

ROLL OF HONOUR

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CREDITS

Steve Bonham - producer, writer, composer
Svenja Bühl - choreographer and movement consultant
Stuart Jones (Woodworm Studios) - engineer & record producer
Christopher Lydon - producer, composer
Kev Moore - bass, drums, vocals, percussion

SUPPORTED BY



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NHS
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ARTISAN CREATIVE PRESENTS

HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD

WITH A PIANO!

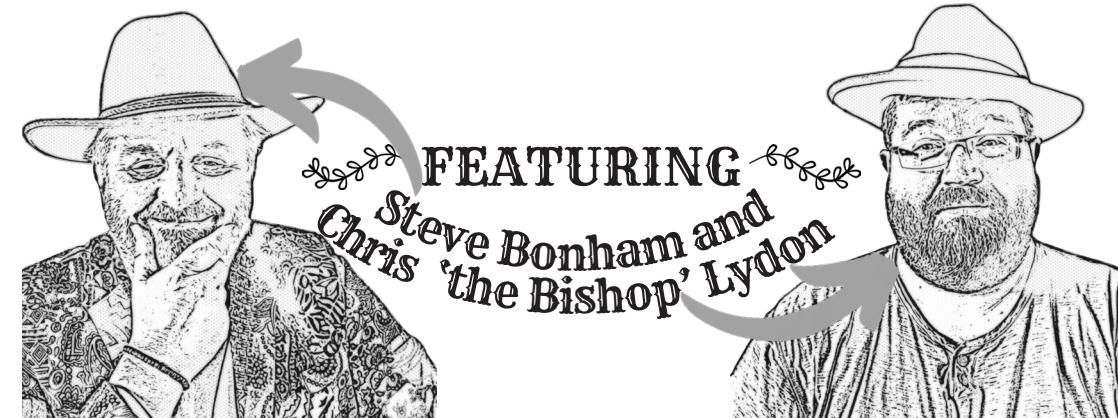


*"The wellbeing musical
workout show thingy!"*



Scan to access further resources,
find out where to stream the music
and review all the ideas from the show

or visit howtosurviveandthrive.co.uk



PART ONE: REALITY

There Are Four Ways To Heal

There are four ways to heal,
Each as old as time itself.
Four ways to mend
How we think and feel
And unlock the door
To a happier self.

The first is to be still.
Silent as the mirrored lake
Over which a moon suspends
And its ancient light distils
That of which we may be sure
In that moment that we take.

The second is to sing,
Full throated and sublime.
Sing alone or with a friend
The notes that nature brings
That rise from the heart and core
And with your soul can rhyme.

And then there is to dance,
Break free from hidden chains
That seek to bind and bend.
Take the beat and chance
The kiss of Terpsichore
And let it all go round again.

Finally tell a tale
On the edge of a fading day.
Long or short, tell it to the end.
It's a transport minus wind or sail
To the spell of a better shore,
And the easing of the way.

There are four ways to heal,
Each as old as time itself.
Four ways to mend
How we think and feel
And unlock the door
To a happier self.

🎵 Nobody Told Us

Chorus:

**It's a bad, sad, world,
when the cheating starts**

**Tis a mad, mad, world,
that tears us apart**

It's a long hard day,
when it's understood

That all the good trees
got lost in the woods

You and I are fading away,
waiting around
for Judgement Day,

You and I, afraid of the blue,
wondering what the hell
we are going to do.

PART TWO: RESOURCES

🎵 Don't Count Me In

Hey DJ, keep on
playing my song

The one about the fool
who got it all wrong

Don't count me in!

PART THREE: READINESS

Five rules for the road:

- » Be wild
- » Be strong
- » Be experimental
- » Travel with companions
- » Take the first step

🎵 Rise

Chorus:

**Together we are strong,
together we can breathe,**

**Unfold from all our history
and sail the seven seas,**

**Get a little wild,
become more reconciled,**

**Together we can rise,
together we can rise.**

FURTHER RESOURCES

All the lyrics to the songs, the poems, videos showing the choreography and movements, as well as recordings of the songs and music videos, and a whole bunch of further resources to aid wellbeing are available on the website accompanying the show:

🌐 howtosurviveandthrive.co.uk



WHAT'S NEXT?

We want to take the show to more communities around the UK next year. To do this, we're going to need to show support for the show to advocate to funders and venues.



If you can take a few minutes to complete a feedback form on the website, that would be a huge help.

🌐 [howtosurviveandthrive.co.uk/
about/feedback](http://howtosurviveandthrive.co.uk/about/feedback)

Thank you!