made of sustainable material.”

*Jack:*

“Or buy second-hand!”

*Izzy:*

“Yeah, usually the things that are more expensive and viably made are higher quality and will last so much longer. Personally, I’d rather wait a bit and buy that one thing that’s really nice that’ll last me ages. Another thing we do is keep our food waste minimal and when buying things from Lidl, we will avoid packaging at all cost, like fruit and veg. Just little things like that. Also walking to places instead of getting in a car.”

*Jack:*

“We don’t even really get the bus half the time.”

*Izzy:*

“Yeah, if you leave 20 mins early you’re still gonna be there at the same time.”

Jack: “It’s informing yourself of what kind of impact you’re having.”

### **Anything else you’d like to add?**

*Izzy:*

“We are releasing within the next month and a half so that’s something for you to look out for! Also, we are going to be bringing out some new merchandise which is going to be sustainably made, which is exciting! We’ve currently got, in our (Instagram) bio, a GoFundMe to help us raise money to be able to make this merch because sustainability does cost more money.”

*Jack:* “A quarter of every donation will go to ‘Ecologi, to plant trees in the UK specifically.”

*Izzy:* We’re looking to raise around £600, but yeah, a quarter of each donation will go to planting a tree in the UK.”

To summarise, clearly influence is a huge aspect of this; if artists with larger followings started actively making sustainable choices, perhaps that would encourage companies to do the same. But, as Hushwing has said, we can do our bit, whether that be avoiding excess packaging, reducing food waste or minimising the amount of fast fashion we buy. Or all of the above!!!

Thank you so much to Hushwing; and be sure to keep an eye on their socials to keep up with the exciting new release as well as the fabulous sustainable merch that’s coming very soon. If you want to donate to their GoFundMe, there is a QR code below; It will also go towards planting a tree!



photo: @charlottekaty



Photos by Daniel Reynolds (@danielsmemoir)

# Neurodiversity in Creative Spaces

## How The Two Go Hand In Hand

The music industry has always celebrated a variety of sounds, styles, and cultures; so there should be no exception when we talk about neurodiverse [ND] minds. Neurodivergence is an umbrella term that describes the variation of conditions that affect brain functions in thinking, analysing, and reacting and it is not uncommon to have an individual possess more than one neurodivergent trait. Many of history's great innovators are reported to have had conditions such as ADHD, Autism, and Dyslexia to name a few. ND recording artists today include Florence Welch, Loyle Carner, Doja Cat, and Billie Eilish; many of them linking their conditions to the way they create.

The arts have no correct way of thinking, or a set process. It's constantly being redefined and its boundaries pushed through unique approaches changing what we consider art. This appeals to the neurodivergent mind in ways that other professional work spaces don't. Reflected in a study conducted by the Association For Electronic Music [AFEM], of those who took part, '58% have a neurodiverse condition but only 38% have a clinical diagnosis'. This is in stark comparison to the 15% of the UK population considered to be ND.

In 2020, Universal Music UK came out with a 'Creative Differences Handbook' which contains lots of valuable research, and discusses how to support neurodivergent individuals in the music industry at large. In this handbook it is discussed how "individuals with ADHD outperform others when thinking creatively" and "autistic traits may put an individual at an advantage when generating ideas". Both music and being ND is a personal experience, the two going hand in hand to create compositions that are infused with identity.

Music, in particular, creates a high energy, everchanging, and stimulating workplace, able to keep dopamine levels high and pull focus; this often being a struggle for ND individuals. And with uniqueness and innovation sought out in music, it is a welcoming place for those who feel they lack a voice in neurotypical environments. Freelance workers are common within music appealing to the NDs, allowing them to choose their own work hours, projects, and workload.

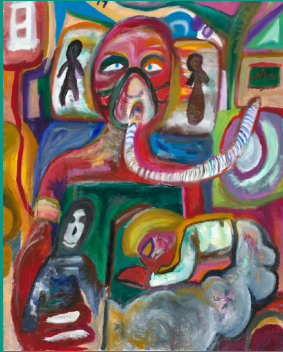
As much as music can be a creative outlet for the neurodiverse, and the profession is adaptable to fit a variety of minds, support is still needed to make certain that music is for everyone. Universal Music UK touched on how excluding neurodivergence in company discussions can discourage neurodivergent individuals to seek the correct support. The reality is: as much as we can celebrate neurodiverse minds, individuals with these conditions can still struggle to be fully understood—partly due to stereotypes. There is still plenty of research to be done into this area, and in the future we will gain a greater understanding of what it means to be neurodivergent accompanied by new terminology and inclusive practices.

No individual should be forced to adapt to an environment that doesn't suit them. If you feel as though you could be neurodivergent or struggling in any sort of way, we prompt you to reach out to the university wellbeing services. You can do this through the BSU website or using the well being pop-up service in the student hub, available Monday-Friday 10am-4pm. Any sort of help, big or small, can make the world of a difference for an individual.

# Big Jeff: Men's Mental Health and More



# Stare: An artist's journey through self-reflection



Big Jeff's Painting "Life And Death"

Jefferey Johns, colloquially known to Bristolians as 'Big Jeff' is a cultural icon of the Southwest of England. Attending and supporting his favourite artists since the age of 11, local artists have noted that seeing him at their shows is an honour. Like many of us, Jeff used gigs as an outlet to fight his ongoing battle with depression. In Jeff's own words he felt "comfortable somewhere where [he could] actually connect with people".

Jeff has always been expressive and open about his mental health, making sure to spread words of wisdom to people who may be going through similar trauma.

After Jeff had almost lost his life in a housefire, he stated that people should "stop, drop and roll," conveying the extent of care he has consistently showed to the people of Bristol. However, his recovery wouldn't be easy; the fire had taken a huge toll on the way that Jeff perceived himself.

As an outlet, Jeff had used his artistry to illuminate the windows of Southmead Hospital, hand painting murals that would light up the hospital with hope. Following this Jeff would continue using art to illustrate the difficulty of his recovery. During his recovery process, Jeff held an exhibition called 'Stare' which included self-portraits that he had worked on during lockdown. Each self-portrait reflects different periods in his life reflecting the ways in which he viewed himself. My favourite piece in this collection is "Life and Death" a piece that captures Jeff's feelings after a botched appendicitis surgery – a subject topic that he hadn't artistically explored.

"Art for me has been about expressing emotions I can't explain another way. These paintings highlight my issues with barriers and hidden anxiety and mental health. How people see me is one thing - but internally I sometimes feel completely different. I use art as a way of expressing things that aren't always easy to discuss." Big Jeff



Big Jeff's Hospital Mural via The BBC



## How are you? Out of 10?

As a part of Big Jeff's Stare exhibition, he was supported by Talk Club. Talk Club is a men's mental health charity based in Bristol UK. The charity was founded by Ben Akers after his close friend Steve took his own life. They strive to erase the stigmatisation that can sometimes come with talking about feelings. Three quarters of all suicides in the UK are male, therefore it is important to have an outlet for men to speak up.

As a part of our research, we asked our lecturer Duncan Silvey a few questions about his personal experience with Talk Club:

### **Why is Talk Club important to you/and others?**

Duncan: Talk Club is important to me because it gives me an outlet in which to be able to express my thoughts, emotions and crucially, be heard, in an environment that's non-judgemental. At the same time, I am offering that to other men. Importantly, no feedback is given to anyone – simply a “thanks for sharing”, which is rare for men to do. We are wired by nature to be problem solvers. It's a learnt practice and discipline to simply, listen.

Listening is an underrated skill which cultivates understanding and empathy towards other people, that we don't have a personal connection with on a day-to-day basis. Something our world needs more of right now, arguably more than ever.

From listening to others, you can have a higher perspective on your own life, which is so empowering and ultimately freeing. Attending Talk Club's enable that.

### **Would you recommend Bath Spa male students to attend a Talk and Listen? If so, why?**

Duncan: Absolutely, if you're struggling with anything that you want to talk about in a space that is confidential, then this is that place. The opening question is “How are you, out of 10?” which is a mechanic which helps a person contextualise and measure their mood over time, giving clarity. Attending a session can be quite daunting to begin with, but once you've done it a couple of times it becomes more natural and by proxy, you end up being more honest with your friends and family in general. I've literally seen lives be saved by Talk Club sessions.

### **How can people support charities like Talk Club?**

Duncan: You can head to [talkclub.org](https://talkclub.org) and there is lots of information of how to find a Talk Club near you [physically and digitally] or if you want to... start your own! The beauty is that anyone over the age of 18 can become a session “captain” and be trained by their team on how to run one, with support from the community.

**To find your local Talk Club go to: <https://talkclub.org/clubs/?btn>**



To conclude our promotion on outlets for men's mental health, we would like to bring light to the podcast 'Syncing Feeling' created by third years Jake Gooding, Jack Clarke and Oli Booth. We encourage anyone who may be struggling with their mental health in the industry to listen on Spotify.

To discover what inspired the creation of this podcast, we asked Jake some questions:

### **What inspired you to focus Syncing Feeling on mental health?**

As part of our Music, 'Money & Enterprise' module we had to plan, design, and attempt to launch our own business. We decided pretty early on that Men's mental health would be a perfect overarching topic to base our business around and Jack Clarke (BSU, CM undergraduate & one of the hosts of Syncing Feeling) was passionate on starting a podcast with this theme in mind. We were further inspired after watching a guest-lecture from Talk Club (a Bristol-based support network for men in need of Mental Health support), their presentation further fuelled our creative fire and set us on the right path toward conceiving, and further, distributing a podcast of our own. We decided to put our own twist on this subject matter and directed our focus to Men's Mental Health, specifically within the Music Industry.

### **Why do you think that it is important to speak up about mental health in the music industry?**

I, Jack Clarke and Oli Booth started this podcast because we felt that, as creatives, we are always tapping into something within us, whether that is positive or negative is purely up to our mindset at the time, but both bother the former and the latter can affect our productivity in very different ways. We knew that this topic would be niche but also enlightening for those inside and outside of the music industry and by introducing weekly guests we get to give our audience a brand-new insight into what goes on within the mind of some of Britain's best upcoming musicians and how their mental health can affect their creative processes. We decided to utilise the facilities and students that we had available to us and decided to introduce a guest system that allowed to interview and learn from a plethora of artists, as we are fortunate to have no shortage of budding musicians, producers & creative types at BSU.



### **Do you think that you will continue the Syncing Feeling podcast after university? If so, why?**

Absolutely! Providing we can outsource the right equipment needed to continue the recording process. The vibe is always better when the hosts and guests are in the same space however many successful podcasts still managed to record remotely during lockdown - this means we don't all necessarily have to be tethered to the same spot if we want to continue production. We all felt, after recording the first few episodes, that it not only an enjoyable experience to create this podcast together, but in fact found that we fitted the format naturally and were able to get some incredible answers and topics out of the guests.

**SYNCING  
FEELING**

# WORD

# SEARCH

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HUSHWING FINDING MARY

BLUE MOON FRANCES SNAKE DAY

CLEMENCIE UNTRUE

# The Show Must Go On!



We loved Moles.

CM was there all the time for socials, support slots and headlines but now we need new venues for live music, and you all need the gigs.

The first CM Social at Electric Bar was an all-singing all-dancing verified success. So good! Such a good night. Congrats to the team. You are amazing.

Hopefully you all know that 7th March is the turn of Finding Mary, TST and Badlands at the Royal Oak on Lower Bristol Rd.

You know the one. When you arrive you get to choose between a gym and a pub.

But...

New venue announcement!!

On the Thursday 29th Feb we'll be in our new place which is underneath the Assembly Inn on Alfred Street.

Quite near Moles.

The night will be called "Voles".

Watch the walls at uni and CM Inst for more details. Limited numbers. Couple of £ on the door for the bands.

Rejoice!!!



Written by Chris Blanden

# THE TEAM



**Joni Butcher - Director, Graphic Designer, Writer**

*Our 2nd edition!!! We have had so many fantastic people contribute to this one and I'm so excited for everyone to see...*

**Jazz Jones - Writer, Graphic Designer, Photographer**

**This edition holds a special place in my heart. A massive thank you to everyone who has contributed., and thank you to everyone for supporting!**



**Daisy Mccaig - Writer, Editor**

**We're back babes. Put the Biff and Chip down and read this instead xx**



**GEAR is made by students for students. That's why we are FREE! scan the QR code to donate to GEAR to help keep us going :)**



**WE WANT YOU!**

we are always looking out for new talent to feature on GEAR from writers to artists DM us on instagram @gear.zine