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**HUEY
MORGAN**

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CALM

GREETINGS!

Well helloooo summer. Yes, summer, we're talking to you. It's time to grace us with your presence. And that means giving us a little more of your time than peeking out from behind water saturated clouds every now and then just long enough for us to whip our jumpers off and get goose bumps the moment a breeze rolls in. You've been warned. CALMzine is expecting sunshine and sombreros in 2016, not least because they're the best accompaniment to this year's line-up of music festivals, including SGP where you can find 'The CALM Zone' tent and our free tea and biccies (read all about it in our CALM Festivals Guide), but also because we've got some serious sport to sit back and watch from a safe distance (Luke Chandley has all the details on p.6). This issue, we've got an interview with Fun Lovin' Criminal, radio DJ and Mr 'Manhattan Cool' Huey Morgan in which he kicks back at Kardashian society and gives us some sage advice, and CALM meets New Device frontman Dan Leigh. Dig a little deeper and we've got an honest account of how football calmed Nick Pope's OCD, and Lee Crowe writes for INSIDE MAN. Like our front cover? Check out more of Mark Frudd's work in ART SHOW, and don't miss regular reprobates Disappointman, Dear Josh and Chris Owen's 'The Rant'. Oh and by the way, major CALM news inside these very pages! You could say royal news, even...

Enjoy!

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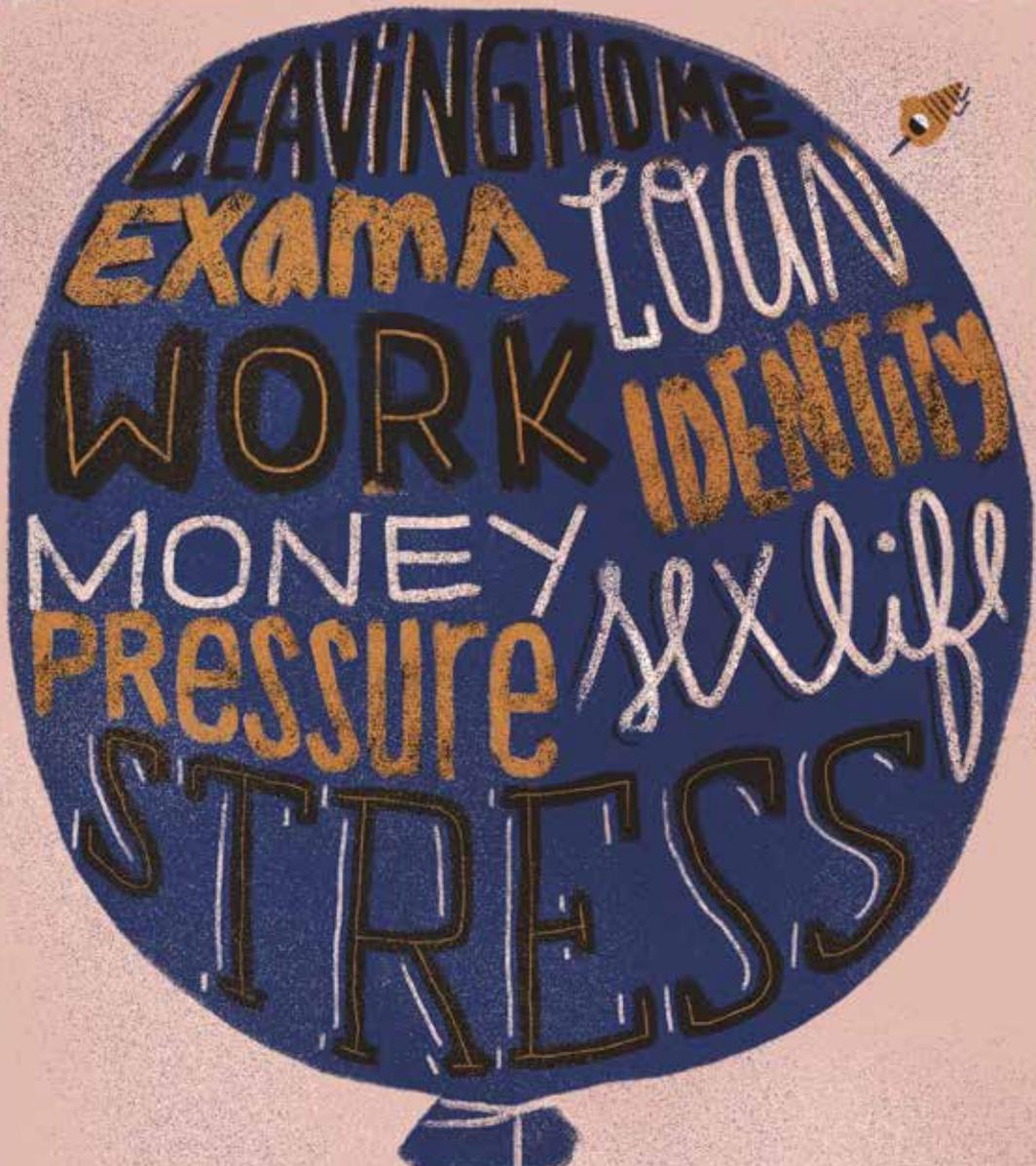
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CALMzine is the first port of call for all your manspiration needs. We all have issues at the end of the day, so what do you want to talk about? Who do you want us to talk to? We want to hear from YOU.

Tweet us your ideas and views @CALMzine #CALMzineidea, or send us an email at editor@thecalmzone.net. If you want the hard stuff, go to the CALM website www.thecalmzone.net or follow us on Twitter @theCALMzone.



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Manifesto!

BY MAJESTIC

I AM A MAN, AND SOMETIMES
I CAN BE SENSITIVE,
AND I TALK TO MY FRIENDS
IN THOSE MOMENTS. BUT SOMETIMES
MY FRIENDS AREN'T AROUND
SO RATHER THAN BOTTLING IT UP
AND JUST CARRYING ON WITH
YOUR DAY, GOING ON FACEBOOK
AND PUTTING YOUR STATUS AS:
"EVERYTHING IS OK"

THINK:

DON'T DELAY
THE SILENCE
IS KILLING US.
NO MORE.

WHY NOT
TALK TO
SOMEONE?

You can
speak to
Calm.

ANONYMOUS
FREE →
CONFIDENTIAL

NO ONE NEEDS TO KNOW
WHAT YOU ARE FEELING
APART FROM THE OTHER
PERSON AT THE
END OF THE PHONE.
SO CALL THEM TODAY.

HOW TO...WATCH SPORTS

Anyone for tennis? OBVIOUSLY, it's summer. Even if your idea of sport is seeing how many crumpled up essay pages you can score into the bin from the other side of the room, football writer and armchair expert, Luke Chandley, gives you the low down on this summer's calendar of competitions and how to watch them.

Rio 2016 - Olympic Games

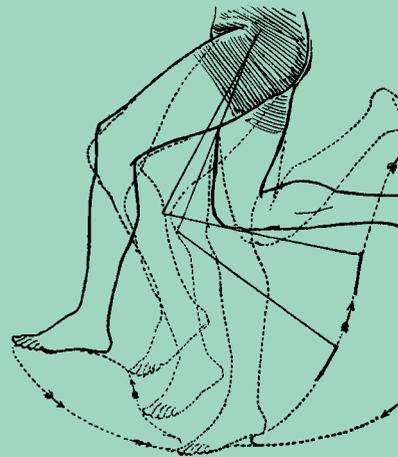
Taking place in the festival heartland of the world, Rio de Janeiro, this year's Olympics will be one helluva party. GB will be looking to Mo Farah and Andy Murray to bring back the glory, with Jade Jones of Taekwondo gold medal fame and Laura Trott in the cycling aiming to continue their awesome form from London 2012. The qualifying rounds are taking place up until mid-July, and one sport in which we should have no problem qualifying is rowing. With GB expecting a medal in all rowing events, our athletes are tipped as an "incredibly strong team" by double Olympic champion Andy T Hodge.

This year also sees golf taking centre stage, having last featured 112 years ago. World number 1 Rory McIlroy will be performing on behalf of Rep of Ireland, with a strong possibility of Masters winner Danny Willett taking part in the event for Team GB. The Games start 5th August and run to 20th of that same month.

CALM way-to-watch: Pick a sport you know nothing about. By week two, we guarantee you will be questioning athletes' technique and challenging friends' statements about participants' form and style. Hell, you might even take it up yourself. (Ok, maybe not...)

UEFA European Championship - Football

When it comes to summer sports, nothing is more feverous – and underwhelming – than English hopes at international football. Will things be different this year? Well, maybe not. But what looks to be interesting is a youthful, eager England team heading off to France in the wake of some promising



SPORT THIS SUMMER

performances. If this doesn't get you going, then maybe cheering for an underdog will, because this summer there are even more teams involved (24), including home nation squads from Northern Ireland, Rep of Ireland and Wales. There is also the possibility of a spicy encounter between France and ROI in the second round, a rematch of when ROI was robbed of a place at the 2010 World Cup by a French penalty that was allowed despite Thierry Henry's handball... #awkward. No matter how enthused (or otherwise) we get, being the British general public, supporters will always be ready to get behind our national sides. But what if we all get knocked out early? That doesn't have to be the end of the fun! There's plenty of, you know, actually good footballing sides out there, and they'll all be live on free-to-air TV, meaning that ITV and BBC are the only places you need to be.

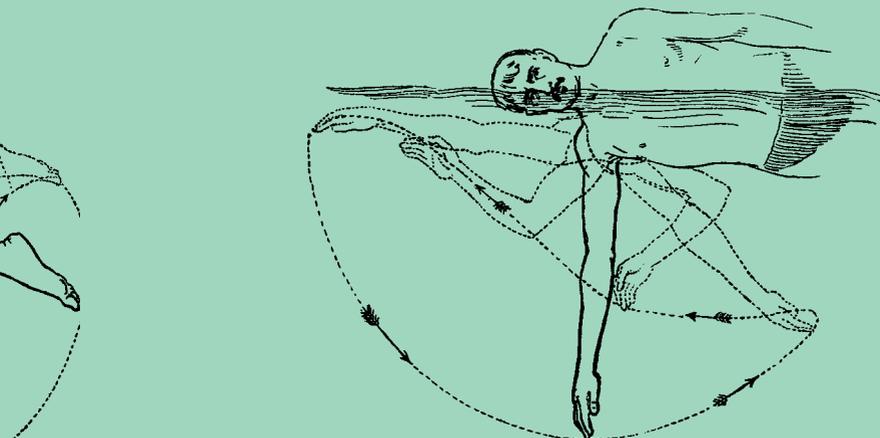
The team to beat this summer could be France. Their only two tournament wins have come about when they've been the host nation, so it's tough to look past them in that respect, but the usual suspects of Germany

and Spain are sure to be challenging come the end of the tournament. Stock the snacks, get in the drinks and invite the friends to man the BBQ, because summer football is here 10th June – 10th July.

CALM way-to-watch: In your house, with your mates, screaming at the telly. And that's only at the pundits. Maybe forewarn the neighbours about this. Or better still, invite them round and have a shout (and bond) together.

Queen's Club/ Wimbledon = Tennis

Each year, the summer calendar brings tennis across the sea from Roland Garros and France to the Queen's Club AEGON Championship and, later on, Wimbledon for the world's favourite Grand Slam title. 'Murray Mound' will be full to the brim with the usual expectant fans hoping that Andy, number 2 in the world, can dethrone one of the most vicious and talented machines ever seen in tennis – Novak Djokovic.



Queen's is the yearly warm up to the big tournament over in Wimbledon, and takes place two weeks before its older cousin. Both events are being covered by the BBC, so get hold of a super long extension lead, stick the TV in the garden/yard and tune in for Queen's on 13th – 19th June, and Wimbledon 27th June – 10th July.

CALM way-to-watch: Recreate the Wimbledon experience with Pimm's and some strawberries and cream. Every time you run out of ice, the last person to scream, "YOU'VE GOT TO BE KIDDING ME!" has to go and get the next batch of ice from the shop.

Silverstone - Formula One

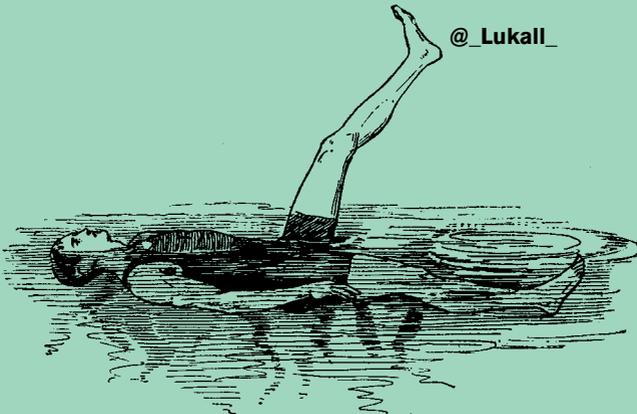
The home of British Formula One since 1948, Silverstone racing circuit has been a staple of Formula One since a time much before Lewis Hamilton, but with the British driver at the forefront of the sport, all eyes are on the summer schedule once again. Tickets to the race itself come at a hefty price, but the qualifying and practice days offer a decent day out at approx. £60 per person. Camping is available and the festivities range from racing to pit walks and other automotive related fun. It isn't the summer of sport without a trip to Silverstone, but - watch out - during peak summer (9th-10th July) we could have a situation when this, the Euro 2016 and Wimbledon finals take place on the same weekend...

CALM way-to-watch: Check out the weekend racing calendar and take in the entire race experience. Buy earplugs and a decent camera though, because if Formula One is nothing else, it's quick and it is LOUD.

Tour de France - Cycling

It wouldn't be a bright summer of sport without mentioning the one Britain's best at: Cycling. With high expectations of Team GB, could it be time for Chris Froome to win what will be his 3rd Tour title (taking place 2nd – 24th July)? As the Olympics are only a few weeks afterwards, Froome will need to be in peak condition physically and mentally for the Tour, which is widely regarded as the toughest sporting event on the planet. It's not just the terrain that Froome will need to tackle. His competitors will also be in excellent shape; Alberto Contador has been in promising form throughout the season, and is third favourite to clinch the yellow jersey, with the likes of Columbian Nairo Quintana hot on both their heels as a contender. Nine mountainous stages, nine flat stages and one hill stage with two time trial days in between, means you'll likely break a sweat just watching.

CALM way-to-watch: Why not take in some of the tour itself? Cycle the flats or merely watch from the sides, but every last bit of the 3360km is as beautiful as it is gruelling. Fifteen million spectators a year attend the Tour, and you could be one of them.



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“One of the best sportives I’ve ever ridden. From the festival vibe on the field at 7am, to the genuinely welcoming atmosphere at the finish, I really couldn’t fault it.”

David Else, Cycling Weekly journalist.

IN LOVING MEMORY OF NELSON PRATT

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As manager of a flagship TOPMAN store in The Trafford Centre, Manchester, Lee Crowe knows from distributing CALMzine on the sales floor just how important it is to talk about the tough stuff, and he figured it was about time he shared his own story...

INSIDE MAN: Lee Crowe

The Equal Opportunity Mongrel

I was diagnosed with having clinical depression around seven years ago now. For me, finding out my dad was terminally ill with an incurable brain tumour was what triggered it, although, as you can no more stop the rain from falling on a stormy day, you can't decide whether or not this illness will pick you. And I think the big thing to remember is that it is an illness, an illness of the brain. I know I have a chemical imbalance in my brain and I take a boat load of medication every day to try and stabilise it.

I'm not alone either. One in four people have some form of mental illness and I am one of those lucky one in four **takes a bow**. It's a 24/7 thing for me. I call it my black dog and I take it with me everywhere. The black dog is an equal opportunity mongrel. It doesn't care whether you're black, white, gay, straight, rich or poor. I have my own house, a new car, I enjoy my job, I have enough money and I'm not losing my hair (touch wood), so people might think, "what have you got to be depressed about?" Or: "You always seem so happy!" But having depression is not about feeling sad. It's about feeling nothing at all. Your mind has checked out. There's nothing in the eyes, just a void, and you become an expert at masking what's really going on. When I have a bad episode (it happens maybe once or twice a year), I don't leave my bed for about three weeks and I start to phase out any form of contact with anyone. I cancel plans with

friends, and I don't have the energy or the inclination to look at my phone if it goes off. In fact, if there was a £50 note on the floor I wouldn't be able to move to pick it up.

One of the worst things though is the shame that comes with the package. If people ask what's wrong you can't show them the cast of your broken leg, the scan of your fractured wrist, the lump, rash, or wound. So you feel even more disgusted with yourself and you start to hear a thousand abusive voices on a loop in your head. Ruby Wax explained it like if the Devil had Tourette's, that's what it would sound like. So it's easier to lie and say you've got the flu, or you've been throwing up from something you ate. Tell somebody you've got diarrhoea and, trust me, no further questions will be asked!

In fact even after having my black dog for seven years now, I've only ever told one of my close friends about it and that was last month. It is a very solitary and isolated illness.

Every day when I drive to work I go over a large bridge on the motorway, and each time I do I have to ignore the voice in my head telling me to let go of the wheel and just go over the edge. I'm not telling you this to shock you, I'm just trying to give an honest account of what it's actually like to live with this thing and be tormented by your own mind.

I had my first real episode after dropping my parents off at the train station in Manchester city centre after my dad had finished his radiotherapy. I managed to beat rush hour traffic in town and break the proverbial sound barrier to get them to the train on time, then, after they had got out of my car, I started to drive home. I was still in the city centre when I stopped in a main road and started to tremble. My legs went to jelly, my hands wouldn't stop shaking, I couldn't breathe and I thought my heart was going to break out of my rib cage like that scene in Ridley Scott's *Alien*. I thought, 'this is it, I'm having some sort of heart attack and I'm going to die'. Turns out it

was a panic attack and the start of a breakdown. I was taken to hospital in an ambulance a short time afterwards where I stayed overnight in a psych ward. Little did I know at the time that I had years of antidepressants to look forward to after this and a lot more panic attacks to add to my list of things to do before you're 21.

When I woke in the hospital there was a young girl in there who had attempted suicide. We looked at each other and I realised we didn't need to say 'are you ok' because we had the same vacant look in our eyes. Neither of us was, and I realised I wasn't alone.

Evolution has not prepared us for the 21st century. Each cell in our body cares about one thing: Survival of the species. Our body couldn't give a shit if we're happy, as long as we're alive. Our brain still fills our body with chemicals when we get stressed or anxious like it did a million years ago when cave-men were sharing the plains with Sabre-toothed tigers or whatever. That adrenaline and 'kill or be killed' response used to save us; we'd kill or evade the threat and our bodies would return to a normal state. Now, our bodies fill up with the same chemicals because maybe we're in debt, we didn't plan for a meeting, or our relationship is breaking down, and there's no outlet for release. Stressor piles on top of stressor, burden upon burden, until we find ourselves in a permanent state of panic. The thing that used to save us now drives us insane.

OK, I'll admit, an expert in evolutionary psychology I am not, but one thing is clear to me: We all need an outlet, and access to support. There's no shame in being vulnerable! So if we don't drop the stigma soon it's not going to be one in four people affected with mental illness, it's going to be four in four. My black dog is always with me, but since opening up with friends about the issues I deal with and getting the support I need, my black dog is (at least for now) taking a nap.

@leesapollo



**CALM
INTERVIEW**

**HUEY
MORGAN**

Words by @jojofurnival
Pictures by @danny_clinch

It was 1997. I was 12; already angry, already experimental, basically already a teenager. 'Scooby Snacks', a track featuring samples from Tarantino classics *Reservoir Dogs* and *Pulp Fiction*, two of my favourite movies, was re-released onto the UK music scene, and it became part of the soundtrack to my youth.

Fast forward to 2016. I'm 30; don't feel it, don't look it (apparently), I'm basically still a teenager. 20 years have passed since eclectic New York band Fun Lovin' Criminals released 'Come Find Yourself', the album containing 'Scooby Snacks', and I'm absolutely psyched at the prospect of interviewing frontman Huey Morgan in the wake of their sell-out UK anniversary tour.

Whether you were there when the FLC movement hit, mouthing "is this some kharmic-chi love thing happening here baby or what?" into the mirror, or you just know Huey Morgan as the dude that smashed his mug on *Never Mind The Buzzcocks* that time, this man's been around the block and he's got some pretty wise words to go with those cigars and dark glasses...

'Come Find Yourself' was a record that truly defined the 90s - why do you think that is?

When 'Scooby Snacks' came out, there was nothing but brit pop in the UK charts. 'Scooby Snacks' was totally different to that, and it spent nearly 2 years in the charts. People liked that whole album. Why? On that record, no songs are the same. And that's how people are, no people are the same. I think you underestimate human beings if you think they're all going to like one thing.

Is the music industry different today than it was then, and in what ways? Is there more pressure now on artists to be a certain way?

It's undeniably changed. It's changed from artists being embraced for being different, to the way the business is set up now where record companies can't really gamble on developing artists; they have to get 'sure shots' in there, and that restricts creative types.

You've done everything from touring with the band and radio and TV presenting, to opening a tattoo studio and acting alongside Craig Charles and Nick Moran...

I've done a lot of things in 20 years. It's all about opportunity. I come from a diverse side of Manhattan. In a place like that, with a lot of people living together, there is a lot of variety. So when opportunity arises, you can try something and see what you like to do. And the things that I've stuck with are the things I love doing; I love being creative, being in a band, being a record producer. I don't really like the TV presenting, it's kind of fake, but the things I do like doing, like radio, I repeat doing. I'm a musician, so I have a soft spot for music. 20 years ago, we produced our first record and it was a door opener for us. So if someone then says, 'hey you wanna try something?' I'm gonna say, 'yeah!' I give things a try to see if I enjoy myself, and that runs throughout my life. A lot more people aren't doing that nowadays. And you can kind of tell when people aren't happy doing things. I enjoy taking risks; it's important to get outside your comfort zone and live a little bit.

You chose the Marines over prison when you were a young man. How has that made you into who you are today?

Yeah, I was a Marine; we're the tough guys, you know, we're the best of the best, but everyone comes out of the corps a lot different to how they went in. When you get out, suddenly you have to see things the way everyone else sees them, but your eyes are changed forever. Marines kill people. To get to the point where you're ok with that, you're doing it for your brothers and sisters, then you get out and you have to watch the Kardashians on TV? That's the adjustment.

I have a lot of friends that are ex-military, veterans in this country and the USA, and a couple of them mentioned CALM and said you'd done some good for them. A lot of civilians don't support the wars that are going on and so they don't

THERE'S
A LOT OF
GUYS
WHO
STRUGGLE
TO ADMIT
WHAT
THEY'RE
FEELING.



want to hear about the residual effects of the people who are having a really tough time after getting out. There's a lot of guys who struggle to admit what they're feeling. It's not about being macho; there's a lot to do to take the stigma and the shame away. When things seem really hopeless, it has to do with people feeling like they're alone. I've felt that way, I've been there, it's there every day, I go through it most evenings. I've been through times when I felt hopeless and what got me through was talking to people. If you can find one person to talk to and compare with what you're going through and how you're feeling, it can make a huge difference.

You had your fair share of scrapes growing up - what advice would you give to a guy going through a tough time?

People still think having a tough time or mental illness is the person's problem, whereas it should be society's problem. You look around and you're thinking to yourself, 'everything's so fucked up...' and you're right, it is fucked up! I know guys who've come back from Afghanistan and they're asking, 'how do I live in this world?' This world of

X-Factor and commercials. You don't; create your own world, you don't have to buy into all the nonsense. It's not you with the problem, it's everybody else! Find people who think the way you do, and hang out with them and create your own reality. It's not advice, it's just my own experience, but if people ask me directly, 'what should I do?' I say, 'find other people who are screwed up'. There's no shame in thinking that things aren't right in the world. A lot of shit doesn't make sense to people nowadays. We're just trying to get through the day without exploding.

That makes a lot of sense...

I spoke to a lot of therapists when I got out of the Marines. And what I learned is that there are a lot of people out there that want to help. Thinking, 'oh they don't know what I went through' is how you cheat yourself out of some help that you can actually use. OK, maybe they don't know exactly what you've been through, but maybe there's something they're saying that you can use. Think about yourself and what you hear from people and then think about how you can incorporate that into how

you see the world.

A guy told me a long time ago: Everybody carries around an uncomfortable pack. It's full of boxes that are digging into your back, and you can't lighten the load. The bravest thing you can do is to look into the pack, see what you're carrying around with you. Look in there and rearrange those boxes so they don't hurt your back, look at all your problems head on, don't be ashamed or afraid. If you arrange the pack so that you can carry it with you, you'll make your life better.

And you did this?

I do it every day. These things don't go away; there's no quick fix, you have to live with things. Of course, you're always going to see things differently to everyone else. But the variety of human life is what makes humans great. You can't change the world but you can change how you operate within the world. As much as we try and fit in, that's not a way to go about your life. At the end of the day you're not being true to yourself. When people are a little bit desperate and they're trying to find their voice, they're looking around them, asking themselves how they can be like what they're seeing. It's not about that, it's about finding your own footing and how you can walk through your life. That's the spice of life, to not be like everyone else.

That takes some strength though, to go against the grain...

It's not strength, it's stubbornness, probably just me being a knucklehead to go against the grain. But that's how I've always thought. Like, I was thinking a lot different to the military people I was serving with. But we're always looking at the glass being half empty. If you can be an optimist, having positivity about other people and the future, you can just be who you are. That's just the way I look at life. But I had to work at that, hard.

What does 'being a man' mean to you?

I can't answer that question. There's a preconceived idea in society of what a man is, but it doesn't get under the surface. It's a superficial idea of what people can sell you and what you

can do to not be the sore thumb sticking out, but you can't define what a real man is in a general sense. I don't agree with labels like that. Everyone's trying to get a handle, a label, that fits them, but everyone's so different.

Who are your heroes, music or otherwise?

I have people that I look up to. Nile Rodgers, who's been through a lot personally, he always looks on the bright side of life. He always tries to find the good in everybody.

So Huey, any regrets?

I don't really care what my Google page looks like. I live my life to figure things out in my own time and my own way. There are things I wish I hadn't done, but that's hindsight. You learn from your mistakes, so you don't repeat them. Making mistakes doesn't matter. You didn't know at the time what you know now. It's about what your personal journey is like.

And finally, what's next for this Fun Lovin' Criminal?

Something I work on all the time is to try and be a better father and a better husband. I have 2 wonderful kids and a wonderful wife who's my partner in crime. I try and learn from them and better myself through being there for them.

Get 140 chr bitesize tidbits of 'philosop-Huey' on Twitter @OfficialHuey and follow @funlovincrims.

To celebrate the 20th anniversary of 'Come Find Yourself', Huey Morgan, Brian 'Fast' Leiser and Frank Benbini have opened the archives and will be playing the record from start to finish for the very first time on their world tour throughout 2016. Catch them at T In The Park and Boomtown Fair this summer.

**EVERYBODY
CARRIES
AROUND
AN UNCOM-
FORTABLE
PACK. THE
BRAVEST
THING
YOU CAN
DO IS TO
LOOK INTO
THE PACK,
SEE WHAT
YOU'RE
CARRYING
AROUND
WITH YOU.**



CALM Fest

Like a chocolate bourbon dunked in strong tea on a miserable grey day, summertime festivals seem to make everything OK. A long weekend of no phones (seriously, who queues for the charging station when The Weeknd are playing the main stage?), no work (unless you're pulling pints or picking litter for your ticket) and no dignity, *cough cough* ahem, I mean, no rules. You know, nothing to do, nobody to be, just a backpack full of fancy dress and a head full of dreams. Seriously, in a field in Abbots Ripton is one of the times I've felt most at home.

Ok, it's not all sunshine and rainbows. No shower (see previous point about queuing), no sleep (can anyone afford VIP camping?) and no guarantee of good weather. Sometimes even an overpriced plastic pint

The Secret Garden Party

It began as literally that, a party that was secret, in a garden. It grew and grew, such was its popularity and the will of the early Gardeners. Now it's upwards of 26,000 glitter drenched revellers frolicking in Mill Hill Field, manifesting the motto of early Gardener Vito Neo Reargo: 'This Is A Serious Party'. Sadly, in 2013, Vito was one of the 12 men each day in the UK that takes their own life. So CALM, as the official charity of SGP, will be there from 21-24 July for the 4th year running with our trademark free tea, biscuits and the offer to get whatever 'secrets' you may carry around with you off your chest. It's all anonymous (unless you choose not to be), so let The CALMzone tent unburden you, or just swing by and sit in the corner playing Scrabble if you like. We don't mind.

secretgardenparty.com

Glastonbury

It wouldn't be right not to mention Glastonbury. I'm not saying it's the best festival, but it is an experience like no other. From the John Peel stage in the north west corner of the site to the opposite end, it takes about an hour to walk - call it an hour and a half with quagmire mud and festival distractions - so bear that in mind when you're planning which acts to see. Glastonbury is many festivals within a festival. And as in *Inception*, you can move between the levels. Start off by discovering some new acts down in the Field of Avalon (who knew you liked gypsy swing?!), followed by the irresistible harmonies of CHVRCHES (check out the Glasto website for stage details), get involved with some Stormzy, Disclosure, Coldplay (y'know, if that floats your boat), then step it up a gear for some weirdness in Block 9, a fire-breathing giant metal spider a.k.a. Arcadia, and cap it all off with some bass and beats into the next day at Shangri-La. Waste not, want not. It's all there for you to sample.

glastonburyfestivals.co.uk

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From one extreme to the other. Well, it's not quite the smallest out there, but at only 5,000 capacity across two tiny fields near Bromyard in Herefordshire, it's an absolute doddle to get around. Which is why it's so impressive when you check out the line-up: Jurassic 5 - yes, THE Jurassic 5 - Gentleman's Dub Club, Goldie, Foreign Beggars, Jaguar Skills, Slamboree and loooooads more. If roots, hip hop, house, electro, dub, dnb is your thang, you'll be thankful I told you about this one.

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tival Fever

By @jojofurnival

of cider, a pulled pork burrito and the prospect of Pro Green on in half an hour ain't enough to right those wrongs. Maybe you're so broke this year, there's no way you'll make it to the village fete let alone Secret Garden Party. Maybe you just wish everyone would shut up about festivals. If that's the case, you'll probably want to read our 'other' festivals feature over on thecalmzone.net entitled 'They All Shit'. But if you've already bought your tickets, sit back, relax and get excited about what you've got coming up. If you haven't and the FOMO is strong, don't worry, there's always people that can't make it at the last minute. As your CALMzine Fairy Godmother, trust me, you shall go to the ball! And when you do, tell them I sent you.

Some Tried & Tested Top Festival Tips

Festivals can be a right shitter when you find yourself cold, wet and alone in the dark somewhere uncomfortable and unfamiliar, so here are some top tips from my own years of festival-going. I found out the hard way so you don't have to.

3

Be smart about picking your campsite. You want to be off the beaten path, not at the bottom of a hill if there's any chance of rain, on a flat piece of ground. Decorate your tent with something identifiable and orientate yourself close to some landmark flags or similar, so you can find your way back.

6

Fancy dress doesn't just wonderful festival pictures make. Be sure that at least one person in your group of friends has a distinctive headdress or tall prop. Enormous rabbit ears attached to a trilby, or an aubergine on a stick are tried and tested ways to locate your friends once you've mislaid it to the bar/ lav.

1

Do not under any circumstances consider sharing a tent with anyone unless the capacity of your tent is at least double the occupancy, i.e. 2 people in a 5 man tent is just about acceptable.

4

Stay hydrated and wear a hat. I know I sound like your mum, but if the sun's out, there could be hours at a time when you're without cover. Sun stroke is a thing, as is heat exhaustion, and they can both strike in Inglaterra.

7

Finally, and most importantly...

LOOK AFTER ONE ANOTHER! Festivals are hectic and full of people. They can be pretty intense. Leave no man behind.

2

If your tent is a single skin (no separate outer waterproof layer), being inside it when it's rained is a little like the game where you don't step on the cracks in the pavement - only in this game, you mustn't let anything touch the sides or it'll get wet. Pile everything into the middle then cover with plastic bags. It's actually not that fun a game...

5

It may sound obvious, but buy a programme - use it - structure your wandering and 'experiencing' time around your must-see acts. It's an expensive frolic in a field otherwise.

For more festival do's and don'ts, plus plenty of strange stories, head to **FeralBerylTravels.com** and click the 'Festivals' category.

Summer Trend Guide

How to Nail Pale

TOPMAN Junior Digital Editor, Jamie Carson, takes a closer look at how to wear this season's key trend

East London's most heavily graffitied streets provided the backdrop for Topman's guide to this summer's key colour trend. They shot whites, pale pinks and earthy neutrals against Brick Lane's iconic colourful street art, offset by the concrete in Hackney's estates - showing you how to nail the look with just a few easy outfits.



All white, like all black, is easy to put together, you just need to give it depth by wearing a hoodie underneath your main piece, then add a textured snapback in light taupe for a streetwear spin.

TOPMAN



The ideal outfit for conquering a festival. The shorts will offer comfort in hot and sweaty crowds, whereas the hooded mac will keep you dry during those inevitable showers.



Pink is set to be the colour of the summer in menswear, so why not nail two trends in one look by combining it with everyone's new favourite layer - the hoodie.



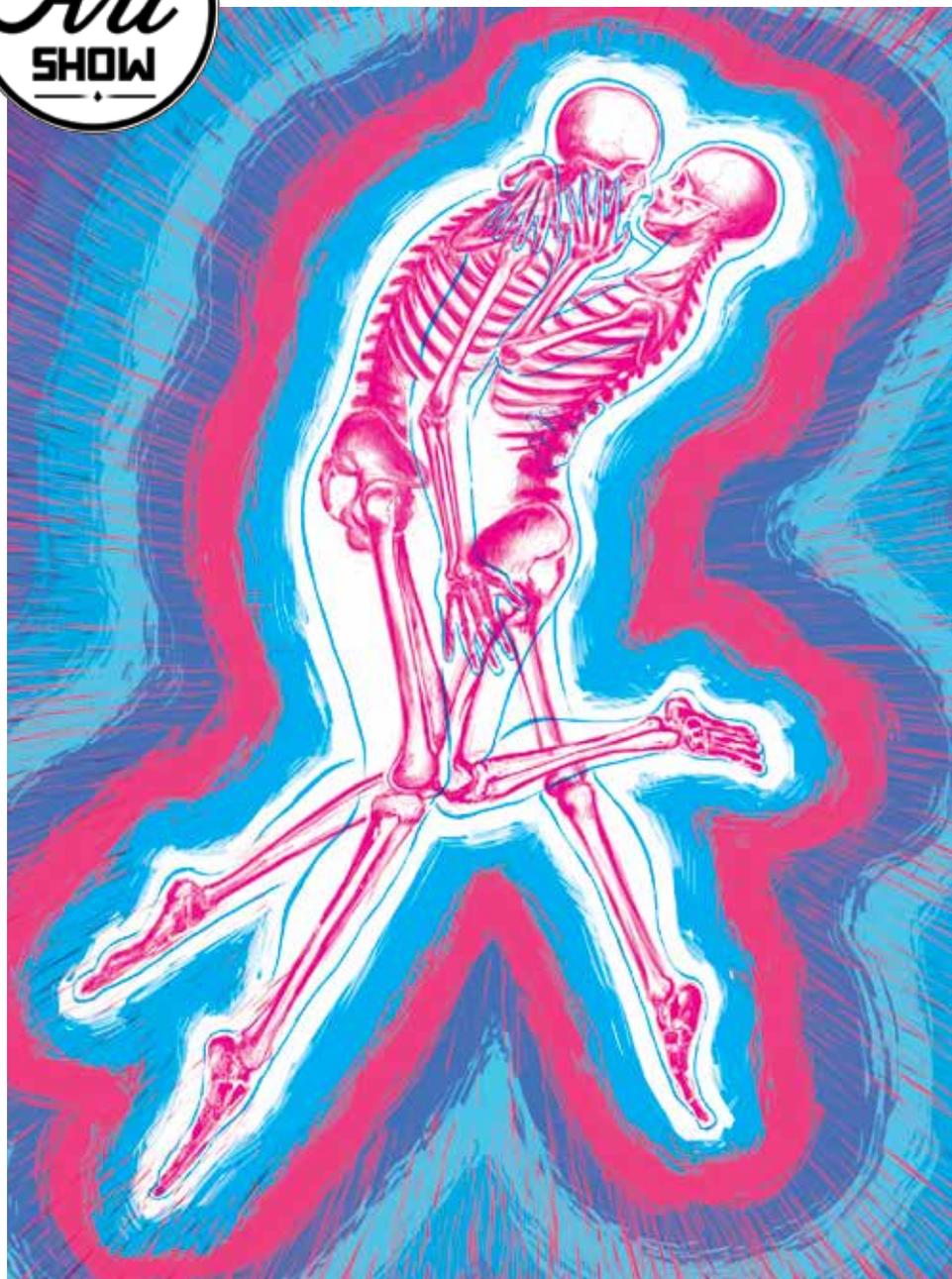
Experiment with your layering with unconventional combinations, such as wearing the dusty kimono Lux tee over a uniquely shaped funnel neck shirt.

If you're looking to update your shorts with a contemporary statement, you can't get much cooler than a pair of white short denim dungarees.



This type of casual styling is spot-on for the season - with the shorts, socks and sliders combo lifting the look to new levels.

Inspired? Find the latest trend updates at TOPMAN.COM





MARK FRUDD

Mark Frudd is an illustrator and graphic designer based in the outskirts of Leeds, up north in West Yorkshire, where he uses pens, pencils, paint, computer and his imagination to keep the wolves from the door. You can view more of his work at **markfrudd.com**.

Buy prints at **markfrudd.bigcartel.com**. Or just say 'Hey' through Twitter **@markfrudd**.





CALM MEETS... DAN LEIGH OF NEW DEVICE

Interview by Heather Fittsell

Having been singing since the age of 14, front man Daniel Leigh of hard rock band New Device is no stranger to the highs and lows of the music industry. His powerful vocals backed by rich and colourful melodies have seen him guest with the likes of GUN and also front post hardcore band, Days In December. With his bands, he has supported Bon Jovi, Europe, Backyard Babies and Funeral for a Friend. He has also played festivals such as Download, Sonisphere, Hard Rock Hell and High Voltage. CALMzine caught up with Dan to talk about his influences, touring and more.

What drives you as a musician to continue recording and performing?

There are home videos of me at the age of five marching around the garden holding this toy shotgun I had, like one of the Queen's soldiers. Whilst marching about I was singing, be it Michael

Jackson or The Kinks. I would find a deep connection and solitude in music. Showing off simply lead to me being a showman and I have always loved to entertain people.

Once I could play three chords on the guitar I became a song writer. When people have the gift of perception, often the need to express is irrefutable. The process of creation when it comes to making and performing music is highly addictive. It is a cycle of dizzying highs and crushing lows that allows you to experience life in a very powerful way. Someone once told me that passion = love + hate. I think that is very true about what I do and what we do as a band. It's not all roses by a long shot, but we accept and grow from the struggle.

What has been your favourite experience as part of New Device?

New Device has been a vehicle that has opened many doors for me and taken me to places and experiences that I would never have dreamed

possible growing up. The fact that the group still remains is thanks to pure tenacity and sheer will. It's because of this that my favourite moment is when our new CD arrives through my door, all finished with artwork and printed up; I sit in front of my stereo speakers alone and play the record LOUD from start to finish and think about the journey it took to create that piece of art. There are many special moments when working with creative people and I like to reflect on it all when it arrives and feel everything culminating after all the blood, sweat and tears.

Who inspires you inside or outside of music?

As a songwriter I look to find inspiration from whatever or whoever I can. I have been inspired by bands such as Nirvana, Green Day, Oasis, The Cardigans, Nine Inch Nails, Led Zeppelin and the list goes on. What really inspires me to write the content of my songs lyrically however has very little to do with artists that I admire. Musical influence and lyrical content are two very different things. Singing and playing these songs hundreds of times can get very tedious if there is no substance to them on a personal level, for me. I write about things and people I care about. I'm inspired by situations that I have to express so I don't end up in therapy (again). Writing songs is a huge expressive release, which can really help put your mind in order after trauma or loss or even to get down where you stand politically. Anything that makes you stand up and want to scream with happiness or anger is worth writing about.

How do you cope with the touring lifestyle?

I don't think I ever thought that the touring life was going to be glamorous. I've been on the road for over 12 years now and the struggles remain the same, but my methods of coping with them have got much better. When dealing with a big challenge like a tour you need to make sure that your foundations are solid. Fundamentally you need to enjoy each other's company; I see my bandmates more than I see my family, so we need to get on. You need to believe in what you are doing; if you don't have this in your heart,

the industry will chew you up and spit you out. Believing in what you do will carry you through those tough shows.

Sleep! Getting enough rest is a must; I learned very quickly the pitfalls of touring and so I am a keen exerciser. My body is what I use to sell our product in terms of performance on stage so staying fit is a must. I don't drink because of the effect of alcohol on my voice. Drugs are a big no in New Device. Your mind is the most precious thing you have and in such a potentially tempestuous situation such as touring the last thing you want to do is throw drugs into the mix. The whole sex drugs and rock and roll thing is pretty redundant in my eyes.

What's the most nerve-racking moment you've had on tour and how did you deal with it?

As a singer my main concern is always my voice. I sing very high octane music and I'm very aware of what my voice needs and doesn't need. If I am ill my voice will most likely take the first hit. The worst of these experiences I had was when we supported Bon Jovi at the O2 Arena. This was a massive opportunity for us but two weeks before this show, a horrid bug had ravaged its way through New Device on tour. I could barely talk for over a week and I'm convinced that I worried myself sick(er) with nerves about the upcoming show. Besides all of the medicinal concoctions I used to aid my recovery I meditated on being as calm as possible. I took deep diaphragmatic breaths to calm my nerves and centre me. I told myself that I deserved to be there and that I had the ability and knowledge to complete the task, as daunting as it seemed. Standing at the side of the stage I knew there was nothing left to do when the house lights went down but face my fears. I walked out on stage and gave everything I had to twenty three thousand people.

At CALM we encourage guys to talk about their issues and express themselves in whatever way works best for them. Do you find it easier to deal with your emotions through music or do you have another outlet?



I have seen numerous counsellors over the years and I truly believe that talking about your feelings with the right person can really make a difference. Other than music and art, I have often found that speaking my feelings out loud and hearing the words flow can really put things into perspective. Talking to ourselves is often linked to insanity, but I'm pretty sure that thinking is the soul's way of talking to itself, so I don't see why talking out loud to yourself is such a bad thing. One of the best ways to let go of anger and allow for forgiveness of yourself or others is to write down all your thoughts of whatever is troubling you onto paper and burn it. The symbolic act of this can be a very powerful tool indeed.

If you could choose your dream one off gig line up of musicians or bands be they still together or not, dead or alive, who would it be and why?

My dream gig or show would probably be pretty unconventional. I suppose I'd like to be onstage performing and creating music with musicians I love and respect as friends and peers. We'd need a massive stage to accommodate all the drum kits, guitars and ego risers for the singers! To look around and be surrounded by my friends all making music together would be incredible!

What is the best piece of advice you have been given?

This has got to be in the top five: Live with an attitude of gratitude. Being grateful in life can sometimes be difficult and our perspectives can often be bratty and negatively selfish. Being grateful has enabled me to assess circumstances that have perhaps seemed hopeless in an entirely different way.

So what have New Device got hidden under their hats for 2016 that you can tell us about?

2016 will be a very busy year for New Device. We will be touring in every month around the UK and heading to Europe later in the year. We have already released the second installment of a four piece group of recordings. The EP is called 'Devil's On the Run'. Our 1st single 'Hollywood Radio' was shown on *Scuzz* and *Kerrang TV*. Along with promoting the EP, we will be preparing to release the third installment. It's a different type of record for us as it is full band but acoustic based, so we are looking forward to hitting the unplugged scene at some point.

Check out tour dates, merch and more at newdevice.co.uk

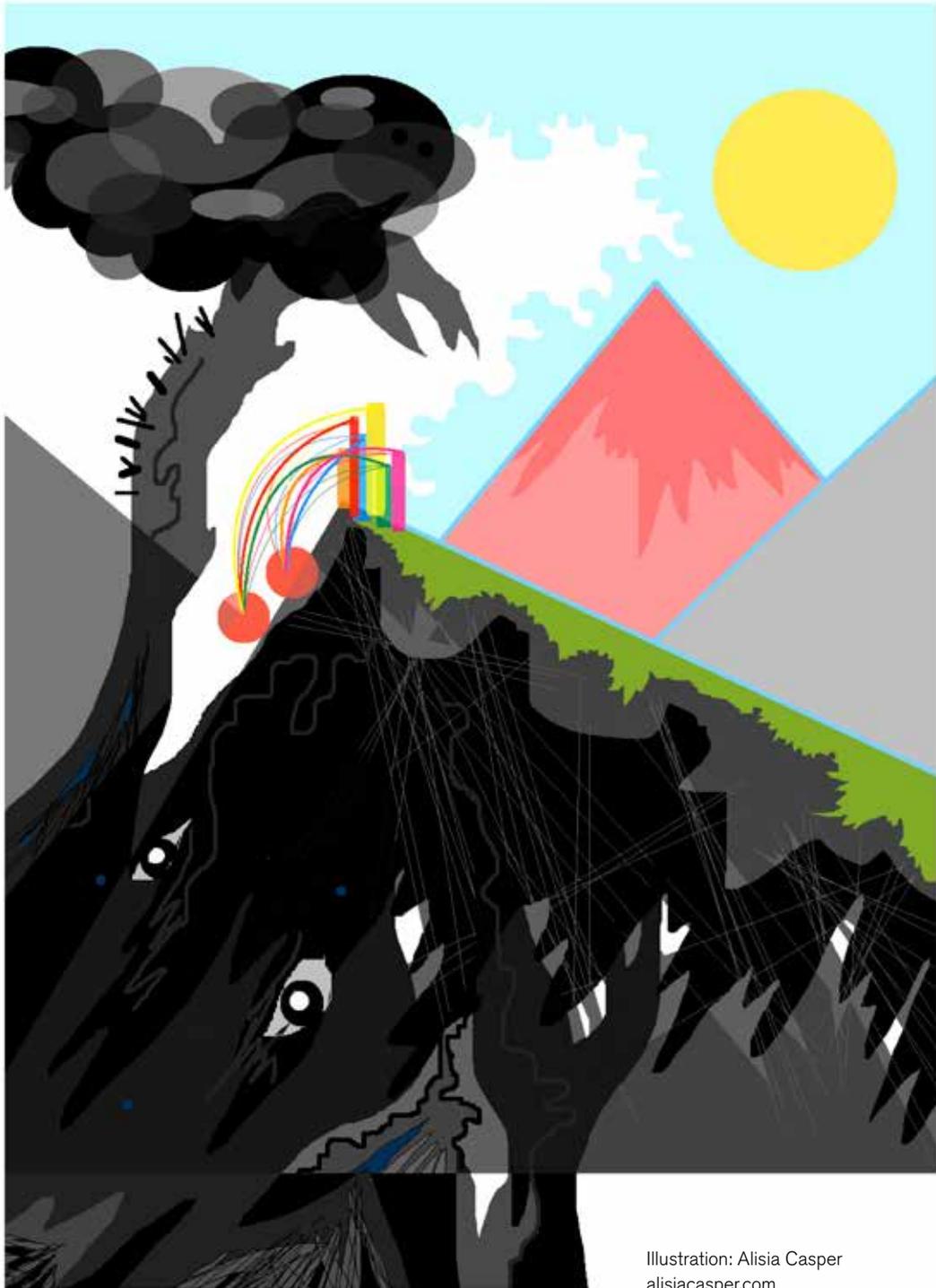


Illustration: Alisia Casper
alisiacasper.com

Mont Dépression (Hors Catégorie)

The ascent of Mont Dépression,
Begins at the lowest point.
It's on the longest stage of your life till now
When your mind is most disjoint.

Saddled with guilt you begin to slog
Up that damned eternal Alp.
Telling your loved ones, "I'm fine."
Whilst internally screaming, "HELP!"

Off you trudge downheartedly,
From the clinically low base camp.
Burning all of your matches,
On the first malicious ramp.

The pedals are barely turning
With each exacerbated stroke.
The peace and harmony you know is at the peak,
An unreachable sick joke.

Lungs are already burning,
Air is already thin.
Every part of your conscience,
Tells you to give in.

The low dark clouds of emotion,
Are clinging to the slopes,
You finally radio the team car,
"I'm really on the ropes."

Just when you think you're expiring,
Just when you think it's the end.
You spot the sanctuary of the Team Car
in the distance,
On the apex of a bend.

You know you have to make it,
Up the asphalt cliff you push.
Before you know it you're there,
And the feelings start to gush.

From within the Team Car,
They lovingly say, "Well done."
"Look at the valley down below,
Look how far you've come."

It's now you turn and realise,
You're halfway up the hill.
You begin to grasp reality,
You're only mentally ill.

Your loved ones refill your bottle,
Feed you a resilience filled flapjack.
They start you off on the road again,
With firm hand on your back.

You find your climbing rhythm now,
But still the cold wind of anxiety knocks.
An icy rain, filled with doubt,
Soaks you to your socks.

But now you're filled with fortitude,
An energy gel of grit.
You meet that storm of woe, head on,
And in it's face you spit.

Now you're ticking off the corners,
That you once approached with dread.
You're silencing the misery,
That was rolling through your head.

You're approaching the summit now,
The supportive crowd each side is 10 deep.
You realise they love you,
And the climb isn't that steep.

Noise rising towards crescendo,
The Revolution's taking place.
You're tackling your demons,
And setting decent pace.

And then you finally reach it.
The tranquil peak at last.
You survey the beautiful scenery,
(which was always there) totally aghast.

For the moment you are happy,
And long may that endure.
But deep down you know it's temporary.
A treatment not a cure.

You know now you're atop the crest,
The descent could happen fast.
But take solace in the journey,
Learn the lessons of the past.

Know that next time you face Mont Dépression,
You'll have better tools with which to fight.
You know you've conquered it before,
You know you have the might.

Remember you never face the climb alone,
Accept that misery may sometimes strike.
Break up the cycle ahead of you,
Keep yourself on the bike.

Andrew Proctor
@andrewproctor25

CALM SPECIAL!

SUPPORTER'S RECEPTION



Who are you and what do you do?

My name is John Craig. I am a physical training instructor in the Army, specialising in rehabilitation; currently I work for Battle Back in the delivery of sporting activities for wounded, injured and sick (WIS) soldiers across all 3 services. I'm a regular participant in Nelson's Tour De Test Valley cycle sportive, raising money for CALM.

How and why did you get involved with Tour De Test Valley?

I met Nelson (a.k.a. Nellie) during my Army snowboarding days in France. We recruited him as the official Army freestyle coach. Passionate about snowboarding, his love and enthusiasm for the sport (and fancy dress!) shone through, so he was soon adopted by the Army and welcomed as part of our family. He had a quiet nature and calming effect on all he coached, and there was nothing but respect for the advice he gave. It didn't take long before all who knew him called him a friend first and a coach second.

After his suicide, I and many other Army snowboarders got involved with Tour De Test Valley out of respect for Nellie and the simple fact that we lost a friend under circumstances we will never understand. We all wish he was still here and miss him dearly. I always 'have a word' with

him on the way round the bike ride hoping that he is listening and knowing that he would have enjoyed the event as much as we all do. Having been close to many friends and family who have suffered in varying degrees with mental illness, I realise that help is not always there when you need it and hopefully money raised by this cycle event will help some to get back on the road of recovery.

If someone you knew was struggling what would be the best piece of advice you could give them?

Don't bury your head in the sand and hope that it will go away; never forget that there are people, charities and organisations that deal with thousands of people in the same boat who can really help with whatever place you find yourself in.

What is your top motivational track guaranteed to get you to the top of any hill?

E Z Rollers 'Walk this land' has got me up many hills.

Tour De Test Valley takes place on 17th September 2016. For more info, head to nelsonstourdetestvalley.co.uk.

CALM NEWS!



May was a royal month for CALM. The Duke of Cambridge welcomed CALM's launch of the 'Coalface Coalition' on 12th May, a unique coalition focussed on tackling the issue of male suicide. With an estimated daily cost of £20 million, male suicide, which accounts for 76% of all suicides in the UK, has a huge impact not only on individuals and families, but also on the workforce of many frontline services and other organisations.

CALM brought together the National Rail, Royal National Lifeboat Institution (RNLI), Highways England, British Transport Police and the National Police Chiefs' Council, Chief Fire Officers Association, Association of Ambulance Chief Executives, Samaritans, and Unilever's male grooming brand, Lynx (one of CALM's key partners in its campaign to prevent male suicide). As a Search & Rescue pilot, the Duke of Cambridge has his own experiences of the impact of suicide and was pleased to see the launch of such a group. The outcome of the discussion was that the group would use its expertise to develop resources on the website and a campaign to help men identify and support themselves and others when down, depressed or suicidal.

'Heads Together'

CALM are also part of 'Heads Together', a group of charities supported by the Royal Foundation (the Duke and Duchess of Cambridge, and Prince Harry), which was formally launched on 14th May.

Check out our interview with the Duke of Cambridge at [youtube.com/user/thecalmlzone.net](https://www.youtube.com/user/thecalmlzone.net).

OCD & Football

By @nickjohnpope

You might not know this, but every Arsenal result from 2002 to 2007 rested solely on how I was sitting in my chair.

Weird, right? Let me explain.

I was 11 when Obsessive Compulsive Disorder barged its way into my life. It developed during a time of great anxiety for me: I was on the verge of secondary school, and I had a fledgling pair of boy boobs that I was desperate to shake (not literally) before the summer holidays were over.

Also, my nan had just died.

It all connects. OCD often strikes early in a person's life and can be triggered by trauma or grief. It sneaks up on you at an age when you're trying to make sense of the world, as well as yourself. According to the American Academy of Child & Adolescent Psychiatry, as many as 1 in 200 teenagers suffer from the disorder.

And OCD can manifest itself in a myriad ways. My specific strain? I repeated mantras in patterns of eight, convinced that if I didn't, my loved ones would die. I did that hundreds, if not thousands, of times a day. It consumed my every waking moment.

As years passed, my dickhead brain constantly moved the goalposts, so the mental rituals became more complex and punishing. Suddenly, I needed to touch things a certain number of times too. If I shook someone's hand, I had to shake it again, and again, until everything felt 'right' (and they were vehemently against ever inviting me to parties).

I don't suffer my OCD anymore. It's still a part of me, but it no longer holds a knife to my throat. I put

that down to a course of Prozac, a few weeks with a goateed psychologist and, perhaps most importantly, my Arsenal season ticket.

Football in general, really. The most effective therapy I ever had.

Clearly, obsession and football go hand in hand. We bleat on about it down the pub, and fantasise about it as we drift off to sleep. We pay over the odds to watch our teams underwhelm, and dedicate years of our lives to the glorified spreadsheet that is Football Manager. It's all-consuming, and has the power to convince us that driving to Sheffield to stand in the pissing rain for a time before heading home again can constitute a "good Saturday".

But the link between football and OCD runs deeper than fixation. A stadium during match day is a place of understated superstition. Supporters go to the same pubs with the same people, necking the same (disgusting) beer while wearing the same (disgusting) lucky pants, often in the vain hope that it will miraculously benefit their team.

OCD is a far more serious issue than superstition, but they're both built on the same deep-seated, illogical belief that we hold an omnipotent influence on the world around us, that the balance of the universe rests on the axis of our thoughts and feelings, and non-compliance will lead to consequence.

It's a lonely experience, OCD. You try to keep it under wraps, for fear that people will either not understand or take the mickey out of your weird habits. But it's hard to feel alone in a football ground, when you're but a single bubble in a bath-bombed bathtub of anxiety. The whistle blows, your eyes lock onto the ball, and nothing else matters for ninety whole minutes.

That's not to say that my OCD vanished – that's where the chair-sitting routine comes into play. I was convinced that if I maneuvered myself into the right position, Arsenal would perform well. It was a lot of pressure, but luckily my self-delusion coincided with one of the most successful periods in the club's history.

My go-to stance was 'leg rested on knee', which was a deceptively casual, carefree pose in retrospect. Seats at Highbury weren't wide, and my foot always perched on the thigh of any bloke who had the misfortune of sitting beside me. But I persevered because I couldn't let Arsenal down.

It was stressful. And I still wake up in cold sweats sometimes dreaming of the cramps I endured. However, with my OCD in the context of football, the consequences of tripping up on my compulsions were merely annoying rather than terrifying; conceding a goal and potentially losing three points, as opposed to directly causing someone's violent death.

In that respect, football muzzled my OCD. It made me feel supported, as if 38,000 people were helping to carry the weight of my anxieties and fears. I thought, 'if I can go one hundred minutes without repeating a mantra, then why not one hundred hours? One hundred days, or more?'

Over those years, football stirred the full range of my emotion, but one thing always remained: A calm. Space to breathe. And a knowledge that, with the right people around me, I could one day stand up to my OCD.

Saying that, since the OCD chair-sitting ceased in 2007, Arsenal have been playing pretty shit. So maybe I was right all along.

My bad.



THE RANT

BY CHRIS OWEN

Racist

"I'm not racist, but..." must surely count as one of the most disingenuous sentences in the English canon, right up there with "don't panic and stay totally still a moment, it's only a smallish spider...", "I really enjoy reading Richard Littlejohn's columns in the Daily Mail, they're so balanced and insightful, and not horrifically misogynistic, hyperbolic bullshit", and "yes, yes I'd definitely like to talk to you about the traffic accident claim I hadn't known about". Intrinsically, if you need to state that you're not a racist before saying something, then that thing that is about to come out of your mouth is probably slightly racist, thus making you racist. It's quite simple, really.

The reason this is front of mind is that in recent weeks, this has been coming out of far too many people's mouths, especially taxi drivers – that British haven of balanced ideology and calm, reflective opinion. The reason for the surge is that, with the Brexit vote on the horizon (or just passed, depending on when you read this), far too many potential voters seem to have confused a 'Leave' tick as a vote for racism: "I'm voting Leave – there's far too many of them here already" (the use of 'them' being a particularly good identifier in the Eye Spy Book Of Racist Spotters).

This isn't a political Rant - I'm one of the least political people you'd meet (I blame my parents for being Liberal Democrats and thus I was never really exposed to what happens when a political favourite has even a vague degree of power or influence). But... I am pissed off with the number of people who are emerging from their closets as pseudo-racists, who think Britain should somehow go back in time and become a haven for Anglo Saxon resurgence – despite the fact that such people in 5th Century Britain primarily constituted Germanic tribes.

Britain is one of the most multiculturally diverse countries on Earth and we should be proud, not scared, of how many of 'them' are "taking our bloody jobs" (quote attributable to endless cabbies UK-wide, shortly before complaining about how 'they' dropped breadcrumbs, a drink, or some of their shopping in the taxi). I guess, to this extent, it annoys me even more that people like Richard Littlejohn and that brain donor Katie Hopkins are given platforms to spout such racist bollocks every day in the media – but that's a Rant for another day. Hopkins especially could easily take up 1,000 words on her own.

@wonky_donky





Disappointman by Chris Sav

CALMzine *needs you!*

☆ *Would you like to write for CALMzine? Do you have a photographic eye? We want great writers, interviewers, bloggers, tweeters, artists and photographers for CALMzine and the CALM website.*

☆ *What's your obsession, your passion? Music, sports, arts, gadgets, fashion, comedy, gaming – or something further out of the box? Can you write about it, capture it, draw it? Can you conduct a gripping interview? We'd love to hear from you, and in no time your work could be on our website or in these very pages.*

☆ *Do you have a great feature idea? Is there something you'd like to see in CALMzine? Have you come across an awesome artist? Want to shed light on a certain issue?*

If you answered 'yes' to any of the above, write to us at editor@thecalmzone.net or tweet us [@CALMzine](https://twitter.com/CALMzine) #CALMzineIdea



ATENCIÓN!

Thanks very much to Rowland Bennett

You've been amazing Dominic Stichbury & Chaps Choir

Sarah, Sam and Annie – we couldn't run this place without you! Big up our office vols!

Extra special shout out to Jamie, Paul and Hannah who have gone above and beyond over the past few weeks for CALM

Total heroes:
Eddy Temple-Morris & Majestic

Many bows and curtseys to The Duke of Cambridge

Brenda, for donating an amazing £6,250!

Huge big ups to all the guys at Sides of March

High fives to the 25 London Marathon 2016 runners who collectively raised £25,266 for CALM

Massive thanks to all the volunteers who've been handing out CALMzines, getting our beer mats in pubs, cheering on runners, taking photos, helping on social, talking to students and more!



TOPMAN