



## NEWS RELEASE

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### **Jude Adams' debut album – *out now***

Jude Adams' remarkable debut album, *This Girl, This Woman*, which launched, with Arts Council England support and a Crowd Funding Campaign, to rave reviews and much acclaim in September 2016, is now available online from a variety of outlets, RRP £10.00. (see below).

Described as soulful pop with a 60s twist, the album features ten tracks, each written and sung by Adams, and produced and arranged by well-known British composer and jazz pianist, Janette Mason. The album includes a story book of the songs and lyrics and a moving forward by Adams, relating her journey from teenage years to the production of the album.

*This Girl, This Woman* is a remarkable achievement for 57-year-old Jude Adams who, having finally taken the plunge in to a musical career at 50, was diagnosed two years later with M.E.. This debilitating condition ensured that, for many years, she had to contemplate giving up her dreams of becoming a singer. As a way of coping with her illness Adams began writing. Gradually she realised her musings were transforming into lyrics, which then became songs and eventually a body of work.

The result is *This Girl, This Woman*. It is more than simply a debut album. It is the product of gritty determination to achieve one's dreams following harrowing adversity and a deep and unrealised desire from childhood to sing. It is a reassuring message to women that age is no barrier, that dreams can be achieved with a little self-belief. The songs are reflective and introspective and draw on Adams' own vivid imagination. They also reveal the strong influence that 60s' singers like Dusty Springfield had on Adams. *"The 60s was sassy, sophisticated, clever and cool,"* Adams says *"and I wanted those things to come alive throughout all aspects of the album – musically, lyrically and visually"*.

Now, virtually fully recovered, Adams sees her first CD as a new beginning, a new chapter in her life. *"If I had not developed M.E. this album may never have come about"*, she says.

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Adams' debut album has received considerable attention, both nationally and internationally, since its launch with one of the songs, *Me and Mrs Peel* reaching the semi-finals of the 2016 UK Songwriting Contest, one of the longest running song writing contests in the world.

Journalist and broadcaster Rosie Millard, who attended the September 2016 launch of ***This Girl, This Woman***, commented: *"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."*

Ian Hall, *Liverpool Sound and Vision* added: *"The lyrics are like silk, they weave comfortably throughout the album...Jude Adams captures every note with the voice of fun, enlightened pleasure and the crafted domain of someone living life."*

Looking forward, Adams intends to continue with her distinctive multi-media performances – entitled *The Most Extraordinary Adventure* - throughout the UK during 2017, so that she can share both her music and her story as broadly as possible and inspire audiences to follow their dreams. Performances will include relating how the album came to be made, its inspirations, "talking heads" video clips and the exhibition of lyrics, background and images which featured at the Launch.

***This Girl, This Woman*** is available as a CD or download from the following stockists. Price £10.00 (although this may vary):

- Amazon UK, US & MP3
- birnamcdshop.com
- bandcamp.com
- Google Play
- iTunes
- Spotify
- soundcloud.com

**Sample track:** [This Girl, This Woman](#)\_04.53

10% of the Crowd Funding Campaign was donated to Action for M.E.

**ENDS**

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

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