

'Say It All The Time' – renowned East Sussex duo Milton Hide release fund-raising single to raise awareness of male suicide

Released: 10th October 2019 (World Mental Health Day) in digital formats

Preview of video available here (video embargoed until 10th October 2019):

<https://www.youtube.com/watch?v=ZHTgWfY7Xws&feature=youtu.be>

Prompted by a bleak mood that came over him during a walk on the South Downs one day and the subsequent death of a musician friend who had tragically taken his own life, East Sussex-based singer-songwriter, Jim Tipler, was inspired to write a song putting all those feelings into words. Recording it with his wife and musical partner, Josie, the duo joined forces with acclaimed producer and musician, John Fowler, and talented local film-maker, Alex Thomas. Proceeds from sales of the single will go to CALM – the Campaign Against Living Miserably. CALM is leading a movement against suicide, the single biggest killer of men under 45 in the UK. They run a confidential advice line seven days a week.

Milton Hyde's Jim Tipler comments:

"The inspiration for Say It All The Time was in fact a short film called 'Black Tuesday' which I made for a competition entry a couple of years ago. It was a three-minute long movie of a walk on the South Downs. I was in a very bleak mood and I just started filming what I saw and then came up with a script. I've never felt 'suicidal' but on that day, for no apparent reason, my mood was very dark. I don't usually write songs about feelings. They tend to be more kind of story or situation-based but the lyrics of this song tie in quite closely with the script of the movie and speak of how many of us, particularly men, hide our feelings, when actually the 'brave' thing to do is to share them. I came up with the idea for turning the script into a song shortly after the shocking news that a fellow musician and friend that I had only recently got to know had taken his own life. This was only a few months after a member of my extended family had done the same."

"I'm really hoping the record and video boost awareness of what can only be described as an epidemic of male suicide and will maybe raise some money towards running a helpline that could save a life or make life a little more bearable for those who have lost loved ones this way. CALM seemed like a great fit. Josie, my wife and bandmate, and I have three grown-up sons so we are only too painfully aware of the terrible statistics around male suicide."

Simon Gunning, CEO of the Campaign Against Living Miserably (CALM), said:

"As an organisation that has always worked closely with the music community, we're delighted that Milton Hide have chosen to support CALM with their new single. Music can be a powerful forum for conversation and expression, so it's great to see the band sharing such a positive message and using their platform to raise awareness of the issue of suicide and of the services that are available to anyone who may be going through a tough time."

Reflecting on the process of recording the song and filming the accompanying video, Jim, comments:

"John Fowler's treatment of the song is incredible. He is such an amazing musician and producer. He discussed what he wanted to do with it in terms of giving it an epic sound whilst retaining the dreamy ethereal quality of Josie's voice. He did most of the instrumentation, with me doing my acoustic guitar thing and backing vocals. Those people that have heard Milton Hide before might be a little surprised but we are so excited by what he's achieved. Independently of that, a talented film-maker friend of ours, Alex Thomas, said he really wanted to do a video of it. We thought it churlish to refuse both of these generous offers and thought that we could repay that generosity by helping a charity. We roped in loads of mates to help depict a party scene where the host is the centre of

attention but feels isolated. A brilliant way of showing the loneliness we can all experience in a crowd.”

NOTES FOR EDITORS

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Information about **CALM (Campaign Against Living Miserably)** can be found at: <https://www.thecalmzone.net/>

Say It All The Time **private soundcloud link** (for review/preview purposes only): <https://soundcloud.com/user-309342621/black-dog-song/s-znMer>

Say It All The Time **press pack** including images and MP3 available here: <https://www.dropbox.com/sh/vugqyt2rztug9t6/AAQJGfN2puTcDII-oC7zVDCa?dl=0>

Milton Hide is Jim Tipler and Josie Tipler

Website: <https://www.miltonhide.com>

Facebook: <https://www.facebook.com/miltonhide/>

Twitter: <https://twitter.com/MiltonHide>

ENDS

“...A superior folk-club act with a great deal of potential.” Rock’n’Reel magazine

“...high in melodic quality, perfectly-matched voices and rich with storytelling...” Folk Words

“Lovely stuff” Mike Harding

"There is a wonderful streak in Little Fish that sees the duo take a meandering walk through song and exemplifies the sheer depth and versatility they possess.” Artree

"This is a surprisingly enchanting EP” Northern Sky Magazine

"This is one of those mini-albums which goes straight onto my playlists in its entirety, with its thought-provoking lyrics and catchy tunes.” Trevor Oxborrow - The Folk Show

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Kind regards,
Jim Tipler
(Milton Hide)

