

this girl this woman

JUDE ADAMS



NEWS RELEASE

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Jude Adams – *The Most Extraordinary Adventure* ONE YEAR ON

September 2017 marks the first anniversary of the launch of Canterbury singer/songwriter Jude Adams' debut album, *This Girl This Woman*.

Adams (58), who is an inspirational role model for older women, wrote and composed the tracks for *This Girl, This Woman* while recovering from M.E., diagnosed when she was 52. Initially, Adams was convinced her singing career, embarked on just two years previously, was over. However, as part of her recovery she was asked to complete a journal. Over time she realised that many of her entries had become doodles, which slowly transformed into poems and then songs and thus *This Girl, This Woman* was born.

The album was produced by acclaimed pianist, arranger and composer Janette Mason, who has worked with Oasis, Pulp, Seal, Robert Wyatt, and features international soul and modern jazz singer, Sarah Jane Morris of Communards fame and Simon Little, best known as the bassist with The Divine Comedy, Clare Teal and Maggie Reilly.

This Girl, This Woman was launched with a multimedia exhibition – *The Most Extraordinary Adventure* - at Creek Creative, Faversham in September 2016 thanks to an Arts Council grant and a successful Crowdfunding Campaign. Rosie Millard, journalist, broadcaster and chair of Hull UK City of Culture 2017, who attended the event said: "*The CD is a wonderful piece of fresh artistic talent, great music, very well delivered, very original...The songs are catchy and have great integrity.*"

Since then Adams has staged *The Most Extraordinary Adventure*, which reveals the key defining moments of her life, at Lilford Gallery, Canterbury in June 2017 and Nucleus Arts Centre, Chatham in August 2017 and has performed at Pride Canterbury. She will be returning to the Lilford Gallery, Canterbury from October 17 to 21 2017 as part of the Canterbury Festival Umbrella.

In addition, one of the tracks from *This Girl, This Woman*, "Me and Mrs Peel" reached the semi-final of the 2016 UK Songwriting Contest in the Retro category, and Adam's music has been featured by film-maker Clare Unsworth as part of the sound track to her film *Older Women Rock*, focusing on spoken word poet, Leah Thorn's political arts project, which is to be sent to International Film Festivals next year.

Adams is still recovering from M.E. so each and every achievement is a milestone. But she has a gritty determination to realise her dreams despite perceived obstacles of age, health and a lack of musical know-how. Her message to women is that age is no barrier and that dreams can be achieved with a little self-belief. Says Adams: "*This Girl, This Woman and The Most Extraordinary Adventure tell my story and reveal how many of life's setbacks can result in a positive outcome if we choose. Indeed, if I had not developed M.E. my debut album may never have come about.*"

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For further information, photos or copies of the CD please contact:
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